School of the Month: The University of Arizona Health Sciences

The University of Arizona Health Sciences is the statewide leader in biomedical research and health professions training. The UA Health Sciences includes the UA Colleges of Medicine (Phoenix and Tucson), Nursing, Pharmacy and Mel and Enid Zuckerman College of Public Health, with main campus locations in Tucson and the growing Phoenix Biomedical Campus in downtown Phoenix. From these vantage points, the UA Health Sciences reaches across the state of Arizona and the greater Southwest to provide cutting-edge health education, research, patient care and community outreach services. For more information, click here.

Profession of the Month: Health Care Administrator

“Health care administrators, also known as health services managers and health care managers, direct the operation of hospitals, health systems and other types of organizations. They have responsibility for facilities, services, programs, staff, budgets, relations with other organizations and other management functions, depending on the type and size of the organization. Unlike clinicians, health administrators or managers do not deal directly with patients on a day-to-day basis. Instead, they help to shape policy, make needed changes and lead our nation’s health-related organizations in a way that serves individual patients by helping to improve the health care system.” (explorehealthcareers.org)
Winter 2019 Calendar of Events

Feb 11, 10 am to 4 pm **2018 Biotechnology & Biomedical Career Fair: Industry Panel:** 10:00-11:00am & Career Fair 12:00-4:00PM (Chumash Auditorium)
This career fair provides Cal Poly students the opportunity to network with company representatives and learn about internships and career opportunities.

Feb 12, 11am-12pm **Creating an Effective Resume, Cover Letter, and LinkedIn Profile (Freshman Internship Series)** (124-117)
Think you can't get an internship as a freshman? Think again! In this workshop, you'll learn the basics you need to create an effective LinkedIn profile, resume, and cover letter to apply for first-year internships. Please bring a charged laptop or tablet and your resume, if you have one.

Feb 12 5:10-6pm **Change of Major Workshop** (124-117)
If you are thinking about changing your major, this workshop will be a great first step in the right direction. To register, refer to your Cal Poly Portal under the Academics tab: Change of Major. But remember! for any pre-health career you can be any major you want, just as long as you fulfill the required prerequisite classes. Additional dates/time [here](#).

Feb 13, 6-8pm (38-201) & 2/22, 6-8pm (33-289) **Personal Statement Workshop:**
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.

Feb 14 5:10-6pm **Women and People of Color in STEM** (UU 220)
Cal Poly students, faculty, and staff are invited to attend a panel session and discussion about current issues facing women and people of color in STEM fields. A panel session will comprise the first half of the event, and the second half of the event will be organized into small group discussions, where students can engage with panelists, faculty, and staff. The event will end with final words from the panelists.

Feb 16, 9 am - 12 pm **PharmD Visit Day Spring 2019** (KGI Institute: Claremont, CA)
Guests will have the opportunity to learn about the Doctor of Pharmacy (PharmD) program, meet faculty, staff, current students, alumni, and enjoy a campus tour. Guests will also hear an overview of the program’s curriculum and experiential education as well as the PharmD Certificate program. More details will be provided once you are registered for the event. Register [here](#).

Feb 16-17, **Biomedical Make-a-thon** (QL+lab)
A 30 hour engineering design competition solving healthcare problems with engineering solutions! The event will take place Saturday, Feb 16th to Sunday, Feb 17th. Check in is Saturday at 9 am, judging is on Sunday at 3 pm. Food provided. Teams of 3-4 and no experience needed. [Sign up here](#).
Feb 19, 5-6 pm  **UPenn Pre-Health Post-Baccalaureate Programs Virtual Information Session (Online)**

The University of Pennsylvania's Pre-Health Post-Baccalaureate Programs offer students extraordinary opportunities to excel in dental school applications and gain hands-on experiences in the field. Our Core and Specialized Studies boast excellent placement records at some of the most prestigious institutions across the country, including Penn Dental Medicine-where students can apply for a linkage to accelerate their entry. Interested? Register [here](#).

