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Contact Information for Pre-Health Advising

Building 53, room 211
Web: prehealth.calpoly.edu
P: 805-756-2615
E: prehealth@calpoly.edu

Pre-Health Peer Adviser
Drop-in Hours Spring 2018
Monday : 8am-12pm & 2-4pm
Tuesday: 8am-12pm & 1:30-3pm
Wednesday: 8am-12pm & 2-4pm
Thursday: 8am-11am & 1:30-4pm
Friday: 9am-12:30pm

Please take this survey looking at the effects of undergraduate major choice on overall mood.
School of the Month: University of North Carolina—Chapel Hill

University of North Carolina at Chapel Hill
Established in 1789, the University of North Carolina was the first public university in the nation. They offer programs in Medicine, Dentistry, Nursing, Pharmacy and Public Health. They also offer combined MD/PhD, and MD/MPH degrees.

Fast Facts:
Ranked #1 Best Medical School for Primary Care
Ranked #22 Best Medical School for Research

Profession of the Month: Chiropractor

Chiropractors diagnose and treat neuromuscular disorders through manual manipulation of the spine. They focus on the relationship between the body’s structure (primarily the spine) and function (as coordinated by the nervous system) and how that relationship affects the preservation and restoration of health. The chiropractic approach is holistic, stressing the patient’s overall health and wellness.
Spring 2018 Calendar of Events

- **April 6: 11:10am-12:00pm Change of Major Workshop (14-249)** Thinking of changing your major? Learn about exploring career options, Cal Poly's Change of Major policy and how to create your action plan. Register to attend through your Cal Poly portal under the Academics tab.

- **April 10: PAEA’s Physician Assistant Virtual Fair** Planning to apply to a PA program? This unique virtual event is FREE and allows you to conveniently and efficiently meet admissions reps & faculty in a live online event. Over 40 programs across the US will participate in this live event and more information/registration for the event can be found [here](#).

- **April 10: 5:30-6:30 pm Writing Effective Resumes & Cover Letters (124-117)** Ever wonder what employers look for in resumes and cover letters, and how you can stand out from other applicants? This workshop will provide insights and strategies for being intentional with your application materials to best highlight your relevant experiences and attributes. If possible, you are encouraged to bring a copy of your resume with you.

- **April 10: 8-10 pm Designing Your Leadership and Career Experience (Einstein Bagels Conference Room in PCV)** 68% of people are unhappy in their field; don’t let that be you! Engage in fun activities and conversations to help you identify your values for leadership roles, internships, and other opportunities at Cal Poly.

- **April 13: 10-11am Interview With Confidence (124-117)** If you were called today for an interview tomorrow, would you be ready? Learn how to successfully prepare through identifying your relevant skills and experience, anticipating interview questions, researching employers, dressing for success, following up with employers after the interview, and much more! *This workshop counts toward the Career and Professional Development Certificate.*

- **April 17: 11:10am -12pm Prep to Apply: An Application Workshop (10-225)** Now you’ve reached the point where you’re ready to apply (or close to it!), this workshop will cover the timeline and nuanced details and processes of putting together a complete application. This workshop is best suited for those students who plan to apply in the coming 1-2 years. As the application process can last up to two years, we recommend attending twice to ensure you get all the information you need. It never hurts to hear such detailed information more than once. Offered again May 8.
Spring 2018 Calendar of Events

- **April 20: 1:00-3:00pm** **Personal Statement Workshop (10-225)** Often considered one of the most challenging parts of the application to graduate programs, in this interactive workshop you will not only learn what admissions committees are looking for in a personal statement, but also read and evaluate sample personal statements, as well as brainstorm content for your personal statement. Not required to come with a personal statement draft, but do bring something to write with (pen and paper or laptop/tablet). Offered again May 8.

- **April 24: 5:10-6:00pm** **Change of Major Workshop (180-114)** Thinking of changing your major? Learn about exploring career options, Cal Poly's Change of Major policy and how to create your action plan. Register to attend through your Cal Poly portal under the Academics tab.

- **April 26:** **APTA’s DPT Education Virtual Fair** Planning to apply to a PT program? This unique virtual event is FREE and allows you to conveniently and efficiently meet admissions reps & faculty in a live online event. Over 50 programs across the US will participate in this live event and more information/registration for the event can be found [here](#).

