Are you Ready for Winter Registration?

Registration for Winter 2019 classes first round begins November 6th for Special Exception students and goes up until November 29th.

Questions about pre-requisites? PASS? Or Registration? Come see your Pre-Health Peer Advisors!
School of the Month

University of Nevada, Reno

Located less than an hour away from Lake Tahoe, the University of Nevada Reno is dedicated to excellence in original research, teaching, creative expression and intellectual leadership. Students will find room to pursue educational and research pursuits in an accommodating environment that places a premium on academic excellence. Reno is also a diverse city of artists, creatives, and outdoorsy people. The slopes surrounding Lake Tahoe are a playground for world-class skiing, mountain biking, and backpacking. Graduate programs at UNR include medicine, nursing, public health, physician assistant, and speech pathology. The University of Nevada, Reno School of Medicine is a number one choice for students looking at west coast medical schools. Students are drawn to the small class sizes, award-winning faculty members and well-balanced work and school life. For more information, click here.

Profession of the Month

Radiation Therapist

Radiation therapists are technical professionals that typically work as part of an oncology team along side physicians, nurses, and medical physicists to treat cancer patients. They are responsible for operating treatment machinery, explaining the treatment plan to patients, maintaining patient safety, and providing emotional support to patients throughout their course of treatment. An associate’s or bachelor’s degree is required to become a radiation therapist, followed by a 12-month certification program. If you’d like to learn more about a career in Radiation Therapy, click here.
November 2018 Calendar of Events

November is Make a Difference Month! Check out community service events in SLO. Build your resume and build a sense of community at the same time! You also get a free t-shirt! Sign up for events here; flyer page 12

Get ready for Winter 2019 registration with a PASS Registration Workshop! Students from any college or dorm are welcome to attend!

Nov 6, 6:10pm-7:10pm PASS Registration Workshop (yak?ityutyu Hall)
New to Cal Poly’s registration system? Have questions about what pre-health classes you should take? Come join us for personal advising and help with PASS and PolyPlanner.

Nov 5 – Nov 9: Health Professions Week
Explore Health careers are having a weeklong event evolving multiple health careers, click here for the list of events and activities!

Nov 8th, 11 am—12 pm 2018-2019 Seminar Series on Health Disparities presented by Cal Poly Center for Health Research (UU-220)
Grow Healthy Together Chattanooga: Effects of Policy and Environmental Interventions on Physical Activity Among Urban Children and Youth. By Gregory Heath, PhD. More info pg 15

Nov 12, DEADLINE for Test Prep Materials Essay contest
Enter our essay contest to receive free test prep materials: courses, self-study books, and practice tests! Submit your essay here.

Change of Major Workshops: Nov 8, 11 am—12pm (180-114), Nov 14: 2—3pm (180-114), Nov 29: 5—6pm (180-107)
Thinking of changing your major? Learn about exploring career options, Cal Poly’s change of major policy and how to create your action plan. Register to attend through your Cal Poly portal under the Academics tab.

Nov 29, 5—6pm Making the Most of Winter Break (180-107)
Winter Break is an ideal time to reflect, relax and start planning for the future. Whether you are internship/job searching or unsure what career path you want to pursue, this workshop is for you to learn how to move forward in your career development.
**SCM 301: Professional School Preparation for Health Professions Careers**

Application strategies and preparation for health professions programs. Analysis of the application requirements and critique of personal application components.

- Prerequisite: Junior standing; completion of GE Area A with a grade of C- or better; minimum of 3.0 CPSLO GPA; and consent of instructor. Recommended: SCM 101 and completion of GWR.
- Class meets Fridays 10:10-12; attendance is required
- [Apply here](#)

**BIO 301: Service Learning in the Health Professions**

This class meets weekly as well as has a service learning placement in the local community. During class lecture time, students will participate in related class discussions based on assigned readings. Some topics include cultural competency of healthcare providers, social determinants of health, unconscious bias, intersectionality, the ethics and safety of undergraduate volunteers in health care settings, and determining diverse community needs and delivery of appropriate health care. Students will also actively reflect on their own service experiences in a weekly journal.

