

# CLAS Academic Advising Center

Academic advising for students pursuing majors and/or minors offered by the College of Liberal Arts and Sciences  
Call Us: (616) 331-8585 • Visit us On-line: [www.gvsu.edu/clasadvising](http://www.gvsu.edu/clasadvising)

## Pre-Professional E-Bulletin

### Week of August 30, 2010

To those students who are attending Grand Valley for the first time, Welcome! For those who are returning, Welcome Back! As we start the new school year we hope to provide you with information that will assist you in classes, application processes and test preparation. While things can get hectic with a new set of classes, jobs and responsibilities it is important to keep your goals and post-baccalaureate plans in your mind. This E-Bulletin will have reminders for you regarding all of these issues.

Click to view our: [CLAS Academic Advising Center Pre-Professional Webpage](#)

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The purpose of this newsletter is to share information that may be of interest to you. By posting information, it does not mean that we endorse the organizations or services enclosed.

#### **1. Helpful Information for First-Year Students**

1. Be sure to stay on track in your classes. It is much easier to establish and maintain a solid GPA than to rebuild it after a tough semester or two. The average GPA of a student entering a M.D program is a 3.65. Utilize the resources on campus. Visit the tutoring website at <http://www.gvsu.edu/tc/> to get more information.
2. Attend class, take notes, do assigned homework and keep up with class readings. This seems simple enough, but it is very easy to fall behind. Be sure to talk with your professor regarding any concerns or problems you may be facing in your classes.
3. SET UP AN APPOINTMENT TO MEET WITH JO ANN LITTON (littonj@gvsu.edu) KELLY MCDONELL (mcdoneke@gvsu.edu) OR NATALIE CLARK (clarnata@gvsu.edu). Call our office (the CLAS Academic Advising Center) at (616) 331-8585 to do so. It is very important to be on the right track as you embark on

your journey as an undergraduate. Setting up an appointment will give you insight on what will be expected of you, what your options are and the application process for different paths.

4. Be sure to eat healthy and do not skip meals. It is easy to be writing a paper, only to realize it has been 4 hours and you missed dinner. Along with this, do your best to get appropriate amounts of sleep and exercise. This will be beneficial both for success in class and staying healthy. If you are living in the dorms, keep a bottle of hand sanitizer at your desk and use it regularly.

5. Allow time for extra-curriculars. They are important. Find the pre-professional group that is of interest to you. Also, find something that is of interest to you outside of your major and future goals. It is important to take a break from studying and academics, whether it is through exercise and sports, a social organization, religious organization or service and advocacy groups. They all can be beneficial in some way and will compliment your educational experiences. (Don't over-book yourself. Manage your time and you will be successful! )

## **2. CLAS Academic Advising Pre-Professional Resource Room**

For those of you who don't know, we have a Resource Room available for students to utilize when preparing for the MCAT, DAT, etc. There are study books available for students to use in the room or to copy pages from for practice. Also, there are ADEA guides to Dental Schools, information about getting into Medical School along with writing essays and figuring out a specialty. We have resources to careers in health care, Medical and Veterinary School admissions requirements and Osteopathic Medical College information books. We also have a great deal of information about specific programs for Allopathic Medicine, Osteopathic Medicine, Chiropractic Medicine, Podiatry, Dentistry, Pharmacy, Caribbean Schools, Optometry, Veterinary Medicine and many other programs that pre-professional students may be interested in. Please come check it out! C-1-140 Mackinac Hall Monday-Thursday 8-6 and Friday 8-5.

## **3. Grand Valley Announcements and Events**

### **Writing 305**

The WRT 305 exam has been replaced by a new evaluation process. Grades in WRT 150 and SWS will be used as an initial placement mechanism, and students who wish to appeal their initial placement may submit an appeal portfolio for evaluation by GVSU faculty.

The process is described at the Testing Services website: <http://gvsu.edu/testserv/>. Please click on "WRT 305 Placement" for details.

### **GVSU 2<sup>nd</sup> Annual Pre-Professional Day**

Save the Date! We will be hosting the 2<sup>nd</sup> annual Pre-Professional Day on Saturday, November 13, 2010. Please watch for more information to come!

