

First Year Roadmap

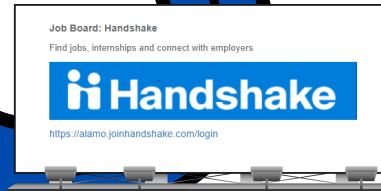
What is your ultimate goal?



Go visit your professors during office hours



Resources for First-Generation Students



LOW GPA



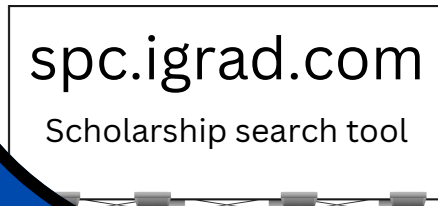
Schedule an appointment with our FYE Coordinator



Maintain a 2.0 GPA and 66.66% successful completion rate of all credit hours attempted



Schedule an appointment with our Financial Wellness Coach

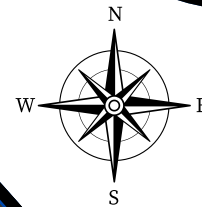


Tutoring Info

FILL OUT YOUR FAFSA EACH YEAR



ALAMO COLLEGES DISTRICT
St. Philip's College



Go to tutoring

Do you know who your advisor is?!



YOU ARE HERE

Preparing for Competitive Health Sciences Programs

- ❑ Research program requirements and deadlines for application
- ❑ Complete all prerequisite courses with strong grades
- ❑ Study for and take entrance exams (e.g., TEAS, or other required tests)
- ❑ Gain relevant experience through volunteering, shadowing, or working in healthcare settings
- ❑ Obtain strong letters of recommendation from faculty or professionals in the field
- ❑ Prepare a compelling personal statement or application essay
- ❑ Attend information sessions or workshops on competitive health sciences admissions
- ❑ Stay organized with application materials and submit everything on time

Career Exploration & Planning

- ❑ Meet with a career advisor to refine career goals
- ❑ Take a career assessment to explore potential pathways
- ❑ Build or update your resume and cover letter
- ❑ Attend career fairs and networking events
- ❑ Create or update your LinkedIn profile

Transfer Readiness

- ❑ Meet with a your advisor to review transfer requirements
- ❑ Research potential universities
- ❑ Attend transfer fairs at SPC
- ❑ Research scholarships for your transfer institution
 - Pay attention to requirements such as minimum GPA

Wellness: Healthy Body & Mind

- ❑ Get 7–8 hours of sleep each night and stay hydrated throughout the day
- ❑ Move your body—walk, stretch, or exercise to reduce stress and boost energy
- ❑ Set boundaries to protect your time and mental space
- ❑ Use a planner
- ❑ Schedule a counseling appointment to talk through stress, relationships, or life changes

Internships & Work Experience

- ❑ Search and apply for internship opportunities
- ❑ Participate in work-study or on-campus jobs
- ❑ Gain leadership experience through student organizations
- ❑ Attend professional development workshops
- ❑ Develop professional communication skills through mock interviews
- ❑ Seek out volunteer opportunities to build relevant experience

Academic Success & Graduation Planning

- ❑ Meet with your advisor to ensure you're on track
- ❑ Regularly review your GPS
- ❑ Go to tutoring
- ❑ Develop a plan to balance work, school, and personal commitments
- ❑ Develop a study plan

Networking & Professional Development

- ❑ Attend workshops on professionalism, salary negotiation, and career growth
- ❑ Seek out a mentor in your field (faculty, alumni, or employer)
- ❑ Join a professional association related to your major or career interests
- ❑ Start job shadowing or setting up informational interviews with professionals

Financial & Scholarship Opportunities

- ❑ Create an account on spc.igrad.com if you don't already have one
- ❑ Research and apply for scholarships and grants
- ❑ Review financial aid options for your next step (university, certifications, or workforce)
- ❑ Learn about student loan repayment options (if applicable)
- ❑ Create a budget
- ❑ Submit your FAFSA and/or TASFA each year