Welcome to fall quarter! Our newsletter provides you with information on careers, resources, and upcoming events, and will come out twice a quarter. Please also visit a peer advisor in 53-211 to help you make an individualized plan for your journey to becoming a competitive applicant. Drop-in hours are listed below. We look forward to working with you!

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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
Monday: 8am-12pm & 1:30-4pm
Tuesday: 9:30am-12pm & 1:30-2pm & 3-4pm
Wednesday: 8am-12pm & 1:30-4pm
Thursday: 9:30am-12pm & 1:30-4pm
Friday: 9am-12pm
Science North (Building 53), Room 211
Meet This Year’s Pre-Health Peer Advisors 2018-19

Laura Lodolo
Laura is a 4th year Biology major from Sunnyvale, CA, who is interested in medicine. She is a Labor and Delivery volunteer at French Hospital and is a certified Wilderness First Responder. On campus, she is involved with marine biology research, the honors program, and Women’s Club Ultimate Frisbee. She loves traveling, her cat, Law & Order: SVU and anything food related.

Connor Hatfield
Connor is a 3rd year Biomedical Engineering major from Benicia CA, who is interested in medicine. He is on the HEAT team for PULSE, and shadows local physicians throughout the school year. He loves soccer, working out, Bay Area sports teams, Mexican food, and his dogs.

Hannah Davis
Hannah is a 4th year Psychology major from Loomis, CA, who is currently applying to nursing programs. She is a NICU volunteer at Sierra Vista Hospital and is also an EMT. On campus, she is involved with psychology research, the honors program, as well as Alpha Omicron Pi. She loves painting, Thai food, Grey’s Anatomy, and country music.
School of the Month
Samuel Merritt University

Located in Oakland, California, Samuel Merritt offers degrees in: Nursing, Physical Therapy, Physician Assistant, and many more!

Founded in 1909, Samuel Merritt has a strong reputation for personalized instruction and a long track record of success, with a faculty to student ratio of 9:1 and a 95% graduation rate across all programs. As part of their commitment to diversity, equity, and inclusion, they focus on recruiting and retaining students from underrepresented groups.

Mission Statement: Samuel Merritt University educates students to become highly skilled and compassionate healthcare professionals who positively transform the experience of care in diverse communities.

Additional information here.

Profession of the Month
Public Health

Public health promotes and protects the health of people and the communities where they live, learn, work, and play. People in public health can work in various job settings to include: federal, private, and non-governmental organizations. There are over 15 degrees that can be earned from either a school or program of public health, not to mention joint degrees with other professions (ie. MD/MPH, DDS/MPH, or JD/MPH). The most common are: Master of Public Health (MPH), Master of Health Administration (MHA), Master of Science in Public Health (MSPH), and others! Some examples of the many fields of public health are: health educator, epidemiologist, social worker, community planner, and public policymaker!

Additional information here.
Follow Pre-Health Advising on Social Media! @cp.prehealth

Feel free to block us from seeing your story on snapchat!

Click Here for Instagram
Oct 2, 6pm-8pm Pre-Health Pasta with PULSE (tsɨtkawayu)
Enjoy some free dinner and get to know your Campus Peer Advisors! The Pre-Health Peer Advisors and members of PULSE's HEAT team will be making a free pasta dinner in tsɨtkawayu and answering your questions about pre-health professions, diet and exercise, and health related experiences on campus and in the San Luis Obispo area. All students are welcome, not just tsɨtkawayu residents.

Oct 4, 5:30pm-7pm Edwards Life Sciences Info Session (180-107)
Discover Edwards Lifesciences' award winning products through a hands-on demo with our Engineering representatives. You'll learn about our Trans catheter Heart Valves, Heart Valve Therapies, and Critical Care monitoring systems in an interactive group environment. We’ll also take some time to discuss our Engineering New Grad (ENG) Programs and Summer Internship opportunities.

Oct 6, 8am-5pm UC Davis Pre-Health Conference (Davis, CA)
The 16th annual UC Davis Pre-Health Conference will contain numerous workshops and panels where you can meet the deans of admissions and current health professions students at over 500 health-professions schools. Register here.

Oct 8, 10am-11am Finding the Right Fit by UCLA Grad Division (124-117)
This workshop, presented by Estevan Hernandez, Manager of Diversity & Outreach Initiatives for UCLA's Graduate Division, invites students to explore their options for a wide range of graduate programs. Participants will learn how to navigate the graduate application process, find the right academic program, and reach out to faculty.

Oct 8, 12pm-1 pm Thinking About Grad School As a Transfer Student (124-117)
This workshop identifies steps that transfer students should take now to identify the right program, find funding for it, and create successful applications so that you can attend your first-choice program. The workshop will also provide useful information for any Cal Poly student planning to attend graduate school. Co-sponsored by the CSU-LSAMP Program at Cal Poly.

