

Pre-Health Advising January 2019



Table of Contents:

Page 1: School and Profession of the Month	Page 11: Gap Year Options
Page 2-3: Calendar of Events	Page 12: Letters of Recommendation and MMI's for Med School
Page 4: Leadership for the 19-20 School Year	Page 13-14: MD or DO?
Page 5: Spring break activities	Page 15: Alumni Page: MD
Pages 6-10: Extracurricular Programs	Page 16: Articles and Contact



School of the Month: Ohio State University

Ohio State University is a public institution that was founded in 1870 and is located in Columbus, Ohio. The mission of OSU is: "to advance the well-being of the people of Ohio and the global community through the creation and dissemination of knowledge." Ohio State offers graduate degrees in a variety of health fields: Doctor of Veterinary Medicine (*DVM*), Doctor of Dental Surgery (*DDS*), Master of Science in Genetic Counseling, Nursing (*RN* and *MSN*), Master of Occupational Therapy (*MOT*), Doctor of Pharmacy (*PharmD*), Doctor of Physical Therapy (*DPT*), Master in Public Health (*MPH*), AND Doctor of Medicine (*MD*)!



Profession of the Month: Audiologist

Audiologists provide a number of services in areas such as: Hearing and balance disorders, rehabilitation services, amplification devices, government and industry consultants for environmental and noise-induced hearing loss. A four year program will grant a Clinical Entry Level Doctoral Degree in Audiology (AuD). This can also be combined with a PhD for research work in speech and hearing science. There are roughly 75 accredited programs in the nation that offer an AuD degree. Audiologists can work in a variety of settings to include: schools, hospitals, HMOs, research agencies, public health departments, corporations, and private or group practices.





Winter Quarter 2019 Calendar of Events

Jan 17, 11:30am-1:00pm **Resume Clinic** (124-117)

Bring in your resume to have it professionally reviewed. First come, first serve.

Jan 17, 9 am—9 pm (ET) **Choose DO: Medical School Online Fair** (online)

The Medical School Online Fair is a free event for students and advisors interested in connecting with medical schools around the country. Meet with admissions reps, faculty, and current students in live online chat rooms. Learn more about the profession, the application process, and life as a med student. Watch live presentations from admissions officers and medical students about their programs. Explore which medical school is right for you! Register [here](#). See flyer page 20.

Jan 18, 2 pm—3 pm **Change of Major Workshop** (180-114)

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 prehealth career you can be any major you want, just as long as you fulfill the required prerequisite classes.

Jan 18, 2:10am-3:00pm (180-114), Jan 31 11:10am-12:00pm (180-102), & Feb 12 5:10-6pm (124-117) **Change of Major Workshop**

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.

Jan 22, 11:10am-12pm **Interview with Confidence** (124-117)

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!

Jan 23, 6:30 - 8:00pm **Dinner with a Doctor (Bruce Jones, MD and Rosa Sanchez, MD)**

A great opportunity to have dinner and network with a retired orthopedic surgeon and a practicing pediatrician. For more information, see page 10.

Jan 25, 12:10 pm **What is Genetic Counseling? Seminar** (180-101)

Guest speakers will be discussing what genetic counseling is (what they do, who they work with, and the different clinical and industry career options available), how to become a genetic counselor, and the implications of genetic and biotechnology advancement on healthcare. Hosted by Cal Poly Genetic Counseling Student Interest Group. See flyer page 21.

Winter Quarter 2019 Calendar of Events

Jan 25th, 11am-1:30pm **Mock MMI** (53-211) Sign up [here](#).

Multiple Mini Interviews (MMI's) are gaining in popularity among medical, dental, pharmacy and other graduate school admissions and are being used to assess a candidate's readiness to begin graduate school & enter into the healthcare 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.

Jan 28, 11:10am-12:00pm (Location TBD) **Med School Visitor**

A representative from the University of Guadalajara, Mexico will be here to give you insights into their program, as well as answer any specific questions you may have.

Feb 5 11-12pm (53-201) **& 2/28 11-12pm (33-289) Application Workshop:**

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.

