Premedical Mentoring Program

• **What is the premedical mentoring program?**
The premedical mentoring program matches underclassmen students with well-qualified upperclassmen premedical students. The goal of the program is to provide a dedicated avenue for students to receive advice from another student who has experience in the premedical track at William and Mary and understands the questions and concerns premedical students might have.

• **Who can join the premedical mentoring program?**
Any freshman or sophomore is welcome to join the premedical mentoring program by signing up with one of the mentors.

• **What if I’m not sure I want to be a premed?**
That is perfectly fine! Plenty of people begin college with the intent of following the premedical track and then realize that it is not the right thing for them. The premedical mentoring program is actually a great way to get advice from someone who is on the premedical track so that you can make an informed decision.

• **How much of a time commitment is the premedical mentoring program?**
The program is as much or as little of a time commitment as you would like it to be. The Health Careers Club executive board asks that mentoring groups meet at least three times per semester during designated timeframes, but you are always welcome to reach out to your mentor outside of meetings with any questions or concerns you might have.

• **What types of things are discussed in the premedical mentoring program?**
For each of the required meetings of the semester, the Health Careers Club executive board will provide guiding questions on recommended topics to get you started. These topics typically include things like:
  - Course selection, scheduling, and class load
  - Deciding on a major
  - Shadowing and clinical hours
  - Extracurricular activities
  - Balancing your premedical track with your other activities
Remember, though, you are always welcome to ask questions outside of the recommended topics, and you are welcome to reach out to your mentor outside of designated meeting times.

• **How do I sign up?**
Sign-ups for the premedical mentoring program will be posted on Wednesday, September 12th in conjunction with the Health Careers Club Intro to Premed Panel (7:00pm in Tucker 127A). Watch for an announcement on Dr. Sher’s listserv for more information.

• **Who do I contact if I have questions?**
Please feel free to reach out via email to the Health Careers Club executive board ([HealthCareers@email.wm.edu](mailto:HealthCareers@email.wm.edu)) or directly to Sarah Chung, the head mentor for the premedical mentoring program ([HCCmentoring@email.wm.edu](mailto:HCCmentoring@email.wm.edu)).