

Improving your Grade Point Average (GPA):

As you know, graduate programs are extremely competitive and the growing interest in PT makes it much more difficult to get into a DPT program. A high GPA will increase the likelihood of you getting into a DPT program of your choice.

The following chart is a list of GPA requirements from universities that Temple Pre-PT students commonly apply to:

	Overall Undergraduate GPA		Prerequisite GPA	
	Minimum GPA	Average GPA of Accepted students	Minimum GPA	Average GPA of Accepted students
Arcadia U.	3.00	3.62	3.00	3.57
Drexel U.	3.00	3.57	3.00	3.45
Temple U.	3.00	3.70	3.00	3.61
Thomas Jefferson U.	3.00	3.60	3.00	3.60
U. of Pittsburgh	3.00	3.70	3.00	3.70
U. of Southern CA	3.00	3.55	3.00	3.40
U. of Delaware	N/A	3.73	N/A	3.70
U. of Maryland – Baltimore	3.50	3.60	3.50	3.60
Widener University	3.00	3.50	3.00	3.58
Total Average		3.62		3.58

Data compiled from www.ptcas.org Sept. 2012

As you can see, most schools have matriculated students with GPAs with an average floating around 3.60, with no school accepting students with less than a 3.0.

In addition to hard work, smart choices, and some brain power, what can you do to improve your GPA?

One simple answer is creating a timeline mapping out your remaining semesters at Temple. Here's an opportunity to create and view your ideal semesters at a glance. Balance each semester so you do not have too many difficult courses in one term. Try grouping 2 difficult courses and 3/4 moderate/easier ones together. Try not to take more than one basic science course (biology; chemistry; physics; a & p) per semester as they are taxing in time and effort. With this, take in account which kinesiology core courses or electives will have combined labs. Add easier and less time demanding courses if you already have two courses with combined labs in any given semester. Determine the difficulty of the course by networking with classmates or fellow TPPTA members. Do not overwhelm yourselves with courses if you have the opportunity to better spread them out elsewhere.

The information in the preceding paragraph may seem intuitive, but many students forget that a balanced semester has many downstream benefits. Creating a timeline will not only maximize your GPA. It can help you plan when and when not to take summer courses as you need to make time studying for your GRES. It is recommended to study and complete the GRES during your out of school sessions. This timeline will also help you in having a successful application process as you need to complete a certain

number of pre-requisites depending on the program before they can even consider your application. Lastly, it will help you better adhere to your anticipated graduation date. One of the worse things that have happened to students is being accepted into a DPT program and later finding out they cannot not graduate come May. Although, this may be due to poor grades, it can also be a result of being unable to take a certain course in their last semester either from not fulfilling the pre-requisite or from the course being unavailable in the spring.

If you want to prevent any of the unfortunate circumstances discussed above, follow the steps below:

Step 1: Attain your course curriculum and fill in the blanks. Such as, your *electives, forms of movement* courses and your *upper level psychology* and *sociology* courses. Do not forget to refer to the list of pre-requisites from DPT programs you are interested in applying to (available on PTCAS). For example, Arcadia U. requires an upper level Biology which is not included within the pre-health kinesiology curriculum. Some other DPT programs have been known to require an Organic chemistry or specifically abnormal psychology.

Step 2: Rearrange courses within each remaining semester you have at Temple. Remember, the goal is to keep a balanced semester. Keep in mind that some courses are pre-requisites or co-requisites. Also remember, some courses can only be taken after you have obtained a specific amount of credits or taken the majority of Kinesiology Core courses, such as your capstone and your History & Philosophy of Kinesiology course.

Step 3: Get it approved by your advisor as a final check to your plan.

Step 4: As each registration cycle passes, rearrange your plan and repeat step 2, 3, & 4. This step is important to keep your timeline updated since likelihood is that you will not get all the courses you planned to take each semester. The upside is that you will always have a plan and know what to expect.

A copy of the Department of Kinesiology Handbook & course curriculum is posted on <http://tppta.weebly.com/resources.html>

One final closing remark; do not view your GPA as a direct reflection of your intelligence, but a direct reflection of your academic success. It is a testament of your dedication, efforts, and consistency of your academic learning. Stay confident and show DPT programs that Temple students have what it takes to succeed in their programs.