Feb 21, 11 am—8 pm **4th Annual Virtual AAMC Medical School Fair**

We hope you’ll join us for the 4th annual AAMC Virtual Medical School Fair, taking place on Thursday, February 21 from 11:00am – 8:00pm ET. There are already more than 60 U.S. (including Puerto Rico) medical schools attending and we expect more to join us soon! **Registration is FREE for students** - you’ll be able to log on from the comfort of your computer or mobile device. For more information and to register, click [here](#).

Feb 28, 11:10-12 **Application Workshop (33-289)**

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.

Feb 24, 8:00 am to 4 pm **12th Annual Impressions Dental Conference (10-221)**

The Student National Dental Association (SNDA) at UCSF would like to invite you to our 12th Annual Impressions Dental Conference on Sunday February 24, 2019 from 8:00 AM – 4:00 PM PST held at the UCSF Parnassus campus. The cost of attendance is $25.00 and includes: dental admissions presentations, student panels, hands-on demonstrations in the simulation clinic, interview workshops, tailored leadership oriented workshops, an entry into the SNDA Scholarship (see registration page for details), raffle prizes and so much more! If you have any questions about the SNDA Impressions Conference or even pre-dental mentorship, feel free to contact us at [ucsfsnda.outreach@gmail.com](mailto:ucsfsnda.outreach@gmail.com). You can check out our [Eventbrite registration page here](#).

Feb 27th, 11:10 am to 12 pm **Cultural Humility: Interrupting Our Scripts of Racial Inequality (180-101)**

Jann Murray-Garcia of the Betty Irene Moore School of Nursing, UC Davis will be conducting this seminar, co-sponsored by the Cal Poly Ethnic Studies Department and Career Services,

March 7th, 11:10 am to 12 pm **Is Immigrant Policy Anti-Health? Consequential Outcomes of Anti-Immigrant Policy (180-101)**

Mario Alberto Viveros Espinoza of UC Santa Barbara will be conducting this seminar along with the Cal Poly Ethnic Studies Department.
March 8th, 8am—3pm **USC Medical Student for a Day** (USC HSC Campus)
Participate in a unique opportunity to experience life as a medical student. Listen to the deans of USC Keck School of Medicine discuss a successful medical school applicant and participate in hands-on workshops. Breakfast and Lunch will be served! Sign up [here](#). Applications are due by Friday, February 8th at 11:59pm.

March 9, 7:30am to 5 pm **35th Annual LMSA-West Pre-Health Conference**
(Stanford Medical School, Palo Alto)
The Latino Medical Student Association-West (LMSA-West) is proud to announce the 35th Annual LMSA West Regional Conference to be held on Friday, March 8th and Saturday, March 9th, 2019. The event will be hosted by the Stanford School of Medicine chapter of the LMSA-West. Network and attend workshops on the healthcare needs of the Latino community, student leadership training, health care policy, and various forms to take action. Taking place at the Li Ka Shing Center. For more information and to register click [here](#).

March 16, 9am-1:30pm **UCSF School of Medicine Admissions Workshop**
Presentations on developing a competitive applicant, understanding the application process, a day in the life of a medical student and more! Click [here](#) for more information.

March 31st (Application Deadline) **Summer Scholars Program at Ventura County Medical Center**
The Summer Scholars Program at VCMC provides undergraduate students considering careers in medicine and other health care professions an opportunity to work with the faculty and physicians-in-training at the nationally renowned Family Medicine Residency Program at Ventura County Medical Center. Student Scholars attend teaching conferences at the Medical Center, make rounds with medical staff and observe patient interactions and procedures as appropriate (e.g., clinic visits, live births, surgeries, emergency room visits, autopsies, etc.) To learn more or apply, click [here](#). The program takes place from June 17, 2019 through August 9, 2019.

April 7th, 10 am - 4 pm **2nd Annual Pre-PA Conference** (Loma Linda University)
You are invited to the 2nd Annual Pre-PA Conference at Loma Linda University! Spend the afternoon with Faculty, PAs, and the Classes of 2019 & 2020 for workshops and information sessions designed to guide your path to becoming a Physician Assistant. Come learn more about this profession and let us show you how to create a competitive application for PA school! LLU PA Program Admissions Representatives will be in attendance! Lunch is complimentary and we will also be giving away prizes. Register [here](#).

