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PREPROFESSIONAL NEWSLETTER

**College of Liberal Arts & Sciences
Academic Advising Center**

April 2020 | Summer Opportunities & Goals



Pre-Professional Newsletter

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



A Message From the Assistant Director

As I type this from my makeshift home office in my son's playroom, I am awestruck thinking about what many of you are coping with at the present time. As Pre-Professional students, you already have so much to balance: highly demanding class schedules, volunteer experiences helping those in need, obtaining clinical hours, job shadowing, engaging in research, and many of you are already studying for an entrance exam and preparing for the application season that is nearly upon us. Now, the

coronavirus pandemic has turned many of our lives upside down. Many of you may be struggling to keep up in classes that you didn't plan to take online, trying to find ways to stay engaged while practicing social distancing, and I know some of you are out there on the front lines, helping to battle this pandemic in our health care systems. We appreciate all you are balancing at the moment and hope that this newsletter helps to offer some

ideas for ways to stay engaged and helps support you in your goals to becoming health care professionals.

Please be sure to regularly check our website regarding the [Temporary COVID-19 Course Policies](#) GVSU has put into place, as well as the [COVID-19 Credit/No Credit Policy Statements of Michigan Professional Schools](#). Along with other health professions advisors in Michigan, we are working to keep this information as up-to-date as possible as you deal with decisions impacting your academics this semester.

The Pre-Professional Advising Team is working remotely during the COVID-19 pandemic – we are here to help and are meeting with students via Google Meet and phone. If you'd like to schedule an appointment, you may do so via www.gvsu.edu/clasadvising. We hope you are doing well and staying physically and emotionally healthy at this time. Please do reach out to us for support – we're here for you!

Julie Amon-Mattox

Assistant Director and Team Lead, Pre-Professional Advising

CLAS Academic Advising Center

Being Active From Home

Despite how this year has turned out, your pre-health path can still remain the focus. Here are some ways you can still get involved while practicing social distancing:

1. Be active in your community

- Volunteer to cover childcare needs for neighbors or to check in (by phone/from a distance) on the elderly.
- If you are part of a religious community, see if there are ways that you can provide support through them.
- Check with organizations where you have volunteered in the past to see if you can step back into previous roles.
- Donate blood and volunteer to help the [Red Cross](#) address blood delivery and donation support needs in your community.

2. Use Volunteer Websites

- Check out use [idealist.org](#) or [volunteermatch.org](#) to seek other local options
- Look into the volunteer [National Medical Reserves Corps](#) branch near you

- [Operation Warm](#) has a list of 25 ways to volunteer virtually
- [Paper-airplanes.org](#) invites volunteers to provide online tutoring to “bridge gaps in language, higher education, and professional skills training for conflict-affected individuals”
- [Dosomething.org's](#) nine places to volunteer online and make a real impact
- If you’ve received crisis hotline training, check to see if your community’s crisis hotline could use additional phone or chat volunteers. (Requires 30 hours of training)

3. Get Educated

Online Courses: Ivy League courses from Yale, Harvard, Johns Hopkins, St. George's University, Georgetown, are offering online courses for free that engage with students on topics relating to this public health crisis.

- Class about [pandemics from Harvard](#)
- Class about [community change in public health from Johns Hopkins](#)
- Essentials of [global health from Yale](#)
- Class [“An Examination of coronavirus-COVID-19”](#) from St. George's University
- Georgetown offers free MOOCs including [Bioethics](#), [Biomedical Big Data](#), [Globalization](#), or [Genomic Medicine](#).

Books:

- [The Immortal Life of Henrietta Lacks](#)
- [Being Mortal](#)
- [Teeth: Beauty, Inequality, and the Struggle for Oral Health in America](#)
- For more check out: [Goodreads.com: Popular Medicine Books](#)

Podcasts:

- [Top 10 podcasts for pre-meds from Diverse Medicine](#)
- [All Access: Medical School Admissions](#)
- [Pharmacy Podcast Network](#)
- [Southern College of Optometry Online Information Sessions](#)
- [Vet School Unleashed](#)
- [The Dental Student Podcast](#)

4. Contact Local Health Professionals: We ask that you be respectful of the stress that many of our healthcare professionals are under during the COVID-19 pandemic. However, when the situation stabilizes it will be important to ask how the outbreak impacted their work. You might also consider seeking out retired physicians who are watching this unfold, or medical students who are currently not allowed on the wards.

5. Research Professional Schools: Surf through websites for schools in your chosen profession or check out following:

- [Medical School Admission Requirements \(MSAR\)](#), or [Choose DO Explorer](#)

- [Dental School Explorer](#)
- [PharmCAS School Directory](#)
- For other professions, check out: [NAAHP Links of Interest](#).

6. Attend Virtual Seminars, Fairs, and Info Sessions:

The [website of the National Association of Advisors for the Health Professions](#) has the most comprehensive list of pre-health events around the country.