Oct 8, 2pm-3pm Change of Major Workshop (180-114)
This university wide workshop will go over Cal Poly's change of major policy and explore ways to further research your options and next steps. Please refer to your Portal (Change of Major on the Academics tab) to register for the workshops.

Oct 9, 11am-12pm Pre-Health Experiences – Beyond the Grades (33-287)
Interest in gaining some experience in your health profession? Come check out our workshop in Yosemite Hall! We have a lot of great experiences and employment opportunities to help you develop your competencies (read about competencies on page 10-12).
Oct 9, 11am-12pm How to Find Funding for Graduate Study (124-117)
Learn a secret method for writing a successful scholarship application! Learn how to find money at the Scholarship Workshop! Painless methods for searching for scholarships!

Oct 9, 11am-12pm USD School of Nursing Admissions Visit (53-213)
Located in San Diego, CA, USD Hahn School of Nursing and Health Science was ranked by the US News & World Report as the Best Grad School of 2018 in both Nursing master’s degree and Nursing Doctor of Nursing Practice.

Oct 9, 6pm-8pm Personal Statement Workshop (22-210)
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. Please reference Career Services Fall Workshop Calendar attached in this newsletter!

Oct 10, 3pm-4pm Personal Statement Workshop (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.

Oct 11, 11am-12pm Application Workshop (53-202)
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.

Oct 12, 12pm-1pm Undergraduate Research Experience Panel (124-117)
Student panel and information session on how to find research experiences. Hosted by LSAMP. Food will be provided! Please reference Career Services Fall Workshop Calendar attached in this newsletter!

Oct 12, 1pm-2pm How to Apply to Paid Undergraduate Research Experience (124-117)
Do you want to do undergraduate research in Summer 2019? Now is the time to get started! Learn how to find and apply for paid on- and off-campus undergraduate research experiences, including strategies for successful applications and summer experiences. Co-sponsored by the CSU-LSAMP Program at Cal Poly.

Oct 13, 9:30am-4:45 pm Princeton Review Practice Test: MCAT (180-114)
Sign up here. BRING A LAPTOP to this event where students test their skills with a free practice for the MCAT and get detailed analysis of their performance. The practice test event typically lasts 7.5 hours. The performance analysis is available immediately after the test.

Oct 13, 10am-2:00pm Princeton Review Practice Test: GRE (180-101)
Sign up here. BRING A LAPTOP to this event where students test their skills with a free practice for the GRE and get detailed analysis of their performance. The practice test event typically lasts 3.5 hours. The performance analysis is available immediately after the test.
Oct 23, 5pm-6pm Change of Major Workshop (180-107)
This university wide workshop will go over Cal Poly's change of major policy and explore ways to further research your options and next steps. Please refer to your Portal (Change of Major on the Academics tab) to register for the workshops.

Oct 24, 12pm-1pm Finding the Right Grad School Fit (10-241)
An integral part of the application process is investigating the Graduate Student community and defining the right fit!

Oct 24, 1pm-4pm Personal Statement Lab (UU-219)
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. Please reference Career Services Fall Workshop Calendar attached in this newsletter!

Oct 24, 1pm-2pm Make Your Grad School App Stand Out (10-241)
“Pick Me, Choose Me.” How to make your graduate school application scream acceptance. Presented by Loren Bass, graduate student recruiter for Rensslelar Polytechnic University. This workshop will provide information about how to stay organized in the graduate school process and how to find and successfully apply for funding opportunities. Co-sponsored by LSAMP.

Oct 29, 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.

Oct 30, 6pm-8pm Potluck with Bruce Jones, MD (at his house)
Link for pre-meds to sign up here. For more information, attend the AMSA meeting Tuesdays 11-12 in 33-286 or AMWA Tuesdays 11-12 53-206.

Nov 2, 11am-2:30pm, Mock MMI-Multiple Mini Interview (COSAM Advising Office)
Applying to med school? Be sure to practice how to do an MMI, where you only have about 10 minutes to react to a scenario, question, or situation. This dynamic and non-traditional interview is often used by medical school admissions, and practicing being uncomfortable in an interview is a great skill to perfect! Sign up here.

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 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.
Health Related and Community Service Activities

Children Family Health International

Child Family Health International (CFHI) provides community-based global health education programs for students and institutions in a variety of countries including: Argentina, Ghana, India, South Africa, Mexico, and others! The organization has 30+ programs in 10 countries that connect students with local health professionals and community leaders. The purpose of CFHI’s programs are to impart a broad-based understanding of the interplays between disease processes, social circumstances, poverty, resiliency, geopolitical realities, historical contexts, culture, and the complexities of health and wellness. Check out their global health education programs [here](#).

