Pre-Health Advising May 2017

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Contact Info for Pre-Health Advising

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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

To be removed from this mailing list and the Pre-Health Professions Poly Learn Page please email prehealth@calpoly.edu with your name and Cal Poly email.
School of the Month: New York University

Founded in 1831, NYU is the largest private university in the United States with total enrollment surpassing 50,000 students. They offer Graduate Programs in Dentistry, Global Public Health, Nursing, Medicine and more! They call New York City one of the “most vibrant and inspiring urban classrooms”. Some highlights of their programs include:

- Long tradition of academic excellence
- Internationally-recognized faculty
- Access to top health centers
- Being part of one of the largest private research universities in the US
- Robust global learning network with locations spanning the globe

Profession of the Month: Mental Health

Mental health is a broad field with a wide range of career choices. The World Health Organization (WHO) defines mental health as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” Recent studies suggest that positive mental health is positively associated with better physical health. Working with individuals and/or groups of all ages, health professionals in this field help children, adolescents and adults deal with a variety of life stresses and problems, including addiction/substance abuse; problems with self-esteem; aging-related mental health issues; family, parenting or marital problems; grief, anger or depression; and other emotional or behavioral issues.

Careers:
- Psychiatrist
- Psychologist
- Psychometrist
- Art Therapist
- Rehabilitation Counselor
- Social Worker
Spring 2018 Calendar of Events

- **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, 11:10am -12pm Gaining Experience for Health Professions (10-226)**
  
  Are you a first or second year looking to get more involved? Or a third year trying to get more experience in one area before applying? Have you seen Patty Pre-Health and are wondering how you can get community service, leadership, research and health professions experience at Cal Poly? The Pre-Health Peer advisors will present examples and advice on getting experiences in all of these different areas to fit your interests and career goals.

- **May 8: 6:00-8:00pm Pre-Health 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).

- **May 9, 5:10p– 6:00pm Graduate School & Fellowships Panel (124-117)**
  
  Are you curious what it takes to get into grad school or obtain a fellowship? Would you like some first-hand advice from students who have been through the process? Come and hear from a panel of students who have been admitted to graduate programs and received fellowships this year.

- **May 11, 12:00pm Application for Student Leadership Team Due Date**
  
  The Center for Service in Action, Student Community Services program assistants and program leads are volunteer leadership positions within the Cal Poly Dean of Students department. Members are responsible for planning and hosting volunteering events quarterly in 1 of 8 Student Community Services programs and ongoing CSA programming. Apply [here](#). Also, sign up for the Student Community Service’s newsletter [here](#).
Spring 2018 Calendar of Events

- May 15, 11:00am–12:00pm **What to do During Summer/Gap Year (33-287)**
  Unsure of what to do this summer that can help boost your resume or application for a health profession school? Can’t decide what you should do during a gap year? This presentation will be helpful for anyone who is wondering what types of experiences they should be getting during any break from school.

- May 15, 4:10–5:00pm **Career Services: Writing a Compelling Personal Statement (124-117)**
  Applying to graduate school this year? This workshop will help you get started on your personal statement. We’ll go over what admissions committees are looking for and the general structure of your essay.

- May 17, 11:10–12:00pm **Making the Most of Your Summer Break (124-117)**
  Career services is offering a presentation on experiences to get during summer break to boost your resume or grad school application! (Freshman Focus Team Series)

- May 21: 6:00-8:00pm **Accepted Students Panel (53-206) (see flyer next page)**
  Students that have been accepted to their professional programs (PT, Med, Pharm, Nursing, etc.) will answer questions based on their experience leading up to applying to their respective schools. Get free pizza and enjoy this special event!

- May 24, 12:10–1:00pm **Change of Major Workshop (124-117)**

- May 28, 11:59pm **Bio 253 Fall Quarter 2018 Application Due**
  This course includes observation/shadowing experience in local clinics. It is intended for 2nd year and above students with demonstrated interest in a health career. Apply [here](#).