April 26- 27, 2019 **Inside UCSF**
Inside UCSF is an annual outreach program geared towards students at two- and four-year degree schools who are interested in pursuing careers in health and science. The two-day program will take place on Friday April 26-27, 2019 and will consist of UCSF student panels, interactive workshops, and an opportunity to meet with University faculty and staff. The program will cover the cost of travel, housing, and food. Application closes March 1st! Apply or learn more [here](#).
On Campus Leadership for the 2019-2020 Year

Pre-Health Peer Advising: If you have had a good experience with a peer advisor in the past and want to mentor future younger pre-health students, apply to be a peer advisor!  

Application deadline is Sunday, February 17 at 11:59 pm.

- Provide pre-health students with current and accurate information on various academic, and career opportunities through one-on-one advising and through group advising workshops.
- Provide information to students on required prerequisite coursework, entrance exams, application process for various health professions.
- Create and maintain pre-health newsletter (twice/quarter).
- Independently research health career information on the web.
- Refer students to appropriate campus resources as needed.
- Provide reception and front desk services.
- Must have a 3.2 GPA, be a 3rd or 4th year student (in 19-20), and be able to work September – June with training beginning spring 2019.

College of Science and Mathematics Academic Coaching program: Academic Coaches partner with students to make the most of their collegiate experience. We collaborate with students to create and implement individual plans to inspire intellectual, professional and social growth so that students may develop skills that will support their success.

Application deadline is Sunday, February 17 at 11:59 pm.

- Provide academic coaching to students on a drop-in and referral basis.
- Research and develop content for Academic Probation workshops.
- Assist with Academic Probation workshops.
- Provide support to Academic Probation workshop attendees that request additional follow up.
- Independently research academic and study skills information on the web. Bookmark informative sites and share web based resources with students and office mates.
- Provide reception and front desk services.
- Must have a 3.0 GPA, be a 3rd or 4th year student (in 19-20), and be able to work September –June with training beginning spring 2019.
Extracurricular Opportunities

Bio 253: Orientation to the Health Professions

This course matches students with health clinicians in San Luis Obispo County to gain shadowing experience and learn about health careers of interest. It is intended for second+ year students with GPAs of 3.0 or higher, and who demonstrate a genuine interest in careers in healthcare. The class meets during weeks 1, 2 and 11 on Thursdays from 9-11 am (April 5th, 12th, and June 6th). Attendance is required those dates, and there are no exceptions, so please only apply if you will be able to attend class on those dates.

Application Deadline: March 3rd (at 11:59 pm) Application Link: Click Here!

Application Requirements:

- Contact Info
- GPA
- Resume
- Reference
- Preference of career placement
- 500 word essay on why you are interested in shadowing
- Availability

New Stanford Summer Research Internship Program

The Center for Asian Health Research and Education (CARE) at Stanford is offering an 8-week training program and internship in Data Science, Artificial Intelligence, and Medical Technology. Highly motivated undergraduate students and post-baccalaureates who are interested in careers in medicine, data science, artificial intelligence or Asian Health are invited to apply. The program will consist of a 1-week intensive boot camp covering the basics of data science, machine learning and design thinking. The students will then form teams to work on data science, machine learning or medical technology research projects in the area of Asian Health with weekly meetings with faculty to review progress. At the final presentations, the teams will present their work to a faculty panel. Students may have opportunities to be hired as a research assistant for ongoing research depending on performance and funding availability. We will invite faculty looking for research assistants to the final presentations. We will also invite local AI and Medical Technology startups to attend as well. As this is a non-residential program, non-local students will need to arrange their own housing. Tuition $5,900 but need-based scholarships may be available.


