

CHECKLIST FOR GETTING STARTED: INDIVIDUALLY DESIGNED POST-BACCALAUREATE PRE-HEALTH

PART 1: ENROLLING AT CU BOULDER

- ☐ Complete the [Continuing Education Nondegree Application](#), then follow the steps in the welcome email to activate your IdentiKey (university credential) and access your CU Boulder email account
 - ☐ To activate your IdentiKey, go to the [IdentiKey Manager website](#) and click on the Activate My IdentiKey link found in the Accounts section on that page.
 - ☐ When you activate your IdentiKey, you also will be prompted to set up two other mandatory student accounts:
 - ☐ Your CU Boulder email account
 - ☐ Your access to CU's learning management system (Canvas)
- ☐ You will receive a confirmation email that will include your CU student ID number and several action steps to complete.

PART 2: GETTING STARTED WITH PRE-HEALTH ADVISING

- ☐ Download the [Continuing Education Pre-Health Student Handbook](#)
- ☐ After you submit your Continuing Education Application, complete Steps 3 and 4 on the ["How to Get Started"](#) page of the CE Pre-Health website to schedule your first individual pre-health advising session:
 - ☐ Watch the five-part series of videos for new pre-health students
 - ☐ Download and print the handouts for use while watching the videos
 - Note: These videos are chock-full of detailed information that is designed to set you up for success as a pre-health student. Be sure to set aside ~2 hours of time to watch them all and write down any questions that you'd like to discuss at your first pre-health advising appointment***
 - ☐ ***At least three weeks before classes begin:*** Email your transcripts and resume to ceprehealth@colorado.edu
Once we receive your transcripts and resume, we will schedule your initial pre-health advising appointment, which will be about two hours in duration. You can resume individual pre-health advising once you enroll in classes. You are eligible for your initial pre-health advising appointment as of the dates listed below:
 - ☐ Fall start: On or after July 1
 - ☐ Spring start: On or after October 1
 - ☐ Summer start: On or after February 1
- ☐ Take note of upcoming [CE Pre-Health group meetings and special events](#) throughout the year

PART 3: ENROLLING IN COURSES

- ☐ Use [CU Boulder's Class Search](#) to review CU Boulder Main Campus and Continuing Education courses. (You can view past, current, and future courses on this page.)
- ☐ If the following special enrollment situations apply to you, refer to the instructions on this [webpage](#):
 - ☐ If you plan to take a course for which you completed the prerequisites at another school
 - ☐ If you plan to take a course that is restricted to students with specific majors
 - ☐ If you plan to take any of the following courses, be aware that you can be given early enrollment privileges by following the instructions on the webpage mentioned above:
 - ☐ Organic Chemistry 1 and 2 (lectures and labs)
 - ☐ Anatomy lecture and lab
 - ☐ Physiology lecture
- ☐ Familiarize yourself with course enrollment dates, but note there may be some exceptions:
 - ☐ [Summer](#):
 - ☐ Enrollment opens for all courses in March
 - ☐ Fall/Spring:
 - ☐ [Main Campus courses](#):
 - ☐ Enrollment typically opens the week before classes begin
 - ☐ [Online](#) and [Evening](#) Courses
 - ☐ For Fall courses, enrollment typically opens in March
 - ☐ For Spring courses, enrollment typically opens in November

To learn how to sign up for your courses, please refer to the instructions in the “How to Add a Class” section of this [webpage](#)

PART 4: FINANCIALS

- ☐ If you do not plan to use services covered by student fees (e.g., Rec Center, bus pass, Counseling & Psychiatric Services, CU's health insurance plan, etc.), you can [waive your student fees](#). Please contact the Continuing Education Bursar's Office at cebursar@colorado.edu or 303-492-2212 if you have questions.
 - ☐ Please note that if you're planning on waiving student fees, you'll have to complete this process every semester that you're enrolled in classes.
- ☐ Colorado Residency (in-state vs out-of-state tuition):
 - ☐ If you have lived in Colorado for the past 12 months, you may be eligible for in-state tuition rates. To learn more or provide documentation of residency, contact our classification coordinator at (303) 492-5148.
- ☐ If you plan to apply for [federal financial aid](#):
 - ☐ Complete the [Free Application for Federal Student Aid \(FAFSA\)](#)
 - ☐ Complete the [Contract for Nondegree Aid](#) and submit it to the Office of Financial Aid via the link to their secure server at the bottom of the form.
 - ☐ At your first individual pre-health advising appointment, let your advisor know that you are applying for federal financial aid. Your pre-health advisor will need to complete and submit a [Nondegree Course Certification Form](#) for you.

For detailed information on financial aid eligibility and required paperwork, please email cefinaid@colorado.edu to schedule a time to talk directly with our financial aid liaison.

Federal financial aid awards for post-baccalaureate students typically cover the cost of tuition of required prerequisite courses, but not “recommended” or elective courses, nor living expenses. You must take 6+ credit hours of aid-eligible courses in a given academic term to qualify for federal financial aid.