- Prerequisites: Bio 161 or Mcro 221 or Mcro 224; Completion of GE Area A with a grade of C- or better; GE Area D3; and consent of instructor.
- Class meets Monday 12:10-2pm; attendance is required
- Intended for students with an interest in service and/or the health professions. Priority enrollment given to BIO majors/minors and 3rd/4th year students.
- [Apply here](#)
Free Entrance Exam Preparation Essay Contest!

CHANCE TO WIN:

Entrance exam preparation materials from Kaplan for the MCAT, DAT, GRE, OAT, PCAT, or General GRE.

These certificates are intended for someone planning to take their entrance exam in 2019 and to apply to their professional program in 2019 or 2020. Typically this will be students in their 3rd year of college or above.

Essay requirements:

- 750 word maximum
- Question "Why are you interested in the health career of your choice, what motivates you to stay invested in the career path, and what qualities will you bring to the profession?"

APPLY HERE

Application Deadline: Sunday, November 12th, 2018 at 11:59 pm

Decisions will be made and applicants will be notified by December 7th.
Extracurricular Programs

University of Colorado Pre-Med Emergency & Wilderness Medicine Program - This nearly two week program offers undergraduates the opportunity to learn how to assess and treat patients in an emergency or wilderness medical crisis. Classes and programs are taught by the University of Colorado School of Medicine faculty and physicians. There are various Pre-Health programs and some may offer the opportunity to get Wilderness First Responder Certification. Click here for more information on all programs offered.

- Costa Rica: This class is a new, 10-day, hands-on introduction to emergency, wilderness, and global health medicine. In addition to gaining hands-on experience, students will get to know successful medical school faculty and physicians, and get the inside scoop on the medical school application process and a career in healthcare. Trips are offered December 15th to December 23rd, 2018, and July 26th to August 4th, 2019.
- Channel Islands: This unique program includes all instruction and simulations, meals/lodging on Santa Rosa Island, group camping gear, and optional WFR and program certification. Course offered March 23-March 30, 2018 during Cal Poly’s Spring Break!! Earn Cal Poly credit as a Bio major! $100 early bird discount until November 30th, 2018. Please use code "EarlyBird" in order to receive this special offer.
- Colorado Emergency & Wilderness Medicine: This nearly two week program begins in hip, metro Denver and concludes at a camp and backcountry in the heart of the Rocky Mountains. Trip is offered August 5th to the 16th, 2019. Registration open now!

Summer Health Professions Education Program (SHPEP)

SHPEP is a free summer enrichment program for college freshman and sophomore students interested in the health professions. Activities include academic enrichment in basic sciences and math, career development activities, and exposure to clinical settings. The SHPEP initiative is a program that is located at various institutions across the country, including UCLA and Western University of Health Sciences. The health professions covered include: medicine, dentistry, nursing, optometry, physical therapy, physician assistant, pharmacy and public health. Students must have an overall GPA of 2.5. Other application factors that are considered include that a student identifies with a group that is racially/ethnically underrepresented in the health professions, comes from an economically or educationally disadvantaged background, and has demonstrated an interest in issues affecting underserved populations. For more information, check out the SHPEP website.
Extracurricular Programs Continued

St. Jude’s Summer Research Opportunity
The Pediatric Oncology Education Program is offering a NIH/NCI-funded training experience in either laboratory or clinical research. This unique opportunity is intended for pre-doctoral students seeking careers in biomedical sciences, medicine, nursing, pharmacy, psychology, or public health. Applications open October 1st and are due February 1st, 2019, but early application is encouraged. Minimum math/science and overall GPA is a 3.40 and previous research experience is required. Letters of recommendation are also required. The pay is $400/week and you MUST be able to start by Monday, May 13th; Monday, May 20; Tuesday, May 28th, or Monday, June 3, 2019. Click here for more information.

Student Community Services
Looking for local volunteer experiences to help you become a competitive graduate student applicant? Student Community Services is a student-run organization through the Center for Community Engagement, located on campus. They offer eight volunteer programs, including Food Insecurity and Nutrition, Students Supporting People With Disabilities, and Students for Health and Well-Being. Check out their calendar of events on their website or email them at serviceinaction@calpoly.edu for more information!