California School of Podiatric Medicine Summer Immersion Program

July 24-26, 2018—Oakland, CA

California School of Podiatric Medicine at Samuel Merritt University is now accepting applications for our Summer Podiatric Medicine Immersion Program. This three-day workshop provides participants (only 25 students!!) with an opportunity to explore the profession of Podiatric Medicine & Surgery. Students who attend the program will:

- Gain invaluable learning experience and explore the profession of podiatry
- Interact with faculty and students in a variety of settings
- Participate in a MCAT workshop, gaining tips and strategies for peak performance
- Learn about and understand the increased need for podiatric physicians
- Experience a hands-on clinical day learning how to cast and suture, sports taping and much more!

For out of state participants, we anticipate there will be travel scholarships available. Students who live locally will be eligible for a small monetary stipend to help cover travel expenses. Application deadline is May 15, 2019. For more information and how to apply click here.
Extracurricular Opportunities continued:

**CAPSLO: Adult Day Center**
Get involved in your community! Adult Day Care focuses on providing respite to family caregivers and a quality, social model day care program for adults with Alzheimer’s, dementia, or other cognitive impairments. The program goals are to assist participants in reaching and maintaining their highest level of cognitive function and to help families avoid premature placement of a loved one in an assisted living or nursing home facility. For more information about the program, click [here](#). Follow [this link](#) to sign up to volunteer. Under Current Volunteer Positions Available click Adult Day Center > Client Companion. There are also other volunteer opportunities with CAPSLO that you might be interested in! If you have any questions or want to learn even more, email Hollie Wogan, Volunteer Coordinator at hwogan@capslo.com.

**RISE: Become a State-Certified Crisis Counselor**
RISE is a dual advocacy agency for survivors of sexual assault and domestic violence in San Luis Obispo County, providing free & confidential services to survivors and their loved ones. We rely on volunteers to help us make these services accessible to our community. As a RISE Volunteer, you would receive a [65-hour California state certification for sexual assault & domestic violence peer counseling](#), granting you the opportunity to work our 24-hour crisis hotline and assisting survivors in their immediate time of need. We are currently recruiting for our newest cohort of volunteers to begin our crisis counseling certification training in **Spring 2019**. The training is required as a prerequisite to volunteering, thus no previous experience is necessary to apply. We ask a year-long commitment as a volunteer, and can offer internship opportunities as well. Applications are currently being accepted. Apply now, space is limited! [Training will be April 2nd to May 30th Tuesdays and Thursdays 5:30—8:30 pm and Saturdays 10 am—2pm in Atascadero.](#) Here is the link to [apply](#). Applications are due **Friday, March 8, 2019**. To learn more, visit our website at [www.RISEslo.org](http://www.RISEslo.org) or contact our Volunteer Manager, Jennifer MacMartin at [jmacmartin@RISEslo.org](mailto:jmacmartin@RISEslo.org)

**Scribe America Job Opportunity**
A ScribeAmerica recruiter is looking to recruit students/alumni to work as a medical scribe in our local area of San Luis Obispo, CA. The scribe will work one on one with board certified physicians assisting with documentation for each patient evaluated by the doctor. Each employee will have multiple training sessions both in the classroom and the department during which we teach extensive medical terminology and appropriate medical/legal charting documentation. If you have any questions email Fabiola Martinez at [Fabiola.Martinez@scribeamerica.com](mailto:Fabiola.Martinez@scribeamerica.com).
Everyone benefits when practicing self-care, wellness, and mindfulness. Implementing self-care into your regimen can promote relaxation, stress reduction, long lasting energy, healthy ways of physical and mental healing, better sleep, better digestion, or tips on moving your body- come learn from the best; they want to share their techniques with you!

Feb 13: Power of Positive Perspective
Feb 27: Eastern Medicine for Coping with Stress
March 13: Rituals to Support Balance
All events are in PCV Building 171A, room 62. More info here!

Summer Scholars Program at Ventura County Medical Center

The Summer Scholar Program at VCMC provides undergraduate students considering careers in medicine and other health care professions an opportunity to work with the faculty and physicians-in-training at the nationally renowned Family Medicine Residency Program at Ventura County Medical Center. Apply by March 31.

