

“Pre-JAMP” —Making your first year count



Review the [JAMP website](#)

Read the “About JAMP” and “Frequently Asked Questions” sections of the site. There is a wealth of information about the program, including details about eligibility. Even though you won’t apply until the end of your first year, preview the application. It is helpful to have an idea of the application requirements so that you can be proactive in your preparation to apply.

Keep your grades up

If you start having trouble with any of your courses, please don’t wait until you get your first poor test score to ask for help. There are numerous resources on campus to help you with tutoring! Start with visiting your faculty members & teaching assistants during office hours.

Get to know your faculty

This can be challenging at UT Austin—the campus is huge and most of the classes in your first year have large numbers of participants. Visit your professors during office hours, even if you are doing well in their class. It will make your request for a letter of evaluation next spring much easier!

Explore the career of medicine

This will give you a better understanding of what it takes to be a doctor. Check out the Association of American Colleges website for [Resources](#).

Volunteer

Any experience giving back to the community will be looked upon favorably by the JAMP Council. It would be ideal if you could volunteer in a healthcare setting. This would combine volunteering with real exposure to the field. Check out the [Volunteer Section](#) of our website for some good places to start.

Shadow a doctor

Finding a doctor who is willing to allow you to shadow can be a challenge, but it is worth the effort! If you currently have a primary care physician—they may be willing to allow you to shadow. You may also network with other “pre-meds” to see where they have shadowed.

Get involved

There are over 900 registered student organizations on campus, so there are lots to choose from. There are currently 23 health-related organizations. Check the [Office of the Dean of Students](#) website for a searchable database of student orgs.

Get in the habit of personal reflection

Your thoughts and insights about who you are as a person and how your experiences have shaped you will be of tremendous benefit when it is time to write your personal statement (a required part of the JAMP application). Keep a journal handy so you can jot down your thoughts as they occur—make notes remind yourself about observations!