Feb 7, 11:10am-12:00pm (33-289) **PA School Visitor**

A representative from the University of the Pacific will be here to give you insights into what PA school is like, as well as answer any specific questions you may have.

Feb 10, 11:59pm **Pre-Health Peer Advisor and COSAM Academic Coach**
Applications Due (information on page 4)

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 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. Offered winter and spring quarters.



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 February 10.

- 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 February 10.**

- 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.



Spring Break and Spring Quarter Activities

Want to make a difference this Spring Break or Summer?

Cal Poly's Center for Service in Action is taking a group out to **New York City** over Spring Break and 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 on pages 17-18 for information session dates.](#)

Deadline for Spring Break in New York City is Monday, February 4th.

Deadline for Summer in Vietnam or South Africa is Monday, February 25th.

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. Cal Poly students are eligible for academic credit. 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**.

Extracurricular Programs: *Summer offers the opportunity to take advantage of a wide variety of internships and experiences. Most application deadlines are in Winter/Spring. Check out the options listed on the next 5 pages to find a good fit for you! See a peer advisor if you need help researching options.*

Featured Program: DIS Study Abroad in Scandinavia

DIS Copenhagen (Denmark): Summer 2019

Interested in studying abroad while also having the opportunity to take health related classes? DIS offers classes that may count toward your major or GE classes. However, we do caution students against taking graduate school pre-requisites abroad. Some of the classes offered include:

- Health Delivery and Prioritization in Northern Europe
- Human Health and Disease: A Clinical Approach
- Medical Biotechnology and Drug Development
- Translational Medicine: From Bench to Bedside



Some courses also include study tours in other European cities! Total expenses for the summer trips range from \$3,575 to \$5,850, depending on the session. Fees include tuition, books, housing, insurance, study tours (if applicable), arrival workshop, and more! Cal Poly financial aid is available, but DIS also offers scholarships and work study programs to help finance your trip!



*If you are still interested in the program but unable to work it into your summer schedule, there are also DIS programs available in Stockholm and Copenhagen in the Fall and Spring that offer even more health-related classes! For more information, check out their website, DISabroad.org or visit the [Cal Poly study abroad](#) office!

Extracurricular Programs:

The Summer Health Professions Education Program

(SHPEP) offers a FREE six week program during the summer for underrepresented and disadvantaged freshman and sophomore college students interested in health professions. This program is focused on improving access to information and resources, while strengthening student's academic proficiency and

SUMMER HEALTH PROFESSIONS EDUCATION PROGRAM

Shaping Careers. Changing Lives.

career development. This is a national program with 13 sites nationwide. **Final application deadline is Feb 15st, 2019.** [Information and application here.](#)



Frontier Nursing University Courier Program

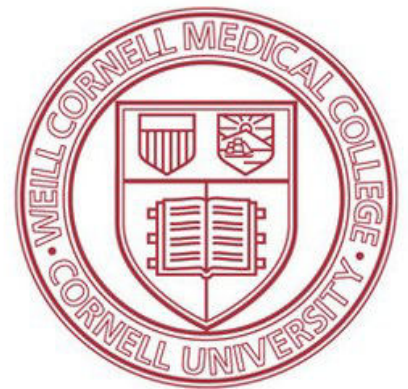
“Couriers will provide critical assistance to health clinics and birth centers in Appalachia.” This eight week internship will expose individuals to the challenges and opportunities of public health and primary care in rural and underserved communities. There are various site placements throughout Kentucky. **Applications due Sunday, February 17** (three letters of reference are required). For more information click [here](#).

Ecela Spanish In Latin America— This 9-week program provides pre-health students with the opportunity to shadow Peruvian or Chilean healthcare professionals and take courses in Spanish. Students will gain exposure to traditional Andean medicine and live with a local host. There is no Spanish prerequisite, although prior Spanish is helpful. Financial aid is available to students who anticipate using Spanish in their careers. Apply [here](#).

Travelers Summer Research Fellowship Program—Weill Cornell

Medical College will conduct a seven-week program (June 17-Aug 2, 2019) for premedical students from diverse backgrounds who have a major interest in working with underserved populations. This program provides an opportunity for the student to do an independent study-research project under the supervision of a faculty member, and to have become acquainted with clinical and public health aspects of medicine that have an impact on underserved and minority populations.

