

## PRE-HEALTH NEWS – DECEMBER 2008

The end of the Fall term is upon us already. I wish you all success on your exams this term as you continue to move towards your health career goal. This will be our last newsletter for the Fall term. We will return in January with our first newsletter of 2009. Take care and enjoy your Winter Break. If you would like an announcement or meeting posted in the pre-health newsletter, please email your submissions to [arwens@uoregon.edu](mailto:arwens@uoregon.edu). The newsletter is sent at the beginning of each month. To get your announcement in on time, please email Arwen no later than the 20th of the month prior.

For information about removing yourself from the listserve, please see Listserve Information at the end of this newsletter.

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#### ANNOUNCEMENTS/ WORKSHOPS/COURSES

##### 1. INTRODUCTION TO HEALTH PROFESSIONS COURSE

Need another credit on your schedule? Are you interested in a career in the health professions, but not sure which one to choose? Consider taking Biology 199-- Introduction to the Health Professions if you are thinking about a health related career but don't know which direction to take. Each week of the class different health professions are highlighted with speakers from those professions presenting and answering your questions. In the past years we have had speakers from allopathic and osteopathic medicine, physical therapy, chiropractic medicine, podiatry, optometry, pharmacy,

nursing, nurse practitioners and physician assistants. Look up: CRN 21079. Class is offered Wednesdays from 4:00-5:20 in 117 Fenton.

## 2. PRE-HEALTH ASSISTANT JOB

Need a part-time job? Pre-health Assistant Needed in the Office of Academic Advising.

### Qualifications:

- \* Responsible, resourceful, flexible, able to work independently and learn quickly
- \* Ability to anticipate needs and initiate projects
- \* Strong organizational and writing skills
- \* Ability to handle standard clerical tasks (phone calls, photocopying, writing and mailing correspondence, filing)
- \* Experience with Microsoft Office (Word and Excel) required.
- \* Demonstrated interest in pre-health sciences preferred.
- \* Background/coursework in statistics preferred.
- \* Experience with In Design and BANNER preferred.

### Responsibilities:

- \* Assist the Pre-Health Advisors.
- \* Maintain files and research information on various health careers.
- \* Write and assemble monthly email newsletter for pre-health students.
- \* Enjoy helping pre-health students by providing information on health-related volunteer opportunities, prerequisite courses, the application process, etc.
- \* Publicize pre-health events.
- \* Assist with maintenance of the pre-health web site.

### Requirements:

- \* Must be able to make a two-term commitment (Winter and Spring).
- \* Must have Work-Study or Tech Fee package Fall/Winter/Spring and be able to work approximately 8-12 hours/week. Wage is \$7.95/hour.

If interested, apply to Lori Manson, Office of Academic Advising, 364 Oregon Hall. Please submit a one page cover letter describing your interest and qualifications for the position, resume and copy of your unofficial transcript. Please submit applications by 5 p.m. on Monday, December 15.

## 3. SCHOLARSHIP WORKSHOPS

It may seem that you have just barely begun this academic year, but it is already time to be thinking about scholarships for 2009-2010. The Office of Financial Aid and Scholarships is offering workshops to assist you with this process.

- \* Find and Compete for Scholarships: Wednesday, January 21, 11am-noon, EMU Fir Room.
- \* Writing Essays for Applications: Wednesday, January 21, noon-1pm, EMU Fir Room.

Important Dates:

- \* January 1: Free Application for Federal Student Aid (FAFSA) becomes available.
- \* February 16: Deadline for the University Scholarship Application and the Diversity-Building Scholarship Application.

