



# PreHealth Announcements

## February 2010

### I. Volunteer Opportunities

**Title: ISL Haiti Volunteer Opportunities**

Description: ISL (International Service Learning) has been asked to send teams of staff and students to provide "hands to help" Haitian children, most of whom are orphans, displaced by the devastating effects of the recent earthquake. We will be providing basic health services in the make-shift centers of Santo Domingo (capital city of the Dominican Republic) that are presently being used to house the young refugees. Students will be assigned tasks based on their levels of expertise as approved by local health officials. Areas of need include wound care, monitoring of vital signs, feeding those unable to do so themselves, general aid and comfort, and entertainment and recreational activities. These children are in need of some sense of safety, love, and something akin to normal life. Participants will be housed with ISL staff and in other home stays so as not to take much needed housing from other medical and relief personnel presently situated in the Dominican Republic.

Opportunities to serve the children of Haiti:

**March 6-14**

**March 13-21**

**March 20-28**

**March 27-April 4**

**and again beginning in May.**

Spaces are limited and will be filled on a first come, first served basis. The cost of the trip is \$1685 not including airfare.

Website: [www.ISLonline.org/haiti](http://www.ISLonline.org/haiti)

**Title: Global International Dental Relief Volunteer Opportunities**

Description: Colorado-based Global Dental Relief provides free dental care for children in Nepal, India, Vietnam, and Guatemala.

Website: <http://www.globaldentalrelief.org/volunteer.html>

Contact: Kim Troggio, [volunteer@globaldentalrelief.org](mailto:volunteer@globaldentalrelief.org), 303-858-8857

**Title: SWAP, the CU Student Worker Alliance Program Needs Volunteers**

Description: SWAP, the CU Student Worker Alliance Program needs volunteers for next semester (spring) to teach English as a Second Language to immigrant workers at CU.

- Learn about another culture
- Get involved in the community
- Get volunteer teaching experience
- No second language fluency required
- Teach 2 hours a week, one-to-one classes
- Free one-time training and materials provided

Contact: [swapv@colorado.edu](mailto:swapv@colorado.edu)

**Title: Remote Area Medical Volunteer Opportunities**

Description: RAM offers volunteer opportunities similar to Doctors Without Borders, but within the U.S., as well as abroad. See their website: <http://www.ramusa.org/learn/volunteers.htm>. Besides doctors, nurses, dentists, and veterinarians, EMTs, optical lab technicians, and vet techs can volunteer. The most frequent sort of expedition consists of vision, dental, and women's health services in Appalachia. Each month, our volunteers spend a weekend providing these services to communities which have invited us to help. While the expedition may only last for two or three days, literally months of work go into each one. A RAM service that may surprise some is our veterinary team. It consists of veterinarians and veterinary technicians; our team provides free spay and neuter services, along with other treatments as needed. While our most common veterinary patients are dogs and cats, we also treat large animals in rural communities.

Website: <http://www.ramusa.org/learn/volunteers.htm>

**Title: Unite For Sight's Global Impact Corps**

Description: All volunteers participating in Unite For Sight's international programs are Global Impact Fellows. They participate daily with local ophthalmic nurses, local optometrists, and local ophthalmologists to eliminate patient barriers to care and to facilitate comprehensive year-round eye care for patients living in extreme poverty. Through hands-on, structured training, volunteers gain a comprehensive understanding about best practices in volunteerism, global health, and international development. Global Impact Fellows gain skills and are nurtured to become new leaders in global health. Additionally, Global Impact Fellows may participate in the Global Impact Lab, an optional program for volunteers interested in pursuing global health research. Volunteer for 10 days, 20 days, 4 weeks, 6 weeks, 8 weeks, 10 weeks, or more. Locations in Ghana, Honduras, and India.

Website: <http://www.uniteforsight.org/volunteer-abroad>

**Title: Grillo Healthcare Information Center**

Description: Trained volunteers provide confidential, assisted research on health care questions at no charge. We are interested in CU students who can devote two hours per week at the Boulder Public Library. We may also

have an opportunity for a native Spanish-speaking volunteer at the Lafayette Public Library  
Contact: Chris Engleman: 303 441-4144  
Website: [www.GrilloCenter.Org](http://www.GrilloCenter.Org)

**Title: Volunteer Connection Database**

Website: [www.volunteerconnection.net](http://www.volunteerconnection.net).