- **April 27, 11am-1:30pm** **Mock MMI (53-211)** Sign up [here](#).

- **May 8, 11:10am -12pm** **Prep to Apply: An Application Workshop (10-225)** Now you’ve reached the point where you’re ready to apply (or close to it!), this workshop will cover the timeline and nuanced details and processes of putting together a complete application. This workshop is best suited for those students who plan to apply in the coming 1-2 years. As the application process can last up to two years, we recommend attending twice to ensure you get all the information you need. It never hurts to hear such detailed information more than once. Offered winter and spring quarters.

- **May 8: 6:00-8:00pm** **Personal Statement Workshop (10-222)** Often considered one of the most challenging parts of the application to graduate programs, in this interactive workshop you will not only learn what admissions committees are looking for in a personal statement, but also read and evaluate sample personal statements, as well as brainstorm content for your personal statement. Not required to come with a personal statement draft, but do bring something to write with (pen and paper or laptop/tablet).
**Emerging Leadership Certificate** program is the perfect way for students to build leadership skills, practice teamwork and communication skills, connect with other student leaders, and learn about how to get involved at Cal Poly. Students complete the Emerging Leadership Certificate by participating in the Emerging Leaders Series. The Emerging Leaders Series is FREE, open to all students (no experience required), and provides a fun, quick way for students to expand their leadership perspective and skills.

Students should email leadership@calpoly.edu to RSVP for the session that works best in their schedule.

**Spring 2018 Emerging Leaders Series Offerings***:
- Tuesdays, 10 am – 12 pm, PCV, begins April 10
- Tuesdays, 1-3 pm, UU 216, begins April 10
- Tuesdays, 3-5 pm, UU 216, begins April 10
- Wednesdays, 1 - 3 pm, UU 216, begins April 11
- Wednesdays, 3-5 pm, UU 216, begins April 11

*Participants should plan to participate in a day of service on Saturday, May 12.

The Emerging Leaders Series is a not-for-credit series that meets once a week for two hours over the course of nine weeks. The series begins during week 2 of each quarter.

Participating students are matched with alumni mentors. The mentors will help students with networking, identifying strategies for continued leadership development, and utilizing leadership skills for career success.

For more information, go to their [website](https://example.com)
Time to start thinking about summer plans

Summer offers the opportunity to participate in a wide variety of extra curricular activities like internships, shadowing, studying abroad, or working.

**Internships:** For internships, most application deadlines are in winter/spring. Research internship opportunities now to find a good fit for you. Come see a peer advisor for help with this process.

**Atlantis Project**—This 2-10 week program offers students 25hrs/week of intensive shadowing in public hospitals throughout Europe. The program traditionally offered placements throughout Spain and Portugal, but they have recently expanded their locations to include Italy, Greece, Hungary, Croatia, Ecuador, and Uruguay. These programs also offer opportunities for exciting local excursions. For more information click [here](#).

**Child Family Health International, Global Health Education Programs**—Interested in global health? Consider applying to a program abroad in a variety of countries in South America, Africa or Asia. With a variety of programs, all with either a clinical or public health emphasis, participants have the opportunity to address international healthcare problems, work with underserved communities, and provide professional development. See which program is right for you, and get more information [here](#).

**Shadowing:** Summer is a great time to get health field experience by observing healthcare professionals in practice! Shadowing gives students the opportunity to ask specific questions (ex. how they got to be where they are today, what they like most about their job, any advice for you as a future professional) and observe daily routines and responsibilities. If you aren’t already connected to a healthcare practitioner, students often search for offices in their area and call to inquire about shadowing or possible internship opportunities.

*Check out **Informational Interviewing** under the Experiences section on the Poly Learn for further assistance.*
Summer Plans Continued:

**Work**

Applying to graduate school can get pricey, and summer offers a great opportunity to start saving money. Depending on the health profession and how many schools you choose to apply to, application costs can range from $550-$8,100. The largest expense is incurred when students are invited to interview with multiple schools, requiring transportation and housing for their visit. If you are staying in SLO, Mustang Jobs is a good place to start looking for jobs.