For more information, visit the Office of Financial Aid and Scholarships at <http://financialaid.uoregon.edu>

#### 4. UNITE FOR SIGHT VOLUNTEERS WANTED

Unite For Sight's Global Impact Corps recruits and trains the next generation of leaders in global health, and Global Impact Corps volunteers contribute to change on the highest level from their campuses. You will make a global impact from your university campus. Unite For Sight Global Impact Corps volunteers:

- \*Receive global health and development training.
- \*Raise funds to provide sight-restoring surgeries for patients living in extreme poverty
- \*Educate the campus and local community about international eye care needs. 80% of blindness is preventable, and 36 million are needlessly blind.
- \*Plan and host Unite For Sight events
- \*Invite Unite For Sight partner doctors from Ghana and India to speak on campus

For complete details about Unite For Sight's Global Impact Corps, go to <http://www.uniteforsight.org/impact-corps> or email [volunteers@uniteforsight.org](mailto:volunteers@uniteforsight.org). Additionally, for those interested in traveling abroad, Unite For Sight also has volunteer abroad opportunities: <http://www.uniteforsight.org/volunteer-abroad>

#### 5. JOHNS HOPKINS HUMAN ANATOMY SUMMER COURSE

This four week course, running four hours a day, five days a week from June 1 through June 26, is designed to give undergraduate students an introduction to all aspects of human anatomy, and includes demonstrations using human cadavers.... The course is team-taught by the same faculty who teach anatomy to first year medical students at Johns Hopkins University School of Medicine, together with graduate student teaching assistants from the same department. Each faculty member has more than 20 years of experience teaching anatomy.... The course assumes no prior knowledge of anatomy. Tuition is \$3800, due in full by May 1, 2009. Applications are due March 15, 2009; space is limited, so early applications are encouraged. For information, email Ms. Arlene Daniel at [adaniel@jhmi.edu](mailto:adaniel@jhmi.edu) or visit the website at [www.hopkinsmedicine.org/FAE/anatomyinstitute](http://www.hopkinsmedicine.org/FAE/anatomyinstitute).

#### 6. MCAT PREPARATION WORKSHOP

For the 23rd year, the University of Oregon will offer its comprehensive review workshop for the MCAT exam. This program provides the very best materials and instruction at the most reasonable cost including:

- \* Instruction by University faculty and testing experts
- \* Official practice exams from AAMC
- \* Low fee of \$625

The University's MCAT Preparation Workshop is conducted by faculty members who teach biology, chemistry, and physics material specifically tailored for the MCAT. These faculty specialists are joined by other test experts to help students perform to their best ability on all the MCAT sections, including the verbal reasoning and writing sections.

Workshop participants will take a pre-session diagnostic test and will have additional opportunities to apply test-taking and pacing strategies to full-length computer based AAMC MCAT practice tests. Instruction and rehearsal with the writing responses will help participants compose essay answers that earn top scores.

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Winter MCAT Workshop 2009\*--Cost \$625  
Saturday Classroom Sessions

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Jan 24, 10am-5pm Biology/Verbal & Writing Jan 31, 10am-4pm Biology Feb 7, 10am-1pm Chemistry Feb 14, 10am-4pm Chemistry Feb 21, 10am-1pm Organic Chemistry Feb 28, 10am-1pm Physics Mar 7, 10am-4pm Physics

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\*\*NEW\*\* Summer MCAT Workshop 2009\*--Cost \$625

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Weeks 1-4 during Summer Term  
The workshop will meet twice a week in the evening, days and times TBA.

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Practice Exams

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In addition to instruction, computer-based AAMC MCAT practice tests will be available throughout each course

For more information about this excellent, reasonably priced opportunity to enhance your MCAT application, contact:

Academic Learning Services  
1213 University of Oregon  
68 Prince Lucien Campbell Hall  
Eugene, OR 97403  
541-346-3226,  
<http://als.uoregon.edu>

## 7. PEER HEALTH EDUCATION INTERN

The Peer Health Program is a key element of the Health Promotion Department, which provides education, support, and resources to advance the health of students on the University of Oregon campus. Students in our PHE Program assist us in meeting this goal in a variety of ways including presentations to student groups, writing Wellness Wednesday articles for the Emerald, and staffing the Peer Health office on the main floor of the Health Center. The PHE Program is a two term commitment (graded, 4 credit hrs/term) comprised of general health and public health instruction, presentation skills, and health promotion marketing. Classes meet Tuesday and Thursday 10:00-11:50. Topics Covered: safer sex, alcohol, relationship communication, sexual assault, nutrition, poverty, obesity, health care, environmental issues. Apply online at <http://healthed.uoregon.edu>. Call or email Ramah for more information: 346-0562, [rleith@uoregon.edu](mailto:rleith@uoregon.edu). Must be at least a sophomore to apply.

