



**THE FIRST 15**

**THE NEXT 30**

**THE LAST MILE**

# PATHWAY TO PROMISE



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## Advisor Responsibilities

- My goal is to make sure you understand all you need to know about your degree requirements at Valencia College.
- I will provide a safe space for you to discuss your concerns and I will listen, be present, respectful, and genuine.
- Our resources are endless! I will always point you in the right direction if you connect with me.
- I will help you with your questions about colleges and universities you are thinking about transferring to and what it takes to get there.
- Helping you find a major and a career that is right for you is my goal. I will provide you with information and support you along the way.
- This is your journey, but you are not alone! I will help you select your courses, understand your prerequisites, create your plans and set goals.

## Student Responsibilities

- I will connect with my **advisor** every semester.
- When I schedule an appointment, I will start thinking about what I want to talk about.
- I will bring my “note-taking tools” with me to my appointments (e.g., phones, tablets, or good old paper and pen).
- We will be going over important information, so I will keep all of it handy and refer to it often.
- If my advisor refers me to any resources, I will be sure to follow through and I will stay in touch.
- I will take responsibility, know the deadlines, ask questions, stay on track and be the one to know what to do.



# What is Pre-Professional Health Advising?

In addition to the above stated **Advisor Responsibilities**, the purpose of Pre-Professional Health Advising is to discuss:

- Details specific to the pre-professional health academic and career pathway
- Other considerations to help the pre-professional health student to prepare for admission into graduate level health professional schools

## What is a Pre-Professional Health pathway?

A Pre-Professional Health pathway is any pathway that leads to graduate level medical professional programs (Masters or Doctoral level). Students will select their degree of choice and can typically expect highly competitive admissions to their future schools. In addition to exceptional academics, competitive candidates will display community involvement, leadership experience, and relevant extracurricular activities

## Pre-Professional Health pathways include:

- Pre-Medical (MD, DO)
- Pre-Dental (DMD, DDS)
- Pre-Pharmacy
- Pre-Veterinary
- Pre-Physician Assistant
- Pre-Physical Therapy
- Pre-Occupational Therapy
- Pre-Optometry
- Pre-Podiatry
- Pre-Chiropractic

## What should I major in?

- Students **can select any major** as long as admissions requirements are met
- There is no requirement that students must earn a science degree as long as they consistently perform well in their degree of choice
- Students should major in an area of interest where they can earn their best grades
- Consider using degree and career exploration resources to help decide what bachelor's degree to pursue and then meet with advisor to map out Valencia courses
- Some common UCF majors for Pre-Professional Health students include Biology, Health Sciences, Biomedical Sciences, and Kinesiology
- Students pursuing majors outside of science, health science, or kinesiology will need to complete additional science courses at the four-year university to satisfy admissions requirements for their program of choice

## Other Health Pathways:

The following health science pathways are also offered at Valencia College, and are not considered Pre-Professional pathways:

### **Nursing:**

- Nursing, Traditional Track, A.S.
- Accelerated Track in Nursing (ATN), A.S.
- RN to Bachelor of Science in Nursing (BSN) at Valencia College
- Nursing, Valencia/UCF Concurrent ASN-BSN

### **Allied Health:**

- Cardiovascular Technology, A.S.
- Emergency Medical Services
- Dental Hygiene, A.S.
- Diagnostic Medical Sonography, A.S.
- Health Information Technology, A.S.
- Paramedic Technical Certificate
- Radiography, A.S.
- Respiratory Care, A.S.

While there is some overlap in prerequisite courses, the degree requirements and time in school vary based on pathway selected. Students pursuing degrees in nursing and allied health would need to complete additional coursework if also pursuing a Pre-Professional health pathway.

It is important to note that A.S. degrees in nursing and allied health are not required for the Pre-Professional health pathway.

If you are considering a **Valencia Nursing or Allied Health program** you will want to be sure to attend a **Valencia Nursing or Allied Health information session** for additional information on your path of interest



# Developing Your Academic Plan at Valencia

It is important to tailor the Associate in Arts degree coursework to your future bachelor's degree

## Your AA degree includes

### 36 credits of general education courses

- Communications
- Humanities
- Mathematics
- Science
- Social Sciences

### 24 credits of electives

- Use these to help cover prerequisites for your intended degree pathway

View the [Degree Pathways](#) page for sample term-by-term plans showing course sequencing

## Classes needed for graduate level health professional schools:

Required courses differ by health profession and can sometimes vary school to school, but basically include:

- General Biology
- General Chemistry
- Organic Chemistry
- College Physics
- Mathematics (must pick [Algebra math path](#))
- Statistics
- Biochemistry (not offered at Valencia, must be completed at the junior or senior level at the university)
- Additional science and math coursework (additional science courses and math up to calculus may be recommended or required depending on health professional school)
- Additional recommended courses such as psychology

## Where to Complete Prerequisites:

Students should start science and math prerequisites while pursuing their AA degree, and these courses will count toward general education and elective requirements for the AA.