**School**

Taking classes can be a good way to get ahead. For summer school opportunities, speak with your college advisor and/or a pre-health peer advisor about taking what classes are appropriate to take at a community college and transfer back to Cal Poly, as well as what summer classes will count and not count as pre-requisites to professional schools. *Course offerings for summer at Cal Poly will be available on PASS April 16.*

◊ **John’s Hopkins school of Nursing** offers 10-week online courses in Biostatistics, Human Growth and Development, Nutrition, Microbiology, Anatomy and Physiology, with online virtual labs. *Be sure to check with the schools where you will be applying to if they accept online classes with virtual labs for prerequisites.*

**Shadowing Program**

**Dignity Health Physician/Nurse Mentoring Program**

This local program provides students with rotations through Arroyo Grande Community Hospital, French Hospital Medical Center, Marian Regional Medical Center, and various clinics and offices 3-5 days per week. The program runs from June 18th-August 3th. The application period is from April 1st to April 23th. For more information on the program and instructions on how to apply, visit their [website](#).
Other Summer 2018 Opportunities:

Summer Enrichment Workshop for Podiatry Students

Samuel Merritt University in California is offering a three-day enrichment podiatry workshop that provides participants with an opportunity to explore the profession of Podiatric Medicine and Surgery. This workshop is held July 25th-July 27th and applications (due May 15th) can be found on their website.

Opto-Camp 2018 at UC Berkeley, July 16th-20th

UC Berkeley’s Opto-Camp aims to provide pre-health science/pre-optometry majors, especially those who are underrepresented in the profession and/or first-generation college students, with in-depth information about Optometry as a career track and to prepare attendees to be successful applicants to optometry school. Program specifics and the application can be found here. The application deadline is May 18th!

Camp Okizu Volunteer

Okizu is a support program for families affected by childhood cancer. Now in our 37th year, we provide summer camping programs, weekend family retreats, and programs for teens and young adults. We serve families who are treated in Northern California and all our programs are offered free of charge to the families. We are able to make camp happen because of our amazing team of volunteer camp counselors who commit to volunteering one week or one weekend at a time! If you are interested in applying, visit us at www.okizu.org/apply. For more information, email Becca at becca@okizu.org.
Other Summer 2018 Opportunities:

University of Colorado Summer Health Courses

The University of Colorado is offering a variety of courses, nationally and globally, to enhance your pre-health knowledge and preparation. Examples include pre-med emergency/wilderness medicine classes in Costa Rica (June) as well as an Introduction to Polar Medicine course that will be offered in Greenland. Many of these classes will count for academic credit as well! For more information, click here.

UVM College of Medicine Summer Medical School Prep Program

This University of Vermont Medical School Prep Program will help students prepare for the revised MCAT, build clinical experience with formal shadowing and medical simulation center activities, and practice essential interviewing skills from June 18 - July 12. They expect that most participants will have completed their first three years of undergraduate pre-med coursework before starting the program this summer. Find more information here.

PRIDE-CGE: Programs to Increase Diversity Among Individuals Engaged in Health-Related Research

This Washington University in St. Louis School of Medicine program is an all-expense-paid training and mentoring summer experience catered toward students that are under-represented in biomedical sciences and/or with a disability. It focuses on genetic epidemiology and risk factors and allows students to develop independent research programs on cutting edge heart, Lung, Blood, and Sleep (HLBS) disorders. The program includes participation in 3-week summer institutes during each of two summers, attending a meeting at Washington University in January, and long-term networking with a mentor, among other things. Check out their website for more information.
Test Prep:
MCAT 2018 Info:

- Register for the MCAT by the end of April if you plan on taking it in July-September. The cost of the exam is $315.
- [Khan Academy](https://www.khanacademy.org) video tutorials are a great way to study at no cost!

Kaplan Course Scholarship Giveaway & discount for students in financial need

Kaplan is giving away *three course scholarships* which can be used for any of their test prep classes; GRE, MCAT, DAT, OAT, or PCAT. Kaplan is also offering *up to a 60% discount* on their test prep courses through their Tuition Assistance Program. To see if you qualify, click [here](https://www.kaptest.com/).
Multiple Mini-Interview for Medical School Admissions

Multiple Mini Interviews (MMI’s) are gaining in popularity among medical school admissions and are being used to assess a candidate’s readiness for medical school & the medical profession. An MMI typically consist of 8-10 timed stations through which applicants rotate. At each station, an applicant is presented with a question, scenario or task. This type of interviewing is a very different format from the traditional 1:1 interview format and so it is important to become familiar with the structure and expectations of an MMI so you will be prepared for your actual interview day. Below are three great links that will help you prepare for your MMI during the medical school application cycle. Get some MMI practice by attending Cal Poly’s mock MMI on April 27. Sign up here!