- June 11th–15th **GOOD LUCK ON FINALS!**

**Finals Week**

IF YOU CANT HANDLE ME AT MY FINALS WEEK YOU DONT DESERVE ME AT MY SYLLABUS WEEK

** Finals are coming**
Accepted Students Panel

May 21st
from 6-8pm in
Building 53, Room 206
FREE PIZZA!

Professions speaking include:
- Medicine
- Dentistry
- Physical Therapy
- Nursing

Learn the tricks to getting accepted to health professional school!
Get your questions answered by Cal Poly students who have been accepted!
Graduating? Stay Connected!

If you are not on LinkedIn yet, you should join. It’s a great way to develop your professional network. And, we have recently started a group on LinkedIn of Cal Poly Health Professions Students and Alumni, so that you can stay in touch with fellow pre-health students/alumni from Cal Poly after moving on to professional school. It’s a great way to stay in touch, and to reach out and be a part of helping future generations of Cal Poly pre-health students.

Starting Professional School in the fall?

Please stay in touch!

Congratulations!! In addition to joining the linked in group above, if you are interested in talking to fellow Cal Poly Mustangs about your experiences getting into and attending health professional school, email prehealth@calpoly.edu using your non-calpoly email address with your full name, the profession and school you are attending, and your Cal Poly major. You may also share your experiences with us by completing this survey.

Congratulations to all who are graduating as the Class of 2018! The pre-health advisors serve alumni as well, so please stay in touch if you will be applying to professional school in the future!
Applying this Summer? Keep an eye out for these dates!

Note: Many professional schools process admissions on a rolling basis. AKA The earlier you apply, the better chances you have of getting in! There are many aspects of the application that you can be putting together right now (personal statement, LOR’s, experiences, etc.) However, it’s more important to apply when you are most competitive rather than rushing it. Also, some schools may utilize a separate application service! The office will remain open over summer to offer any help to current students or alums applying.

AMCAS (Allopathic Medicine, MD)
- 2019 AMCAS Application is open to start filling out! (Opened 5/2/18)
- June 1st: AMCAS application opens for submission

AACOMAS (Osteopathic Medicine, DO)
- The 2017-18 AACOMAS application is open for submission! (Opened 5/3/18)

CASPA (Physician Assistant, PA)
- 2018 CASPA Application is open! (Opened on 4/26/18)

AADSAS (Dentistry, DDS or DMD)
- 2019 AADSAS Application opens on May 15th, 2018

PTCAS (Physical Therapy, DPT)
- 2019 PTCAS Application opens on July 5th, 2018 (tentative)

NursingCAS (Nursing, RN)
- The 2018-19 NursingCAS Application opens in May with various deadlines throughout summer & fall.

OTCAS (Occupational Therapy, MOT or DOT)
- Last year’s application cycle began on July 18th, 2017, so keep an eye out for the 2018-19 cycle to open around this time period as well!

PharmCAS (Pharmacy, PharmD)
- Last year’s application cycle began on July 18th, 2017, so keep an eye out for the 2018-19 cycle to open around this time period as well!

OptomCAS (Optometry, OD)
- The 2018-19 OptomCAS application will open on July 1st, 2018

VMCAS (Veterinary Medicine, DVM)
- The 2018-19 VMCAS application cycle will open sometime in May 2018
California Post-Baccalaureate Programs:

Cal State East Bay
Develop your competitive edge. Schools today are admitting more post-baccalaureate students than ever before. As a student in Cal State East Bay’s PHAP, you’ll receive intensive training and preparation needed to succeed in those schools and foster a career in the health profession of your choice. For more information, visit their website. Applications are due May 31st, for Fall and October 1st, 2018.

UC Berkeley Extension
Take advantage of their small, academically rigorous classes and personal advising to become a competitive applicant for your chosen health profession. You will receive personal guidance on your application and personal statement, a composite letter of recommendation, a one-on-one mock interview. To apply, click here.

San Francisco State
This highly structured, formal post-bac program prepares students for applying to graduate health professions schools such as medical, dental, and pharmacy schools. The program is split into two tracks: Career Changer Track (CCT) and Academic Enhancer Track (AET). The fall application deadline has passed, but the spring semester deadline is October 1, 2018. For more information, click here.

