



Pre-Physical Therapy: 4 year checklist



With so many requirements to check off your list before Physical Therapy school, you need to map out the next four years. Use the following checklist to guide you through the years you will spend here at La Sierra University and ensure you are on the right track for your future career as a Physical Therapist.

Year One

Year Two

Ensure you have declared the pre-health profession:
Pre-Physical Therapy

Become familiarized with the resources OACS provides to pre health students:
-Pre-Health Monday Workshops
-Consultations
-Pre-Health Website
-Career Advising

Investigate career information to identify what it means to be a physical therapist and the admission requirements for physical therapy.

Summer

-Work, volunteer, research, or intern in the health field.

Meet with your advisor to ensure you are on track for your major and pre-professional requirements.

Focus on coursework and achieving a high GPA.

Continue to investigate the career and ensure your values and interests align.

Look for opportunities to be involved in meaningful activities (volunteering, research, etc.) that will strengthen your application.

Start attending graduate fairs and start creating a list of potential PT schools.

Year Three

Summer

-Apply for research opportunities.
-Participate in summer enrichment, research, or internship programs.
-GRE? Make a study plan if it is required to enter various programs.

Make an appointment with the Pre-Health Office to go over prerequisite completion, competencies, and timelines.

Make sure you have established well maintained relationships with your advisor, professors, and healthcare professionals. Start to consider from whom you can receive letters of recommendations.

Look for opportunities to continue to be involved (volunteering, shadowing, etc.) that will strengthen your application.

Attend workshops to help you with the application materials such as the Personal Statement.

If needed, register for the Graduate Record Examination (GRE).

Prepare a "plan b" if you are not admitted to the schools of your choice.

Applications

-PTCAS is the application service used to apply to most PT schools.
-PTCAS opens up in July and should be completed one year before you start the program.
-Double check dates and deadlines and review, edit, and submit PTCAS application early.
-Submit transcripts, complete supplemental applications, and contact those who will be submitting LORs for you to check on progress.

Year Four

Prepare for interviews

Continue to maintain a strong GPA

If admitted, make final decisions about your choice of school and notify schools you will not be attending.

If admitted to PT schools, apply for financial aid (FAFSA)

Let the pre-health advisor know what schools you were admitted to and which school you will matriculate.



QUESTIONS?

Visit our website, scan our QR code or contact us at prehealth@lasierra.edu!



La Sierra
UNIVERSITY | Office of Pre-Health
Professions