Use the checklists for the freshman, sophomore, junior, and senior years to track goals that students should achieve throughout the undergraduate program. A common mistake made by students is to wait until the last minute to get things done. Unfortunately, the last minute can sometimes be too late.

**Goals**

- Focus on academics. College will be different than high school and in most cases is more challenging. College courses are not often graded based on homework, projects or frequent testing. Students will often find that 2-3 exams or a large paper will be most of the final grade for the course.
- Successfully complete Calculus, Chemistry, and Biology series. These courses are the backbone to most courses that students will complete in the Biomedical Science major. A good foundation in this subject and an understanding of what it takes to achieve good grades in these courses is important.
- Achieve a minimum cumulative grade point average (GPA) of 3.5. It is certainly difficult to maintain a high GPA, but it is far more difficult to raise a lower GPA. Start strong.
- Achieve a minimum math/science GPA of 3.5. Math and science grades will be important to graduate and professional school admission. Students in BMS take up to seven math and science courses in the first year.

**Honors**

- Complete at least 3 honors or 500-level classes. Honors students need to complete 30 credit hours of honors courses while at Ohio State. 15 hours should be completed in the first year.
- Earn a minimum of 15 hours points. Most students earn honors points by completing honors courses, but it is a good idea to review the honors manual to learn how you can earn more honors points in the first year. Don’t procrastinate!
- Submit Yearly Honors Report by June 1st
- Look into service and leadership activities that appeal to you. Again, graduate and professional schools are especially interested in admitting students who have been actively engaged in service and leadership activities. Don’t wait until the few months before you begin graduate school applications to engage in service.

**Research**

- Investigate research themes that appeal to you. Students often come to campus with a research idea in mind. It’s ok to change your mind, and we hope the courses to take and the people you meet will influence the research activities you wish to pursue.
- If academics are going REALLY well (ie. 3.7 of higher GPA), consider applying to work in a lab. It’s ok to get started early, but remember that academic coursework comes first in the freshman year.

**Nonacademic**

- Make friends. Have a least one person you can rely on “be there for you.”
- Go home. Don’t go home. Try to achieve a balance between living your independent life in Columbus and maintaining relationships with family and friends at home.
- Figure out what you need to do to be an effective student. Maybe you can study in your residence hall, maybe you need to go to the library. Maybe you can study with music on, maybe you need absolute silence. Maybe you do best studying with groups, maybe you need to go it alone. Try different combinations until you figure out what works for you.

Developed by: Lori Martensen, Program Manager
www.medicine.osu.edu/bms
Updated: 01/2009