- The Multiple Mini-Interview for Medical School Admissions
- How to Prepare for Multiple Mini-Interviews, Part 1
- How to Prepare for Multiple Mini-Interviews, Part 2
Asking Professors and Mentors for Letters of Recommendation this Application Cycle?

Most health professions schools will require at least three letters of recommendation. The best letters say something about you as a person. Schools want to see more than “This student scored an A in my class.” This means that you have to begin building relationships with faculty from day one. Many professional schools require two of the letters to be from science faculty and one letter from a non-science faculty member.

As your professor/mentor writes the letter of recommendation, it might be helpful to provide them with the following resources to use as guidelines:

- **Letters of Evaluation Guidelines.** Please note that the use of these guidelines is optional. They are intended to help think about the letter and facilitate the writing process.
- The 15 Core Competencies for students interested in health careers are listed [here](#). These competencies are endorsed by the AAMC and are designed to assess your knowledge, skills, values, and attitudes related to being a health care provider.
- Resume, CV, and/or Personal Statement
- Recent life updates, especially if you’ve done anything important that’s not mentioned in your personal statement or CV

If you have any questions, either stop by during walk-in hours to see a pre-health advisor or make an appointment Monday-Friday. Call (805) 756-2615 or email csmadvising@calpoly.edu
**2018-19 Post-baccalaureate opportunities:**

If you are graduating and not yet ready to apply to professional school due to a low GPA or outstanding coursework, check out these options. Others can be found using the AAMC’s database [here](#). Also refer to our February newsletter, or attend one of our presentations.

**Case Western Post-Bacc Programs**

- **MS in Medical Physiology**—Enhance your chances of admission to Medical School, Dental School, and PhD or related programs. Application deadline-June 16th.

- **MBA/ MS– Medical Physiology Dual-Degree program**—Combine your degree in medical physiology with a solid foundation in business to strengthen your hiring potential and boost your confidence within the healthcare workplace.

**Duquesne University Post-Bacc Programs**

- Enhancement: If you have earned a science or health-related degree or have significant coursework in science and math, this track can augment your existing background and provide you with additional coursework experiences, typically in just one year.

- Career Changer: If you have a more diverse undergraduate experience, you may have few or none of the basic prerequisite courses required to successfully pass standardized admissions tests. By completing this two-year track, you’ll gain that missing knowledge and experiences needed to qualify for admission.

Find more information on both programs [here](#).
2018-19 Post-baccalaureate opportunities cont.

Lake Erie College of Osteopathic Medicine—Master of Medical Science Program

The MMS program is a one-year, non-thesis, course of study with a mission to academically, scientifically, and professionally prepare students for acceptance into LECOM’s College of Medicine, School of Dental Medicine, School of Pharmacy, or similar programs at other institutions. Students who successfully complete the MMS program and apply to LECOM through the channels appropriate to their area of interest (medicine, dentistry, or pharmacy) and meet all other standards and requirements for admission will be guaranteed an interview. Click here for more information.

MS in Biomedical Informatics at the University of Chicago Graham School

Biomedical informatics is one of the fastest growing interdisciplinary fields in the country and is now being offered to qualified applicants as a master's degree program at the University of Chicago Graham School. Students completing the program will be prepared with the necessary knowledge and technical skills to tackle everyday management issues and to guide large projects in clinical and research settings. Application deadline is May 14th. Find out more on their website.

Master of Science in Pharmacology at Tulane University

This one year post bacc program is designed for students interested in improving their credentials for medical school admission. These students take the Medical Pharmacology course with Tulane 2nd year medical students! Call 504-988-5444 or visit their website for more information!

PRIME—Postbacc Readiness Instruction for Biomedical Education

is a post-baccalaureate certificate (non-degree) program for students who need additional preparation to have a competitive application for MD or DO programs, and allows students to raise their undergraduate and undergraduate science GPA’s to be more competitive to higher ranking programs.
Loyola University Chicago Master of Arts in Medical Sciences Program

This program prepares students for successful entry into medical school programs. In addition to their coursework, students will receive one-on-one advising and workshops to help with the medical school application process. The MAMS Program also partners with hospitals and clinics in Chicago to help students enhance their applications through volunteer opportunities. For more information, interested students can visit their website. Applications are due July 1st.

