School of the Month:

The University of Arizona is a place where teaching, research, service, and innovation merge to improve lives in Arizona and beyond. Recognized as a global leader, the UA is also a leader in research, bringing more than $606 million in research investment each year, and ranking 21st among all public universities. With campuses in Tucson and Phoenix, UA inspires and trains individuals to become exemplary physicians, scientists and leaders who are life-long learners and inquisitive scholars and who will embrace professionalism, innovation and collaboration to optimize health and healthcare for all.

Profession of the Month:

November is national Family Caregivers Month! This primary care setting is applicable to many careers, including nursing, PT/OT, physician assistant and medical doctors. Some medical doctors that specialize in primary care are pediatricians, internists, gynecologists/obstetricians, geriatrics, and of course family medicine doctors. If you are interested in learning more, click here.
Get ready for Winter 2018 registration with a PASS Registration Workshop! Students from any college or dorm are welcome to attend any of these parties:

**PASS Registration Workshop Dates & Times:**

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>October 30, 2017</td>
<td>5:10 p.m.</td>
<td>Yosemite *CSM</td>
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<tr>
<td>October 30, 2017</td>
<td>6:10 p.m.</td>
<td>Yosemite MSC leading session</td>
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<td>November 6, 2017</td>
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<td>November 6, 2017</td>
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<td>Tenaya *OCOB</td>
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<td>Sierra Madre *CENG</td>
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**Nov 2, 4-5pm Discovering Career Possibilities in Your Major (PCV Aliso Conference Room)**

Unsure of your career path? Need help identifying academic and career goals? Come to a workshop focused on personal interests, values, strengths, and career exploration.

**Nov 3, 11:30am-1pm AMWA’s Pre-Health Panel (192-106)**

Come join us to hear health professionals talk about their experience throughout undergraduate and graduate school! Anyone who is interested in a career in the health field is welcome. There will be an opportunity at the end to ask questions and talk to them!

**Nov 4, 10-11am USC Occupational Therapy Visit (53-213)**

A representative from USC’s Occupational Therapy school will be here to talk about their school and opportunities! Food included.

**Nov 5, Deadline for Test Prep Materials Essay Contest** (see description page 5)

**Nov 6, 11-12pm Creating and Enhancing Your LinkedIn Profile (124-117)**

LinkedIn is a powerful tool for networking and promoting your professional brand, and this workshop will teach you how to enhance your profile and navigate the site for maximum exposure and usage. You are encouraged to bring a laptop or tablet.
Nov 6, 5-6pm, Nov 17: 12-1pm, Nov 29: 4-5pm Change of Major Workshop (124-117)

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 6 – Nov 10: 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 6, 6-7pm, Experiences Beyond the Grades (Yosemite Hall)

There’s more to getting into a health professions schools besides grades. Come learn about different ways to make yourself stand out from the other applicants.

Nov 14, 6-7pm: Exploring Health Careers—Speed Dating Style! (Yosemite Hall)

Come learn about yourself and what type of work settings, commitments, and setup you desire in a career! Perfect for both those exploring different health professions and those that have a career already in mind.

Nov 16, 3pm, AAMC Webinar for Summer Health Professions Education Program (online)

Thinking of applying for the SHPEP program? Join this webinar to hear from past scholars and alumni as well as ask questions regarding the admissions process. See page 4 for more details.

Nov 28, 2-3pm Making the Most of Winter Break (124-117)

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.
BIO 253
Orientation to
the Health Professions

Applications Now Open!

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 2.8 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 (January 11, 18, and March 15). 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.

Applications Deadline: November 26th (at 11:59 pm)
Application Link: Click Here!
Application Requirements:
- Contact Info
- GPA
- Resume
- Reference
- 500 word essay on why you are interested in shadowing
- Preference of career placement
- Availability/Schedule

Want Shadowing Hours?

Unsure of your chosen health career?
TEST PREP MATERIALS
ESSAY CONTEST

CHANCE TO WIN:

- **Free** Kaplan test prep course certificate for the MCAT, DAT, OAT, PCAT, or General GRE
- **Free** Kaplan self-study books for the MCAT, along with a set of 10 MCAT practice tests
- **Free** NextStep Test Prep practice MCAT bundle of 10 practice tests

These certificates are intended for someone planning to take their entrance exam in 2018 and to apply to their professional program in 2018 or 2019. 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 5th, 2017 at 11:59 pm
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 (various trips)**: This class is a new, 10-day, hands-on introduction to emergency, wilderness, and global health medicine. They will conduct classes, as well as provide free time for swimming, surf lessons, biking, natural history tours, whitewater rafting and more.

