FRESHMEN: Welcome to the Office of Career Services (OCS) Premedical and Health Careers Advising Office!

Your success at Harvard College is very important to us!

FOR PLACEMENT AND COURSE SELECTION
For academic advice about course selection and placement, freshmen should speak with their freshman advisers and proctors and …

- Attend the Preparing for Medical School for Freshmen program on Friday, August 28, 11:15am–12:15pm, Science Center.
- Talk to life and physical sciences advisers at the Math, Engineering, and the Sciences Academic Fair on Monday, August 31, 1:00–3:00pm, Science Center.
- Consult undergraduate math advising staff for calculus advising and placement help; see www.math.harvard.edu/sectioning for advising hours.
- Read the Premedical Information for Harvard Students: Timelines, Courses, and Resources 2015-2016 brochure on the premedical academics page on the OCS website.

TO LEARN MORE ABOUT BEING PREMED AT HARVARD COLLEGE

☐ Attend a Pre-Health 101 orientation at OCS: 54 Dunster Street.
   - Thurs., September 10, 5:00–6:00pm, OCS: 54 Dunster Street
   - Fri., September 11, 4:00–5:00pm, OCS: 54 Dunster Street
   - Fri., September 11, 5:00–6:00pm, OCS: 54 Dunster Street
   - Tues., September 15, 5:00–6:00pm, OCS: 54 Dunster Street
   - Wed., September 16, 4:00–5:00pm, OCS: 54 Dunster Street
   - Mon., September 21, 5:00–6:00pm, OCS: 54 Dunster Street
   - Tues., September 29, 4:00–5:00pm, OCS: 54 Dunster Street
   - Wed., October 14, 6:00–8:00pm, Murr Center: 65 N. Harvard St. (for athletes)

☐ Review the OCS Medical & Health Careers webpage for information about other health careers (veterinary or dental medicine, nursing and other health professions such as optometry, pharmacy, and physical therapy, and public and global health): ocs.fas.harvard.edu/medical-health

☐ Review the content under the Academic Requirements, Clinical Experience, and Applying to Medical School tabs on the OCS Medical & Health Careers webpage: ocs.fas.harvard.edu/medical-health

☐ Subscribe to premed and health careers email updates. For notifications on programs, opportunities, the application process, and more, update your OCS newsletter subscription preferences; select “Premed / Pre-Health” as an area of interest.

FOR INDIVIDUAL ADVISING
During the first six weeks of the fall semester, individual appointments and drop-ins with the OCS Premedical and Health Careers advisers are for sophomores, juniors, seniors, and alumni only. Freshmen must attend a Pre-Health 101 orientation before they will be activated in the Crimson Careers system to sign up for a premed drop-in or individual appointment. Freshmen who have attended a Pre-Health 101 Orientation will be able to sign up for an individual appointment or attend premed drop-ins starting on October 13.

FOR PRESSING CONCERNS
If you have a pressing need that is not related to course selection and cannot wait until October 13, please email your question or concerns to premed@fas.harvard.edu, and someone will be in touch with you.

Good luck with the launch of your college career.
We look forward to helping you on your journey into health and medical careers!