# Pre-Professional Health Expectations

Students desiring a graduate medical education must make their education a priority in their life. A well-rounded applicant would have:

## Strong GPA and Academic Foundation

- Overall GPA & Science GPA should both be around 3.5 or above to be a competitive applicant for health professional schools
- All of your classes are important and all grades count
- Writing skills are just as important as your science and math skills!
- Building the foundation to prepare you for future classes

## Experiences and Extracurricular Activities

- A well-rounded applicant shows the ability to balance rigorous courses, high academic achievement, unique experiential activities, and community involvement
- You can tailor your experiences to the health professional schools you are interested in applying in
- Be sure to keep a journal or spreadsheet for ease of tracking your experiences

Experiences to Build a Competitive Student Profile:

- Shadowing
- Leadership
- Volunteerism and extracurricular involvement
- Getting involved with clubs and organizations
- Undergraduate research work
  - Visit [Undergraduate Research at Valencia College](#) for information on options available at Valencia!
- Direct patient care work experience may be required for Physician Assistant admissions
- Additional ideas for learning and development opportunities for Pre-Professional Health students: <https://bit.ly/NAAHP-COVID19>

## Letters of Recommendation

- Start to gather these as you are completing your academic coursework and other relevant experiences
- Examples include college faculty, employers, research and volunteer supervisors, health professionals, etc.

# Your Checklist

## 0-12 Credit Hour Checklist

- Check your **Atlas** email daily. ∞
- Check if your meta-major and **degree pathway** match your career of interest and change them if necessary. Note: If interested in **nursing or allied health** pathways declare it as a secondary degree. ∞
- Learn about the resources available to you, such as the Learning Support Center, Tutoring, Counseling, Career Advising and Atlas. For more information and locations, go to the **Student Services page** on the Valencia College website.
- Explore and research your career interests** by visiting the **Career Center website** or connecting with a career advisor.
- Research colleges and universities of interest and the admission requirements.
- Run your **degree audit** and use your **catalog** to help you choose the right classes each term. For assistance, connect with an advisor. ∞
- Register for **SLS 1122 New Student Experience course** within your first two terms at Valencia College.
- Begin your **Algebra Pathway** and science sequence if possible. Complete the **Biology Readiness Tool** and **Chemistry Readiness Tool** to determine if you are ready to begin your BSC 1010C General Biology and CHM 1045C General Chemistry coursework.
- Check Important Dates & Deadlines by visiting the **Academic Calendar** on the Valencia College website. ∞
- Apply for scholarships by visiting the **Financial Aid Services** website. ∞
- Get Involved** on campus by joining student clubs and organizations, attending **campus events** and participating in health and wellness activities. ∞
- Visit the **Career Center website** to learn how to create your resume and connect with a career advisor for feedback.
- Develop relationships with faculty, advisors, and mentors on campus. This will be helpful for finding volunteer, shadow, and research opportunities and for your letters of evaluation. ∞
- Explore pre-health student resources on **applicable health professions websites**. ∞
- Look for medically related work or volunteer experiences for during the school year and summer. ∞
- Search for opportunities to shadow a doctor or other health care professional. ∞
- Keep a journal about your experiences to refer to later for essays and interviews. ∞
- Consider participating in summer enrichment or research programs. ∞

∞ This symbol represents actions that you should take at every credit hour benchmark.



## 12-30 Credit Hour Checklist

- Check your [Atlas](#) email daily. ∞
- Confirm that your meta-major and [degree pathway](#) match your career of interest and change them if necessary. Note: If interested in [nursing or allied health](#) pathways declare it as a secondary degree. ∞
- [Explore and research your career interests](#) by considering volunteering, employment, [internships](#), job shadowing and service learning.
- Decide on a major and your transfer university of interest. If you are still undecided, meet with an academic advisor.
- Run your [degree audit](#) and use your [catalog](#) to help you choose the right classes. For assistance, [connect with your advisor](#). ∞
- Continue with your [Algebra Pathway](#) and science sequences, taking at least one math and one science course each term moving forward. Complete the [Biology Readiness Tool](#) and [Chemistry Readiness Tool](#) if you have not yet begun your BSC 1010C General Biology or CHM 1045C General Chemistry coursework.
- Check Important Dates & Deadlines by visiting the [Academic Calendar](#) on the Valencia College website. ∞
- Apply for scholarships by visiting the [Financial Aid Services](#) website. ∞
- [Get Involved](#) on campus by joining student clubs and organizations, attending [campus events](#) and participating in health and wellness activities. ∞
- Keep your resume current by reviewing it every semester and consider scheduling a mock interview. For assistance, visit the [Career Center website](#) or connect with a career advisor.
- Continue to develop relationships with faculty, advisors, and mentors on campus. This will be helpful for finding volunteer, shadow, and research opportunities and for your letters of evaluation. ∞
- Explore pre-health student resources on [applicable health professions websites](#). ∞
- Look for medically related work or volunteer experiences for during the school year and summer. ∞
- Search for opportunities to shadow a doctor or other health care professional. ∞
- Keep a journal about your experiences to refer to later for essays and interviews. ∞
- Consider participating in summer enrichment or research programs. ∞

∞ This symbol represents actions that you should take at every credit hour benchmark.