- April 7: [PAEA Physician Assistant Virtual Fair](#)
- April 21: [Navigating the 2021 AMCAS Application Cycle for Upcoming Applicants](#)
- April 23: [AACOM Exploring Osteopathic Medicine for Pre-Meds](#)
- May 19: [2020 ADEA Go Dental Virtual Fair](#)

7. Journaling & Reflection: Use this time to reflect on any experience. Check out: [Advice about Pre-Health Journaling from Princeton Health Professions Advising](#) & [Missouri State University](#).

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

- [CDC Advice on Managing Anxiety and Stress during the COVID-19 Pandemic](#)
- [World Health Organization Mental Health Considerations During COVID-19 Outbreak](#)
- Daily meditation via [Ten Percent Happier](#)

Thanks to Jenn Steffen Kimble at Vanderbilt University School of Medicine and the Pre-Health Advising Community through NAAHP who are sharing creative ideas for students in these unprecedented times.

For Applicants

The Committee Letter Application (Pre-Med and Pre-Dental Students):

Now Open! To start the application, please visit:

www.gvsu.edu/clasadvising/apply. Through the Committee Letter Application you will be able to do the following (which are required to request a committee letter):

1. Waive your rights to view your letters of evaluation and committee letter (which is preferred by medical/dental schools)
2. Request letters of evaluation (minimum of three required)
3. Complete a questionnaire
4. Upload a photo/headshot of yourself (optional)

5. Submit a copy of your completed application(s) (AMCAS and/or AACOMAS; AADSAS)

Upcoming Applicant Workshop: Watch the Google Groups for information about our applicant workshop.

Personal Statement Review: If you want to have your personal statement or experiences reviewed by an advisor, please visit clasadvising.edu/preprofessional and look for the "PreProfessional Personal Statement Review" information.

Dates Applications Open for Submission:

- Medical Schools, AMCAS - May 28 (application becomes available May 4)
- Osteopathic Schools, ACOMAS- May 5
- Podiatric Schools, AACPMAS– August 5
- Dental Schools, AADSAS - June 2 (application becomes available on May 12)
- Vet Schools, VMCAS– May 12 (application is currently open)
- Pharmacy Schools, PharmCAS– July 1
- Optometry Schools, OptomCAS– Early July (date TBA)
- Chiropractor Schools, ChiroCAS– Application deadlines vary by school. Not all schools use ChiroCAS.

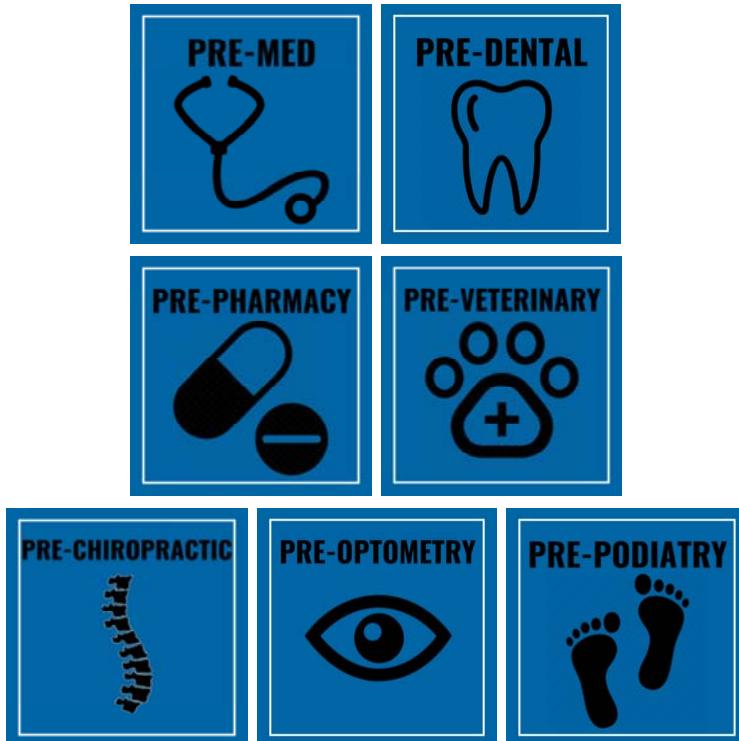
Upcoming Events

MCAT STRATEGY SESSION PRINCETON REVIEW NIGHT

Thur. April 9th
6:00p-8:00p

Google Groups

During this unique time Google Groups are a great way to stay informed on the latest in your field over the summer!



Summer Relocation



CLAS is moving! (...for the summer)

Due to construction work over the summer, our offices in Mackinac Hall will be moving temporarily to the VanSteeland Living Center.

Schedule an Appointment

We still would love to see you!



Please note: While the University is operating virtually, advising appointments will be conducted via Google Meet.

To schedule your appointment, you can still utilize our online appointment system at: <https://www.gvsu.edu/clasadvising/making-an-appointment-20.htm>, or by calling our office at (616) 331-8585.

CLAS Advising will reach out a few days before your scheduled appointment with the information on how to connect to the virtual appointment. Video and traditional phone options are available.

Additional Resources & COVID-19 Information

Explore [additional resources](#) and our offices [COVID-19 information](#).

Don't forget to follow us on social media over your summer break!



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