**Title: Reach Out and Read (ROAR) at Clinica Family Services**

Description: ROAR is a great, evidence-based, national project to promote literacy in health care settings. There are openings with ROAR at all clinic locations (Boulder, Lafayette, Pecos, Thornton).

Contact: Pamela Tims Bauduit, Volunteer Coordinator, phone: (303) 665-3036 ext. 182; email: [PBauduit@clinica.org](mailto:PBauduit@clinica.org).

**Title: Boulder Mountain Fire Protection District**

Description: Volunteers wanted

Website: <http://www.bouldermountainfire.org/node/109>.

**Title: Move to End Sexual Assault (MESA)**

Description: MESA has several volunteer opportunities: 24 hour Rape Crisis Hotline, Outreach Volunteer Corp, Peers Building Justice, and Men Standing Up. These programs vary, as far as training hours and time commitment.

Website: <http://www.movingtoendsexualassault.org>

Contact: Mary Friedrichs 303-443-0400

**Title: American Academy of Family Physicians Volunteer Opportunities in Primary Care**

Description: This is a listing of volunteer opportunities in the health care field that are primary care based.

Website: <http://fmignet.aafp.org/x53.xml>

Contact: Ashley DeVilbiss 913-906-6000 x6722 [adevilbi@aafp.org](mailto:adevilbi@aafp.org)

## II. Research Programs

**Title: Summer Undergrad Research – Case Western Reserve SOM**

Description: Summer 2010 undergraduate research opportunities at the Case Western Reserve University School of Medicine. The list includes research programs at the School of Medicine, University Hospitals, Rainbow Babies and Children's Hospital, MetroHealth Medical Center, and Cleveland Clinic.

Website: [http://casemed.case.edu/admissions/research/summer\\_programs.cfm](http://casemed.case.edu/admissions/research/summer_programs.cfm)

**Title: NIH Research Opportunities for 2010**

Description: The National Institutes of Health (NIH) offers several different programs, including summer internships for college students, undergraduate scholarships, year-long research awards for recent college graduates, programs for college graduates interested in health disparities, and more. Check it out!

Website: <http://www.training.nih.gov/student/>

### III. Workshops/ Courses

#### **Title: Sophomore PreMed/PreOsteopathic Workshops**

Description: This workshop is for students who are in their second year at CU and are interested in becoming physicians. Learn what you can do NOW to improve your chances of being accepted to medical school. We'll cover the following topics, and more!

- \* Which courses should you still take at CU (required and elective)?
- \* Is your GPA in the ballpark for acceptance to medical schools? If your GPA is less-than-perfect at this point, what can you do to redeem yourself?
- \* What is the difference between allopathic (M.D.) and osteopathic (D.O.) medical schools?
- \* What is tested on the MCAT, and how do people prepare for it?
- \* When should you plan to take the MCAT? What is the timeline for applying to medical schools?
- \* What can you do to improve your chances of getting great letters of recommendation?
- \* What sort of medical experience should you have before you apply to medical schools?
- \* How can you get involved in research as an undergrad?
- \* Why is community service so important for Pre-Med students?
- \* What other personal characteristics can you demonstrate that will improve your chances of getting into medical school?

Instructor: Elisa Cripps, Ph.D.

When: **February 18, 2010**, 6:00 – 7:30 p.m.

OR

**March 1, 2010**, 6:00 – 7:30 p.m.

Where: University Club, room 11

To sign up for the Sophomore Pre-Med/Pre-Osteopathic Workshop, go to <https://aac.colorado.edu/prepro/> and click on "Elisa Cripps Workshops" to register.

#### **Title: PreVet Club Spring Meeting, February 24, 2010**

Description: We will be having a representative from Ross University speaking. She will be giving information regarding Ross University, a Veterinary school in the Caribbean, and she will have informational packets to hand out to those who attend. If you can please RSVP to [Eryn.Spraitz@Colorado.EDU](mailto:Eryn.Spraitz@Colorado.EDU) for this meeting as soon as you can so I

can tell her how many packets to bring and how much food to order that would be appreciated.