## 30-45 Credit Hour Checklist

- Check your [Atlas](#) email daily. ∞
- Confirm that your meta-major and [degree pathway](#) match your career of interest and change them if necessary. Note: If interested in [nursing or allied health](#) pathways declare it as a secondary degree. ∞
- Decide on your educational goals by the time you complete 45 credit hours.
- Research colleges and universities of interest, including the admission requirements, application deadlines, housing options, campus tours and connect with the academic departments.
- Consider exploring graduate school (e.g., master's degree, medical or law school), advanced training, certifications and licenses.
- Run your [degree audit](#) to confirm you are on track for graduation. For assistance, [connect with your advisor](#). ∞
- Check Important Dates & Deadlines by visiting the [Academic Calendar](#) on the Valencia College website. ∞
- Apply for scholarships by visiting the [Financial Aid Services](#) website. ∞
- [Get Involved](#) on campus by joining student clubs and organizations, attending [campus events](#) and participating in health and wellness activities. ∞
- Enhance your work experience and skills by volunteering, employment, [internships](#), service learning and job shadowing.
- Keep your resume current by reviewing it every semester and consider scheduling a mock interview. For assistance, visit the [Career Center website](#) or connect with a career advisor.
- Continue to develop relationships with faculty, advisors, and mentors on campus. ∞
- Explore pre-health student resources on [applicable health professions websites](#). ∞
- Continue to shadow a doctor or other health care professional and pursue medically related work or volunteer experiences. ∞
- Keep a journal about your experiences to refer to later for essays and interviews. ∞
- Consider participating in summer enrichment or research programs. ∞

∞ This symbol represents actions that you should take at every credit hour benchmark.

## 45-60 Credit Hour Checklist

- Check your [Atlas](#) email daily. ∞
  - Confirm that your meta-major and [degree pathway](#) match your career of interest and change them if necessary. Note: If interested in [nursing or allied health](#) pathways declare it as a secondary degree. ∞
  - Run your [degree audit](#) to confirm you are on track for graduation. For assistance, [connect with your advisor](#). ∞
  - If you are ready, submit your [graduation application](#) by the deadline.
  - Explore housing options, develop a financial plan, schedule campus tours and connect with the academic departments.
  - Submit your admissions applications early to your colleges/universities of interest (and any other materials, such as transcripts and recommendation letters, if required).
  - Check Important Dates & Deadlines by visiting the [Academic Calendar](#) on the Valencia College website. ∞
  - Apply for scholarships by visiting the [Financial Aid Services](#) website. ∞
  - [Get Involved](#) on campus by joining student clubs and organizations, attending [campus events](#) and participating in health and wellness activities. ∞
  - Enhance your work experience and skills by volunteering, part-time employment, [internships](#), service learning and job shadowing.
  - Keep your resume current by reviewing it every semester and consider scheduling a mock interview. For assistance, visit the [Career Center website](#) or connect with a career advisor.
  - Continue to develop relationships with faculty, advisors, and mentors on campus. ∞
  - Keep a journal about your experiences to refer to later for essays and interviews. ∞
- ∞ This symbol represents actions that you should take at every credit hour benchmark.



# Valencia College Resources

Need more information? Check these out!

**VALENCIA COLLEGE**

**Internship and Workforce Services**

Find an internship and be ready for the job



Engage in about over 150 clubs and organizations



Learn more about over 150 clubs and organizations

**VALENCIA COLLEGE**

**Learning Support**

Get help with your studies



Build academic and emotional fitness

**VALENCIA COLLEGE**

**Veterans Affairs**

Essential resources and support for veterans



Free fitness and recreational sports



Get help with behavioral health and more by calling **800-878-5470**

**VALENCIA COLLEGE**

**Career Center**

Explore careers and prepare for what's next

# Questions to Ask Your Advisor

- What's the difference between dropping a class and withdrawing from a class, and how does this impact me?
- What are some things I should consider before withdrawing from a class?
- What are some important academic policies that I should be aware of? (e.g., grade forgiveness, academic probation)
- What are some resources that I should be using at Valencia College if I'm struggling in my classes?
- What are some resources that will help me explore different majors and careers?