Georgetown University Master of Science in Systems Medicine

This is the very first degree program to introduce concepts in personalized medicine. It is two to three semester’s long and will train students to understand and appreciate the basics of informatics and its applications to biological and biomedical research. For more information, visit their website.

Scholarship Opportunities

Air Force Health Professions Scholarship

The Air Force Health Professions Scholarship Program offers a full-ride scholarship to students attending or accepted to accredited medical schools, which includes a signing bonus of $20,000 and a monthly stipend of $2,200. In return, the Air Force requires an active duty commitment as an Air Force health professional that begins after completion of your residency. For more information about HPSP, visit their website.

Army Health Professions Scholarship Program

The U.S. Army health care team will pay 100% of your tuition for a graduate-level health care degree for any accredited medical, dental, veterinary, psychology, or optometry program in the United States or Puerto Rico. Your active duty service obligation to the U.S. Army is one year of service for every year you receive the scholarship. For more information, call (661)255-2025, click here, or email Captain Kelly Guerra kelly.a.guerra.mil@mail.mil.
Ted Talks:

“Want to help someone? Shut up and listen!” - In this funny and impassioned talk, Ernesto Sirolli suggests that the first step to building something beautiful is to listen to the people you’re trying to help and tap into your own entrepreneurial spirit. A great message to apply for anyone interested in serving people through measures of health.

“How to make stress your friend” - Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others.

Other Videos:

“Empathy” - Empathy is a trait all healthcare professionals need to possess. What is the best way to ease someone's pain and suffering? In this beautifully animated RSA Short, Dr Brené Brown reminds us that we can only create a genuine empathic connection if we are brave enough to really get in touch with our own fragilities.

“The Anatomy of Trust” - Trust is a big issue in all facets of life. What does it mean to trust someone? What does it mean to trust yourself? Brené Brown breaks down her world renowned research into a jar of marbles...yes, a jar of marbles. Brené Brown’s SuperSoul Session takes you step by step through the acronym B.R.A.V.I.N.G, revealing the anatomy of trust and why it all starts with the small, everyday moments you might be missing.

“Elizabeth Gilbert’s ‘Really Weird’ Advice About Following Your Passion” - When contemplating what type of career you want to pursue, many people will always tell you to “follow your passion.” What happens if you don’t know what that passion is? Gilbert offers great insight into an alternate approach towards living out your dream.
Articles:

Why Do Doctors Commit Suicide?
Young doctors are committing suicide at a rate two times higher than the national average for their age. What are the factors that are effecting this statistic. This is an important read for all pre-health students to realize the impacts of stress on mental health and how to practice self care to cope during difficult times.

This popular show about a young successful doctor with autism has a few misrepresentations about the neurocognitive disorder. A psychiatry resident in New York explains some of the issues with the show.

Will You See an Actual Doctor the Next Time You go to the Doctor?
It’s getting harder to see a doctor, but you can still get quality care from a host of other professionals if you know who is who. The shortage of primary care doctors in the US has led other professionals to take a vital role as Pas NPs RNs, etc. The chart below explains the growth of different professions from 2000-2016.

<table>
<thead>
<tr>
<th>Profession</th>
<th>Growth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Doctors (M.D.)</td>
<td>36%</td>
</tr>
<tr>
<td>Nurse Practitioners (N.P.)*</td>
<td>42%</td>
</tr>
<tr>
<td>Physician Assistants (P.A.)</td>
<td>107%</td>
</tr>
<tr>
<td>Doctors of Osteopathic Medicine (D.O.)</td>
<td>113%</td>
</tr>
<tr>
<td>Doctors of Chiropractic (D.C.)</td>
<td>103%</td>
</tr>
<tr>
<td>Registered Nurses (R.N.)</td>
<td>59%</td>
</tr>
</tbody>
</table>
What the First Year of Medical School is Actually Like

“Medicine is only for those who cannot imagine doing anything else.” - Dr. Luanda Grazette, MD

To state the obvious, medical school admission committees look for students who know what they’re getting into. In my 5 years as a pre-med, I conducted online research, shadowed providers, worked as an EMT, scribed, and stayed connected with friends in medical school. I knew what I was getting into.

