

Supporting the Pre-Health Student

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Topics

The Pre-Health Journey

High School as a College-Bound Student

College as a Pre-HP Student

Strategies for Pre-HP Parents

Health Professions Office

About Me

HPO since 2012

UT Austin since 1999



Karaoke

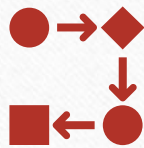


Surat



Keshav & Kiran

The Pre-Health Journey



Lengthy Process



Requires Passion

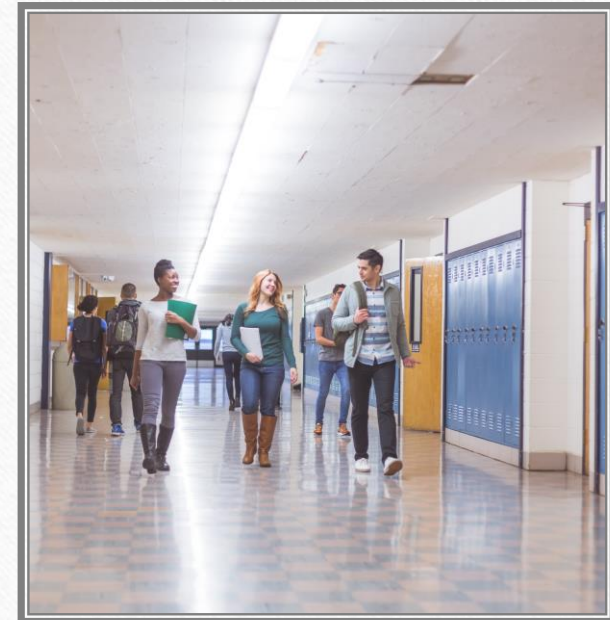
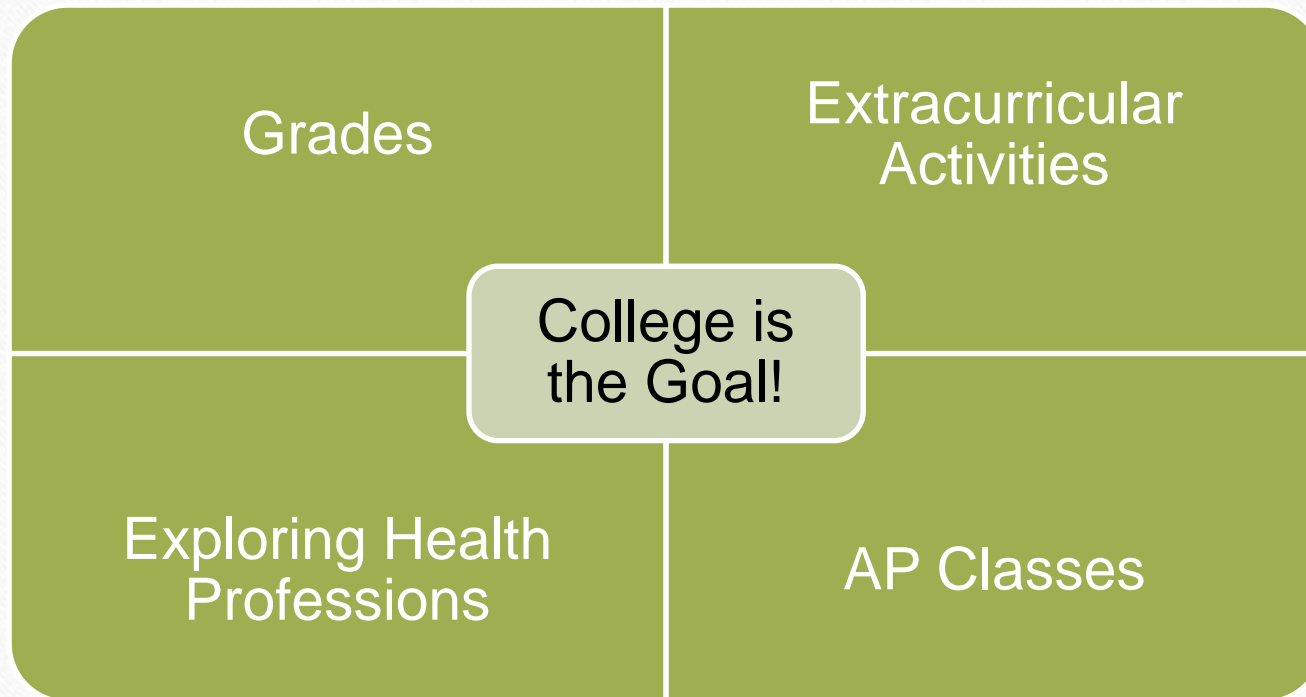


Not only about
Grades



Accurate Information
and Resources

High School as a College-Bound Student



HP Provider Qualities and Skills

- Critical thinking and problem-solving
- Communication
- Character, integrity, maturity, professionalism
- Intellectual curiosity
- Ethical decision-making
- Collaborative
- Compassion and empathy
- Public health motivation, resilience
- Reliability, dependability, accountability
- Cultural humility

College as a Pre-HP Student

Academic

- Prerequisites
- Standardized test (MCAT/DAT/GRE...)

Non-Academic

- Shadowing
- Healthcare volunteering
- Leadership
- General community service

Strategies for Pre-HP Parents

Allow your student time to adjust

- Class sizes
- Professors and class pacing
- New living situation

Encourage your student to persist

- Rigor has changed
- 2-3 hours of study for every hour
- Time-management of academics and non-academics

Strategies for Pre-HP Parents

Encourage well-rounded interests, especially in major

- Opportunity for interdisciplinary study
- All majors are created equal in Health Professions

Support them through their learning- mistakes will happen

- Poor judgement, academic dips, not being proactive= opportunities to grow
- Resiliency is key

Strategies for Pre-HP Parents

Allow them freedom to explore various career options

- HP is an arduous path- not a decision to be made lightly
- Admissions committees value exploration to confirm the pathway

Encourage your student to advocate for themselves

- This career demands fortitude
- Students should proactively seek advice and resources when needed

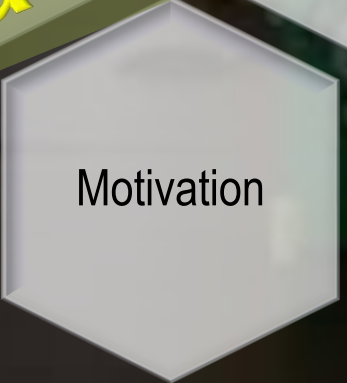


Professional

Personal

values

Knowledge



Future

**They are not fully developed yet
and that is okay!**





The University of Texas at Austin
Health Professions Office
College of Natural Sciences

<https://healthprofessions.utexas.edu/>

“

“There are two lasting bequests we can give our children. One is roots. The other is wings.”

”

Hodding Carter, Jr.

Questions?

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<https://cns.utexas.edu/health-professions>