Complete 300+ hours of relevant health care, service, and/or research experiences. Health Care = 150+ hours, Service = 100+ hours, Research = 50 hour max (Max of 50 hours of research may be counted towards the 300 hours.)

Complete a leadership experience within an established student organization or create your own worthwhile project. Write a 2 pg. reflection on the leadership qualities you developed, using the question prompts to write the reflection. Upload the reflection paper to myportfolium.ucsd.edu.

Complete & record 10+ medical/health interview questions using ucsd.biginterview.com and upload your top ten recordings to your myportfolium.ucsd.edu account.

Complete a 4-6 page reflection paper addressing the 300+ hours of relevant health care, service, and/or research experience, using the question prompts to write your reflection. Upload the reflection paper to myportfolium.ucsd.edu.

Complete a minimum of 5 professional development & 5 pre-health workshops. (Remember to swipe in so it’s added to your Port Triton and/or HMP3 account.)