



## THINGS TO LOOK FORWARD TO THIS YEAR

### Academics:

Begin, or continue, 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 or using our online scheduler at <https://mcb-uiucbioadvising.youcanbook.me>.

### Enrichment Opportunities:

Continue or start your extracurricular activities/student organization involvement. (See sophomore year checklist.)

### 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 page, <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. Review information found on the MCB Study Abroad site, [https://mcb.illinois.edu/undergrad/opportunities/study\\_abroad](https://mcb.illinois.edu/undergrad/opportunities/study_abroad), and the LAS International Abroad site, <https://las.illinois.edu/academics/international>

### Post-graduation/Career Plans:

At this stage, you should have your career plans narrowed down and be in the process of preparing for them. Your academic advisor or career coach in MCB, LAS or The Career Center can assist you.

### 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 of institutions you're interested in. Individual schools often have unique requirements. 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 links or forms and send them copies of your resume and personal statement.
- Work on the applications for admissions. (This may continue into your senior year.)

### Entering the workforce: Network, network, network!

- Apply to be matched with an alumni mentor: [https://mcb.illinois.edu/undergrad/opportunities/health\\_careers\\_mentoring](https://mcb.illinois.edu/undergrad/opportunities/health_careers_mentoring)
- Keep networking at job fairs and workshops. For specific information, visit our Career Services web site at [http://mcb.illinois.edu/undergrad/advising/career\\_services](http://mcb.illinois.edu/undergrad/advising/career_services).
- Sign up for online social networking sites, such as LinkedIn.
- Maintain and make public your Handshake profile at <http://handshake.illinois.edu/>
- Consider an internship opportunity.
- Look for part-time jobs on the Virtual Job Board, <https://secure.osfa.illinois.edu/vjb>, or the Research Park Job Board, <https://researchpark.illinois.edu/work-here/careers>