AMSA 5K Glow Run - Apply to be a board member!
This year, clubs from all aspects of healthcare are coming together to organize a 5K GLOW Run this May in order to raise awareness and advocate for the homeless community of San Luis Obispo. Attendees will dress up in neon colors, glow sticks, and lights before running an illuminated course on campus and ending in a celebration in the UU with a UV lit dance floor, music, prizes, and of course more glow! If you are looking for a way to give back to this community, spread awareness for an important cause, and create a legacy at Cal Poly, we'd encourage you to apply to a part of the board that is making this happen! Applications will be open until (2/9/2019) so please don't wait to get involved! Click here to apply. Click here for more information.

National Research Competition for Academy Health
This annual competition invites students to use data from the Health Services Research Projects in Progress (HSRProj) database in conjunction with other sources to identify research gaps in health services and systems research. Learn more here and apply here. Deadline is March 1.
Pre-Med/Pre-Health Emergency & Wilderness Medicine Courses

Are you looking for Spring Break plans? Interested in emergency medicine, humanitarian relief work, wilderness medicine, or global health? Come explore the great outdoors and learn from physicians who work around the world. Build your resume, network, and your travelogue.

**March Channel Islands Pre-Med Course:** Come learn emergency, marine, and wilderness medicine while exploring Channel Islands National Park from March 23-30, 2019. You'll have the chance to earn your Wilderness First Responder (WFR) certificate and participate in authentic, scenario-based learning designed to teach you the skills necessary to prevent, assess, and treat a variety of backcountry challenges and emergencies. **Need based scholarships** are available. **Early bird discount of $100 if you register before February 28th.** If you have any questions or concerns, please contact course coordinator, at Breanna.McKercher@UCDenver.edu or at 720-848-9743. For more information please visit their [website](#). They also offer trips to Costa Rica Summer 2019.

**Want to make a difference during spring break or this summer?**

Cal Poly’s Center for Service in Action is taking a group out to **Vietnam** and **South Africa** in Summer! Serve Vietnamese students at an orphanage and sports camp in Vietnam or learn and collaborate with South African college students in South Africa.

Both of these projects include:

- Participating in meaningful community service projects
- Experiencing immersive cultural excursions
- Growth in your intercultural competence
- And make lasting connections and friends!

Alternative Breaks offers a chance for students to make a positive impact outside of the campus community while raising a student’s self-awareness. This volunteer excursion will give Cal Poly students a chance to make a lasting contribution and work together while immersed in another culture. For more information, visit serviceinaction.calpoly.edu/alt-breaks.

See the flyers at the end for information session dates.

Deadline for Summer in Vietnam or South Africa is Monday, February 25th.
February Feature: *Post-Baccalaureate Programs*

*Not ready to apply to graduate school yet? A postbac program might be the perfect option for you. Postbac programs can provide an opportunity for students to take required science classes after graduation, or to boost an uncompetitive GPA to help them become better prepared for admission to graduate school. If you’re exploring this option, meet with an advisor to discuss the best options for you.*

**Terms to help you navigate postbac programs:**

**Baccalaureate** - Bachelor’s Degree (“post bac” = after your bachelor’s degree)

**Career Changer** - A program designed for someone who has not completed most or any of the prerequisite courses for professional school. The courses that are typically taught include a year of biology, chemistry, organic chemistry, physics, and some math and biochemistry. *Note that not all health professional schools require these prerequisites.*

**Academic Enhancer** - A program that is intended for students who have all/most of the prerequisite classes and are looking to take additional classes to raise their GPA.

**Special Masters Program** - Some schools offer Master’s degrees in the sciences (i.e. Master of Biomedical Sciences), which allows students to continue taking upper division courses and earn a Master’s degree. *Note: not all of these programs are listed in the AAMC database, so individual research is needed.*

**Formal/Structured Program** - A cohort of 10-70 students take the same courses over 1-2 years that are pre-registered for you.

**Informal/Unstructured** - Individualized Course Study, register for classes through extended education.

**Linkage Agreements** - Some postbac programs have agreements with health professional schools that if you complete the post-bac program with a minimum GPA and/or MCAT, you are guaranteed an interview with the linked professional school.

**AAMC Postbac Database** - The American Association of Medical keeps a database of postbac programs. Note that not ALL postbac program options will be listed in the database, especially special Master’s Programs. Access it [here](#).