Volunteer Opportunities

**Wilshire Community Services:** Become a volunteer mediator if you are able to deliver professional, high quality mediation services to SLO county residents in conflict. [http://www.wilshirecommunityservices.org/volunteer.php](http://www.wilshirecommunityservices.org/volunteer.php)

**The Access Support Network (ASN):** Provides support services to people with HIV, AIDS and Hep C. They have volunteer opportunities including clerical work, direct client services, and public awareness. Read more about them and how to apply [here](#).

The Atlantis Project

Interested in getting international healthcare experience? The Atlantis Project offers shadowing opportunities to pre-health students during academic breaks (winter break, summer, etc.). Students intern at local hospitals in a variety of countries including: Spain, Portugal, Italy, Uruguay, and more! Shadow physicians and medical professionals for 20+ hours a week, observe multiple specialties, and gain a more global perspective of medicine. Check out their [website](#) for more information and eligibility requirements.
Health Related and Community Service Activities

SCRIBE America Job Opportunity

**ScribeAmerica** is accepting applications for full-time and part-time positions. Locations include Pismo Beach, San Luis Obispo, Santa Maria, and Templeton.

**What is a Scribe?** The central role of a medical scribe is to relieve the physician of clerical and secretarial duties by performing documentation on the physician’s behalf. As a scribe, one observes the physician during patient encounters and enters information into the patient’s electronic or written chart under the direction of the physician.

*For more information* check out their [application website](#).

**Alternative Breaks Service Trip: New Orleans**

Want to make a difference this Winter Break? Join Cal Poly’s Alternative Breaks service trip to New Orleans. On this trip students will be doing a variety of things including rebuilding homes flooded in hurricanes, installing energy-efficient lights in low-income housing, and sorting goods at a central food bank. Attend an information session about the program! All information session dates and locations are found on the Alternative Breaks Service Trip: New Orleans flyer at the end of the newsletter. Applications for the program are due Monday, October 29th.

*For more information* visit the Alternative Breaks website [here](#).

**Wellness Ambassadors**

Wellness ambassadors are volunteers who help promote wellness and educate campus on Campus Health & Wellbeing resources. They have mandatory monthly meetings. For more information attend their introductory meeting 6-7:30 pm October 3rd, Building 27-11 (Lower level health center) See flyer on page 14 or apply [here](#). Email Tenzin thamdol@calpoly.edu for more info.
Test Preparation Essay Contest:

The Cal Poly Pre-Health Advising Office is holding an essay contest to give away entrance exam preparation materials. The following prizes will be awarded to the best written essays:

- 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

To apply for these certificates write a 750 word (max) essay answering the 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?"

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.

MCAT Preparation Discounts

For over twenty years, Examkrackers MCAT prep has been on the forefront of MCAT preparation with our best selling MCAT Study guide, our uniquely MCAT formatted prep courses and our dynamic instructors. We are excited to provide Premeds with a special discount on their online MCAT prep! Use Promo Code Fallonline700 to save $700 on our live interactive online MCAT course which is held from October 20th-January 8th, 2019.

COPE Health Scholars Intensive Pre-Med Scholar Program

Session 1: December 17, 2018– January 4 2019
- In-person MCAT Strategy course will take place in Orange County, CA
- Online MCAT strategy course available in Los Angeles, Ventura and Riverside counties

Session 2: December 26, 2018– January 13, 2019
- In-person MCAT Strategy course will take place in Downtown Los Angeles, CA
- Online MCAT strategy course available in Los Angeles, Ventura and Riverside counties

For more information, check their website. See flyer on page 18. Use code NAAHP18 to waiver application fee.
Blogs & Newsletters:

*Check out these online resources to learn about professions and keep up to date tips on how to prepare for entering one of these careers!*

**Pre-Med Navigator:** The AAMC Pre-Med Navigator features important topics, resources, tips, and key dates for aspiring physicians. It is a great resource and we recommend all pre-med students to subscribe to their monthly newsletter. Additional information [here](#).

**Optometry Admissions Blog.** This is a great resource for students who are currently applying or thinking about applying to optometry schools. Run by the Southern California College of Optometry at MBKU, this blog has information on OAT preparation, the application process, specific information about their program, and much more! [Click here](#) for access to the blog.

**Aspiring Docs Diaries:** This website offers real experiences from students pursuing their careers in the health field. Aspiring Docs is associated with AAMC and provides many resources to help you along your path. [Click here](#) for access to the blog.

Podcasts:

**Walk a Mile in Their Scrubs** A osteopathic medical student at the Pacific Northwestern University of Health Sciences recorded how to succeed as a modern day medical student. Check it out [here](#).

**The Pre-med Years** The Premed Years has been nominated as an Academy of Podcaster Awards finalist as a top podcast in the Science & Medicine category for three straight years! This free resources has helped thousands of students learn more about how to get into medical school. Are you next? Check it out [here](#).