But, did I really?

Is anyone able to truly know what they’ve gotten themselves into, before they’re actually in it?

In so many ways, medical school is everything I expected. A lot of studying, limited free time, and some FoMO from time to time. But, there’s a lot that I didn’t expect. Or at least, I didn’t fully appreciate before I started medical school. If I could go back in time, here are some tips and insights I’d give my pre-med self:

**It doesn’t matter where you go.** I wasted way too much time thinking about where I hoped to go and when I was choosing where to apply, I put too much weight on location (i.e. urban, suburban, or rural). I liked the advice one physician passed on to me, “You’re not going to have the luxury of choosing which med school, rather med schools will choose you.” There were schools I thought I was perfect for that didn’t invite me for an interview, and others I considered “reach schools” that accepted me. Additionally, attending a school listed high on U.S. News Rankings won’t make you a great physician in the same way that attending a lesser known school will not make you a weak physician; it all depends on personal fit, attending a school that provides the resources and opportunities you deem important, and taking the initiative to make the most of your education once you start.

**MD and DO students really do learn the same material.** Independent from the differences in philosophical approach, the biggest difference among medical schools is how the curriculum is structured – some schools commit to problem-based learning accompanied with large amounts of independent reading, some use a spiral technique where complexity increases with each pass of the material, and many schools implement a systems-based curriculum where each block is a different organ system. Also, know that many DO students take both allopathic (USMLE) and osteopathic (COMLEX) board exams to provide a definitive comparison to their allopathic counterparts. Taking both exams is currently an extra hoop for osteopathic students to jump through, but the professional distinction between philosophies continues to evolve. By 2020, all residency programs will be open to both DO and MD graduates and selection will be done through a single match process.

...continued on next page
Accept that your “To-Do List” will never be finished. Drinking water from a fire hose is a medical school analogy you’ll hear 1000x too many. There will always be more studying to do before an upcoming exam. I remember going into my first big exam thinking, “I don’t know how much I know.” I didn’t have a reference point, and I felt like that for the first couple months. School in general felt like a whirlwind, but the doubt fades and one day you notice you’re still standing - you’re halfway through the first semester, still passing, and no administrators have mentioned anything about kicking you out. Trust yourself. Admission committees don’t accept students without full confidence in their abilities.

A physician really MUST be a life-long learner. I claimed to be a life-long learner in my application, but this claim didn’t really sink in until I started learning medicine. In a way, I think of medical school as a gauntlet that student-doctors must endure and survive in order to become a physician. But with that notion, I think I gave myself a false impression that by the time I finish training I will have learned all that I need to learn. This couldn’t be further from the truth. New research and technologies are constantly changing the way we practice. It doesn’t matter if you’ve been a doctor for 1 year or 50 years, physicians must always remain up to date on the latest publications in order to provide the best recommendations for their patients.

Take advantage of your current lack of responsibilities. Enjoy your free time and travel as much as possible. Once medical school starts you’ll be preparing for boards, then planning for residency, then figuring out how to relieve your debt, and by that point you’ve probably already started a family or you’re planning to start one soon. Really think about, and grasp, that once medical school starts the race is on - you’re going to be pushed like you’ve never been pushed before, and your responsibilities will only grow as time goes on.

Being a non-traditional student has its benefits. I like being an older student and I’m glad I pursued opportunities outside of the classroom after I graduated from Cal Poly. The three years I spent between undergrad and medical school facilitated personal growth and really shaped me as a person. I rid myself of a lot of FoMO by pursuing personal interests in business and research, and by seizing opportunities to see new parts of the world.

Read, read, read. Read anything and everything. The ability to quickly and efficiently read while retaining material is an underappreciated skill nowadays, and one that is vital in med school.

“Embrace the suck.” Medical school can really suck at times. But hey, nobody said it was easy and you’re in a very special, collaborative learning environment of highly-motivated and talented people. Med school is very different from undergrad because everyone is going through the same curriculum. I couldn’t survive med school without my classmates, and really amazing relationships are cultivated when a cohort of med students are all trudging through the same gauntlet.

Hopefully some of you found this useful, feel free to reach out, and best of luck!

Nic Lalanne, OMS I
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