



Premedical Listserv Information

One of the challenges of being a premedical student at a larger university like Grand Valley State University is receiving accurate and timely advice on preparing for the Medical School Admissions Test (MCAT), the credentials necessary for an effective medical school application and obtaining letters of recommendation. **Waiting until your junior year to pay attention to these items is too late!!!!** As you begin your premedical education at Grand Valley, you must also realize that you are beginning to prepare for the MCAT and to put together the credentials for your eventual application to medical school **from the day you start your classes.**

A major part of your development as a highly qualified premedical school applicant over the next three years is obtaining information on a regular basis from your premedical advisor and from the CLAS Academic Advising Center. The Center is located in C-1-140 MAK. You should be a regular visitor. In order to facilitate the advising for premedical students, we have created a listserv for premed students.

Here is how a listserv works, for those of you who don't know what it is. You must subscribe to the listserv (instructions below) – you are not automatically a member. The listserv has its own email address. Once you are a member, when you send an email to the listserv (instructions below) it goes to **EVERY** member, even though you may actually want to direct your question only to your premed advisor. When we answer, the answer will go to **EVERY** member. The only way to avoid this, for instance if you have a personal issue that you don't want to advertise to everyone, is to email your premed advisor directly and ask him or her to email directly back to you rather than sending the answer to the listserv.

This will be a phenomenal advising tool since when someone asks a question you can all see it and see my answer/advice. That will help everyone. **Please always include a subject and your name whenever you send a message.** You are welcome to send more than questions. For instance, when someone asks a question, you may also send an answer to the listserv, or ask a follow-up question, or you may want to submit a useful website that you've found. Using the listserv will help you all as you choose classes, decide schedules and majors, seek experience with the field of medicine and volunteer opportunities, prepare for the MCAT, and make application to medical school. The address for this listserv will remain the same during your entire time at Grand Valley.

Please follow the instructions below and subscribe to the listserv once you know the email address that you will be using as your official GVSU email address. Note that if you change your email address, you will also have to unsubscribe your old email address and then subscribe again with your new email address. Each entering class is assigned its own unique listserv to keep information relevant and timely as you go through your four years. Use the year you hope to begin medical school after premed (instructions below).

Here are the instructions:

To subscribe:

1. email listserv@listserv.gvsu.edu
2. In the body of the email (leave the subject line blank) write:
Subscribe premed2018 **(NOTE 1: there is no space in the address)**
(NOTE 2: Use the year you hope to begin medical school (for students starting in Fall 2015, you would use 2019. For students who started in Fall 2014, you would use 2018, etc))

3. Send the email. You will receive a response that includes a welcome message from me and instructions.

To send a message to the listserv:

1. email premed2019@listserv.gvsu.edu or premed2018@listserv.gvsu.edu or premed2017@listserv.gvsu.edu or premed2016@listserv.gvsu.edu or premed2015@listserv.gvsu.edu

To reply to a message posted on the listserv:

1. Click: reply
2. Select: reply all

BE SURE TO SUBSCRIBE TO AND USE THE LISTSERV.

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