UCSF School of Medicine Admissions Workshop
UCSF will be hosting an admissions workshop that includes presentations on: Developing a Competitive Application, Understanding the Application Process, A Day in the Life of a Medical Student, Financial Aid for Medical School, and Information about the UCSF School of Medicine Post Baccalaureate Program. It will be held on Saturday, March 16, 2019 and will run from 9 a.m. – 1:30 p.m. Check in at 8:30 am day-of. Register online by Friday, March 9th, 2019. Cost is $20. Click here to register.

Health Professions Week Virtual Fair
Explorehealthcareers.org is hosting a virtual fair the week of Nov 5-9, 2018 for all students interested in a health profession. It includes a keynote address, an online treasure hunt, as well as lots of prize giveaways. You don’t want to miss this. Register here.
ScribeAmerica Job Opportunity:
The Chief Scribe at Central Coast Chest Consultants is looking for a new scribe at a pulmonology office. Apply at scribeamerica.com/apply and under the "Scribe - Pismo Beach / San Luis Obispo / Santa Maria / Templeton, R3258" posting. If you have any questions please contact Cody Schroeder at CCCCscribes@scribeamerica.com.

Pre-Med Scholarship Opportunity:
Tutor the People is offering another scholarship to pre-meds across the country. The scholarship asks students to submit an essay that illustrates how an MD degree will help them achieve their life goals. They will award a $1,000 prize to the winning submission, which will be made payable to that student's current university or future medical school. To find out more, click here.

Club Updates:

Cal Poly AMSA (American Medical Student Association) - Cal Poly AMSA provides students with information about medical school, the MCAT, and how to become a successful undergrad applicant. Some meetings also feature speakers from the medical field. Meetings are on Tuesdays from 11 AM to 12 PM in Building 33 Rm 286. Email calpolyamsa@gmail.com for more information. Check out their Instagram: @calpolyamsa

Cal Poly Pre-Dental Club - The Pre-Dental Club is committed to informing students about careers in dentistry as we all giving them tools and opportunities to enhance their dental resumes through dental-related volunteer efforts. Their meetings are bi-monthly. Contact pre dental@calpoly.edu for more information! Check out their Instagram: @calpolydental

Cal Poly AMWA (American Medical Women’s Association) - Be a part of AMWA, a club that provides leadership, advocacy, education, and mentoring for women in order to advance women in medicine and improve women's health! Their meetings this quarter will be on Tuesdays from 11-12 in 53-206.

Cal Poly Nursing & PA Club - They hold a variety of meeting topics including professional visits and school admission workshops! If you would like more information or want to join their club, please email calpolynursing.paclub@gmail.com or join the Facebook Group

Cal Poly Pharmacy Club - A great way to meet other students interested in Pharmacy and how to become a successful undergrad applicant. If you would like to learn more email the president, Spencer at sbhayash@calpoly.edu.

PT/OT Club - help students interested in Physical Therapy and Occupational Therapy make decisions and learn more about potential careers during their undergraduate years. For more information contact them at pt-otclub@calpoly.edu

EMS Club– For Emergency Medical Technicians or students planning on training to be an EMT. Meetings Thursdays 11-12 in building 21-235, contact sblee@calpoly.edu for more information

*If your club has information you’d like included in a future newsletter, please email prehealth@calpoly.edu.*
Healthcare Experience Abroad!

Are you looking to gain experience shadowing healthcare professionals abroad? Here are a few programs current and past students have recommended for those of you looking to travel over Winter, Spring, or Summer breaks! The earlier you apply, the better chances to get in!

Thinking about helping abroad? Check out this article to make sure your organization is ethical. 7 Questions to Evaluate International Health Related Service Trips

The Atlantis Project
The Atlantis Project is a challenging medical shadowing program combined with an unbeatable travel & culture experience. Witnessing the practice of medicine first-hand can help you cement the decision to pursue a career in healthcare, catalyze the enthusiasm needed to complete the long road ahead, and give you a competitive edge in graduate school application essays and interviews. Alternatively, shadowing experience can save you valuable time, stress, and money if you realize early-on that healthcare is not right for you. With locations in Spain and Portugal, this might be the program for you! Visit www.atlantis-project.org/ for more details.

