

## PRE-HEALTH NEWS -- NOVEMBER 2008

Happy November! We hope you've enjoyed the first half of Fall Term. This monthly newsletter is distributed by health advisors in the Office of Academic Advising (364 Oregon Hall). The newsletter consists of announcements, articles, and items of interest to pre-health students. 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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### WORKSHOPS/ANNOUNCEMENTS/COURSES

#### **1. 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>

## **2. Med School Deans Speak on Teach for America**

Teach for America is hosting conference calls with deans of top medical schools. They will speak about the value of Teach for America for a med school applicant. If you wish to attend a call, email [medschoolcall@teachforamerica.org](mailto:medschoolcall@teachforamerica.org).

Thursday, Nov. 13, 2:00-3:00 PM EST  
Dr. Brenda Armstrong, Duke University School of Medicine  
Director of Medical School Admissions  
Dial-in Number: (712) 432-3900  
Conference Access Code: 4488134 #

Wednesday, Dec. 3, 5:00-6:00 PM EST  
Ms. Annalisa Tincher, Admissions Program Coordinator  
Northwestern University School of Medicine  
Dial-in Number: (712) 432-3900  
Conference Access Code: 4488134 #

### **3. Academic Advising Workshops**

#### **\* Learn about National Student Exchange (NSE)**

Wednesday, November 5. 4:00 p.m., 360 Oregon Hall  
Repeat Session: Tuesday, December 2, 1:00 p.m., 360 Oregon Hall  
Yearning for a change of scenery next year? Discover the possibility of attending one of 174 U.S. and Canadian colleges and universities.

#### **\* Choosing a Major**

Thursday, November 6, 4:00 p.m., EMU – Alesa Rm.  
This popular workshop will help you devise concrete decision-making strategies and identify campus-wide resources to assist you in choosing a major.

#### **\* Plan Your Winter Schedule**

Thursday, November 13, 4:00 p.m., EMU – Alesa Rm.  
Learn how the courses you've completed apply toward general education requirements and assess your progress toward earning a bachelor's degree.

### **4. MD/PhD Opportunity with NIH**

The NIH Intramural Partnership Program allows outstanding MD/PhD students to complete part or all of their research in a NIH laboratory. Interested students can learn more and fill out an application at <http://gpp.nih.gov>. You can contact the program at [mdphd@mail.nih.gov](mailto:mdphd@mail.nih.gov).

### **5. 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, [rlleith@uoregon.edu](mailto:rlleith@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>

### **6. IE3 International Pre-Med & Public Health Internships**

Earn academic credit, gain valuable professional experience, and apply financial aid. The application deadline for spring term (April start date) is November 15th, 2008. Locations include South Africa, India, Mexico, and Ecuador (Pre-Med) and Swaziland, Chile, and India (Public Health). To learn more about the IE3 Global Internships program, visit our website (<http://ie3global.ous.edu>).

### **7. Public Health Volunteering in Ecuador**

Agua Muisne is seeking highly motivated and entrepreneurial college students to research public health problems related to unsafe drinking water, work with communities to initiate and organize the construction of water treatment systems, and to lead campaigns to educate the local population about safe drinking water and good hygiene. This is an excellent opportunity for passionate Spanish-speaking students to experience first-hand how they can improve the lives of people living in the Developing World. For more information or to apply go to [www.waterecuador.org](http://www.waterecuador.org). (Application is under the "What you can do" section) Questions? Email [waterecuador@gmail.com](mailto:waterecuador@gmail.com)

### **8. Neonatology Summer Scholars Program**

OHIO RESIDENTS only: The Division of Neonatology at MetroHealth Medical Center in Cleveland, Ohio, is now accepting applications for the 2008 Chester Summer Scholars Program. Each student will work under the supervision of a faculty member on an assigned research project of their choosing. A \$2,000 stipend is awarded to each scholar. Students must have completed their second year of undergraduate studies in premedical or scientific studies. Deadline: Feb. 13, 2009. Apply at [www.metrohealth.org](http://www.metrohealth.org).

### **9. Fall Career Fair & Interview Day**

The Fall Career Fair is the largest recruiting event of the term. Over 80 employers will be at the Career Fair looking to hire UO students and alumni for career-track jobs, part-time jobs, and internships, as well as volunteer opportunities. Recruiters from corporations, government agencies, and nonprofit organizations will be representing a wide range of industries and fields. Most of these organizations are looking for students in all majors. Many employers will be scheduling interviews for the day after the Career Fair, November 14th.

Time: November 13, 12:00-5:00

Location: EMU Ballroom

<http://uocareer.uoregon.edu/students/events/events.aspx>

### **10. Forum on Health Care and the Economy**

Oregon Health Forum will host a luncheon, entitled “If You Build it, Will They Come?,” Friday, Nov. 7 at the Valley River Inn in Eugene that will focus on the impact of health care on the economy. The event will take place from 11:30 a.m. to 1:30 p.m. and will feature a panel of local leaders who will discuss the role of health care in an increasingly shaky economy.

**Jack Roberts**, executive director of Lane Metro Partnership, will moderate the panel of Eugene-area leaders: **Tim Duy**, professor of economics, University of Oregon and director of the Oregon Economic Forum; **Priscilla Gould**, executive director of United Way of Lane County; **Jeff Spartz**, Lane County administrator; and **Jenny Ulum**, founder of The Ulum Group.

Register for this event at [www.healthforum.org](http://www.healthforum.org) or call at (503) 226-7870 or (800) 501-4220.

### **11. Introduction to Health Professions Course**

BI 199 - Introduction to the Health Professions 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.

### **12. 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.

**13. REMINDER!!** Schedule an Appointment with an advisor for Winter Planning. The Winter 2008 class schedule is online. Please check it out and begin planning for your winter classes. If you need assistance with planning, please schedule an appointment with an advisor. Students with declared majors are encouraged to see advisors in their academic departments but are welcome to schedule an appointment with an advisor in the Office of Academic Advising as well. Undeclared students will want to schedule an appointment with the advisor listed on their degree audit or with an advisor in the Office of Academic Advising. Please call the office at 346-3211 or come to 364 Oregon Hall to schedule an appointment. Advisor appointment schedules fill up quickly during registration, so call now for your appointment! Priority registration for Winter runs November 17 through November 26. Students can go to the Office of the Registrar home page at [registrar.uoregon.edu](http://registrar.uoregon.edu) and click "Current Students," then Winter Priority Schedule. Registration date and time is determined by credit hours earned.

### **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 [pemed@uoregon.edu](mailto:pemed@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).

#### **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](mailto: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.