**Ask Dr. Gray: Premed Q &A** If you're a pre-med student, you probably have a lot of questions, and you may not have a lot of places to turn for answers. Subscribe to Ask Dr. Gray: Premed Q&A, the"almost" daily podcast! Check it out [here](#).
Public Health Webinar

The UC Davis MPH Program will be hosting a series of upcoming webinars. Join us to hear from Director, Diana Cassady, DrPH, MPH and alumni about the program requirements, admissions process and to see if our program is a fit for you!

Questions? Contact the MPH office at: PHSInstAffairs@ucdavis.edu

Webinar registration links:

· Monday, October 15th 12p-1pm PST - https://cc.readytalk.com/r/fq2u30a8k8br&eom
· Wednesday, November 14th 6-7pm PST - https://cc.readytalk.com/r/fq2u30a8k8br&eom

Articles Related to Careers in Healthcare

It’s important to stay up to date on what’s happening in your career fields in current events. The monthly newsletter will feature articles of interest each month to help you stay informed.

A former Peer Advisor Published this article in her 2nd Year of Medical School “Using California as a Model for Maternity Care”

https://issuu.com/ssvmedicine/docs/1805-ssvmed/16
(article is also at the end of newsletter)

Makenna Marty, Cal Poly 2015 alum and CA Northstate medical student

· Virtual Reality Compassion/Kindness in Medical School
https://news.aamc.org/medical-education/article/putting-kindness-curriculum/#.W6UTMQ5j3Vs.twitter
· 8 Ways to Make “Typical Premed Activities Exceptional
https://www.studentdoctor.net/2018/06/11/typical-premed-activities/amp/
· Babies and Boards: Giving Birth During Medical School
· Dads Becoming Docs: Fatherhood and Medical School
Hey friends!

My name is Abby Wilmer, and I am a medical student at the University of North Dakota. I graduated from Cal Poly in June of 2017 with a B.S. in biochemistry, and I took a gap year and moved back to my hometown in the Midwest. If you have a chance to take time off before you jump into the intimidating med school curriculum, I would highly recommend it! I used this time to travel, be on the lake, and spend time with family. Honestly, I wish I had taken another year off! There are so many medical students with different backgrounds – some are married and have children, others are coming straight from undergrad, and I even have a classmate who was a professional violinist! So the point I’m trying to get at... there is no “right path” to get into medical school, everyone’s experiences are individualized.

I know you might be thinking, “Why in the world did you go to North Dakota?” And honestly, I don’t have a good answer for you because soon enough it will be -30°F and I will be wishing I was back in California. I started medical school only 7 weeks ago, so I am still trying to figure out my time management and study techniques. Medical school is so fast-paced! Since Cal Poly was on a quarter system, I feel like I had an easier adjustment to the pace compared to some of the students who came from a semester system. There are not enough hours in the day to learn everything that you need to know, so my goal is to learn 85% of everything versus everything of 85%. As a typical type A medical student, this concept was hard to grasp, and it has been a slow transition. School and studying can take up your entire day, so the trick is to find a healthy balance between studying and healthy living.

And who knew you could have fun in medical school? From day one, our professors and fellow medical students have stressed the importance of finding balance in your life. As awful as it sounds, it is extremely easy to fall into the routine of studying all day long and not taking a break to enjoy the journey. Don’t forget – the same applies during undergrad and during the application process! My balance includes playing hockey once a week with the medical students and visiting my family and friends on the weekends. Over the past few weeks, I had been going to football practice with fellow medical students because we were training for the “Malpractice Bowl.” The Malpractice Bowl is an annual football game – medical students against law students – and we won this year! It was extremely fun to be active and competitive with my classmates and it was a great escape from studying and school.

Undergrad is hard. Getting into medical school is hard. And then medical school is even harder. Yet it is all fun and exciting, so you have to make sure to find your balance! If you know the secret to this, let me know! Please don’t hesitate to reach out if you have any questions. It is important to use your resources, namely your prehealth advisors!

Cheers!

Abby Wilmer
abby.wilmer@und.edu
Dr. Bruce Jones Walk-In Advising and Appointments

Hey Pre-Health Professions Students!

Discuss a future in your chosen health profession with someone with 7 years as a primary care physician in California, and 32 years as an Orthopedic Surgeon in St. Louis, MO. Talk to Dr. Bruce Jones on **Friday afternoons 1:00 pm to 2:00 pm for walk-ins** and **2:00 pm to 3:00 pm by arranged appointments** in the Pre-Health Professions Advising Center, Building 53, Room 211. Call him at **314-704-6434** for an arranged time 2:00 pm to 3:00 pm. (He will be out of town October 12th and October 26th).

Dr. Jones graduated from Wayne State University Medical School in Detroit and did his Orthopedic Surgery residency at Washington University in St. Louis. For the last several years of his practice, he specialized in joint replacement surgery.

During his career, he enjoyed counseling students interested in pursuing health professions, including providing Orthopedic elective rotations for Nurse Practitioner students, Physician Assistant students, medical students, and residents in Orthopedic Surgery and Internal Medicine.
Get Involved!