**There are many factors to consider when choosing a postbac program and one program is no better than any other! You’ll need to choose the program that best meets your needs. Come in to speak with an advisor if you need help.**
Post-Baccalaureate Opportunities

University of Vermont Programs:

Post-Baccalaureate Premedical Program - This program serves students who need to complete the necessary prerequisite science courses for application to medical, dental, and health professional graduate programs. Students will have the opportunity to pursue clinical and patient-care experience in the University of Vermont Medical Center, a leading research hospital with the region’s only Level-1 Trauma Unit. Check it out [here](#)!

Master of Medical Science - This UVM program is for students who are looking to become stronger applicants to medical or other health professional schools while earning a Master’s degree in this 12–month program. Students enhance their academic credentials through advanced science graduate courses and learn directly from the expertise of UVM College of Medicine faculty, practitioners, and researchers. Check it out [here](#)!

For more information on the programs offered at UVM and others, visit their [website](#).

Temple University PA Post Baccalaureate Program:
The 10-month Physician Assistant (PA) Post Baccalaureate Program is focused on preparing students with a science background for PA school. Pre-PA students’ progress through the Fall and Spring semesters as a cohort enrolled in classes, including many that are customized for pre-health professional students, together. Our program will provide students with the academic and professional preparation needed to enter PA school. As part of the program PA students have an Advisor to assist with: PA school application process, CV prep and personal statement development, mock Interviews, and GRE Prep. For more information and to apply click [here](#).

UCSF Dentistry Post-Baccalaureate Program:
Application for the 2019-2020 Post-Bac Program opens Feb 1. The program is for individuals who need an academic boost to become a more competitive candidate for dental school. After two semesters of upper division science courses, those with a cumulative GPA of 3.5 or above will receive an automatic invitation to interview for the UCSF DDS program. Learn more or apply [here](#).
Post-Baccalaureate Opportunities, cont.

UC Irvine Post-baccalaureate Premedical Program:
The Ayala School of Biological Sciences at UC Irvine has designed this program for students who have successfully completed an undergraduate degree in a non-science discipline and are now seeking a post-baccalaureate program to help them complete the required courses for pre-medical and other allied health professions. **Program begins June 24, 2019.** PostBacCAS application submit deadline: **March 1, 2019.** For more information, visit their [website](#).

Columbia Post-baccalaureate Premedical Program:
This Postbac Premed Program allows students to complete the academic prerequisites for admission to schools of medicine, dentistry, veterinary medicine, and graduate programs in allied health fields such as physical therapy, occupational therapy, or physician’s assistant programs. This program also provides students with opportunities for practical clinical and research experience, guidance throughout the medical school application process, and institutional support through a letter or recommendation. Columbia offers a traditional program (two years) and an accelerated program (may be completed in <18 months). For more information, click [here](#).

University of Pennsylvania Pre-Health Programs:
**Pre-Health Core Studies Program** - Provides students who have little scientific background with key concepts and the rigorous training necessary to succeed in the health professional school of their choice. This program typically takes one to two years to complete.

**Pre-Health Specialized Studies** - This program is for students who possess a background in the sciences and are seeking to bolster their academic credentials and deepen their scientific studies. This program can be completed on a full-time or part-time basis, and successful candidates for this program will have previous experience working, volunteering or shadowing in a clinical setting or in another service-related capacity. **Note: There is are many linkages in which applicants who qualify will be selected to interview with various professional schools including MD, DO, DDS, and Vet programs upon completion of their coursework**

*Because many students don’t fit neatly into the typical sets of courses in either track, students can create an individualized full profile of classes in order to successfully prepare for professional school application. Check out the [website](#) to learn more about both programs.*
Post-Baccalaureate Opportunities, cont.

UC Berkeley Extension Health Professions Program:
This program offers the benefit of a rolling admissions policy, meaning that applications are considered every month of the year. This postbac program is intended for academic enhancers and career changers. Students must have a minimum 3.0 GPA and should plan to apply at least two months prior to matriculation. Click here for more information.

