

# Pre-Professional C.O.R.D. Rubric (Pre-Health/Med)

Earn at least **100** total points & at least **one** activity from **each** pre-professional category in gray.

Profession Exposure	Profession Experience		Profession Competencies & Skill Development		Professional School Readiness		Use this sheet to track your points
<p><b>OSU PROFESSION-RELATED CLUB MEMBERSHIP:</b> Active member in an OSU club/organization related to your long-term professional goals for at least <b>one</b> year <b>5 points</b> <b>OR</b> Active member for at least <b>two</b> years <b>10 points</b></p>	<p><b>PREP RESOURCES:</b> Review OSU Career Services Resume Resources area online  <b>AND</b> one of the following:  While at OSU, create and/or update your resume with OSU Career Services <b>OR</b> Meet with an OSU Career Coach to prepare for future networking opportunities <b>5 points total</b></p>	<p><b>INDUSTRY WORKSHOPS/ SEMINARS:</b> Attend a workshop or seminar focused on skills important for professional school, such as profession-related research, public speaking, or critical thinking <b>OR</b> Attend a professional school open house or admissions event <b>5 points per event</b> <b>Up to 2 events</b> <b>10 points max</b></p>	<p><b>LEADERSHIP:</b> Serve in officer position in any club/organization for at least <b>one</b> semester <b>OR</b> Participate in an OSU Hargis Leadership Institute program such as LEAD Week, Lead4Success and/or Leadership Coaching activities <b>10 points total</b></p>	<p><b>COMMUNICATION:</b> While at OSU, participate in a non-academic presentation related to your desired profession  Presentations can be delivered in person or virtually at on-campus, state, regional, or national conferences, as well as through public-speaking engagements <b>5 points per presentation</b> <b>10 points max</b></p>	<p><b>FACTORS BEFORE APPLYING:</b> Complete the OSU Pre-Professional "Factors to Weigh Before Applying" document for at least one professional school of your choice <b>10 points</b>  <b>PROFESSIONAL SCHOOL PREP:</b> Fill in a regional unofficial prerequisite guide for a program listed on the OSU Pre-Professional website <b>OR</b> Complete an exam prep course applicable to your professional program of choice <b>10 points</b></p>	<p><b>KNOW YOUR PROFESSIONAL SCHOOLS:</b> Research your top 3 professional schools. Confirm if they require an entrance exam to apply and which application portal(s) are used to apply <b>5 points</b>  <b>PERSONAL STATEMENT:</b> Attend a personal statement workshop hosted by OSU Pre-Professional Health &amp; Law Support Services <b>10 points</b></p>	<p><u>Profession Exposure</u></p> <p><u>Profession Experience</u></p>
<p><b>SECOND OSU PROFESSION-RELATED CLUB MEMBERSHIP:</b> Active membership in a second OSU club/organization related to your long-term professional goals <b>5 points</b></p>			<p><b>IMMERSION:</b> Participate in a study abroad program, national student exchange, OSU Industry Immersion trip, or a community-based experience in a new environment as part of your learning experience at OSU. <b>10 points</b></p>	<p><b>TEAMWORK/ COLLABORATION:</b> While at OSU, participate in a non-academic team in which you collaborated with others to achieve shared goals and priorities for at least <b>one</b> year <b>10 points</b></p>	<p><b>PRACTICE/MOCK INTERVIEW:</b> While at OSU, participate in an interview prep practice and/or mock interview with OSU Career Services <b>10 points</b></p>	<p><b>FINANCIAL LITERACY/PAYING FOR PROFESSIONAL SCHOOL:</b> Attend a free online AAMC FIRST webinar, or resource of your choice, on topics related to financial literacy/paying for professional school <b>5 points</b></p>	<p><u>Profession Competencies &amp; Skill Development</u></p>
<p><b>COMMUNITY-BASED PROFESSION-RELATED MEMBERSHIP:</b> Active member of non-OSU profession-related community club/organization for at least <b>one</b> year <b>5 points</b> <b>OR</b> Active member for at least <b>two</b> years <b>10 points</b></p>	<p><b>INDUSTRY EXPERIENCE:</b> Complete a health-related experience, such as shadowing, working as a medical/dental assistant, scribe, CNA, patient care technician, pharmacy technician, phlebotomist, EMT, or an internship, for a minimum of <b>100</b> hours <b>25 points</b></p>	<p><b>INDUSTRY NETWORKING:</b> Attend a profession-related networking event, such as OSU Health, Vet &amp; Law Week, career fairs, guest lectures, or panel discussions with providers or current professional school students <b>5 points per event</b> <b>Up to 2 events</b> <b>10 points max</b></p>	<p><b>RESEARCH:</b> Participate in an OSU research symposium, a research team not tied to academic credit, or a non-paid community research experience <b>10 points</b></p>	<p> <b>PRE-PROFESSIONAL HEALTH AND LAW SUPPORT SERVICES</b></p>		<p><u>Professional School Readiness</u></p>	