Wellness Ambassadors are volunteers who help promote wellness and educate campus about Campus Health and Wellbeing resources.

- Mandatory monthly meetings

- Introductory Meeting 6-7:30PM October 3rd Building 27, Room 11 (Lower Level Health Center)


Use this QR code to sign up, or enter the link. Due October 1st.
## Fall 2018 Workshops & Events

### Monday
- **Application Workshop for the Health Professions**
  - 11:00 a.m. – 12:00 p.m.
  - Bldg. 53, Rm. 202

### Tuesday
- **Grad School Chat**
  - 11:10 a.m. - 12:00 p.m.
  - Bldg. 124, Rm. 117

### Wednesday
- **Change of Major Workshop**
  - 10:10 a.m. - 11:00 a.m.
  - Bldg. 180, Rm. 114

### Thursday
- **Preparing for the Career Fair**
  - 4:10 - 5:00 p.m.
  - Bldg. 124, Rm. 117

### Friday
- **Fall Resume Review Event**
  - 9:00 a.m. - 12:00 p.m.
  - Bldg. 124, Rm. 117

### Additional Events
- **Drop-In Hours**
  - Monday - Thursday | 1:00 - 4:00PM
  - Building 124

- **Writing Effective Resumes and Cover Letters**
  - 11:10 - 12:00 p.m.
  - Bldg. 124, Rm. 117

- **Preparing for the Career Fair**
  - 4:10 - 5:00 p.m.
  - Bldg. 124, Rm. 117

- **Interview with Confidence - Industry Insider by Northrop Grumman**
  - 11:10 - 12:00 p.m.
  - Bldg. 124, Rm. 117

- **Confessions of a Recruiter and Career Counselor - Industry Insider by Raytheon**
  - 1:10 - 2:00 p.m.
  - Bldg. 124, Rm. 117

- **Computing Career Fair Jobs & Internships**
  - 5:00 - 8:00 p.m.
  - Madonna Inn Expo Center
  - Shuttles available

- **Fall Career Fair Jobs & Internships - Day 1**
  - Networking with Employers: 9:30 a.m. - 2:30 p.m.
  - Interviews by Invitation: 2:30 - 5:30 p.m.
  - Bldg. 43, Rec Center
  - Main, North and South Gyms

- **Fall Career Fair Jobs & Internships - Day 2**
  - Networking with Employers: 9:30 a.m. - 2:30 p.m.
  - Interviews by Invitation: 2:30 - 5:30 p.m.
  - Bldg. 43, Rec Center
  - Main, North and South Gyms

- **How to Find Funding for Graduate Study**
  - 11:10 a.m. – 12:00 p.m.
  - Bldg. 124, Rm. 117

- **Personal Statement Workshop for the Health Professions**
  - 6:00 – 8:00 p.m.
  - Bldg. 53, Rm. 202

- **Have a Research Project? Find & Apply for Fellowship Funding**
  - 2:10 – 3:00 p.m.
  - Bldg. 65 (UU), Rm. 219

- **Personal Statement Workshop**
  - 3:10 – 4:00 p.m.
  - Bldg. 124, Rm. 117

- **Application Workshop for the Health Professions**
  - 11:00 a.m. – 12:00 p.m.
  - Bldg. 53, Rm. 202

- **Grad School Chat**
  - 11:10 a.m. – 12:00 p.m.
  - Bldg. 124, Rm. 117

- **Princeton Review Practice MCAT, GRE, LSAT tests**
  - MCAT - 9:30 a.m., Rm. 114
  - GRE - 10:00 a.m., Rm. 101
  - LSAT - 10:30 a.m., Rm. 102
  - Bldg. 180