Gap Medics
Gap Medics provides year-round, hospital-based medical internship shadowing programs abroad to students from all over the world. Our overseas programs take you behind the scenes of your future career and help you form a mature understanding of your passion for healthcare when it comes time for your medical school applications and interviews. They have locations all over the world including Europe, Africa, and Asia. Visit www.gapmedics.com to find out more!

Child Family Health International
Child Family Health International (CFHI) provides community-based Global Health Education Programs for students and institutions. Our unique model fosters reciprocal partnerships and empowerment in local communities, transforming perspectives about self, healing and global citizenship. CFHI's 25+ programs in 9 countries connect students with local health professionals and community leaders. Learn more about their programs in Argentina, India, the Philippines, Ecuador, and more at https://www.cfhi.org/
**Articles:**

**Arianna Huffington on physician burnout**  
Hospital systems and institutions need to take better care of physicians to address the burnout crisis.

**Genetics has learned a ton—mostly about white people—That’s a Problem Learn**  
Learn about the overwhelming whiteness of genetics research and how it is holding back precision medicine.

**7 Questions to Evaluate International Health Related Service Trips Thinking**  
about helping abroad? Check out this article to make sure your organization is ethical.

**Podcasts:**

**Sawbones**  
Dr. Sydnee McElroy and her husband Justin welcome you to Sawbones: A Marital Tour of Misguided Medicine. Every Friday, they dig through the annals of medical history to uncover all the odd, weird, wrong, dumb and just gross ways we've tried to fix people over the years. Educational? You bet! Fun? We hope!

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**MCAT Study Tools and Test Information**

**Pre-Health Advising Essay Contest**—Write a 750 (max) word essay about your interest in your career and win FREE test prep materials such as courses, practice tests and self-study books!  
Apply here!

**MCAT Registration** - Planning to take the MCAT in 2019? MCAT registration for January - June 2019 exam dates is now open! Visit the [AAMC’s website](https://www.aamc.org) for information regarding test dates, registration dates, and associated fees.

**Wiki Premed MCAT Course** - This is a free tool to help you review topics in order to prepare for the MCAT. Click [here](https://www.wikipremed.com).
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.

Get Your Tuition Paid For!

Army Health Professions Scholarship Program

The U.S. Army health care team will pay 100 percent of your tuition for a graduate-level health care degree for any accredited medical, dental, veterinary, psychology, or optometry program in the United States or Puerto Rico. Your active duty service obligation to the U.S. Army is one year of service for every year you receive the scholarship. For more information, visit https://www.goarmy.com/amedd.html or contact a recruiter at 1 (800) USA-ARMY. See attached flyer on page 13.

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, email prehealth@calpoly.edu with name and Cal Poly email.

Pre-Health Peer Adviser

Drop-in Hours

Monday: 8am-12pm & 1:30-4pm
Tuesday: 9:30am-12pm & 1-2 pm & 3-4pm
Wednesday: 8am-12pm & 1:30—4pm
Thursday: 9:30am-12pm & 1-4pm
Friday: 9am-12pm

We will be sending out our next Newsletter in January. Best of luck with finals, and have a great Thanksgiving and Winter Break!
MAKE A DIFFERENCE MONTH

Sign up as an individual, with friends, your team, club, or any organization by visiting:

serviceinaction.calpoly.edu/MADM

Serve alongside your fellow students in making a difference this November by volunteering throughout San Luis Obispo County!

All volunteers serving at events during the month of November will receive a FREE Cal Poly Make a Difference Month T-shirt!
THE HEALTH PROFESSIONS SCHOLARSHIP PROGRAM (HPSP) APPLICATION GUIDE

The F. Edward Hébert Armed Forces Health Professions Scholarship Program is one of the most comprehensive health care scholarships available. It offers full tuition, a generous monthly stipend for qualifying students and the support of the U.S. Army health care team, one of the largest, most advanced health care networks in the world.

FIVE STEPS TO APPLY FOR THE HPSP SCHOLARSHIP

**STEP 1**
CONTACT A U.S. ARMY RECRUITER
Reach out to an U.S. Army Medical or local recruiter to schedule a preliminary interview to learn about joining the U.S. Army health care team and the HPSP application process. They will also provide the application forms.