Future: Other upcoming meetings and events include a behind the scenes tour of the Denver aquarium and a meeting with guest speaker Rakefet Megory, former president of our club and current Vet student at CSU. She will be talking to us about the admissions process, preparation for the GRE, as well as her experiences at Vet school during her first year. Dates are to be announced.

When: Wednesday **February 24, 2010**, at 6:30 p.m.

Where: RAMY N1B31

Contact: [Eryn.Spraitz@Colorado.EDU](mailto:Eryn.Spraitz@Colorado.EDU)

Website: [www.colorado.edu/studentgroups/prevetclub](http://www.colorado.edu/studentgroups/prevetclub)

**Title: SEMS – CPR, First Aid, BLS – Spring Classes**

Description: Student Emergency Medical Services (SEMS) Club's CPR, First Aid, and BLS class schedule is now up on the SEMS website.

Website: [www.semsboulder.org](http://www.semsboulder.org)

Contact: [Kelly.Mead@Colorado.EDU](mailto:Kelly.Mead@Colorado.EDU)

**Title: Essay Workshops and Interview Workshops, Spring 2010**

Description: This is just a heads up on prehealth workshops we will be offering this semester. I will send out another Healthlist email when the registration site is available. The information will also be added to the Prehealth Advising Events Calendar when the registration site is active.

Interview Workshops:

Wednesday, **February 10, 2010**, 6:00 p.m.

Essay Workshops:

Monday, **February 8, 2010**, 4:00 – 5:00 p.m.

Thursday, **February 25, 2010**, 6:00 – 7:00 p.m.

Monday, **March 8, 2010**, 4:00 – 5:00 p.m.

Tuesday, **March 30, 2010**, 9:00 – 10:00 a.m.

Monday, **April 12, 2010**, 7:00 – 8:00 p.m.

**Title: Winning at Math Power Hours**

Description: Winning at Math Power Hours (aka Winning at Math Workshops) are hands-on sessions to help students learn how to succeed in a Math course. The sessions are not tied to any particular course, and are open to any CU-Boulder student enrolled in a mathematics course from any department. The sessions are helpful, free, AND include pizza if you show up 5-10 minutes early!

See schedule at:

<http://www.colorado.edu/sasc/mcneill/courses/math/wamschedule.pdf>

Contact: Maung Yi Moon at [maung@colorado.edu](mailto:maung@colorado.edu)

**Title: General Chemistry Changes**

In case you have not heard, the department has decided to split CHEM 1111 and 1131 into lecture and lab courses.

CHEM 1111 will be CHEM 1113 (lecture) and CHEM 1114 (lab) – beginning spring 2010.

CHEM 1131 will be CHEM 1133 (lecture) and CHEM 1134 (lab) – starting in summer 2010.

Students will be required to take the general chemistry lecture and lab as co-requisites.

For exceptions, see Anne McWilliams in Ekeley M199.

**Title: PSYC Statistics Now Acceptable to CU SOM**

Description: After several years of not accepting PSYC 3101 for the Math requirement at CU School of Medicine, I have an agreement from the Dean that they will be accepting it from now on. Most other medical schools already accept it. CU SOM will also continue to accept IPHY 2800 and MATH 2510 for the math prerequisite.

## **IV. Schools/Academic Programs**

**Title: Des Moines Early Decision Program**

Description: This program is designed to allow students to apply, interview, and be conditionally accepted while completing their undergraduate degree. The ideal student in this program will have taken and done well in a majority of the required pre-requisite coursework. Also, the student should have experience in healthcare through physician shadowing, volunteering, or other direct patient exposure. The MCAT will be required before matriculation but not before interviewing. The minimum requirements for this program are a 3.6 science GPA and a 26 score on the MCAT prior to matriculation.

Application Deadline: Interested students should apply after January 1 of their sophomore year and no later than **March 15** of their junior year.

Contact: Jean Shelton, Admission Coordinator, 515-271-1456

Website: <http://www.dmu.edu/com/do/early/>

**Title: Urban Scholars Program at CU SOM**

Description: CU School of Medicine announces the opening of applications for the Urban Scholars Program for summer 2010. This 5-week program is focused on preparation for medical school. Students should be planning to take the MCAT and apply within a few months to one year of attendance in this program. We encourage students from underrepresented groups or categories (first generation; economically disadvantaged; rural background; ethnic identity such as African American, Hispanic, Vietnamese, or Native American) to apply. Students should be far enough along in their education to benefit from a science review. Having general and organic chemistry, biology, and possibly physics completed will benefit those attending most. For more

information and application form, see website below.

