THINGS TO LOOK FORWARD TO THIS YEAR

Academics:
Begin taking advanced MCB courses. Continue meeting with your academic advisor to monitor your progress. You can make an appointment with an advisor of your choice by calling (217) 333-6774, using our online scheduler at https://mcb-uiucbioadvising.youcanbook.me/ or by stopping in to 127 Burrill Hall.

Enrichment Opportunities:
Continue or start your extracurricular activities/student organization involvement (see sophomore year suggestions).

Research:
If research is an interest of yours, or needed for post-graduate work, hopefully you’ve found a lab and are settling in. If you haven't found a lab, it’s time to prioritize your search efforts. Read the information and handouts found on the MCB Undergraduate webpage, http://mcb.illinois.edu/undergrad/research.html, attend an MCB Undergrad Research workshop or speak with a MCB Advisor for additional information.

Study Abroad:
This may be a good time to study abroad, if you haven't yet and are interested. Talk to your academic advisor about the different programs that are available to you. Attend study abroad workshops and watch the First Steps Video. Find more information at https://www.studyabroad.illinois.edu/.

Post-graduation/Career Plans:
At this stage you should have your career plans narrowed down and be in the process of preparing for them.

Professional School or Graduate School:
It’s time to do your research and start choosing the schools/programs to which you plan to apply. Professional school deadlines are typically in the summer after your junior year. Graduate school deadlines are typically in the fall of your senior year.

• Begin reviewing websites for institutions you’re interested in. Individual schools often have unique requirements. Make sure to pay special attention to the prerequisites for schools of your choice.
• Prepare for and take the necessary admission exam (e.g. MCAT, DAT, PCAT, GRE, etc.).
• Set up an interfolio account at http://www.interfolio.com/ to collect and save letters of recommendation.
• Ask faculty for letters of recommendation. Give them ample time to complete them. Provide necessary forms and a pre-addressed, stamped envelope, when necessary. Send them copies of your resume and personal statement.
• Work on the applications for admissions (may continue into your senior year).

Entering the workforce:
Network, network, network!

• Keep networking through the various job fairs and workshops. For specific information visit our Career Services web site at http://mcb.illinois.edu/undergrad/advising/career_services/.
• Sign up for online social networking sites, such as LinkedIn.
• Sign up for an I-Link account at https://www.careercenter.illinois.edu/about/services/ilink.
• Consider an internship opportunity.