- **Key**
  - ★ = Event
  - ⭐ = Industry Insider
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<td>Oct 16</td>
<td>Interview with Confidence - Industry Insider by U.S. Marines</td>
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<td>Navigating Your Internship Search Workshop</td>
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<td>Change of Major Workshop</td>
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<td>Oct 17</td>
<td>Negotiating Offers &amp; Salaries</td>
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<td>Investigating the Graduate Student Community, an Integral Part of the Application Process</td>
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<td>10:10 a.m. – 11:00 a.m.</td>
<td>Bldg. 180, Rm. 101</td>
<td>(presented by Loren Bass, graduate student recruiter for Rensselaer Polytechnic Institute)</td>
<td>12:10 – 1:00 p.m.</td>
<td>Building 10, Rm. 241</td>
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<td>Personal Statement Lab</td>
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<td>1:00 p.m. – 4:00 p.m.</td>
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<td></td>
<td>1:10 p.m. – 2:00 p.m.</td>
<td>Bldg. 10, Rm. 241</td>
<td>(presented by Loren Bass, graduate student recruiter for Rensselaer Polytechnic Institute)</td>
<td>1:10 p.m. – 2:00 p.m.</td>
<td>Bldg. 10, Rm. 241</td>
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<tr>
<td>Oct 22</td>
<td>Engineering Change of Major: Policies &amp; Exploration (Sierra Madre)</td>
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<td></td>
<td>5:10 – 6:30 p.m.</td>
<td>Bldg. 113 (Sierra Madre Community Center)</td>
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<td></td>
<td>Food provided!</td>
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<td>Oct 23</td>
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<td>Construction Management Career Fair - Jobs &amp; Internships</td>
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<td>Networking with Employers: 9:30 a.m. - 1:30 p.m.</td>
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<td>Interviews by Invitation: 1:30 - 4:30 p.m.</td>
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<td>Bldg. 65 (UU), Chumash Auditorium</td>
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<td></td>
<td>Careers in Nonprofits Panel</td>
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<td>11:10 a.m. – 12:00 p.m.</td>
<td>Bldg. 124, Rm. 117</td>
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<td>Nov 1</td>
<td>Internships in Media &amp; the Arts Panel</td>
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<td>Engineering Change of Major: Policies &amp; Exploration</td>
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<td>11:10 a.m. – 12:00 p.m.</td>
<td>Bldg. 124, Rm. 117</td>
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<td>11:10 a.m. – 12:30 p.m.</td>
<td>Bldg. 124, Rm. 117</td>
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<td>Nov 8</td>
<td>Change of Major Workshop</td>
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<td>Making the Most of Your Winter Break</td>
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<td>11:10 a.m. – 12:00 p.m.</td>
<td>Bldg. 124, Rm. 117</td>
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<td>11:10 a.m. – 12:00 p.m.</td>
<td>Bldg. 124, Rm. 117</td>
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<td>Nov 14</td>
<td>Change of Major Workshop</td>
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<td>Change of Major Workshop</td>
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<td>2:10 – 3:00 p.m.</td>
<td>Bldg. 180, Rm. 114</td>
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<td>5:10 – 6:00 p.m.</td>
<td>Bldg. 180, Rm. 107</td>
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<td>Nov 29</td>
<td>Making the Most of Your Winter Break</td>
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<td>5:10 – 6:00 p.m.</td>
<td>Bldg. 180, Rm. 107</td>
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WANT TO MAKE A DIFFERENCE THIS WINTER BREAK?

Alternative Breaks Service Trip

NEW ORLEANS

DECEMBER 16–22, 2018

• Rebuilding homes flooded in hurricanes
• Installing energy-efficient lights in low-income housing
• Sorting goods at the central food bank
• And more!

INFO SESSION DATES
Mon, 9/24 3PM, UU 218
Thurs, 9/27 10AM UU 216
Mon, 10/1 10AM UU 216
Thurs, 10/4 2PM UU 216
Mon, 10/8 3PM UU 219
Thurs 10/11 10AM UU 216

APPLICATIONS DUE MONDAY, OCT 29

For more information visit: serviceinaction.calpoly.edu/alt-breaks
DIRECT PATIENT CARE EXPERIENCE
Gain firsthand experience in both clinical and administrative health care settings and become an integral part of the patient care team. You will have the ability to shift through at least two departments in a health care facility assisting with basic care for patients alongside nurses, physicians and other clinicians, preparing you for a career in medicine. Upon fulfilling program requirements, scholars will receive a completion certificate from UCLA Executive Programs in Health Policy and Management.

RIGOROUS MCAT PREPARATION WITH THE PRINCETON REVIEW
Learn from four to six subject-matter experts, each uniquely certified in a MCAT subject area. Build confidence as you focus on learning and practicing the strategies that will help you tackle every subject area and question type of the exam. Extensive complementary resources to enhance your learning include online videos, practice tools and an assortment of MCAT study guides and books.

LOCATIONS
Individuals have a variety of sites to choose from throughout California and Hawaii to obtain direct patient care experience. The in-person MCAT strategy sessions will take place in Los Angeles and Orange County, California with online options available throughout Southern California and in Oahu, Hawaii.

VALUE TO STUDENTS
- Premium access to MCAT study tools with The Princeton Review, including 500+ videos covering MCAT content, thousands of free-standing and passage-based questions, 15 full-length online practice tests, 11 MCAT books and more
- Opportunities to practice and apply health care procedures in a simulation lab
- Access to UCLA faculty while learning about current health care trends
- Shadowing opportunities in two or more health care departments at a program site
- Medical school admissions workshops
- Experience to expand career and professional education options

In partnership with

Winter Intensive Pre-Med Scholar is an intensive medical school prep program offered in partnership with The Princeton Review for students looking to enhance their medical school application. Over three (3) weeks this winter, scholars will receive 44 hours of MCAT strategy, 30 hours of clinical training and 48 hours of first-hand clinical and health care administration experience.
SESSION DATES

SESSION I: DECEMBER 17, 2018 - JANUARY 4, 2019
- In-person MCAT strategy course will take place in Orange County, CA.
- Online MCAT strategy course available in Los Angeles, Ventura and Riverside counties.
- Housing option available in Orange County, CA.