Dates: June 14 – August 16, 2010

Stipend: \$1000

Application Deadline: **February 15, 2010**

Website: <http://www.uchsc.edu/som/admissions/us/>

**Title: University of Colorado Medical Scholars Program 2010**

Description: The Medical Scholars program is an "early assurance" program for which second-year CU Boulder undergraduates may apply. Applications from first-year college students are not accepted. The intent is to select five or six highly qualified, second-year students each year for admission to the CU School of Medicine after completing an undergraduate degree (i.e., two to three years after selection).

Criteria: SAT/ACT scores (minimum SAT 1300 – critical reading plus math, or minimum composite ACT 30). For additional selection criteria, see website below.

Application Process: One-page preliminary **application is due February 15**. See application form on website.

Website: For more information and the 2010 Preliminary Application, go to Prehealth Advising website at <http://www.colorado.edu/aac/prehealth.html>.

Questions: [anne.bekoff@colorado.edu](mailto:anne.bekoff@colorado.edu)

**Title: Somos Hermanos Student Immersion Program (SIP)**

Description: Somos Hermanos aims to reduce the health care disparity experienced by Latinos by increasing the number of bilingual, culturally competent health care providers in the U.S. The SIP is a six-month language and cultural immersion program based in Quetzaltenango, Guatemala. The program combines intensive Spanish instruction, a comprehensive lecture series, socially and culturally relevant volunteer projects, weekly activities, and a trip to El Salvador and Mexico to ensure our participants gain the language capability and cultural competency desperately needed to serve marginalized, Spanish-speaking Latino populations.

Eligibility: The SIP targets students who have completed their undergraduate education and are taking a year (or more) off before continuing on to graduate school in the health professions. We accept students who will be attending graduate school for medicine, dentistry, nursing, psychology, physical therapy, public health, and other health-related fields.

Deadlines: The application deadline for the Fall 2010 Session (July through December) is **February 15, 2010**. The application deadline for the Spring 2011 Session (January through June) is also **February 15, 2010**.

Website: [www.somoshermanos.org](http://www.somoshermanos.org)

Contact: [info@somoshermanos.org](mailto:info@somoshermanos.org)

**Title: Commonwealth Medical College PostBacc Program**

Description: The Commonwealth Medical College is excited to offer a preparatory program for students interested in attending medical school. This is a one-year Masters in Biomedical Sciences, and also includes MCAT prep, clinical skills, interviewing skills, community health projects. Several slots in the MD program are set aside for MBS graduates. Currently accepting applications until **May 30, 2010** for admission in July 2010.

Contact: 570-504-9068, [admissions@tcmedc.org](mailto:admissions@tcmedc.org)

Website: [www.thecommonwealthmedical.com/mbsapp](http://www.thecommonwealthmedical.com/mbsapp)

**Title: Tufts School of Medicine's Rural Track**

Description: Tufts University School of Medicine has partnered with Maine Medical Center in Portland, Maine, for a new medical school program: the "Maine Track." The Maine Track is designed for applicants who are interested in a clinical training experience in Maine and Boston, and to expose medical students to the unique aspects of rural practice, as well as training in a major tertiary medical center. Besides legal residents of Maine and those with strong ties to Maine, those with an interest in the practice of rural medicine are encouraged to apply. Applicants apply through the AMCAS and then complete a secondary application through the Tufts website.

Websites: <http://www.tufts.edu/med/admissions/maintrackadmissions/> and [http://www.mmc.org/mmc\\_body.cfm?id=5939](http://www.mmc.org/mmc_body.cfm?id=5939)

**Title: SMDEP Applications for 2010 Opens November 1, 2009**

Description: The Summer Medical and Dental Education Program (SMDEP) is a free six-week summer academic enrichment program for college freshman and sophomore students who are interested in a career in medicine or dentistry. The goal of the program is to prepare aspiring freshman and sophomores to become competitive applicants to medical and dental schools. SMDEP is implemented at 12 program sites across the nation.

