Testimonials

- "My HPAC Peer Mentor served as a tremendous source of positivity and encouragement throughout the stressful times during my first year. Additionally, she gave me the incredible opportunity to grow as both a leader and an individual."
  - Catherine, UCR SOM 2022

- "I had a HPAC peer mentor who is now a P3 student pharmacist and I’m so thankful that she has always been by my side, guiding me through my pharmacy journey for the past 3 years.”
  - Wan, Pre-Pharmacy

- "As a first generation college student, it can be challenging to transition to university life. My peer mentor offered me guidance, friendship, and advice which made my first year experience rewarding.”
  - Josephina, Pre-Medicine

- "Being apart of HPAC has provided me the opportunity to meet incredible people with common interests and goals in the health fields. I find that this program allows both the mentor and mentee discover themselves and other areas of potential through knowledge sharing and learning.”
  - Vivian, Pre-Physical Therapy

Health Professions Advising Center
Rivera Library B03

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Ask-A-Peer Mentor

Peer mentors offer the ‘student-perspective’ on the pre-health journey. Peer mentors are available during their drop-in hours—referred to as ‘Ask a Peer Mentor’ - for quick questions and general pre-health information. If you have basic questions about health profession requirements or becoming more involved, drop by and talk to a peer mentor at HPAC—Rivera Library B03.

Peer mentors are generally available throughout the week from 9am-4pm and represent a variety of health interests. Updated peer mentor availability is posted at the beginning of each quarter. However, these students are not available during the Summer months.

“Working with my peer mentor during my freshman year really helped me develop into an independent pre-health student through his dedicated guidance and consistent communication.”

-Niresh, UCR SOM 2021

“Talking to a Peer Mentor has really changed my life. The advice and opportunities they have given me has really helped me along my health professional career path.”

-Jenny, Pre-dental

Peer Mentor Resource

Peer mentors are successful pre-health students enthusiastic about sharing their experiences with you.

The HPAC peer mentor cohort is highly involved in campus organizations, community programs, and research. These students work with you to share information, provide guidance, support, and encouragement to help you become a well-rounded student and competitive applicant to health professions programs.

We find that mentees often utilize our mentors to discuss relevant opportunities, such as service, leadership, research experiences, and suggestions for success in pre-health coursework.

Peer mentors share professional interests in health careers including medicine, pharmacy, dentistry, nursing, public health, optometry, physician assistant, physical therapy, and veterinary medicine.

Speaking with a peer mentor can be a great resource for students who are first generation, lack exposure to pursuing pre-health careers, or will benefit from the extra support of speaking with someone who has shared similar experiences.

Advisor Information

In addition to receiving support from HPAC peer mentors, the HPAC staff advisors serve as the primary resource for pre-health students. Using a developmental advising model, advisors work with students one-on-one and through workshops to outline the steps to becoming a competitive pre-health applicant.

Through these workshops and on-going advising sessions, advisors assist pre-health students in understanding what professional programs are looking for in a competitive applicant and provide advising on ways to strengthen your profile. HPAC advisors regularly field more difficult questions and issues—such as course requirements, managing stress, extracurricular activities, standardized exam preparation, and provide detailed assistance with applying to professional programs.

Advisors meet with students regularly, lead weekly workshops, and present to campus clubs & organizations on a regular basis.