- **Channel Islands (March 24-March 31, 2018)**: This unique program includes all instruction and simulations, meals/lodging on Santa Rosa Island, group camping gear, and optional WFR and program certification. Earn Cal Poly credit as a Bio major! See flyer on page 15 for details. Application Deadline: January 31

- **Colorado Mountain Medicine Hut Trip (December 1-3, 2017)**: Spend six days backpacking and exploring the Colorado Wilderness through the 10th Mountain Division Hut System with faculty from the CU School of Medicine.

- **Colorado Emergency & Wilderness Medicine (various trips)**: This nearly two week program begins in hip, metro Denver and concludes at a camp and backcountry in the heart of the Rocky Mountains.

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**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 colleges/institutions across the country. 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 or ethnically underrepresented in the health professions
- Comes from an economically or educationally disadvantaged background
- Has demonstrated an interest in issues affecting underserved populations

For more information, check out the SHPEP website. Or attend their webinar Nov. 16 at 3pm. Register here.
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 15th and are due February 1st, 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 in May 2017. Click here for more information.

The University of Vermont’s Summer Medical Prep Program
The UVM Larner College of Medicine Summer Medical School Prep program can help prepare you for the revised MCAT, build your clinical experience with formal shadowing and medical simulation center activities, and provide you practice and feedback on essential interviewing skills. The program is designed and taught by College of Medicine Teaching Academy faculty highly accomplished in medical education. The program runs from June 18-July 12 (4 weeks). Financial assistance is available based on need. For more information, click here.

Physical Therapy Volunteer Program with Team Movement for Life
This volunteer program through the Atascadero office of San Luis Sports Therapy allows students interested in the field of physical therapy to gain valuable exposure and experience in an outpatient setting. Students will work alongside physical therapists and aides, and are able to gain observation hours, learn more about physical therapy in a hands-on environment, and receive job training in movement and therapeutic exercise. Email ahuber@slsportstherapy.com for an application to apply. Volunteer hours are available Monday - Friday, 8am - 7pm. Volunteers must be available for a minimum of 4 hours per week, however weekly commitment is not necessary.
Pre-Med Fellowship Opportunity in India

The American Medical Student Association (AMSA) offers a paid global health internship opportunity in India for students who have been admitted to medical school. This program lasts a full year and would require students to defer their medical school acceptance for one year. Applications are due on January 16, 2018. More information about the Mabelle Arole Fellowship can be found [here](#).

Minority Health Conference (Saturday November 19th at UCLA School of Medicine)

This half-day conference (8:00AM—2:00PM) empowers marginalized communities, which is put on by medical students from UCLA, USC, and Charles Drew University. Check out their [website](#) for more information. Early registration is $5 until October 31st, and then the registration fee increases to $10 thereafter.

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 office in Building 52 Rm E22 or visit their [website](#) 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, Financing Medical School Q&A, and Information about the UCSF School of Medicine Post Baccalaureate Program. It will be held on Saturday, March 17, 2018 and will run from 9 a.m. – 1:30 p.m. Register online by March 9th. Click [here](#) to register.
Extracurricular Programs Continued

Health Career Connection’s Summer Internship Program

If you are interested in a career in the health field this is an excellent opportunity for you to gain experience and mentorship in public health, health administration/management, health policy/advocacy, and community health. HCC interns are placed full-time with organizations such as hospitals, health systems, health policy institutes, health departments, community health centers, community based organizations, and non-profits to work on a meaningful project. The application period is open now and closes on December 20, 2017. Click here for the online application.

Health Professions Week Virtual Fair - Explorehealthcareers.org is hosting a virtual fair the week of Nov 6-10 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.

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 Thursdays from 11 AM to 12 PM in Building 53 Rm 201. Email calpolyamsa@gmail.com for more information.

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 and the next meeting is planned for Nov 9th, but more clarification will be sent out. Contact predental@calpoly.edu for more information!

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 53-201.