Applications accepted starting week 6 for entrance the following term.

<http://healthcenter.uoregon.edu/healthed/peerprogram/index.html>

## 8. REMINDER: REFERENCE LETTERS

Now is the time to begin asking professors for reference letters, needed for future employers, or for admissions to graduate programs. An option for collecting reference letters is to use [www.interfolio.com](http://www.interfolio.com), an online reference letter service that allows you to create an electronic portfolio to manage your important credentials online. You will get a DISCOUNT on your subscription if you set it up via the UO link at [http://advising.uoregon.edu/AA\\_Pages/AA\\_PreHealth\\_Prepare.html](http://advising.uoregon.edu/AA_Pages/AA_PreHealth_Prepare.html) (under “Reference Letters”). Some tips for obtaining reference letters:

- \* Ask them in person. Approach the writer early in the term or well ahead of when the letter is needed.
- \* Ask the professor to write it directly after your experience with them.
- \* Allow ample time for them to write it
- \* Give them a copy of your transcript and resume
- \* Let them know what your goals are and make sure they are able to comment on your personal characteristics, strengths, and weaknesses. They must have knowledge of you beyond a grade in the class.

For more tips, visit the Office of Academic Advising or the Career Center.

## PRE-HEALTH ADVISORS

If you need to talk to an advisor, please schedule an appointment (346-3211) to meet with the following people for information on the following professions:

Nursing, Pharmacy, Podiatry, PT/OT

Lori Manson, Office of Academic Advising, 364 Oregon Hall

Dental, Optometry, Physician Assistant, Medicine, Veterinary, and Medical Technology  
Arwen Spicer, Office of Academic Advising, 364 Oregon Hall

## STUDENT ORGANIZATIONS

### Asklepiads Pre-Medical Society

If you are interested in medical volunteer opportunities, and sharing information about medicine, plan to get involved with the Asklepiads pre-medical society. Membership to the Asklepiads is open to everyone interested. The Asklepiads can be contacted via e-mail at [premed@uoregon.edu](mailto:premed@uoregon.edu).

### Pre-Dental Club

The Pre-Dental club is organized to help students learn more about professions related to the dental field. They also have a preceptorship program which will help connect students with dental professionals in the community. All interested students are welcome. If you have any questions please email Brittany at [dental@uoregon.edu](mailto:dental@uoregon.edu).

Meetings will be held in Century Room A of the EMU on Thursday of Week 2, 3, 6, 8 and 10 from 6-7 p.m. Guest speakers will include students who have been accepted to dental programs, students who have recently taken the DAT, and Mark Mitchell, the Associate Dean of Student Affairs at OHSU. There will be also opportunities to sign up for elementary outreach.

### Pre-Pharmacy Club

The Pre-Pharmacy Club is designed to help students achieve their goals related to any area of the pharmacy field, including but not limited to careers such as pharmacists, pharmacy technicians, and pharmaceutical sales representatives. This club is always open to new members who are taking pre-pharmacy courses or anyone who is interested in learning more about this field. The Pre-Pharmacy Club can be contacted via e-mail at [prepharm@uoregon.edu](mailto:prepharm@uoregon.edu).

### PT Club

Are you pre-physical therapy? **JOIN THE PHYSICAL THERAPY CLUB!**  
Contact Kaylie Smith ([ksmith12@uoregon.edu](mailto:ksmith12@uoregon.edu)) for more info about the PT Club.

### Pre-Vet Club

The Pre-Vet Club is currently inactive. However, it has an approved constitution dating from its inception in 1999. If you're interested in reviving this club, please contact Arwen at [arwens@uoregon.edu](mailto:arwens@uoregon.edu).

## LISTSERVE INFORMATION

If you know someone who is interested in receiving this newsletter send an e-mail to Arwen Spicer at [arwens@uoregon.edu](mailto:arwens@uoregon.edu). Please list your e-mail account in the e-mail. Students are asked to subscribe using uoregon.edu accounts only, please.

If you would like remove yourself from this mailing list, please send an e-mail to <majordomo@lists.uoregon.edu> with the following command in the body of your email message: unsubscribe uo\_pre\_health. This message must be emailed from your subscription email account.