- ❑ IDA students who are 22+ years old may apply for the [Nontraditional Student Scholarship](#).
- ❑ In-state and military-affiliated students should apply for and authorize the [College Opportunity Fund \(COF\) stipend](#) to receive a tuition discount.
- ❑ You may [enroll in a payment plan](#) to pay your bill in installments over the course of the semester rather than paying it in one lump sum at the beginning of the semester.
- ❑ Non-military-affiliated students who are enrolled in at least 6 credits and paying the fees package may be eligible to purchase the [CU Gold Student Health Insurance Plan \(SHIP\)](#) for a maximum of three semesters. To enroll in SHIP, you must start by completing the health insurance eligibility form with a [Continuing Education academic advisor](#).
 - ❑ Note: Nondegree students must apply for insurance and complete the Nondegree Health Insurance Eligibility form **each** semester in which they wish to enroll in health insurance coverage.
 - ❑ Note: The VA will not cover SHIP for our students, as they exclude students enrolled with non-degree-seeking status.
- ❑ If you are a military veteran, please send an email to Lindsey Vaughan (lindsey.vaughan@colorado.edu) to set up a time to talk about using your GI Bill benefits.
 - ❑ Students using VA benefits should visit our [Military-Affiliated Student page](#) and connect with [Veteran & Military Affairs Office \(VMA\)](#) for more information on next-steps for military benefits.

PART 5: GETTING READY TO BECOME A CU BOULDER STUDENT

- ❑ Meet with one of our academic advisors to ensure that you understand enrollment logistics, timelines, and costs. Please be aware that different course types have differing tuition costs and enrollment dates. **Sat Sonecha** is the primary academic advisor for pre-health post-baccalaureate students, but you are welcome to meet with any of the academic advisors in Continuing Education.
 - ❑ To schedule an appointment, log into Buff Portal Advising and either click on the photo of Sat or click on the Continuing Ed icon under Student Services and select “Academic Advising” from the drop-down list. You can also call our front desk at (303) 492-5148 to schedule an appointment.
- ❑ If you are planning to take General Chemistry 1 at CU Boulder:
 - ❑ We strongly recommend that all incoming post-bacc students complete all of the math and chemistry review materials in the [Chemistry department’s Chemistry Preparation and Placement Program Canvas course](#).
 - ❑ You can use [Khan Academy’s free online modules](#) for instructional support as you work your way through that course.
 - Most students who complete the entire course go on to be highly successful in General Chemistry, whereas those who skip it often end up struggling. For reference, those who have not recently taken a chemistry course have found that it takes around 40 hours of focused work to complete the review packet. This approach works!
- ❑ We highly recommend that you read ***Teach Yourself How to Learn***, by Sandra Yancy McGuire, before your classes begin.
- ❑ Purchase a [CUClicker remote](#) at the CU Bookstore and create an [iClicker Student account](#)
 - ❑ More information on CUClickers can be found [here](#)
- ❑ Download and install your CU Zoom account following [these instructions](#) (be aware that you must sign into your CU Boulder Zoom account—not a personal account—to access remote courses.)
- ❑ [Register with Disability Services](#) if you believe you qualify for accommodations.
- ❑ Self-enroll in Continuing Education’s Academic Skills Resource on Canvas. This free resource provides tutorials on academic and time management skills, and it is designed to allow you to work in any order on any modules that are relevant to you and your situation. Follow these steps to self-enroll:

1. Click on this link: <https://canvas.colorado.edu/enroll/D6K98D>
2. Login to Canvas using your IdentiKey
3. Click the blue “Enroll in Course” button
4. You will receive a confirmation when you have successfully enrolled. Click the blue “Go to the Course” to open and view the course

PART 6: DOCUMENTATION

- ☐ [Purchase a Buff OneCard](#). You will also use your Buff OneCard to access the Rec Center, various sporting events, and restricted rooms and buildings to which you have been granted access. It is also used to print on library printers, etc.
- ☐ **Immunizations:** All students residing in the state of Colorado must complete CU Boulder’s vaccination requirements. Learn more about the vaccination requirements for students on the [Health & Wellness Requirements page](#).
 - ☐ **Measles, Mumps and Rubella (MMR) vaccine:** For all individuals born on or after January 1, 1957, Colorado State Law requires all individuals enrolled in credit and non-credit programs to submit proof of two (2) doses each of the measles, mumps and rubella (MMR) vaccination. Please note: If you provided copies of immunizations in a previous semester, you do not need to provide a new verification.

Note that Post-Bacc Health Professions students do NOT have to provide evidence of health insurance, though we strongly recommend that you have it. It is fairly common for post-bacc students to sign up for Medicaid.

PART 7: OTHER USEFUL RESOURCES

- ☐ The [CU Post-Bacc Google Calendar](#) lists upcoming events.
- ☐ Join our Slack group chat for our Individually Designed post-bacc students:
https://join.slack.com/t/cupostbaccbuffs/shared_invite/zt-1goc5ig1s-9d9GrgHyYfXTf7nm2K27WA
- ☐ Mentor-created [parking map](#)
- ☐ If you’re pre-med or pre-dental student:
 - ☐ Open a free [Interfolio Dossier account](#) to hold your letters of recommendation for professional school. After opening your account, contact Interfolio customer service and ask them to link your account to the CU Boulder Post-Baccalaureate Pre-Health Administrator account so that your pre-health advisors can view your letters.
- ☐ For pre-meds: Consider listening to the [All Access podcast](#) and taking notes on the schools that interest you. (This will give you a head start on secondary application essays!)
- ☐ If you plan to get involved in research at CU Boulder, you can watch a [45-minute video presentation](#) on this topic (Vimeo password: CEprehealth) to learn how to start inquiring for research opportunities on campus. Quick tips for getting involved in research at CU Boulder are posted [here](#).