

PREPROFESSIONAL NEWSLETTER

College of Liberal Arts & Sciences
Academic Advising Center



April 2022 | Summer Opportunities and Goals

Welcome to the April PreProfessional Team Newsletter! This month is all about summer opportunities and goals. We hope you find these resources helpful as you continue developing your professional school application. As always, the CLAS PreProfessional Advising Team is here to help and we welcome any questions you have along the way.

Stay Active

Despite all that has happened over the last couple of years, your preprofessional path can still remain the focus. Here are some ways you can stay on track this summer.

Volunteer

- View our [Volunteer and Healthcare Experience](#) page
- Visit the [Community Service Learning Center](#)
- Check out [Idealist](#) or [Volunteer Match](#) to seek other local options
- Look into the volunteer [National Medical Reserves Corps](#) branch near you
- [Do Something](#) has a list of nine places to volunteer online

Continue Your Education

Free Online Courses

- [Health and Medicine](#) at Harvard
- [Community Change in Public Health](#) at Johns Hopkins
- [Essentials of Global Health](#) at Yale
- [An Examination of Coronavirus COVID-19](#) at St. George's

Reads

- [The Immortal Life of Henrietta Lacks](#)
- [Being Mortal](#)
- [Teeth: Beauty, Inequality, and the Struggle for Oral Health in America](#)
- [Antiracism in Medicine](#)
- [Black Men in White Coats](#)
- [Anti-Racism Resources - Duke University School of Medicine](#)

Podcasts and Videos

- [Prioritizing Equity Series](#)
- [Epidemics and African Americans Series](#)
- [The US Medical System: Still Haunted by Slavery](#)
- [All Access: Med School Admissions Podcast](#)
- [Pharmacy Podcast Network](#)
- [Vet School Unleashed: Divesting the DVM](#)
- [The Dental Student Podcast](#)
- [Behind the Knife](#)

Research Professional Schools

- [Association of American Medical Colleges](#)
- [Choose DO Explorer](#)
- [ADEA Dental School Explorer](#)
- [PharmCAS School Directory](#)
- [Discover Chiropractic](#)
- [Association of Schools and Colleges of Optometry](#)
- [American Association of Colleges of Podiatric Medicine](#)
- [American Association of Veterinary Medical Colleges](#)

Virtual Seminars, Fairs, and Information Sessions

The [National Association of Advisors for the Health Professions](#) contains a comprehensive list of pre-health events.

- [Navigating the 2023 AMCAS Application Cycle for Applicants](#)
- [Virtual World of Wisdom: ATSU-KCOM Alumni Discuss Osteopathic Medicine](#)
- [Touro College of Pharmacy's Information Session](#)
- [Des Moines University - Doctor of Podiatric Medicine Preview](#)

Journaling and Reflection

Take time to reflect on the things you are accomplishing and doing in order to prepare for professional school. Think about your clinical hours, volunteer experiences, campus engagement, and research. Communicate those thoughts and feelings on paper that way you can truly capture your understanding and motivation for the profession. Read more about it in [Journaling as a Pre-Health Student](#). Also, be sure to track what it is you are doing using the following documents:

- [AMCAS Work and Activities Tracker \(MD\)](#)
- [AACOMAS Achievements Tracker \(DO\)](#)
- [AACOMAS Experiences Tracker \(DO\)](#)
- [AADSAS Achievements Tracker](#)
- [AADSAS Experiences Tracker](#)
- [PharmCAS Achievement Tracker](#)
- [PharmCAS Experience Tracker](#)
- [PharmCAS License and Certification Tracker](#)
- [VMCAS Achievement Tracker](#)
- [VMCAS Experience Tracker](#)
- [VMCAS Personal Essay](#)

Take Care of Yourself

Focus on ways to take care of yourself. Below are some tools that may help.

- [CDC Stress and Coping Resources](#)
- [WHO Mental Well-Being Resources for the Public](#)
- [GVSU Self-Help Directory](#)
 1. [Diversity](#)
 2. [Online Workshops](#)
 3. [Personal Concerns](#)
 4. [Relaxation](#)

Applicants

The Committee Letter Application is now open!

GVSU provides a Committee Letter for **medical and dental** applicants. The applicant's individual letters of evaluation (LOE), AMCAS/AACOMAS/AADSAS application(s), and student questionnaire will be used to compose a committee letter that summarizes their application and all LOE. The committee letter also includes a rubric based on the AAMC Core Competencies. Individual letters are then ranked in order of strength, attached to the committee letter in one PDF, then submitted to AADSAS, AMCAS, and/or AACOMAS for schools to download (Julie Mattox submits). The Committee Letter will not be started until your Committee Letter Application is complete.