[Application](#) due February 1st, 2019.



Extracurricular Programs:

Human Anatomy at Johns Hopkins University School of Medicine— Sign up to take a summer undergraduate course in anatomy where you will be working with cadavers, radiographs, CT scans, and cutting edge software. All students who are at sophomore level and above can apply to this 4 week course by submitting an [application](#) **no later than March 10, 2019.**



JOHNS HOPKINS UNIVERSITY **Summer Institute in Anatomy for Undergraduates**



Summer Internship Program in Biomedical Research (SIP)— This eight week program is located at various NIH sites across the East Coast, and it allows students the opportunity to work side-by-side with some of the leading scientists in the world. In addition to working in a research setting, other activities include special lectures, workshops, and a poster day. The [application](#) is open until **March 1st.**



Tri-Institutional MD-PhD Program in New York City— This 10-week program is designed for students who are members of underrepresented minorities or disadvantaged backgrounds and wish to eventually pursue an MD-PhD graduate program. Students will work independently on a research project, take part in various workshops, scrub into surgeries, be mentored by a current MD-PhD student, and more! Students will also receive a \$4,300 *stipend* and reimbursement for their travel expenses. [Applications](#) are due **February 1.**



UCSF Oral Health Alliance College Day— The UCSF Oral Health Alliance cordially invites you to our 4th Annual College Day on **Saturday, March 2nd** at the UCSF Parnassus Campus from **8am to 4pm**. Housing offered March 1st IF NEEDED. The program will feature talks on a dental school application process, the life of a dental student, tooth waxing tutorials, learning specialist, scholarships, and research presentations by current dental students along with UCSF official certificate of attendance. The application is **due Sunday, February 3rd**. Applicants are encouraged to apply [here](#).



University of California
San Francisco

Extracurricular Programs:

The first two programs are eight week programs held concurrently from June 2-July 29 at the University of Alabama at Birmingham. Students will receive stipends and on-campus housing. Deadline to apply is **February 15th!*

Summer in Biomedical Sciences (SIBS) Undergraduate Research Program— This program provides hypothesis-driven laboratory research for students who are interested in pursuing a career in research. Previous research experience is not required, but students must have completed at least their sophomore year of college by the time the program starts with a GPA of 3.0 or above. Apply [here](#).

Preparation for Graduate and Medical Education (PARAdiGM)— The PARAdiGM program focuses on undergraduates from diverse and underrepresented minority backgrounds. Students work in a faculty member's laboratory and have the opportunity to learn about careers in academic medical centers (AMCs) by shadowing clinician-investigators in their clinics, including in-patient rounds. Students also receive instruction in essay writing, MCAT preparation, and critical career skills. The ultimate goal of the program is to provide undergraduate students with an understanding and appreciation of the biomedical research process so as to encourage them to pursue careers in graduate and medical education. Previous research experience is not required in order to apply. Apply [here](#).



Vanderbilt Summer Science Academy (VSSA)— This program includes research seminars, enrichment activities, lectures, and social activities. There are two tracks from which to choose: Basic Science Programs or Undergraduate Clinical Research Internship Program. The Basic Science Programs are for students interested in research (planning to pursue a PhD or MD/PhD). The other track is for students interested in medicine (planning to pursue a MD or MD/PhD). [Applications](#) are due **February 1st**.

Pritzker School of Medicine Experience in Research— This NIH-Sponsored summer pipeline program is held on the University of Chicago campus, and it includes on-campus housing and a stipend. This 8-week program provides research, education, and mentoring experiences for students and particularly aims to serve students from disadvantaged backgrounds or backgrounds that are underrepresented in health-related sciences. The deadline to apply is **January 18th**. Apply [here](#).



Summer Program In Neuroscience



SPIN is an onsite 8 week intensive program in neuroscience offered by the Departments of Neurosurgery, and Anatomy & Neurobiology at Boston University School of Medicine. SPIN offers classroom instruction, hands on research in neuroscience, and clinical exposure in the clinic and operating room.