## **4. Programs and Open Houses**

### **The Illinois Medical School Admissions Seminar**

Registration and contact information is listed below. This is a free event for pre-medical students. All eight Illinois medical schools will be represented, and each of the planned sessions will be presented by a medical school representative. Students may register individually. We hope you consider attending. Space is limited. Please contact Evan Wilson if you have questions about the event. Program highlights include: Medical School Recruitment Fair, Current Medical Student Panel, Applying to Medical School, Financing a Medical Education, How to Write an Effective Personal Statement, and Interviewing Tips.

When: Saturday, October 30 from 9:00am to 4:00pm

Where: Illinois State University, Bone Student Center. Normal, IL  
Register on-line at [http://forms3.createforms.com/98759/form\\_1\\_1.html](http://forms3.createforms.com/98759/form_1_1.html)  
For more information contact Evan Wilson at [ilmedschoolseminar@gmail.com](mailto:ilmedschoolseminar@gmail.com)

### **University of Michigan - Program in Biomedical Sciences**

PIBS is hosting its annual **Fall Preview Event, October 21-23, 2010**. This is a great way for students to find out firsthand what UM and PIBS has to offer them for graduate training and student life.

#### **Preview includes:**

An all-expense-paid visit for selected participants, activities and workshops on applying and attending graduate school at UM including the PIBS Fall Open House, one-on-one and group interactions with faculty and staff among their 14 graduate programs, networking with current graduate students and peers from across the country, tour of campus, facilities and the city of Ann Arbor.

#### **Application deadline: September 22, 2010**

For more information about the PIBS Preview and eligibility requirements, please visit the event website <http://www.med.umich.edu/pibs/prospective/events/preview/index.html>.

Strong applicants will have a genuine interest in a Ph.D., extensive research experience, and strong letters of recommendation.

## **5. Application Services**

### **AACOM**

AACOM's new Undergraduate Timeline for the Pre-Medical Student Applying to Osteopathic Medical Colleges is a great resource for potential medical students! Click here to view the two-page PDF: Undergraduate Timeline for the Pre-Medical Student Applying to Osteopathic Medical Colleges

<http://www.aacom.org/InfoFor/applicants/Documents/Undergraduate-Timeline.pdf>

More information is available at the Pre-Health Advisor link from their homepage:

<http://www.aacom.org/InfoFor/phadvisors/Pages/default.aspx>

AACOM Recruitment Events and Information Sessions will be taking place around the nation this Fall in: Richmond, VA, Utah, Connecticut, New York, Indiana, San Francisco, California, Denver and Boulder, Colorado. Check out AACOM's Facebook page and our Recruitment Calendar site with event specifics!

### **AMCAS**

In an effort to educate applicants (and future applicants) AMCAS has launched a fan page on Facebook. Click here to check us out: [www.facebook.com/amcasinfo](http://www.facebook.com/amcasinfo)

Going forward, they will be using this page to post helpful tips and answers to frequently asked questions about AMCAS. As applicants will not be able to post any content on this page, they are encouraging everyone to continue to use their standard channels ([amcas@aamc.org](mailto:amcas@aamc.org); 202.828.0600, M-F, 9-7 ET) if you have questions.

### **PharmCAS**

Become a fan of Pharmacy College Application Service (PharmCAS) on Facebook today! Helpful hints will be posted during the 2010-2011 admissions cycle. <http://www.facebook.com/PharmCAS>

Or if you would rather tweet, follow them on twitter at <http://twitter.com/PharmCAS>

If you have questions and require customer service please do not post personal information on the PharmCAS fan page or on twitter. Please contact PharmCAS directly at [info@pharmcas.org](mailto:info@pharmcas.org).