Application opens: **November 1, 2009**

Application deadline: **March 1, 2010**

All applicants are strongly encouraged to apply early!

Website: for additional information and to access the online application, visit [www.smdep.org](http://www.smdep.org)

**Title: WCU-COM – New College of Osteopathic Medicine**

Description: William Carey University College of Osteopathic Medicine in Hattiesburg, Mississippi received provisional accreditation from the Commission on Osteopathic College Accreditation last weekend and has joined AACOM. We are working to add them to the AACOMAS application service now and anticipate that applicants should be able to submit a designation for WCU COM by noon, Monday, September 21.

WCU COM is the twenty-sixth college of osteopathic medicine in the US.  
- An online College Information Book page will be added to the AACOM  
www site at <http://www.aacom.org/people/colleges/Pages/default.aspx>

Website: <http://www.wmcarey.edu/Academics/OsteopathicMedicine/1170/OsteopathicMedicine.shtm>

**Title: Podiatric Medicine YouTube Video**

Description: Short (3 minute) video of podiatric physicians and students talking about why they chose podiatric medicine.

Website: <http://www.youtube.com/watch?v=fvDu7oeAzRE>

**Title: CSU Vet School Announcements**

Description: 1) The Colorado Supplemental Veterinary Application is OPEN at: <http://www.cvmbs.colostate.edu/cvmbs/ApplicationPVM.htm>

2) Phased Admissions Process – We hope to have Colorado and Nonsponsored offers out before Christmas this year:

<http://www.cvmbs.colostate.edu/cvmbs/pvmpro.htm>.

3) Online Admissions Portal – Applicants can obtain up-to-date information about the status of their applications. Will open **October 7, 2009**.

4) New notification process for Admissions decisions – All deny candidates will be notified ONLY via the portal and emails. All alternate candidates will be notified ONLY via the portal. ONLY offered candidates will receive hardcopy offer letters.

5) The Colleges of Veterinary Medicine at Colorado State University and the Royal (Dick) School of Veterinary Studies in Edinburgh, Scotland, have formed an International Sister School Program to share educational and research opportunities: Includes DVM student clinical and research exchanges. Soon to follow will be graduate student, faculty, and staff exchanges.

For more information: see [DVMAdmissions@colostate.edu](mailto:DVMAdmissions@colostate.edu).

**Title: Queensland – Louisiana Medical School Program**

Description: Here is an article describing the new linkage between the University of Queensland (Australia) and Louisiana's Ochsner Health System:

<http://www.insidehighered.com/layout/set/print/news/2009/07/16/queensland>.

Article also mentions Duke-Sinapore and Cornell-Quatar programs.

To link directly to UQ website: <http://som->

[ws2.som.uq.edu.au/som/FutureStudents/MBBS/Admissions/InternationalStudents/Pages/InternationalStudents.aspx](http://ws2.som.uq.edu.au/som/FutureStudents/MBBS/Admissions/InternationalStudents/Pages/InternationalStudents.aspx)

**Title: MD / PhD Program Resources**

MD-PhD FACT based website:

<http://www.aamc.org/students/considering/research/mdphd/start.htm>

Developed by seasoned MD-PhD directors and administrators, this is an ideal tool for MD-PhD students and applicants (including potential applicants).

MD-PhD Panel podcast which was taped at the NIH on 6/30/09:

<http://videocast.nih.gov/Summary.asp?File=15209>

The MD-PhD Panel, made up of seasoned directors and administrators, discusses the goals of a MD-PhD program: the careers, training, admissions, and a Q&A session.

**Title: Columbia-Bassett New Rural Physician Program**

Description: Columbia University's College of Physicians and Surgeons has established a rural campus in upstate New York, at Bassett Healthcare, a nationally recognized health system based in Cooperstown, New York. Columbia and Bassett have joined forces to launch a new model of medical training designed to address the severe shortage of rural physicians. Significant scholarship support will be available to those students who are accepted.

Website: [http://www.cumc.columbia.edu/dept/ps/p\\_students/cbassett\\_welcome.html](http://www.cumc.columbia.edu/dept/ps/p_students/cbassett_welcome.html)

**Title: Penn Veterinary School VMD/PhD Program**

Description: For over 40 years, the University of Pennsylvania's School of Veterinary Medicine has provided an outstanding environment for the training of future veterinarian-scientists through its VMD/PhD Program.