DATES: June 3-July 26, 2019

TUITION: \$4,000 (room and board not included)

APPLICATION: February 28th, 2019

Open to undergrad students interested in Neuroscience, BMED, Computer Science, and Medicine. Admission based on academic performance, letters of recommendation, and a personal statement. Visit their [website](#) to apply



Dr. Bruce Jones, a retired orthopedic surgeon, is hosting a dinner in his Templeton home on January 23rd 6:30-8pm that is open to a maximum of 20 pre-med students. The guest speaker will be Dr. Rosa Sanchez, a practicing pediatrician with a past career in pediatric hematology-oncology and numerous research publications. Both will be sharing their career experiences, as well as answering any questions students may have. No alcohol will be served or allowed, and any food allergies can be accounted for. For more information, attend either the AMSA or AMWA meetings on Tuesday, January 15th. If you are interested in attending the dinner, sign up [here](#).

Taking a Gap Year? Here are some options:



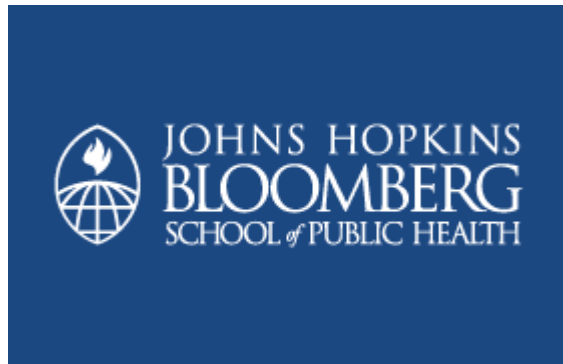
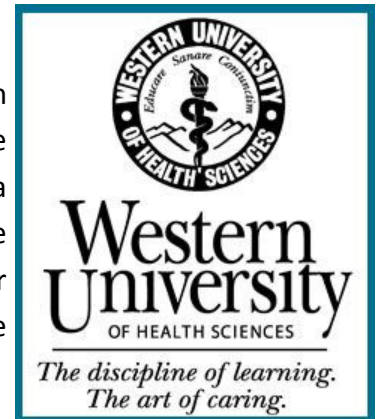
UNIVERSITY of
ROCHESTER

Medical Humanities Master's Degree Program

The University of Rochester Medical Center offers this 1-year program for students interested in any health profession. Within this program, students study humanities to consider interpersonal perspectives and sociocultural contexts of patients and caregivers, and to develop skills that can be applied directly to the practice and teaching of healthcare. Applications are due by May 1, 2019. To learn more about this post-baccalaureate program, click [here](#).

Master of Science in Medical Sciences (MSMS)

Western University of Health Sciences offers a 12-month Master of Science in Medical Sciences (MSMS) program. This program will provide you with the critical evaluation skills and research awareness necessary for you to become a well-informed, evidence-based professional. This program does require completion of the admissions entrance exam (MCAT, DAT, OAT, etc.) of your desired health profession upon applying. Applications are open now, and the deadline for submission is March 1, 2019. For more information, click [here](#).



Master of Health Science (MHS)

Johns Hopkins Bloomberg School of Public Health offers a Master of Health Science (MHS) degree program designed for students interested in graduate-level preparation for careers in medicine, public health, and related health sciences. This program offers a flexible curriculum, which allows students to complete the program within one academic year. Find more information by clicking [here](#).

Science of Health Care Delivery (MS)

Arizona State University offers a nine-month Master Degree program, which is designed to provide a foundation in the transdisciplinary field of health care delivery. Students receive a solid knowledge base in health care systems, health economics and policy, population health, health IT and analytics, health care management, process engineering and health care finance as well as skills in leadership. This program is also formatted in an online version with multiple enrollment sessions throughout the year. Must have a minimum of a 3.00 cumulative GPA and a bachelor's degree in a health or science related field. More information can be found [here](#).



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

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 consists 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 January 25th. 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**

What Kind of Doctor Do You Want To Be?