Cal Poly Nursing & PA Club - The Nursing/PA club will be hosting meetings on Tuesdays 11-12pm in 53-213. 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

*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!

iHELP Globally

IHG aims to provide services and donations to communities that are deeply in need of medical attention. By uniting like-minded individuals, iHelp Globally creates a symbiotic relationship between its volunteers and the communities they serve. Its second aim is to provide the volunteers with an opportunity to appreciate medicine at the grass-roots level as well as develop a life-long appreciation for service. Many of our volunteers are pre-health, pre-medical, or pre-dental university students that are looking for avenues to strengthen their passion for their chosen field. IHG has various sessions over all three breaks and they tend to host all of their medical missions in South America, namely Peru and Ecuador. Visit ihelpglobally.org for more information!

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/
Hey everyone,

My name is Robin, and I recently started a Master’s program in nursing at UCLA. I graduated from Cal Poly in 2016 with a B.S. in Kinesiology and took a year off in between undergrad and nursing school to work. I may be biased, but I would highly recommend taking time off to anyone considering it. First, I was able to focus whole-heartedly on my applications, second, I gained work experience and saved up money, and third, I finally had the opportunity (and savings) to travel! I started school this fall feeling recharged and ready to really immerse myself in school again, and I’m still one of the youngest people in my program!

The transition into grad school has been relatively smooth, but I have definitely had to improve my study habits. The workload is much heavier than undergrad, and with quizzes nearly every class meeting, there is no time to slack off. I have also shifted my approach to learning because my efforts in school directly affect my future patients. Rather than cramming and learning material just to pass tests, I have really challenged myself to thoroughly understand as much as I can. My best advice would be to practice this skill now, while you have more time to devote to it!

All of my courses and instructors have validated why I chose nursing and what an incredible profession it is. Knowing this makes it (somewhat ;) ) easier to work so hard, especially because I’m so interested in the material. I am also constantly inspired by my classmates, who motivate me to achieve more and live up to my potential. I feel really lucky to have such a supportive and fun cohort because it makes every aspect of school that much better.

When I was deciding where to apply, I focused a lot on which cities I would want to live in. LA is such a busy and vibrant place to live, and there is a never-ending list of places I want to see and food I want to eat. I also love getting to experience student life at UCLA. There are so many events, talks, and opportunities to learn that it’s hard to resist wanting to try everything! I also recently went to my first football tailgate and it was a BLAST. There are so many resources and campus is always buzzing with different activities, which make it really great environment to be in! I think choosing a school based on the program is obviously important, but choosing an environment that will bring you joy outside of the classroom should definitely not be overlooked.

I certainly look back so fondly on my time at Cal Poly, but I’m happy to report that this next chapter in life is equally wonderful and exciting. Please don’t hesitate to reach out if you have any questions—about nursing, UCLA, or life in general. It’s really important to use your resources throughout the whole application process (and life!), and I am happy to be one for you!

Go Mustangs!

Robin Mertens (rmertens@ucla.edu)
**Articles:**

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

- **Congrats, Med School Grad! Now It’s Time To Find A Therapist** A very honest article about mental health in medical school and residency.

- **The Specialists’ Stranglehold on Medicine** An important article that starts a conversation about what is driving health care costs up.

- **Program that provides low-cost health care to 9M children set to expire** The senate and house missed the deadline to reauthorize the Children’s Health Insurance Program, ending federal funding. States can fund it themselves for now, but as funds dry up, these important programs could face termination.

- **The link between health and racism** A playlist of 6 Ted Talks all pertaining to racism and social justice in medicine.

- **A Surgeon Not Afraid to Face His Mistakes, In and Out of the Operating Room** A brain surgeon and author details what it’s like to make mistakes in a field where mistakes aren’t tolerated.

- **The More Women In The Operating Room, The Better It Is For Doctors And Patients** An article detailing the benefits of incorporating more women into surgery and how to remove some of the roadblocks to women getting there.

- **Scalpel, Sponge, Show Tunes: When Doctors Moonlight as Actors** A fun article about how a group of med students at Columbia blow off steam.

**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 2018? MCAT registration for January - June 2018 exam dates is now open! Visit the [AAMC’s website](#) 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](#).
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 Medicine 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, call (661)255-2025, click [here](#), email Captain Kelly Guerra [kelly.a.guerra.mil@mail.mil](mailto:kelly.a.guerra.mil@mail.mil) and see attached flyer on page 12.

