

PREPROFESSIONAL NEWSLETTER

College of Liberal Arts & Sciences
Academic Advising Center

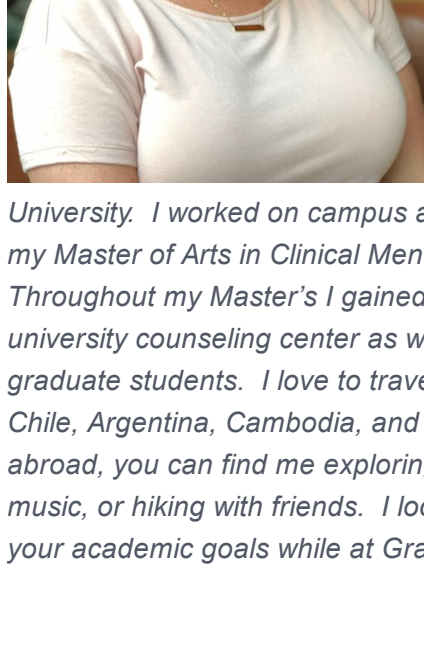
December 2019 | Test Preparation



Pre-Professional Newsletter

The Pre-Professional advising program supports students with an interest in pre-medical, pre-dental, pre-optometry, pre-pharmacy, pre-veterinary, pre-chiropractic, and pre-podiatry. Check out our monthly newsletter for related topics, upcoming events, and resources.

This issue features all things test preparation. Whether it's the PCAT, MCAT, DAT, OAT, GRE; we've compiled information and to help you better prepare. Read on to learn more.



Welcome, Dani!

Our pre-professional team has grown!

We are excited to welcome our new advisor, Dani Lauer, to the office. Below is a little bit about Dani, as well as her message to Pre-Professional GVSU students:

Hello! I am delighted to be a part of the GVSU family as a CLAS Academic Advisor working with pre-professional students. I received my Bachelor's Degree in Interpersonal and Public Communication with a Spanish minor from Central Michigan

University. I worked on campus at CMU for five years before returning home to pursue my Master of Arts in Clinical Mental Health Counseling from Cornerstone University. Throughout my Master's I gained additional experience working as a therapist in the university counseling center as well as providing academic and career advising for graduate students. I love to travel and some of my favorite experiences have been in Chile, Argentina, Cambodia, and Spain. When I am not planning my next adventure abroad, you can find me exploring new coffee shops and restaurants, going to see live music, or hiking with friends. I look forward to meeting you and helping you achieve your academic goals while at Grand Valley!

Test Prep: What to Know & What to Do

Students Talk Test-Taking 101

We asked current pre-professional students, who have taken a large examination related to their professional career, about their experiences and what advice they'd like to offer students in a similar position. Each student was asked the following questions:

- 1: What was your experience like preparing for a standardized test?
- 2: If you used a study plan: how did you create one? If you didn't use a study plan: how did you organize studying?
- 3: What is the best advice you would give to a student who is preparing for these tests?
- 4: What was a myth you heard about these standardized tests that actually wasn't true?
- 5: If you could prepare again, what would you do differently?
- 6: What did CLAS Advising offer you that was helpful in prepping for an examination?
- 7: Where is your favorite spot on campus to study? Where is your favorite off-campus spot to study?
- 8: Other notes you would like to share with students who are preparing to take these tests?

DAT Student:

1: I felt well prepared, but not until I completely changed my study approach and went back to square one. I tried to use a Kaplan course, which did NOT work well for me. After going back to my normal habits and using only the Kaplan DAT Prep book, I saw major improvement. I wish I would have felt more prepared, but I don't think you ever really feel prepared.

2: I did create a study plan. I would plan out different subjects for each day, and each day also included breaks!

3: TAKE BREAKS! Be sure to make time for the things you enjoy doing. I saw improvement in my scores when I took time to ENJOY life.

4: I don't think I heard one.

5: I would have changed my methods earlier on when I realize the Kaplan course wasn't working. I wish I would have realized it was my methods and not me.

6: I enjoyed the prep course; it was a good way to get my feet wet and start. I started my major studying after that course, which was helpful for me.

7: The library, specifically in the summer when no one is there! Off-campus favorite spot - any coffee shop downtown.

8: You know yourself best - do what is best for you. Take breaks, change your study habits, and be kind to yourself.

MCAT Student:

1: Negative. It was frustrating and tedious, and I felt like I was committing to memory a lot of information that I'm not even going to use in medical school. Studies have shown that MCAT scores have no correlation to ones success after the first year of medical school, so it's really just a number medical schools use to judge students without really considering the person behind the number.

2: Study a different subject each day, and set aside how long you are going to study each day. Read all the Kaplan books, about 1 per week or week and a half. Do practice tests and review them afterwards every 2 weeks or so.

3: Find what works best for you. I found MCAT podcasts on spotify to be really helpful

4: How well other students do impacts your score.