Start Here

4 Year College Degree

with Prerequisite Courses



Strong GPA and MCAT Score



Health Professions Experience

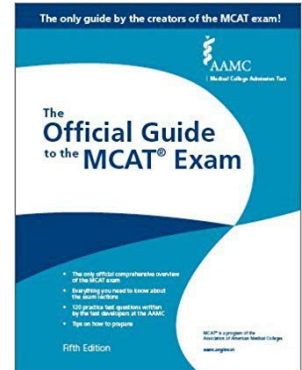
Community Service

Leadership Experience

Research Experience

Personal Statement

Letters of Reference



These doctors are fully licensed physicians who practice in all areas of medicine, including surgery. Emphasizing a whole-person approach to treatment and care, these professionals are trained to listen and partner with their patients to help them get healthy and stay well. These physicians receive special training in the musculoskeletal system, your body's interconnected system of nerves, muscles and bones. By combining this knowledge with the latest advances in medical technology, they offer patients the most comprehensive care available in medicine today. These physicians focus on prevention, tuning into how a patient's lifestyle and environment can impact their wellbeing. **These physicians strive to help you be truly healthy in mind, body and spirit -- not just free of symptoms.**

DÓ

Whether they are diagnosing an illness or treating an injury, these doctors are concerned with restoring a patient's optimum health. They perform health assessments, run diagnostic tests, prescribe medication, create treatment plans and provide health and wellness advice to patients. They can specialize in specific areas of health, such as dermatology, neurology, gastroenterology or gynecology. They might also perform surgery. A main responsibility of these doctors is to evaluate patients who have illnesses or injuries, diagnose, and provide care to fix the problems. **These physicians strive to help you return to your baseline of health after it has been affected by disease, injury, or pain.**

MD

Common Myths about DOs

Adapted from A Brief Guide to Osteopathic Medicine by Patrick Wu, DO and Jonathan Siu, DO

MYTH: DOs are not “real doctors.”

FACT: U.S.-trained DOs can prescribe medications, perform surgery, and pursue medical specialties in the same manner that MDs do.

MYTH: DOs have limited practice rights.

FACT: In the United States, DOs and MDs are held equally in the eyes of the law and thus have full practice rights in all 50 states and the District of Columbia.

MYTH: Osteopathic medicine is a drugless form of medicine.

FACT: Osteopathic medicine’s founder, Andrew Taylor Still, originally intended for his form of medicine to utilize only a select few medications in certain situations at its conception in the 1800s. However, osteopathic medicine is science-based and has greatly evolved since then. During its evolution, osteopathic medicine has incorporated varied modalities of care, including (but not limited to) pharmaceutical drugs.

MYTH: DOs are just doctors who couldn’t get into MD schools.

FACT: While some osteopathic medical students choose a DO school after being denied admission to their MD school of choice, many applicants choose to apply only to osteopathic schools based on prior contact with the profession or an interest in primary care. Still others choose to attend a DO school even after gaining admission to MD schools because of the “osteopathic difference.”

MYTH: “Osteopaths” are the same thing as “osteopathic physicians.”

FACT: Both American osteopathic physicians and non-U.S. osteopaths call themselves DOs. American practitioners are Doctors of Osteopathic Medicine, and European practitioners have a Diploma of Osteopathy. There is, thus, some confusion regarding the difference between U.S. osteopathic physicians and osteopaths trained in other countries. Osteopaths (the term used for foreign-trained practitioners who practice osteopathic manipulation) are not physicians. Although you may hear U.S.-trained osteopathic physicians being referred to as osteopaths, most prefer the term “osteopathic physician” practicing osteopathic medicine in order to distinguish themselves from foreign-trained osteopaths practicing osteopathy. This confusion has resulted in some reluctance in countries abroad to accept DOs as fully licensed physicians. Nevertheless, U.S.-trained DOs currently hold full medical practice rights in over 65 countries, and restricted rights in a few others.

*****Check out the articles about the osteopathic profession on page 16!*****

Keeping up with Alumni

My name is Laura Clayton and I'm currently halfway through my first year of medical school at the Frank H. Netter SOM at Quinnipiac University. I could talk forever about med school, but here are my succinct insights into what it was like to apply and what it looks like to actually train to become a physician...