SESSION II: DECEMBER 26, 2018 - JANUARY 13, 2019
- In-person MCAT strategy course will take place in Downtown Los Angeles, CA.
- Online MCAT strategy course available in California (Orange, Ventura and Riverside counties) and Oahu, Hawaii.
- Housing option available in Downtown Los Angeles.

Tuition
- Application: $30
- Early Bird Rate: $3,000 (Application must be received by Monday, September 17, 2018)
- Regular Tuition: $3,500
- Room and Board (Optional): $2,500 (Includes housing, 2 meals per day and transportation stipend)

APPLICATION AVAILABLE BEGINNING JULY 1, 2018.

“I’VE HAD NUMEROUS SHADOWING AND VOLUNTEER EXPERIENCES WHERE I OBSERVED PATIENT CARE, BUT THEY WERE NOTHING LIKE THE HANDS-ON EXPERIENCE COPE HEALTH SCHOLARS PROVIDED ME. AS A HEALTH SCHOLAR, I WAS A VALUABLE PART OF THE HEALTH CARE TEAM, PROVIDING EMOTIONAL AND MEDICAL SUPPORT FOR PATIENTS. I WILL NEVER FORGET THE TEARS AND LAUGHTER I SHARED WITH THE PATIENTS. I AM CONFIDENT MY EXPERIENCES WILL HELP ME BECOME A LEADING PHYSICIAN WITH COMPASSION AND SKILL.”

Eugene Lee, Health Scholar Alumnus

ABOUT COPE HEALTH SCHOLARS

For eighteen years, the COPE Health Scholars programs have offered students an unparalleled learning opportunity to experience health care first-hand alongside a patient care team. Program offerings have expanded over the years and now include options for high school students, opportunities focused on health care administration, short-term experiences for out-of-state students and programs for international students.

Contact us at admissions@copehealthscholars.org or visit our website at www.copehealthscholars.org to learn more about our Winter Intensive Pre-Med Scholar program.
“YOU WANT TO BE AN OB/GYN? Oh, you must love babies.”

I frequently receive this response when I answer the age-old medical student question: which specialty I intend on one day entering. I typically politely point out that while I do indeed love babies, if I intended to focus on infant care, I’d be planning on pediatrics. My passion, rather, is women’s health.

This is not to undermine the importance of infant health, infant mortality rates, or the role OB/GYNs play in contributing toward infant health; these are, of course, important matters in their own right. But I believe this statement I often encounter reflects a societal emphasis on the infant aspect of pregnancy, rather than on mothers.

This idea is not new. National Public Radio (NPR) published an attention-grabbing story regarding this matter in May 2017, and if you Google “U.S. maternal mortality rate,” you will find a slew of articles with charged headlines about the inadequacy of American maternal care. A long-touted statistic that seems to be common knowledge, often to our embarrassment, is that, “America has the worst maternal mortality rate of any developed country.” For 2015, the World Health Organization reported 14 maternal deaths up to 42 days postpartum per 100,000 live births in the U.S., compared to seven deaths per 100,000 births right next-door in Canada.¹

In my experience, it often seems that maternal mortality is discussed in the context of being a futile problem; the challenges are discussed, but rarely have I had conversation centered around solutions. Perhaps this is because the contributions to maternal mortality are multifactorial and highly complicated, leading to a sense that addressing the problem is simply too overwhelming. But, the key to addressing such a complex issue may lie in finding systemic approaches to the various causative factors. Maternal mortality review committees (MMRCs) are helping to do so, and California has been leading the way for many years.

The idea behind an MMRC is to address maternal mortality head-on, first by identifying direct contributing factors; what exactly is causing new mothers to die, immediately following a birth or up to one year after? (Note, though, that “up to one year” is a U.S. definition of maternal mortality. The World Health Organization defines a maternal death as one that occurs during or up to only 42 days after pregnancy – a discrepancy that has an impact on statistical analysis on rates in the U.S. versus other developed countries, yet does not fully explain discrepancies in mortality rates.) After identifying causes, committees then produce programs that equip hospitals to appropriately handle conditions which can rarely but quickly spiral into fatal birth complications.

At a national level, HR 1318 (The Preventing Maternal Deaths Act) was introduced in 2017 to “establish a program under which the Department of Health and Human Services may make grants to states” to support the establishment of MMRCs.² But there has yet to be any action on this legislation beyond its introduction to the House of Representatives. Meanwhile, California established its own MMRC over a decade ago, before the rest of the country thought to do so.
In 2006, Stanford University School of Medicine, with the California Department of Public Health, began the California Maternal Quality Care Collaborative (CMQCC), an organization “committed to ending preventable morbidity, mortality, and racial disparities in California maternity care.” Within the CMQCC is an established MMRC, which utilizes data to identify the common causes of maternal mortality. In response to collected data, the CMQCC creates various quality improvement projects, mainly by developing what they call “toolkits.” Toolkits are intended to equip hospitals with the knowledge and resources necessary to respond swiftly to the leading causes of preventable maternal death. All toolkits are available for download on the CMQCC website, for free.