Pre-Health Advising Contact Info:

Web: [prehealth.calpoly.edu](http://prehealth.calpoly.edu)

Email: [prehealth@calpoly.edu](mailto:prehealth@calpoly.edu)

Building 53, Room 211

P: 805-756-2615

*To be removed from this mailing list, email [prehealth@calpoly.edu](mailto:prehealth@calpoly.edu) with your name and Cal Poly email.

We will be sending out our next Newsletter in January.

Best of luck with finals, and have a great Thanksgiving and Winter Break!
Your Success Begins with our Scholarship

When you're pursuing an advanced health care degree, the last thing on your mind should be how you're going to pay for it. The U.S. Army can help with one of the most comprehensive scholarships available in the health care field — The F. Edward Hébert Armed Forces Health Professions Scholarship Program. Qualifying students receive full tuition for any accredited medical, dental, veterinary, psychology or optometry program, plus a generous monthly stipend of $2,200.

WHAT'S COVERED?
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.

FULL-TUITION SCHOLARSHIP, PLUS A $20,000 SIGN-ON BONUS
The U.S. Army Medical Department can help take away the worry of how you'll pay for school. The F. Edward Hébert Armed Forces Health Professions Scholarship Program is available to qualifying students who wish to earn professional degrees from accredited medical, dental, optometry, veterinary, psychiatric nurse practitioner, clinical or counseling psychology programs. We will pay 100 percent of your tuition, plus we will also pay for required books, equipment and most academic fees. Qualifying medical and dental students are also eligible to receive a $20,000 sign-on bonus.

FINANCIAL INCENTIVES
As you attend school, you'll receive a monthly stipend of more than $2,000. During breaks, you'll receive officer's pay while you train as part of our health care team. After graduation, you'll enter active duty in your specialty and advance in rank to captain. With every promotion, your salary will increase. Your time-in-service and cost-of-living adjustments also lead to pay increases. Additionally, you'll receive a monthly non-taxable allowance for food and housing.

WHO'S ELIGIBLE?
The HPSP is available for students pursuing advanced degrees in medicine, dentistry, veterinary science, psychiatric nursing, optometry or psychology. To qualify for the Health Professions Program, you must:

• Be a U.S. citizen with a baccalaureate degree from an accredited school accredited school
• Be enrolled in (or have a letter or acceptance from) an accredited graduate program in the U.S. or Puerto Rico (varies by specialty)
• Maintain full-time student status during the length of the program
• Qualify as a commissioned officer in the United States Army Reserve

YOUR OBLIGATION
Your active duty service obligation to the U.S. Army is one year of service for every year you receive the scholarship. Your minimum obligation depends on your health care field. For example, the minimum obligation for medical students is two years. Dental, psychology, optometry and veterinary students are obligated to serve no fewer than three years. There is an additional obligation for residency and fellowship training.

Meet Captain James Blair, M.D.
Scan this code to watch his video and see how rewarding it can be to practice medicine on the U.S. Army health care team.

To learn more, call (661)255-2025 or visit
Valencia Medical Recruiting Center
23822 Valencia Blvd., STE. 106
Valencia, CA 91355
Email: usarmy.knox.usarec.9e2v@mail.mil
http://www.goarmy.com/amedd/education/hjsp.html
THE AMERICAN MEDICAL WOMEN’S ASSOCIATION INVITES YOU TO THE

PRE-HEALTH PANEL

FRIDAY, NOVEMBER 3rd

Come join us to hear health professionals talk about their experience throughout undergraduate and graduate school! Anyone who is interested in a career in the health field is welcome. There will be an opportunity at the end to ask questions and talk to them!

WHERE: Building 192, room 106
TIME: 11:30 am-1:00 pm

Dr. Don Hernandez
Internal Medicine

Jessica Liston
RN

Dr. Cu Nguyen
Internal Medicine

If you have any questions, please contact calpolyamwa@gmail.com
Channel Islands Pre-Med Program

March 24-31, 2018

www.ColoradoWM.org

Taught by Med School Faculty and Physicians

Emergency and Wilderness Medicine focus

Wilderness First Responder and CPR certification

Need-based scholarships

Earn Cal Poly course credit by enrolling in BIO 471-Marine/Wilderness Medicine

Email: pfidopia@calpoly.edu
Breanna.McKercher@ucdenver.edu
Todd.Miner@ucdenver.edu