UCLA Pre-Medical General Science Studies Certificate
This structured 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.
California Post-Baccalaureate Programs:

USC
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](#).

UC Davis
The UC Davis School of Medicine Postbac program is a one-year program designed to help educationally and/or socio-economically disadvantaged students become more competitive applicants to medical school. This is an *academic enhancer* program in which applicants most have completed most if not all of the prerequisite coursework for medical school. Click [here](#) for more information.

Other Post-Baccalaureate Programs:

Online Masters of Public Health Program:
Mercer University is offering fully online MPH courses. This Public Health program is considered a "two-year program" but they also offer a one-year fast-track program for qualified applicants. They offer graduate assistantship positions in contributing to a Public Health knowledge base promoting social justice and health equity. Mercer MPH faculty and students engage in community-based activities that contribute to the advancement of Public Health practice primarily in underserved and rural populations. Click [here](#) for more information.

Loyola University of Chicago - Master of Science in Medical Physiology
This nine-month Master’s Degree Program is for students who are interested in enhancing their medical physiology knowledge, demonstrating their ability to perform graduate level course work, or improving their academic record. Students who meet academic requirements are guaranteed an interview at Loyola’s School of Medicine and will be able to interact daily with current medical students and professors. For more information, visit their [website](#) or email msmp@luc.edu. Applications are due July 20, 2018.
Post-Baccalaureate Programs Continued:

**Columbia University Postbac Premed Program:** This 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 PT, OT, or PA. Students also gain opportunities for practical clinical and research experiences, guidance throughout the application process, and institutional support through a letter of recommendation. They offer both traditional (2 years) and accelerated (less than 18 months) programs. For more information, visit their [website](#).

**New York Medical College:** For more information on the following programs, students can visit the school’s [website](#). Students may also wish to contact Assistant Dean for Recruitment and Advisement Carolyn Chiariieri ([Carolyn_chiarieri@nymc.edu](mailto:Carolyn_chiarieri@nymc.edu)) or Director of Admissions Valerie Romeo-Messana ([v_romeomessana@nymc.edu](mailto:v_romeomessana@nymc.edu)).

**Academic Enhancer Programs:** New York Medical College offers two programs for students interested in pursuing professional schools: the one-year Accelerated Master’s program and the two-year Traditional Master’s program in the basic medical sciences.

**Professional Science Master’s Program (PSM):** This program includes coursework related to business, management, communication skills, regulatory affairs, and other areas important for career success. It also includes an internship with hands-on experience in pharmaceutical, biotechnology, or health care industries.

**Graduate School of Basic Medical Sciences (GSBMS):** New York Medical College also offers additional programs that lead to M.S. and Ph.D. degrees in Biochemistry and Molecular Biology, Cell Biology, Microbiology and Immunology, Pathology, Pharmacology, or Physiology.
Summer Classes and Programs

University of Vermont Summer Medical Program - This 4 week program helps students prepare for the MCAT, build clinical experience with formal shadowing and medical simulation activities, and practice essential interviewing skills. Students who complete the program will have a detailed personalized assessment document to support their medical school application. For more information, visit their [website](#).

University of the Sciences Pre-Med and Health Professional Summer Courses - In addition to the basic science classes, USciences also offers Immunology, Biostatistics, Molecular Biology and Genetics, and Abnormal Psychology. Students will also be able to get preparation for the MCAT. Click [here](#) for more information.

UAG Medical Spanish Courses: Looking to get exposure to medical Spanish? This 4-week course at the University of Guadalajara includes immersion in the theory and practice of medical Spanish terminology. Students will further develop these skills at UAG community clinics, and they will also be able to gain insight and knowledge from native Spanish-speaking doctors. Para obtener más información, visitar este [sitio web](#).

Podiatry Immersion Program

Interested in a career in Podiatry? Check out this [link](#) for more information about this summer immersion workshop, which runs July 25th-27th! The application is due May 15th.
Spend a week in Lake Tahoe at the award winning Intensive Spanish Summer Institute (ISSI)

Students can earn 4 quarter units of credit in courses designed to promote the development of fluency in Spanish. The courses emphasize both oral and written language skills. If you need to use Spanish in your academic, professional, or personal life, then spend the week with us! The Institute offers all levels of Spanish instruction.

featuring...

