

CLAS Academic Advising Center

Academic advising for students pursuing majors and/or minors offered by the College of Liberal Arts and Sciences
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Pre-Professional E-Bulletin

Happy Finals Week! Congratulations on almost completing this semester and best of success on your finals this week. The purpose of this pre-professional e-bulletin is to provide you with various information regarding summer research programs and other helpful information.

In this edition, you will find information on final exam stress relief tips and summer research opportunity program information. Your holiday break is a great time to start working on applications as many deadlines are right around the corner.

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1. Final Exam Stress Relief Tips

Below are stress relief tips adapted from http://www.essortment.com/all/stressrelief_rvhn.htm:

1. **Breathe Deeply** – Inhale deeply through your nose. Pull the air all the way down, deep into the [lungs](#). Hold the breath for a count of six. Exhale slowly through the mouth to the count of six. Do this for several minutes. Be careful not to hyperventilate. If dizzy or light-headedness occur, begin breathing naturally.
2. **Exercise** – Block some time this week to exercise. Work out if you are accustomed to it or if you don't regularly exercise, you might want to just take a quick walk outside (be careful in this winter weather!) or take a quick stroll around the building. This will help clear your head and wake you up!

3. **Laugh** - Laughter is a great way to relieve stress. If you find something funny, have a good belly laugh.
 4. **Be Positive**- Focus on the positive. Put the kibosh on negative self-talk. Also, people who are negative are prone to spread negativity to others. Learn to say no to negativity and remove yourself from it whenever possible.
 5. **Accept** - If you can't leave a situation that is causing you extreme stress (like finals!) then accept it as it is. Adjust your approach to it. Look for ways to see the positive ; do not dwell on the negative. Focus on what you can control, accept what is out of your control and optimize what is within your control.
 6. **Prioritize tasks** -Create a study schedule and stick to it. Break studying up into blocks of time for each subject and/or block time to work on each project or paper that is due. Make sure to also plan for a good night's sleep. Step-by-step you will get it all done.
 7. **Sleep**-You function better when you get good sleep. Avoid cramming and pulling all-nighters. Stick to the schedule you created in step 8 above.
 8. **Celebrate**-When exam week is over, celebrate your accomplishments such as having another semester behind you!
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2. UT Southwestern Medical Center at Dallas Graduate School of Biomedical Sciences
2009 Summer Undergraduate Research Programs
Application Deadline: February 9, 2009

Summer Undergraduate Research Fellowship (SURF) Program

The goal of SURF is to give students an intensive, ten-week, research experience. Students immerse themselves in the laboratory and work on individual research projects with UT Southwestern Graduate School faculty members. The research interests of the faculty are diverse. Most areas of modern cancer biology, cell biology, molecular biology, biochemistry, immunology, microbiology, neuroscience, and pharmacology are represented. In addition to research, SURF provides seminars, a GRE prep course, social events, and an end-of-program poster session. We have increased the number of fellowships for SURF to 65. The website and on-line application for SURF can be found at www.utsouthwestern.edu/SURF <<http://www.utsouthwestern.edu/SURF>>.

Quantitative and Physical Science Summer Undergraduate Research Fellowship (QP-SURF) Program

This program, initially funded by a NIGMS training grant and now funded internally, will accept ten students who are earning their undergraduate degrees in the field of mathematics, computer science, physics, or chemistry. The goal of QP-SURF is to give students an intensive, research experience and demonstrate to students in the physical and quantitative sciences how their knowledge and skill sets are applied in a biomedical research setting. QP-SURF students

would carry out their ten-week research project in a biophysics, computational biology, or quantitative/analytical chemistry laboratory. QP-SURF students also participate in seminars, a GRE prep course, social events, and an end-of-program poster session. The program website and on-line application for QP-SURF can be found at www.utsouthwestern.edu/QP-SURF/QP-SURFAPP <<http://www.utsouthwestern.edu/QP-SURF/QP-SURFAPP>>.

Both summer programs run from June 1st through August 7th, 2009. Participants will be selected based on their letters of reference, course work, and experience. The stipend for the ten-week program is either \$4,000 or \$5,250 depending on whether or not housing is required. **The application deadline is February 9th, 2009.**

The value of these summer opportunities is great for those interested in careers in research. Previous fellows have been enthusiastic about their experience; most have enrolled in excellent Ph.D. or M.D./Ph.D. programs. For more information, contact Dr. Nancy Street at nancy.street@utsouthwestern.edu.

3. Mabelle Arole Fellowship for Students Interested in International Health Application Deadline: Mid-January

The Mabelle Arole Fellowship supports a year at one of the best community-based primary health projects in the world. The med student-to-be will work and learn what it is involved in implementing a health program in villages at the Jamkhed Comprehensive Rural Health Project in central India (Maharashtra State). The student must be admitted to a medical school to qualify for the Fellowship. The Fellowship (\$8,000) covers all transportation, room & board and travel in the region. Applications are due in mid-January and the Fellowship runs from mid-August 2009 until approximately June 2010.