Looking through the obstetric hemorrhage toolkit, for example, one finds 180 pages of extremely thorough and user-friendly algorithms for treatment, checklists of resources, and recommendations for complete toolkit implementation. Just one of many preparation methods is an OB hemorrhage cart; similar to a crash-cart, it stocks a variety of frequently necessary tools and medications to treat obstetric hemorrhage, to be placed within easy access in labor and delivery units. Through this and other measures, the toolkit’s preparation directly impacts the number of mothers with a postpartum hemorrhage who have access to prompt, life-saving care.

It is initiatives like this that have helped California’s maternal mortality rate decline by an impressive 55 percent from 2006-2013, down to 7.3 deaths up to one year postpartum per 100,000 live births. During this same time period, the U.S. maternal mortality rate continued to climb higher, up to 22 deaths per 100,000 live births.¹

The widespread participation in CMQCC initiatives at 241 California birth centers is an inspiring example of how diligence in toolkit implementation helped to transform the idea of decreasing maternal mortality into a reality.

What has made California so successful with implementing programs that work? I posed this question to Dr. John Wachtel, a Stanford OB/GYN and a member of the CMQCC Executive Committee with experience implementing toolkits in California. He boils it down to three crucial components: visionary leadership, data, and a wealth of volunteers. The leader spearheading the CMQCC efforts, Dr. Elliot Main, was and continues to be integral in making progress. Excellent quality data that can be accepted as valid by health care workers is also required to support the claim that intervention is necessary; California has access to such data due to diligent efforts from the CMQCC to ensure high-quality collection and analysis.

And finally, it takes an extreme amount of manpower to undertake such an expensive and time-consuming project as implementing the toolkits, particularly in such a large and heterogeneous state as California. Dr. Wachtel states that these initiatives would not have had such a great effect on reducing the California maternal mortality rate if not for the dedicated volunteers willing to contribute. In moving forward with implementation in other states, Dr. Wachtel believes all three items will be integral to work toward the same successes that California has had.

Maternal deaths are often preventable, and always tragic. MMRCs are the health care providers’ way of taking responsibility in saying, we can do better. We will continue to strive to do so, with California medical organizations continuing to pave the way. As HR 1318 directly cites California as a model MMRC, other states will likely begin to utilize its groundwork as a way to combat maternal deaths across the country, especially as attention and funding for this health care problem will, hopefully, continue to rise.

Perhaps the most significant point here is that as current and future health care providers, we are in a unique and powerful place to be what the CMQCC calls Champions, by continuing to advocate for programs to be implemented. Despite the progress already made, overcoming maternal mortality is a long and arduous task, one that needs dedicated advocates to continue.

Maternal deaths are often preventable, and always tragic.
destination in the east in good condition."

Today, with the cremation rate in California at about 60 percent, more choices are evolving: Do you want your loved one’s cremains in a locket, in multiple urns for different family members, compressed into a diamond, shot into space, or incorporated in a reef for fish? However, a method more friendly to the environment, alkaline hydrolysis or water cremation, could replace “fire” cremation. Governor Jerry Brown signed AB 967 which legalizes this method in California. It results in a liquid residual that, when dry, resembles powdered sugar and the bones.

Funeral directing has evolved into a big business. Today, much like wineries, numerous funeral homes still carry their historic family name, but are actually owned by conglomerates such as Service Corporation International (SCI), Carriage Services Inc. (CSV), and Stewart Enterprises Inc. (STEI) that own well over 2,000 funeral homes and cemeteries.

And don’t forget Walmart and Amazon both sell caskets.

ssvmsedcom@gmail.com

REFERENCES

www.arc.losrios.edu/ARC_Majors/Health_And_Education/Funeral_Service/Program_Information.htm

Maternal mortality review committees and the improvements they initiate are an effort to change the culture of maternity care, a way of saying that we value mothers’ lives equally as infants.’ Remembering this, and aligning ourselves as allies, is essential, until preventable maternal mortality is no longer proclaimed as the “shame of American health care.”

makenna.marty7901@cnsu.edu

Using California as a Model for Maternity Care

continued from page 15

Maternal mortality review committees and the improvements they initiate are an effort to change the culture of maternity care, a way of saying that we value mothers’ lives equally as infants.’ Remembering this, and aligning ourselves as allies, is essential, until preventable maternal mortality is no longer proclaimed as the “shame of American health care.”

REFERENCES