I was so nervous while applying to medical school. I spent at least six weeks on secondaries. I really leaned on the pre-med counselors to read my essays and would highly recommend others do the same! The scariest part for me was when my friends received interview invites and then acceptances before I heard back from schools at all. I would just implore anyone in a similar situation to remain patient, because even though I didn't receive an invite until the end of October, I was invited to nine interviews. I really enjoyed travelling the country and learning from each program! I was accepted to some DO and some MD schools, and after agonizing over the decision for a while, I committed to Netter. I really loved the idea of osteopathic manual manipulation and very nearly went to Rocky Vista, so if anyone has questions about choosing between DO and MD please reach out to me.



Medical school is definitely hard, but it's doable. Cal Poly was quick paced and prepared me well for what was to come. At Netter we have six week blocks that are actually pretty similar to the A&P concentration at Poly. I'm in my neuroscience block right now. Class time involves lectures that are quite a bit more dense than in undergrad, group work sessions, and anatomy lab. We also take a course throughout the year where we learn to perform a history and physical exam on 'standardized patients', who are actors pretending to be patients. That is super fun, and potentially cringe worthy when you watch the videos later. We have one other course that is essentially teaching us biostats and other miscellaneous info. Lastly, we go to a family medicine site one afternoon a week to practice our clinical skills. I *love* getting to practice interviewing patients every week. This all adds up to about 30 hours a week of just class time. And then you have to study it all. When you add research, volunteering, and other involvement, you start to realize that your time is precious. Somehow, though, everything gets done. I go rock climbing a few times a week and I go out with my friends on the weekend. There is definitely still time for other things!

Before I started school, I had been warned to watch out for cut throat students. I don't know if the times have changed or if the culture is different at different schools, but I can honestly say that my peers and professors are the most amazing and inspiring people I've ever met. This training is so much work, but the material is exciting, the people are wonderful, and getting to interact with patients is always the best part of my week. I think my classmates would agree. If you get that (after the initial overwhelmed feeling) when you're learning about the kidney or shadowing a doctor, you'll love it. There's nowhere else I'd rather be. If anyone has questions about Netter, moving to the east coast, MD vs DO, or other details please reach out to me!

Laura.clayton@quinnipiac.edu

Articles:

Volunteering Abroad? Read This Before You Post That Selfie

Be sure to choose respectful and philanthropic minded organizations if you are interested in volunteering abroad in a medical setting. If you need help verifying the organization, or are interested in a list of 'safe' organizations, please visit our advising office.

Doctor Of Osteopathic Medicine: A Growing Share Of The Physician Workforce

"After doubling osteopathic medical school enrollment over the past decade, doctors of osteopathic medicine now comprise 26 percent of first-year medical students in the United States with further increases expected "

THE DO DIFFERENCE

Doctors of Osteopathic Medicine, or DOs, believe there's more to good health than the absence of pain or disease. As guardians of wellness, DOs focus on prevention by gaining a deeper understanding of your lifestyle and environment, rather than just treating your symptoms.

Watching My Patient Die, Remotely

"As more and more hospitals have adopted electronic medical records, their records have become linked and you can follow your patients, virtually, hundreds of miles away."

The Secret to Getting into Medical School? Stop Worrying About It

A very encouraging article full of good advice for how to achieve your goal of going to medical school.

Nursing Named Most Trusted Profession for the 17th Consecutive Year

"Trust requires the ability to put aside one's own needs for another. It requires that we recognize fear, uncertainty, and loneliness in our patient's face while acknowledging that we as nurses will also face this in our own lives. "

Chinese scientist claims to have created 'world's first genetically edited babies'

"Chinese researcher claims he helped make the world's first genetically edited babies - twin girls whose DNA he said he altered with a powerful new tool capable of rewriting the very blueprint of life."

Inspiring Story Highlight: Luis E. Seija

Luis is currently a student at Texas A&M College of Medicine. He took the MCAT exam five times and applied to medical school twice. He wants premedical students to know there's no recipe for a perfect applicant and there's no point in comparing yourself to your peers.

