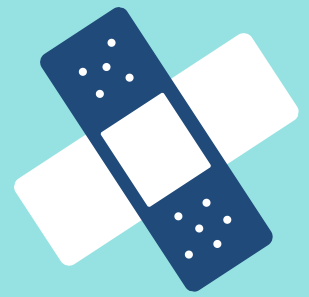


TIPS FOR HIGH SCHOOL STUDENTS



So you know you may want to be a doctor but don't know where or when to start? The earlier the better. Junior High is the perfect time to start your Prep.

by Jordy B - NextGenMD



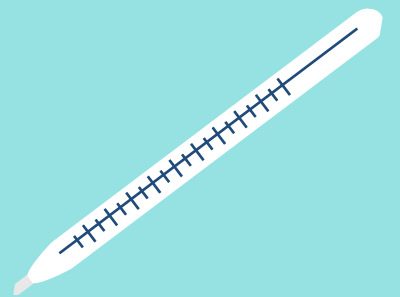
1 HAVE A GAME PLAN

It's never too early to start preparing. You can prepare academically, explore careers in medicine, attend a summer program, and build a holistic profile. Not only will this preparation help you decide if a career in medicine is right for you, but they will look great on your resume as you apply to colleges.



2 VISIT YOUR GUIDANCE OFFICE

Your High School Guidance Office is a great resource. Ask about opportunities available for students interested in a career in medicine. There may be programs through your community hospital or university tailored to High School Students.



3 ACADEMIC PREP

The best thing you can do is build your foundation of math and science coursework. If you have an option to take Advanced Placement (AP) courses, this will help you as you prepare for your medical career.



4 DEVELOP GOOD STUDY HABITS

Use this time to develop solid study habits, time management skills, test taking skills, and written and verbal communication skills. This will help you as you write applications to pre-med programs and medical school.

5 EXTRACURRICULAR OPPS

Look for opportunities to volunteer in a medical setting, shadow a doctor, or work in medical research. The best opportunities are those that you can sustain over time and build relationships, such as volunteering at a hospital. Strive to be a great member of whatever extras you choose to participate in. Take Leadership Opportunities when you can.



6 USE SUMMER FOR INTERNSHIPS AND WORK

Summer Programs or Internships are a great opportunity to get a taste of what it's like to work in medicine. There are many opportunities that range from research to hospital experiences. Some are free, some are paid and some pay you to attend!



7 BE AN EXCEPTIONAL STUDENT

Always act as a model student. Make an effort to complete work on time, encourage teamwork when working in a group and offer help if a teacher or classmate needs it. For all your courses, make sure to reach out to your teacher if you are struggling with something. High school classes are usually much smaller than college. Utilize that additional one on one time to ask for help.

8 MAKE GOOD CHOICES

Be a role model to others. Always make the right choices today so that you are able to make the right decisions tomorrow.