- How can I raise my GPA?
- What are some things I should consider when creating my class schedule?
- What are the prerequisites for my major?
- What are the admission requirements for my program at my transfer college/university of interest?
- How do I choose my electives?



- Is my major limited or restricted access? If so, what does that mean?
- How do I know that I'm on track for graduation?
- How do I know that I've met all my graduation requirements for my major?
- How do I apply for graduation?
- How do I apply to my college/university of interest?
- How do I request/submit my college transcripts?

# Selected Pre-Health Resources

## Health Professions and Professional School Association Websites

### Pre-Medical:

- [Association of American Medical Colleges \(AAMC\) Student Resources](#) includes great resources for students interested in becoming an [Allopathic Physician \(M.D.\)](#)
- [American Association of Colleges of Osteopathic Medicine \(AACOM\)](#) includes great resources for students interested in becoming an [Osteopathic Physician \(D.O.\)](#)

### Pre-Dental:

- [American Dental Association Pre-Dental Students](#) has useful resources and helpful information for both high school and college students
- [American Dental Education Association \(ADEA\) GoDental](#) has additional career information provided by the American Dental Education Association (ADEA)

### Pre-Veterinary:

- The [American Association of Veterinary Medical Colleges \(AAVMC\)](#) has great resources for students interested in [Becoming a Veterinarian](#)

### Pre-Physician Assistant:

- [American Academy of PA's](#) has a wealth of information including the essential steps to [Become a PA](#)
- [Physician Assistant Education Association \(PAEA\)](#) includes helpful information for students interested in becoming a PA, as well as the [PA Program Directory](#)

### Pre-Pharmacy:

- The [American Association of Colleges of Pharmacy \(AACCP\) Student Center](#) includes resources and helpful information about pharmacy admissions, education, and career pathways
- [Pharmacy is Right](#) for Me provides additional helpful tools and resources that give insight into pharmacy career opportunities

### Pre-Physical Therapy:

- The [American Physical Therapy Association](#) has resources for students interested in [Careers in Physical Therapy](#)

### Pre-Occupational Therapy:

- The [American Occupational Therapy Association \(AOTA\)](#) offers helpful information and resources for students interested in an [Occupational Therapy](#) career

### Pre-Optometry:

- The [Association of Schools and Colleges of Optometry](#) offers helpful [Resources for Applicants and Advisors](#)

### Pre-Chiropractic:

- The [Association of Chiropractic Colleges](#) includes a variety of resources for students considering a career in chiropractic



# Selected Volunteering Resources

Here are some great local resources to get you started:

- [Valencia Volunteers](#)
- [Volunteer Match](#)
- [Advent Health Volunteers](#)
- [Orlando Health Volunteer Services](#)
- [Nemours Volunteer Opportunities](#)
- [Shepherd's Hope](#)
- [American Red Cross - Central Florida Region](#)

## Additional recommended resources

- [Explore Health Careers](#) is a resource where you'll find the latest health career information and tools to guide you as you prepare for a future in health care
- Planning on transferring to UCF? Check out the [Pre-Health and Pre-Law Advising](#) page (PHPL Advising) for additional helpful information and resources
- [Summer Health Professions Education Program \(SHPEP\)](#) is a free summer enrichment program focused on improving access to information and resources for college students interested in the health professions. Please visit the website for detailed information on how to apply
- [Khan Academy](#) - Free online learning by subject area including free [MCAT test prep](#) until 2026 with the support of the Association of American Medical Colleges (AAMC)
- [O\\*Net OnLine](#) is resource that provides detailed career information, including data on local and national salaries and growth

# How Do I Run My Degree Audit?

The degree audit is a great tool to help you plan out your courses. It is a summary or audit of your degree. It will show you the classes that you have completed and the ones you have yet to complete. Here are the steps on running a degree audit. We encourage you to consult with your advisor.

1. Log in to **Atlas**.
2. Click on Students on the left hand side.
3. Look for the Path to Graduation box and click on My Academic Progress (Degree Audit).
4. Click on Generate New Degree Audit.
5. Select the term you are currently in, click submit.
6. Click on the button next to the name of your degree.
7. Click on Generate Request.



The path  
to promise  
takes you  
from  
“what is”  
to  
“what can be.”



# WHAT'S NEXT?

Valencia College is an equal opportunity institution. We provide equal opportunity for employment and educational services to all individuals as it relates to admission to the college or to programs, any aid, benefit, or service to students or wages and other terms, conditions or privileges of employment, without regard to race, ethnicity, color, national origin, age, religion, disability, marital status, sex/gender sexual orientation, genetic information, gender identity, pregnancy, and any other factor prohibited under applicable federal, state, and local civil rights laws, rules and regulations.