Pre-Health Advising Contact Info:

Web: prehealth.calpoly.edu

Email: prehealth@calpoly.edu

Building 53, Room 211

P: 805-756-2615

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

Pre-Health Peer Adviser

Drop-in Hours Winter 2018

Monday : 8am-11am & 12pm-4pm

Tuesday: 8am-9:30am, 12pm-4pm

Wednesday: 8am-12pm & 1-4pm

Thursday: 8am-11am & 1-4pm





**WANT TO MAKE
A DIFFERENCE
THIS SPRING BREAK?**

Alternative Breaks Service Trip

NEW YORK CITY

MARCH 24–30, 2019

- Participate in meaningful community service projects
- Serve with local area schools and volunteer organizations
- Work on issues around homelessness, food insecurity, and poverty
- Make lasting connections and friends

INFO SESSION DATES

Mon, 1/14 2PM, UU 216

Thurs, 1/17 10AM UU 216

Tues, 1/22 2PM UU 216

Thurs, 1/24 10AM UU 216


Mon, 1/28 10AM UU 216

Thurs 1/31 10AM UU 216

**APPLICATIONS DUE
MONDAY, FEB 4**

For more information visit:
serviceinaction.calpoly.edu/alt-breaks





**WANT TO MAKE
A DIFFERENCE
THIS SUMMER BREAK?**

Alternative Breaks Global Service Trip

SOUTH AFRICA

JUNE 16–30, 2019

- Participate in meaningful community service projects
- Learn and collaborate with South African college students
- Experience immersive cultural excursions
- Grow in your intercultural competence
- Make lasting connections and friends


INFO SESSION DATES

Mon, 1/28 3PM, UU/218
Thurs, 1/31 2PM, UU/216
Mon, 2/4 10AM, UU/216
Thurs, 2/7 10AM, UU/216
Mon, 2/11 3PM, UU/218
Thurs, 2/14 3PM, UU/218
Tues, 2/19 2PM, UU/216
Thurs, 2/21 10AM, UU/216

**APPLICATIONS DUE
MONDAY, FEB 25**

For more information visit:
serviceinaction.calpoly.edu/alt-breaks





**WANT TO MAKE
A DIFFERENCE
THIS SUMMER BREAK?**

Alternative Breaks Global Service Trip

VIETNAM

JUNE 16–30, 2019

- Participate in meaningful community service projects
- Serve Vietnamese students at an orphanage and sports camp
- Experience immersive cultural excursions
- Grow in your intercultural competence
- Make lasting connections and friends

INFO SESSION DATES

Mon, 1/28 3PM, UU/218
Thurs, 1/31 2PM, UU/216
Mon, 2/4 10AM, UU/216
Thurs, 2/7 10AM, UU/216
Mon, 2/11 3PM, UU/218
Thurs, 2/14 3PM, UU/218
Tues, 2/19 2PM, UU/216
Thurs, 2/21 10AM, UU/216

**APPLICATIONS DUE
MONDAY, FEB 25**

For more information visit:
serviceinaction.calpoly.edu/alt-breaks





Register Now

The Medical School Online Fair is a free event for students and advisors interested in connecting with medical schools around the country.

Thursday, January 17, 2019 from 9:00 AM – 9:00 PM ET

- Meet with admissions reps, faculty, and current students in live online chat sessions
- Learn more about the profession, the application process, and life as a med student
- Conveniently explore which medical school is right for you
- Connect with multiple schools at once
- Watch live presentations from admissions officers and medical students about their programs

Get answers to your most pressing questions. Zero travel required to participate.



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Seminar:
What is
Genetic Counseling?

by Certified Genetic Counselors
Jessica Kianmahd and Michelle Fox

Friday, January 25 @ 12:10pm
Baker room 180-101

Jessica Kianmahd is currently working in pediatrics at UCLA, and Michelle Fox served over 30 years at UCLA as both an adult and pediatric genetic counselor and is now a consultant at Invitae. They will be discussing what genetic counseling is (what they do, who they work with, and the different clinical and industry career options available), how to become a certified genetic counselor, and the implications of genetic and biotechnology advancement on health care.

Have questions/want more info? Please contact club president Lauren Hsuan:
laurenkhsuan@gmail.com