Freshman Year:
- Visit Career Development Services to explore your career options
- Volunteer with professionals in your fields of interest
- Get involved in PTSIG and participate in volunteer activities

Sophomore Year:
- Decide on your major
- Continue involvement with PTSIG
- Continue getting shadowing experience
- Make sure you are on track with your class requirements for physical therapy school
- Get involved with volunteer activities in the community and on campus

Junior Year:
- Stay involved with PTSIG
- Look into taking the SCMH 3910 Pre-Physical Therapy Practicum class to get professional experience hours
- Continue shadowing physical therapists
- Take advantage of mock interviews in the fall.
- Prepare for the GRE by taking a review course or studying on your own
- Take multiple practice GREs during spring semester
- Take the GRE by the end of May after your junior year
- Check with PT schools to be sure you meet their application deadlines

Senior Year:
- Complete all secondary applications
- Interview
- Graduate
- Grades still matter so keep studying

Tips from Students:
- Keep a log of all your volunteer work. Include date, number of hours, and contact information for all your volunteer work.
- No one can tell you to change majors but if you have a 3.0 GPA or lower or did not make above a 24 on your ACT you may want to consider the number of classes and amount of time needed to raise your GPA to a competitive level.
- Don’t get discouraged with school or with the application process. It can be tough at times but there are many available resources in the COSAM Dean’s Office to help you.