5: Freeze time and study for 10 years while time is frozen and then unfreeze time so I can get back the 7 months of my life that I missed

6: The MCAT course and access to many resources from the resource room. Presentations on the MCAT from CLAS advisors was also helpful. Julie [CLAS Academic Advisor - Pre-Professional] helped me after I screwed up my first mcats score.

7: Reading room in Niemeyer. I don't study off campus

8: Don't give up on yourself, and just take it a day at a time. It's really easy to feel overwhelmed looking at the big picture, but if you just sit down and think "Today I have to read chapter four of this book and do the end of chapter questions," everything feels much more manageable.

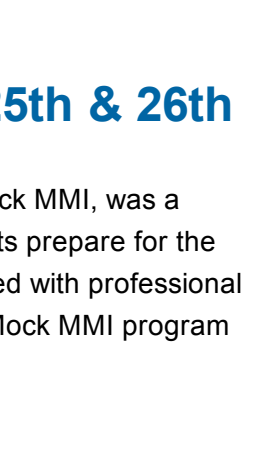
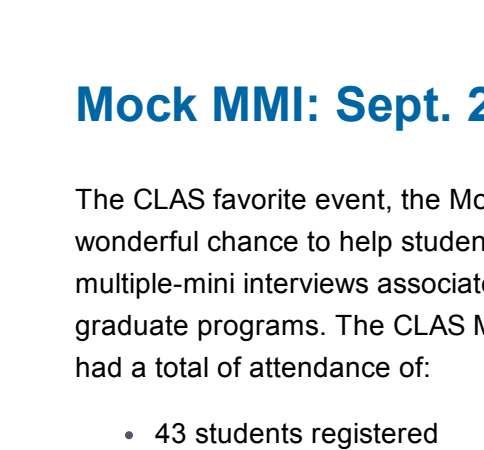
Thank you to the individuals who contributed to this questionnaire!

Test Prep Resources

Test Preparation Course: Juniors and Seniors

If you are a junior or senior preparing to take the MCAT, DAT, PCAT or OAT this year, be sure to sign up for the [2020 Test Prep Course](#). The course will be offered on Thursdays in Allendale from 6-9pm in the winter semester beginning on January 16. We have limited need-based scholarships available on a first-come first-served basis.

For additional test preparation, come check out and explore all our resources in our new Resource Room in MAK C-1-120!



Goodbye 2019: A semester review

Join us in taking a look back at the realm of events we offered this semester. Thank you to everyone who attended and volunteered. These programs could not be done without the devotion of faculty, staff, advisors, and professionals in the field devoted to student success. Here's to many more amazing programs in 2020!

Mock MMI: Sept. 25th & 26th

The CLAS favorite event, the Mock MMI, was a wonderful chance to help students prepare for the multiple-mini interviews associated with professional graduate programs. The CLAS Mock MMI program had a total of attendance of:

- 43 students registered
- 33 faculty/staff/community partners

Thank to everyone who helped plan, cook, perform, listen and give feedback to students during all the Mock MMI sessions. Your hard work was very much appreciated.

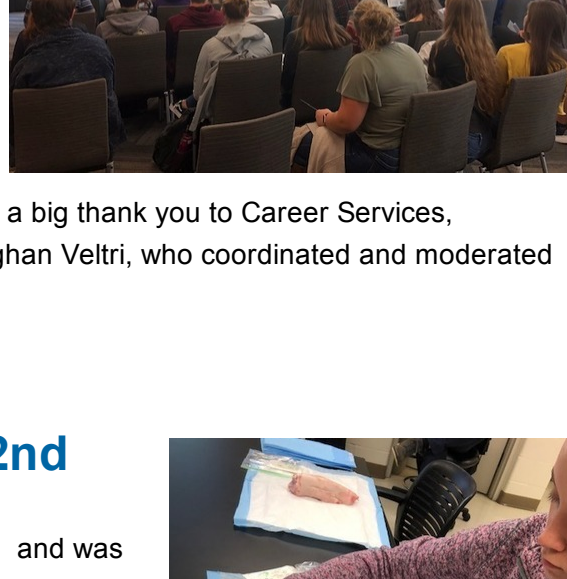


Healthcare Experience Panel: October 8th

The Healthcare experience panel was an amazing opportunity for students to hear from guest speakers about their work in the healthcare field. The total attendance was:

- 124 students (standing room only)

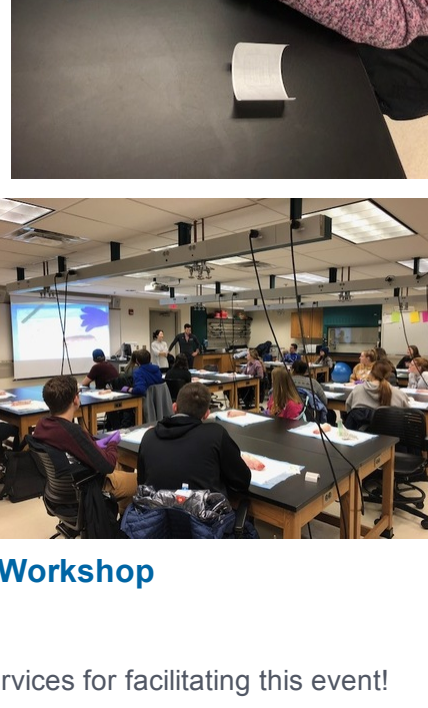
From everyone at CLAS, we wanted to give a big thank you to Career Services, specifically Stephanie Dombrowski and Meghan Veltre, who coordinated and moderated the panel.