CORE COURSES (2.5 units)
16 levels from Low Beginning through High Superior
Monday - Friday 8:00 a.m. to 3:20 p.m.
Check our website for full descriptions of all courses.

CULTURAL BREAKOUT SESSIONS
Choose from 100 different topics included in the ISSI day

OPTIONAL MINI-COURSES (.5 units)
Choose from 20 different mini-courses during lunch and 3:40 p.m.

EVENING EVENTS
Choose a different activity each evening: a film in Spanish, Art History Lecture with Dr. John Rosenberg, Latino Dance Night, and The Difficult Trip (a travel simulation)

SPANISH KIDS’ CAMP
Monday - Friday
For more information on Kids’ Camp go to www.ltccConnect.com

FEES
Fees for students enrolling in Mon - Fri 2.5 units
California residents - approx. $80
Required materials fee - $42
(Fees are subject to change based on legislative and district action.)

Registration begins end of May, 2018
Registration information will be available in April on the website

www.ltcc.edu/issi

View course descriptions on our webpage or request a brochure.

Contact us at issi@ltcc.edu
or (530) 541-4660 x522

Class size is limited to maximize learning. Students are encouraged to enroll as early as possible as space is limited.

Students in grades 9-12 may participate with written permission of their high school principal or other district administrative representative.
Summer Classes and Programs

Emergency Medicine Research @ UC Davis Medical Center

The Emergency Medicine Research Associates Program (EMRAP) is recruiting for Summer 2018! This is a great opportunity for those who want experience in both emergency medicine and clinical research! Successful applicants will become research associates at University of California Davis Medical Center's Emergency Room. Research Associates (RAs) identify ER patients who are eligible for certain research studies and perform various tasks to assist the Research Coordinators (RCs) in enrolling them. These tasks include consenting patients, performing patient surveys and evaluations, extracting chart information through electronic medical records and so on. Shift times are flexible, and letters of recommendation are given to students who complete excellent work with EMRAP. Apply here. Applications are due by May 19th.

Community College?

Consider knocking off some GE’s or other classes at Community College this summer in order to make your school load a little easier or to help you graduate on time. Registration for CC classes this summer should be opening up around now. If you plan on taking prerequisites at a CC, please make sure you meet with a Pre-Health Advisor to discuss if these will count. If you are taking classes at a CA Community Colleges, utilize the websites assist.org and summer planning page to see what transfers over for credit at Cal Poly. Come in and meet with your advisor if you have any questions about transfer credit!

Bio 253 Fall Quarter 2018:

Application for Fall 2018 enrollment is now open and will be due on May 28, 2018. You can find the application here. Offered twice/year!

This course is a Credit/No Credit, 1 unit class that includes observation/shadowing experience in local clinics. It is intended for 2nd year and above students with demonstrated interest in a health career. Students must shadow for 21 hours in order to receive credit. Enrollment is by application and instructor permission only.
**Articles:**

**US Seeking 1 million for Massive Study of DNA** There is a major study of DNA and health habits being conducted in the US.

**Healthcare is the New Front in the Fight over Transgender Rights:** There has been a recent federal rule that bars discrimination in health care based on “gender identity”.

**Is This Tissue a New Organ? Maybe. A Conduit for Cancer? It Seems Likely** Researchers have discovered a new tissue called the interstitium and it could have massive implications for cancer research. [Here](#) is the link to the original paper.

**Medicine and Mistrust on Native American Reservations** Native Americans have struggled with poor access to health care for many years. Two doctors who grew up on reservations are trying to change that, one patient at a time.

**Should you do a fellowship? 5 questions to ask yourself** A fellowship can open doors and allow physicians to gain more focused knowledge, but pursuing a subspecialty isn’t for everyone.

**Here’s What I Believe About Curing The Greed in Healthcare** One aspiring physicians dream for the future of medicine: one that isn’t commercialized and entirely dependent on insurance companies.