USC Post-baccalaureate Premedical Program:
This program enables students to complete the science core classes required for medical, dental and veterinary school in a supportive environment. The program accommodates both recent graduates and career-changers, and offers academic and pre-professional advisement and mentoring. Read more about it here.

UCSD Post-bac Premedical Program:
Although this program’s deadline for application for the class of 2020 is over, keep in mind that applications for next year will open in September and be due at the end of January. This program is designed for students who seek to enhance their academic records to apply or reapply to med school. Students must have completed premedical coursework in areas such as Biology, Chemistry, Organic Chemistry, Physics, and English before applying. It is a great and challenging program plus you get to live in beautiful San Diego! Find more information here.

UC Davis Post-baccalaureate Program:
The UC Davis School of Medicine Postbac program is a one-year program designed to help educationally and/or socio-economically disadvantaged students from California become more competitive applicants to medical school. This is an academic enhancer program in which applicants must have completed most if not all of the prerequisite coursework for medical school. Click here for more information. Applications close on March 13th!
Post-Baccalaureate Opportunities, cont.

**Keck Graduate Institute Post-baccalaureate Premedical Certificate (PPC):**
The KGI PPC is intended to augment your undergraduate degree with graduate-level sciences courses and advanced business studies. KGI works with each student to design a customized program that fits your needs and goals to put you in the best position for admission to medical school. This is a one-year program that is both an academic enhancer and a Special Master’s Program. To apply, students must have completed all of the pre-med requirements or have applied to medical school and been denied. KGI admissions operate on a rolling basis. For more information, check out their website.

**Wright State University Post-Baccalaureate Certificates in Pre-Medical Studies:**

**Advanced Studies** - This is for students who have completed the basic sciences but need to complete additional specialized science courses to strengthen their science GPA and knowledge of the biomedical sciences.

**Core Studies** - This option is for a student who has little or no previous coursework in the sciences but an excellent academic record and a clear understanding of the chosen healthcare profession.

*For more information on pre-health programs at Wright State University, visit their website.*

**UCLA Pre-Medical General Science Studies Certificate:**
This program provides a structured academic background in basic science preparation for students interested in medical studies or other health-related disciplines. The program is designed for individuals returning to school on a part-time or full-time basis. This program offers classes in the sciences to help students enrich their academic standing. Student have up to three years to take at least 48 total units. For more information please visit their website.

**Mills College Post-baccalaureate Pre-Medical Certificate:**
This flexible and tailored program, out of Oakland, is intended for college graduates who have a bachelor’s degree but lack the science courses required for admission into a health professional school. The average class size is about 25 students. Depending on how many classes the students need to take, students can finish in one or two years. Mills offers one-on-one advising and also has some linkages with medical schools to eliminate the application year for select students. Click here for more information.
University of Rochester School of Medicine and Dentistry Medical Humanities

Master’s Degree Program:
This one-year degree program fosters interdisciplinary collaborative teaching and learning. It is intended for students in healthcare disciplines or humanities, arts, and social science disciplines as well as gap year students. Faculty include clinicians in medicine, nursing, and other healthcare fields as well as scholars in the humanities. Check out their website here.

Einstein Cardozo Bioethics Graduate Education:
Bioethics is a growing field at the intersection of medicine, law, public policy, and ethics. A background in bioethics can help prepare pre-health students to face tomorrow’s key issues and challenges as informed decision-makers. This program offers a Master’s degree in Bioethics and is location in Greenwich Village in Manhattan, NY. Visit their website for information on this program.

George Squared Advanced Biomedical Sciences:
This program offers courses taught by both Georgetown and George Mason University professions. This is a full-time 9-month certification program that provides excellent advanced science preparation for the health professions. It also includes test preparation for the MCAT, DAT, and GRE. Check our their website here.

University of Denver Professional Science Master’s program in Biomedical Sciences:
This program provides graduates with strong technical aptitude, professional competencies, interdisciplinary attitudes, globally-oriented prospective, and maturity. The program is to be completed in one year, and it includes both academic training and professional practical skills. For more information, visit the program’s website.
Articles:

A Surgeon Reflects on Death, Life and The ‘Incredible Gift’ of Organ Transplant

California governor appoints first-ever surgeon general The pediatrician, entrepreneur and CEO of the Center for Youth Wellness in San Francisco, has been appointed as the state’s surgeon general.