Former Fellows have described their year at Jamkhed as "life changing". For more information about the Fellowship, the application process, Jamkhed and the seven previous Fellows, including what they say about their experience, visit <http://www.amsa.org/resource/mabelle.cfm>.

4. Summer Research Opportunity Programs Listing (non-exhaustive)

<http://www.clarku.edu/departments/prehealth/preparing/research.cfm>

5. Gateways to the Laboratory Summer Program in New York City

- * Ideal for students who wish to pursue the combined MD-PhD degree (this program is run by the Tri-Institutional MD-PhD Program).
- * 10 weeks of independent research at either Weill Cornell Medical College, Sloan-Kettering Cancer Center or The Rockefeller University (all in NYC).
- * Present & participate in weekly journal clubs
- * Scrub into surgeries at New York Presbyterian Hospital.
- * Give an oral, written and poster presentation of your research in front of your family (who are flown in for the

event), friends and colleagues.

* Receive on going mentorship by your "Big Sib" (a current MD-PhD student), as well as weekly meetings with the Program's leadership.

* Receive a stipend of \$4,300 (minus the cost of housing).

For further information (including eligibility) and an on-line application, please visit:

<http://www.med.cornell.edu/mdphd/summerprogram/>

Application Deadline is February 2, 2009.

6. The Summer Medical and Dental Education Program (SMDEP)

The Summer Medical and Dental Education Program (SMDEP) is a FREE six week summer academic enrichment program for freshman and sophomore college students who are interested in a career in medicine or dentistry. SMDEP is implemented at 12 sites across the nation, and all programs provide a basic science curriculum, career development activities, clinical exposure and a financial planning workshop.

The program is available at 12 medical and dental schools across the US:

- * Case Western Reserve University Schools of Medicine & and Dental Medicine
- * Columbia University College of Physicians and Surgeons and College of Dental Medicine
- * David Geffen School of Medicine at UCLA and UCLA School of Dentistry
- * Duke University School of Medicine
- * Howard University Colleges of Arts and Sciences, Dentistry, and Medicine
- * University of Louisville Schools of Medicine and Dentistry
- * University of Nebraska Medical Center, College of Medicine and Dentistry
- * UMDNJ-New Jersey Medical and New Jersey Dental Schools
- * University of Texas Dental Branch and Medical School at Houston
- * University of Virginia School of Medicine
- * University of Washington Schools of Medicine and Dentistry
- * Yale University School of Medicine

By preparing students for application to medical and dental school, SMDEP is helping to create a well-trained, diverse health-profession workforce. The program is funded by the Robert Wood Johnson Foundation with direction and technical assistance provided by the Association of American Medical Colleges (AAMC) and the American Dental Education Association (ADEA).

The program launched its 2009 online application on November 1, 2008. The deadline for submitting the online application and all supporting documentation is March 1, 2009. Travel scholarships are also available for accepted applicants with financial need. Applications are reviewed on a "first come, first served" basis. Early application is strongly encouraged!

Visit the SMDEP website at www.smdep.org <<http://www.smdep.org>> or call our toll free number (866) 58-SMDEP (76337) for more information.

7. International Service Learning

We have travel dates available for Quarter and Semester schools and are offering clinical experience in general medicine and public health.

We are also looking for students interested in becoming Campus Representatives for ISL. This is an excellent way to reduce their cost for the trip. Anyone interested in reducing their cost in this way please contact Kyle Winston at kyle@ISLonline.org or Pepper Tucker at pepper@ISLonline.org.

Our 2008-2009 Schedule is available on our website at www.ISLonline.org. Just click on Team Schedule. We have teams scheduled throughout the year. Thanks to our students helping us staff these teams we estimate we'll be serving approximately 35,000 of the underserved with varying levels of health care-thanks for the partnership!

More info at www.ISLonline.org.

8. The Materials Research Center at Northwestern University Summer Research Experience for Undergraduates Program Application Deadline: February 15, 2008

The Materials Research Center at Northwestern University offers a 9-week paid summer Research Experience for Undergraduates program. For more information, visit <http://www.mrsec.northwestern.edu>.

9. GVSU Student Summer Scholars Program Application Deadline: January 23, 2009

The Student Summer Scholars Program (S3) provides fund for a student and faculty mentor to devote twelve weeks to a research, scholarly, or creative project during the spring/summer semester. A student stipend is included. For eligibility and application process information visit www.gvsu.edu/S3.

10. Planning to take the MCAT in 2009?

Starting to study during the holidays might be a great way to get a head start on preparing for the MCAT. Some helpful tips can be found on-line at <http://www.aamc.org/students/mcat/start.htm>.

Save the Date! The CLAS Academic Advising Center will also be sponsoring a MCAT Prep Course. An information session will be held on Tuesday, January 6th. More details to come soon!