Medical and dental applicants must complete a [Self-Assessment](#) and schedule an appointment with a premed advisor to review it as part of the committee letter application. We also are offering special appointment times in May for:

- *Self-Assessment Meetings (½ hour)*
- *Application Review (personal statement and experiences, ½ hour-1 hour)*

Students must call 616.331.8585 to schedule an appointment.

Dates Applications Open for Submission

- [Chiropractic Schools](#) - Apply to schools directly
- [Dental Schools, AADSAS](#) - May 10 (opens) and June 1 (first day to submit)
- [Allopathic \(MD\) Schools, AMCAS](#) - May 3 (opens) and May 26 (first day to submit)
- [Optometry Schools, OptomCAS](#) - July 1 (anticipated)
- [Osteopathic \(DO\) Schools, AACOMAS](#) - May 4 (opens)
- [Pharmacy Schools, PharmCAS](#) - July 14 (opens)
- [Podiatric Schools, AACPM](#) - Early August (anticipated)
- [Veterinarian Schools, AVMC](#) - Opened January 20 and May 12 (first day to submit)

Healthcare Experiences

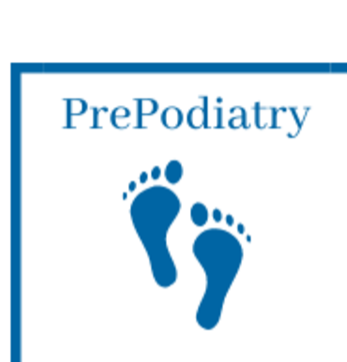
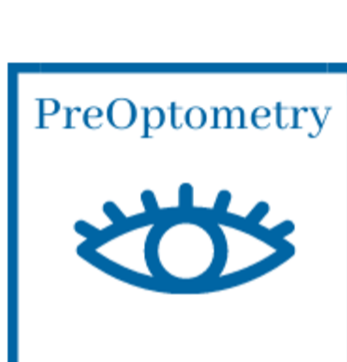
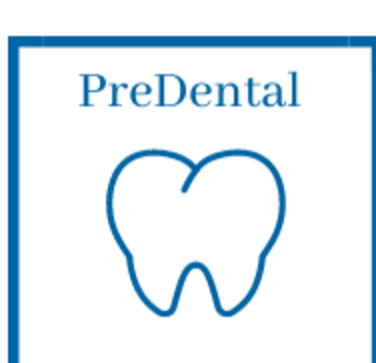
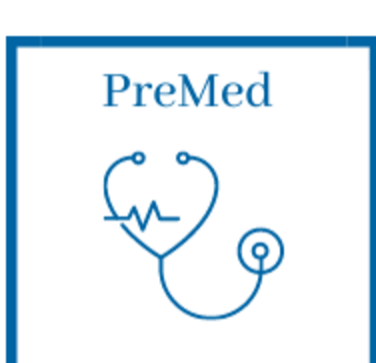
Looking for more opportunities in healthcare?

Check out our list of organizations that offer volunteer and paid opportunities. Virtual volunteer and healthcare options available.

[Healthcare Volunteering & Experience](#)

Google Groups

Don't forget to sign up for the Google Group relating to your preprofessional area. These are a great way to stay informed on the latest in your field and connect with one another!



Schedule an Appointment

We use a scheduling system called [Navigate](#). You can find resources about scheduling in-person and virtual appointments by going to the [Navigate Resources page](#). In addition, you can reach us by phone at (616) 331-8585 or by email at advstu@gvsu.edu.

Our front desk is open from 8:00 a.m. - 5:00 p.m., Monday – Friday.

To connect with your advisor, you can [schedule an appointment](#), or reach out to them [via email](#).

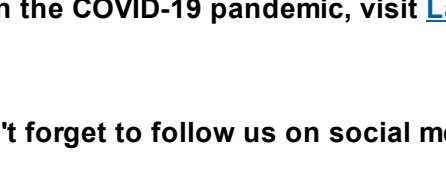
We will be available for appointments over the summer and look forward to lots of great interactions with you!

Additional Resources

- [Academic Support](#)
- [Choose a Major - Self-Guided](#)
- [Student Records Exam \(GRE\)](#)
- [Student Support Services](#)
- [University Policies](#)
- [Study Abroad](#)
- [New Students](#)

For updates on the COVID-19 pandemic, visit [Lakers Together](#).

Don't forget to follow us on social media!



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