## 6. Testing Information

### ExamKrackers MCAT Prep

The next live courses are slated for

Sep 25 (Verbal only /6 weeks ( Saturday ) \$425!) and Oct 23rd

(Comprehensive live 9 week MCAT course) Enroll by Sep 29 save \$150

For information, locations or to enroll call 1-888-KRACKEM (572-2536) or go to

<http://examkrackers.com/coursemap.php>

Along with 5 AAMC Computer Based Tests and 9 weeks of live course instruction, students also get the complete 5 book MCAT study set. Also included is a set of 16 mini MCAT books with 16 one hour MCAT practice tests. Students also have 24 hour access to MCAT topics and can post their own questions in the interactive web forum.

The course runs for 9 weeks. Classes are 4 hours twice a week EX: M or T (Phys /Chem.) 6-10 PM and W or TH (Verb/Bio) 6-10 PM.

There is also a Midwest MCAT Facebook group <http://www.facebook.com/group.php?gid=34550918421>

## 7. Global Health and Volunteer Opportunities

### The Global Health Corps

<http://ghcorps.org/>

#### **Mission**

Global Health Corps (GHC) aims to mobilize a global community of young leaders to build a movement for health equity.

#### **The Problem**

The extreme disparity in health outcomes and access to healthcare that exists today between the world's rich and the world's poor is unjust and unsustainable. These global health challenges are embedded in a diverse set of social, political and economic contexts that require strong leadership and innovative approaches. The complexity and scope of these challenges necessitate participation from a wide range of fields beyond medicine. Individuals with skills from supply chain management to computer programming to monitoring and evaluation will be essential in remedying the unacceptable inequity of today.

Opportunities for individuals with backgrounds outside of medicine to use their unique skills in public health are scarce. Too many skilled and ambitious young professionals are unaware of or unable to achieve their potential impact in the health field, prolonging the creation and implementation of innovative solutions.

#### **GHC Vision**

GHC believes that a global movement of individuals and organizations fighting for improved health outcomes and access to healthcare for the poor is necessary in order to change the unacceptable status quo of extreme inequity. GHC works to build this movement by recruiting, training, and supporting the movement's future leaders and by diversifying the pool of young people working in global health.

GHC provides opportunities for young professionals from diverse backgrounds to work on the frontlines of the fight for global health equity in year-long fellowships. Our fellows will have a measurable impact on the health of the communities in which they work, and draw upon that experience and the GHC alumni network, to deepen their impact throughout their careers.

GHC will create as a pipeline of young leaders for the global health equity movement, and at scale will play a central role in sustaining and consistently reinvigorating this movement for change. This infusion of young, passionate, skilled leaders will help to tip the balance towards a more equitable and just global distribution of health services.

### **International Service Learning**

International Service Learning Health Teams <http://www.islonline.org/programs/health/> provide valuable hands-on patient care experience for students. They are making a difference in the lives of those in need of essential health services and are now accepting applications for Christmas and Spring Break teams!

Serve – Travel – Learn: Mexico, Belize, Nicaragua, Costa Rica, Panama, Peru, The Dominican Republic, Tanzania

Health Teams Schedule <http://www.islonline.org/schedule/december-2010/>

Well Child International <http://www.islonline.org/well-child-international/>

Hike for Humanity <http://www.islonline.org/programs/hike-for-humanity/>

For more information on general health, dental, optometry, veterinary, physical therapy, and public health trips, contact Pepper at [Info@ISLonline.org](mailto:Info@ISLonline.org) or visit the website: [www.ISLonline.org](http://www.ISLonline.org)

Well Child International is the newest program, dedicated to providing OB/GYN and pediatric care to women and children in underserved communities. Receive a discount on your trip by recruiting others to join you in this life-changing experience. Contact [Diannah@ISLonline.org](mailto:Diannah@ISLonline.org) for more information.

Additional financial aid is available through our GSM Financial Sponsorship Program

[http://app.streamsend.com/c/?redirect\\_to=http%3A%2F%2Faboutgsm.org%2Fsponsorship\\_program.html](http://app.streamsend.com/c/?redirect_to=http%3A%2F%2Faboutgsm.org%2Fsponsorship_program.html)

Thanks to the students helping staff these teams, it is estimated that approximately 35,000 of the underserved with varying levels of health care will be served.