**The Importance of Minority Health Involvement for Premeds** This article talks about how premeds can be leaders and advocates for underserved populations that lack healthcare access.

**Ted Talks:**

**How Childhood Trauma Affects Health Across a Lifetime** Childhood trauma isn’t something you just get over as you grow up. Pediatrician Nadine Burke Harris explains that the repeated stress of abuse, neglect and parents struggling with mental health or substance abuse issues has real, tangible effects on the development of the brain. Those who’ve experienced high levels of trauma are at 3x risk for heart disease and lung cancer. A plea for pediatric medicine to confront the prevention and treatment of trauma, head-on.

**How do we heal medicine?** Our medical systems are broken. Doctors are capable of extraordinary (and expensive) treatments, but they are losing their focus: actually treating people. Doctor and writer Atul Gawande suggests we look at new ways to do medicine, with fewer cowboys & more pit crews.

**Health Care Should be a Team Sport** When Eric Dishman was in college, doctors told him he had 2 -3 years to live. That was a long time ago. Now, Dishman puts his expertise as a medical tech specialist together to suggest a bold idea for reinventing health care: putting the patient at the center of a treatment team.

**My Wish: Three Unusual Medical Interventions** Accepting his 2005 TED Prize, inventor Robert Fischell makes three wishes: redesigning a portable device that treats migraines, finding new cures for clinical depression and reforming the medical malpractice system.
**Summer Reading List**

Why read during your summer break? To stay inspired for a future in the health professions!

**Reflection in Global Health: An Anthology** by Thuy Bui MD

This anthology includes sixty-three essays that explore an array of topics as they relate to global health, and it is the cumulative effort of students, educators, and advocates dedicated to helping others.

**The Healthcare Handbook** by several MDs

"An astonishingly clear ‘user’s manual’ that explains our health care system and the policies that will change it." A clear and concise guide to the United States Health Care System.

**The Empathy Exams: Essays** by Leslie Jamison

Beginning with her experience as a medical actor who was paid to act out symptoms for medical students to diagnose, Leslie Jamison's visceral and revealing essays ask essential questions about our basic understanding of others: How should we care about each other? How can we feel another's pain, especially when pain can be assumed, distorted, or performed? Is empathy a tool by which to test or even grade each other?

**Being Mortal: Medicine and What Matters in the End** by Atul Gawande

Gawande, a practicing surgeon, addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families. Gawande offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and he explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified.

**Doctored: The Disillusionment of an American Physician** by Sandeep Jauhar

In his acclaimed memoir Intern, Sandeep Jauhar chronicled the formative years of his residency at a prestigious New York City hospital. "Doctored," his harrowing follow-up, observes the crisis of American medicine through the eyes of an attending cardiologist.

**What Doctors Feel: How Emotions Affect the Practice of Medicine Physician** by Danielle Ofri

Digging deep into the lives of doctors, Ofri examines the daunting range of emotions—shame, anger, empathy, frustration, hope, pride, occasionally despair, and sometimes even love—that permeate the contemporary doctor-patient connection. Drawing on scientific studies, including some surprising research, Dr. Danielle Ofri offers up an unflinching look at the impact of emotions on health care.
MCAT Test Prep

MCAT Flashcards and New Practice Test - Official MCAT
Flashcards contain 150 discrete practice questions that were written by the MCAT developers. This set of flashcards includes 25 questions from each of the six disciplines on the MCAT, and the cost is $10.00. Click here for more information. The New Practice test is being released with updated scaled scoring!

MCAT Biochemistry Online - Temple University is offering an online Biochemistry course this summer in preparation for the MCAT. The course start date is May 7, 2018, while the deadline for registration is May 8th. More information about the course and how to enroll can be found here.

There are a lot of good test prep companies out there! Be sure to think about how you learn best, how much time you are planning on taking and how much money you want to spend when choosing a company. Each of these companies has a wide range of products ranging from books, to videos, to comprehensive classes.

- Princeton Review
- Kaplan
- Next Step
- Altius
- Khan Academy
- Exam Krackers