Caroline Elton Helps Doctors Heal Themselves The psychologist counsels doctors who are suffering even as they tend to the needs of others.

US News Best Jobs for 2019 Include Many in Healthcare Eight of the top 10 jobs for 2019 are in the medical field, according to US News & World Report.

Most inmates with mental illness still wait for decent care "They're not the worst of the worst. They're the sickest of the sick. ... Maybe they weren't even that bad before they got in, and they just get worse and worse. It's a tragedy — absolutely immoral — to see that happen to people."

Medscape Physician Lifestyle and Happiness Report 2019 Medscape looks at how happy physicians are and why, as well as the state of their marriage and self-esteem, what cars they drive, and other lifestyle trends of physicians by specialty.

Could Germs in Your Gut Send You into Depression? Certain bacteria dwelling in the human gut might feed depression, according to a new study that adds evidence to the theory.

Contact Information for Pre-Health Advising

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

Pre-Health Peer Adviser
Drop-in Hours Winter 2019
Monday: 8am-11am & 12-4pm
Tuesday: 8am-9:30am & 12-4pm
Wednesday: 8am-4pm
Thursday: 8am-11am & 1-4pm

To be removed from this mailing list please email prehealth@calpoly.edu with your name and Cal Poly email.
Volunteer Abroad: Ecuador

Hello! My name is Molly Hicks and I graduated June 2016 as a Biology major. Soon after graduation, I embarked on an adventure to Ecuador for the month of July with CFHI. I wanted to dedicate my summer to volunteer work, with an emphasis on healthcare, for the experiences that it would provide me as I began my nursing school applications. Not only did the four weeks in Ecuador expand my Spanish vocabulary as well as open my eyes to healthcare in other parts of the world, but it was also incredibly fun. Everyone in the program (~15 people for July) was placed in a homestay with other students. My homestay had three girls from the program (all American college students), and a mother and daughter. This complete immersion into the language and culture was an invaluable experience.

Each week of the program was a little bit different. During the first week everyone had Spanish class all day (placement based on proficiency). During the second week, some of us spent our mornings volunteering at a daycare, while others spent the morning volunteering at Cemoplaf (a planned parenthood equivalent), and resumed with Spanish class in the afternoon. The last two weeks were the highlight, as we were all placed in different hospitals/clinics with various doctors. My first clinical site was at the city’s biggest public hospital shadowing a Hematologist, with another student in my program who is currently in Medical School. We followed the doctor around for all of his rounds in the morning, and he would explain and translate anything that we did not understand. He explained, and we saw, how socialist medicine works. For instance, when working his bi-weekly appointment shift, he would see 20-30 patients in an hour, and the patients would be brought into his office as the other patient was finishing up. The doctor told us how he couldn’t possibly give proper care to everybody, but everybody got to be seen.

My second clinical site was at another public hospital but this time I was in the maternity ward which oversaw labor, delivery, and other routine OBGYN surgeries. I was shocked by the lack of air conditioning in the stuffy operating rooms, the limited use of anesthesia, and the hands-free approach to labor. Something that was vastly different from the way things are handled in Ecuador vs. the US, was that no family was allowed in this area, instead just the hospital staff and the mother’s. The mother remains by herself for at least 24 hours after giving birth, where she is then moved to another area of the hospital with her baby.

All of these experiences didn’t show me that one way of healthcare is better than another, rather that they are different cultures with different expectations. I was so lucky to have this healthcare opportunity abroad as well as meet people from all of the US as well as local Ecuadorians. I got to meet so many different people with all different backgrounds, learn about Ecuador’s healthcare and spend my days in hospitals, and even travel every weekend where we white-water rafted through the Amazon, mountain biked and so much more. If you are interested in volunteering abroad, I would highly recommend checking out what CFHI has to offer! To explore their programs in a variety of locations and trip lengths, check out www.cfhi.org.