Suture Clinic: November 2nd

The Suture Clinic took place on November 2nd and was run by the Michigan State University College of Human Medicine, Surgery Interest Group. This event gave students the opportunity to practice doing various suture techniques on pig's feet. Once again, the popularity of this event led to a full house for 2019.

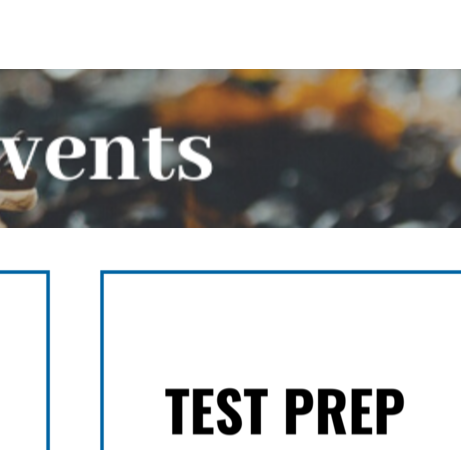
There will be another chance for suture clinic in 2020, so be on the lookout for more information if you are interested.



Other amazing programs were:

Getting Started Workshop

- Aug. 23rd with 175 students in attendance.
- Oct. 17th with 20 students in attendance.



Preparing for Your Professional School Interview Workshop

- Sept. 18th with 13 students in attendance.
- Thank you to Stephanie Dombrowski from Career Services for facilitating this event!

Upcoming Events

CAMPUS LIFE NIGHT 2.0

Jan. 10th 6p - 8p
Fieldhouse

STUDY ABROAD FAIR

Jan. 14th 10a - 3p
Henry Hall Atrium

TEST PREP COURSE

Jan 16th - April 2nd: 6p - 9p
Location TBA
(Registration Required)

EAP OPEN LAB

Jan. 23rd 9a - 12p &
Jan. 24th 1p - 4p
C-1-130 MAK

GRE WORKSHOP

Jan. 29th - Feb. 19th: 6p - 9p
Location TBA
(Registration Required)

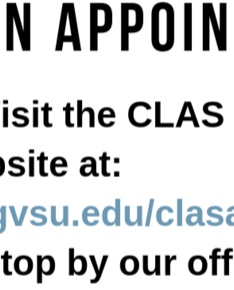
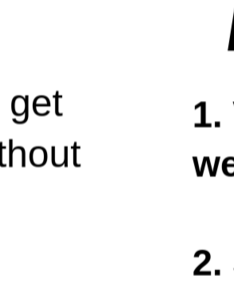
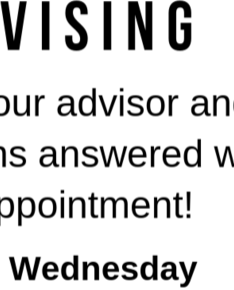
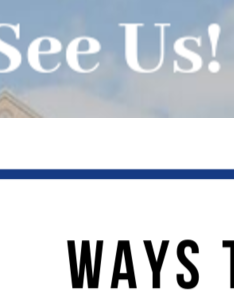
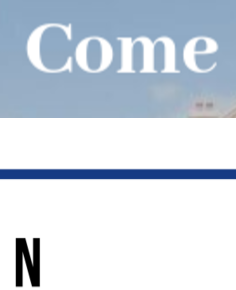
HEALTHCARE EXPERIENCE PANEL

Feb. 4th 4p - 5p
Holton-Hooker MPR

Google Groups

Don't forget to sign up for the Google Group relating to your pre-professional area.

They are a great way to stay informed on the latest in your field and connect with one another!



Come See Us!

DROP-IN ADVISING

Meet with your advisor and get your questions answered without an appointment!

Every Wednesday

9am-12pm & 1pm-4pm

C-1-120 MAK

WAYS TO SCHEDULE AN APPOINTMENT

1. Visit the CLAS Advising website at:

gvsu.edu/clasadvising

2. Stop by our office in

C-1-120 Mackinac Hall

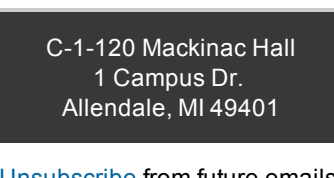
3. Call (616) 331-8585

Winter Break Resources!

Don't forget to keep up to date with the application processes, practice exams, personal statements and volunteer/clinical hours during the break! CLAS offers a variety of helpful videos and guides, you can find [here](#). Take advantage of this time (but don't forget to have fun)!

Good luck on finals!

- CLAS Advising



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