More info at [www.ISLonline.org](http://www.ISLonline.org)

ISL sends medical/dent/opt/public health/PT/vet/pharmaceutical teams to countries in Latin America, Central America, and Africa. They include pre-health students on their teams as a way of preparing the next generation of international medical caregivers. Students receive supervised hands-on experience, health related seminars, and financial sponsorship.

Listings of university, professional, and student references are available upon request. Over a 15 year period they have fielded over 500 hundred teams and annually provide health care for 15,000 of the underserved.

### **Catherine's Health Center Volunteer Opportunities**

Catherine's Health Center is a free clinic practicing family medicine. Offering screening, treatment, and health education, they are part of the solution to the problem of access to health care in Grand Rapids. For more information, visit them at [www.catherineshc.org](http://www.catherineshc.org).

#### Walking Program Coordinator

Reports to: AmeriCorps VISTA Volunteer

##### *Duties*

Coordinate and supervise indoor community walking program at a local elementary school in collaboration with local nursing students, pick up any informational handouts prior to attending walking program each week and distribute to walking program participants as necessary, maintain weekly communication with supervisor and nursing students

##### *Skills required*

Strong written/verbal communication skills, comfortable in community health outreach setting, organizational/Planning skills, transportation to site

##### *Time commitment*

They ask for a commitment to at least one season (*September-December or January-April*), walking program coordinator may supervise for 2 hours each once or twice per week (Monday and/or Thursday from 5:00-7:00 PM)

#### Medication Assistance Program

Reports to: AmeriCorps VISTA Volunteer

##### *Duties*

Help patients access medication assistance programs, coordinates medication dispersal, maintain weekly communication with supervisor

##### *Skills required*

Strong written/verbal communication skills, Proficient database entry skills, quick learner, analytical skills, at ease asking questions, comfortable in clinical setting, organizational/planning skills

##### *Time commitment*

We ask for a commitment of at least one semester, summer hours are also available, 3-4 hours per day, one to three times a week (one day minimum, if you would like more time then that can be arranged) Monday thru Thursday from 9:00AM-4PM or Wednesday's from 9:00AM-7:00PM

## **8. Upcoming Conferences**

### **Southeastern MD/PhD Conference 2010**

Please join ASPA for the first regional meeting of MD/PhD programs in the Southeastern US. Information will be forthcoming on the APSA website ([www.physicianscientist.org](http://www.physicianscientist.org)).

Date: October 9, 2010

Time: 9am-9pm

Location: Children's Harbor Building, University of Alabama, Birmingham

Sponsors: UAB, Emory, Vanderbilt, APSA

Goals for the meeting will include: Dialogue and networking among MD/PhD trainees at a national level, opportunities to present research beyond a school wide setting, and providing information for undergraduate students interested in MD/PhD programs.

For more information please contact: [cuddapah@uab.edu](mailto:cuddapah@uab.edu) [hnakaha@emory.edu](mailto:hnakaha@emory.edu) [carriecb@gmail.com](mailto:carriecb@gmail.com)

### **SNMA Region V Conference**

Michigan State University College of Human Medicine Student National Medical Association Chapter is excited to host this year's SNMA Region V Conference in the beautiful city of Grand Rapids in Michigan, home of the MSU College of Human Medicine's new medical campus, the Secchia Center October 1-3. For more information please go to <https://www.msu.edu/~snmachm/conference.html>. The conference will include: Workshops for medical and premedical students, a keynote speaker, discussion panels, residency and medical school fair, USMLE Step 1 Prep and more!

For more information about the conference, please contact Nina Joy Butler at [snma.chm@gmail.com](mailto:snma.chm@gmail.com) or one of the conference co-chairs: Angela Andrews ([angela.renaa@gmail.com](mailto:angela.renaa@gmail.com))

Nina Joy Butler ([snma.chm@gmail.com](mailto:snma.chm@gmail.com)) Chinonyerem Eleweke ([elewekec@msu.edu](mailto:elewekec@msu.edu)) Jamila Goldsmith ([goldsma44@msu.edu](mailto:goldsma44@msu.edu))

***Best Wishes on the 2010-2011 School Year!***  
***-Your Pre-Professional Team***