**MONTHLY STIPEND OF MORE THAN $2,200 WHILE YOU ATTEND SCHOOL**

**STEP 2**
ORGANIZE NECESSARY PAPERWORK
Gather your transcripts, letters of recommendation and test scores. You’ll need these to submit with your HPSP application.

**THE U.S. ARMY WILL PAY 100% OF YOUR TUITION FOR A GRADUATE-LEVEL HEALTH CARE DEGREE AT ANY ACCREDITED SCHOOL IN THE U.S. OR PUERTO RICO.**

**STEP 3**
COMPLETE YOUR HPSP APPLICATION
Plan to complete your HPSP application form at the same time as you apply to your desired medical schools. Include all of the medical schools you have applied to in your HPSP application.

**STEP 4**
SUBMIT YOUR HPSP APPLICATION
When your application is complete, submit it, along with your letters of acceptance to your U.S. Army recruiter. A selection board will evaluate your application packet and send you an Award Notification letter if accepted.

**STEP 5**
FINALIZE YOUR HPSP ENROLLMENT
Once you are accepted to an accredited physician of medicine or physician of osteopathic medicine degree program, contact your recruiter to finalize your HPSP enrollment.

**SALARY INCREASES WITH RANK ADVANCEMENT ONCE YOU GRADUATE AND ENTER ACTIVE DUTY.**

**OVER 90 PROFESSIONAL HEALTH CARE PATHS WITHIN U.S. ARMY MEDICINE.**

**APPLICANT REQUIREMENTS**
- Be a U.S. citizen with a baccalaureate degree from an accredited school.
- Maintain full-time student status during the length of the program.
- Qualify as an active duty commissioned officer.

LEARN HOW YOU CAN BECOME PART OF THE ARMY’S ELITE MEDICAL TEAM TODAY.
Visit healthcare.goarmy.com or contact a recruiter at 1-800-USA-ARMY.
Interested in becoming a
Certified Peer Health Educator?

Make a difference on campus
Gain valuable, professional experience
Enhance personal communication and leadership skills

Apply to join one of our four teams:

- **EROS**
  - Educational Resources on Sexuality
    - Sex, Dating, and Relationships on Campus
    - Contraception & You
    - Sexually Transmitted Infections
    - Men's and Women's Health Issues

- **tlc**
  - Thoughtful Lifestyle Choices
    - Substance Misuse and Abuse
    - Partying Smart
    - Personal Wellbeing
    - Alcohol and the Law
    - Recovery & Treatment Options

- **real**
  - Reach-Out Empower Accept Listen
    - Anxiety & Depression
    - Bipolar Disorder
    - Body Dysmorphic
    - Grief/Loss
    - Stress Management
    - Eating Disorders
    - Sleep Disorders
    - Suicide Prevention

- **heat**
  - Health Enrichment Action Team
    - Dietary Analysis
    - Disordered Eating
    - Eating Healthy on Campus
    - Fitness Nutrition
    - Nutrition Myths
    - Supplements
    - Specialized Diets
    - Weight Management

Applications due 1st Friday in February
Apply online at pulse.calpoly.edu
Grow Healthy Together, Chattanooga: Effects of Policy and Environmental Interventions on Physical Activity Among Urban Children and Youth

FEATURING:
Gregory Heath, PhD.

Gregory W. Heath is Guerry Professor of Health and Human Performance at the University of Tennessee Chattanooga. Dr. Heath spent 20 years with the Division of Nutrition, Physical Activity, and Obesity at the U.S. Centers for Disease Control and Prevention (CDC). He has a background in physiology, nutrition, and epidemiology and holds both his masters and doctoral degrees from Loma Linda University School of Public Health in California. Dr. Heath has spent most of his professional career devoted to the understanding and promotion of physical activity and exercise for the enhancement of health as well as the prevention and management of chronic diseases. His recent projects have emphasized community-based approaches to promoting physical activity among children and adults.

DATE: Nov 8, 2018
TIME: 11:10am - 12pm
LOCATION: UU-220