Website: [www.PennVetPhD.org](http://www.PennVetPhD.org).

**Title: UK Medical/Dental/Vet Schools**

Description: In response to several students who have recently asked about UK medical, dental, and veterinary schools, here is some useful information. For an overall picture, try reading the Wikipedia entry before doing anything else, e.g., for UK medical schools: [http://en.wikipedia.org/wiki/Medical\\_school\\_\(United\\_Kingdom\)](http://en.wikipedia.org/wiki/Medical_school_(United_Kingdom)). To start looking for specific programs, try [www.educationuk.org](http://www.educationuk.org). It is the British Council's website for non-UK students interested in studying in the UK. For medical, dental, and veterinary training in the Republic of Ireland (vs. Northern Ireland, which is part of the UK), North Americans apply through the Atlantic Bridge program <http://www.atlanticbridge.com/>.

## V. Jobs

**Title: Chiropractic/Acupuncture Clinic Job Opportunity**

Description: One or two students needed for part-time work. Hours would be 20-30 per week, mostly in the afternoons: 2:00-6:00 p.m., with one morning time (8:00 a.m. – 12:00 p.m.). Two students could "job share." Duties include reception, patient communications, taking Vital Signs, telephone follow-ups, collecting fees, scheduling. Pay rate \$8 - \$10 per hr., based on experience and performance.

Contact: [ChiroClinic@comcast.net](mailto:ChiroClinic@comcast.net) or (303) 546-6325

Website: [www.ColoPainClinic.com](http://www.ColoPainClinic.com)

**Title: Full-Time Position as Med Tech/Receptionist**

Description: Spruce Street Internal Medicine in Boulder is looking for a full-time medical receptionist and bone density technician. Will train. Must be detail oriented and non-smoker.

Contact: 449-3594 to apply.

## **VI. Scholarships / Internships**

**Title: CGMA Summer Internships at Children's Hospital**

Each year, the Center for Gait and Movement Analysis (CGMA) and the Musculoskeletal Research Center (MRC) of The Children's Hospital (TCH) Aurora, Colorado, offer summer internship positions to undergraduate students and recent college graduates. Chosen applicants will participate in a 10-week internship, 8 weeks of research activity, and 2 weeks of clinical shadowing. Interns have the opportunity to shadow orthopaedic faculty, which may include Dr. Frank Chang, Dr. Mark Erickson, and Dr. Nancy Miller, in the clinic and operating room. If interested, arrangements can be made to shadow physicians in other disciplines as well. The internship will begin in June, and a modest stipend will be provided after interns have completed all summer responsibilities. Summer interns will be assigned to active protocols based on background experience and faculty need.

Description: All research involves the study of pediatric orthopaedic and gait research related to complex musculoskeletal and neuromuscular disorders. Interns can expect to help and assist clinicians, physical therapists, kinesiologists, engineers, and researchers with current research projects. Interns may be involved with, but not limited to, the following research activities: participating and gathering information in pediatric orthopaedic, and gait research; performing literature reviews; chart reviews; data collection; reviewing of patient records for research information; data entry; and help with submissions of research protocols to review boards.

Qualifications expected of applicants include: interest in medical profession or biomedical engineering, proficiency in writing, and use of Microsoft Office (Word, Excel, Powerpoint), as well as a general understanding of musculoskeletal anatomy and physiology. Research experience is preferred but not required.

Application: Submit resume or curriculum vitae to Katherine Flynn by **March 12, 2010**: [flynn.katherine@tchden.org](mailto:flynn.katherine@tchden.org) (720-777-5807). Interviews will be arranged with select applicants.

**Title: Summer Internships**

1) Database of paid summer internships

Go to: <http://people.rit.edu/gtfsbi/Symp/summer.htm> for a HUGE list of internship opportunities. NOTE: You can select specific categories, such as PreVet or PreMed or Immunology or Minority/Disadvantaged or first-year

undergrads, etc. Many of the Co-ops, Internships, and the various Research Positions included in this website are Paid, Full-time, Short-term (10-20 weeks) opportunities in positions directly related to Biology & Biotechnology. If travel support, housing, and meals are provided, this information will almost always be included in the details about the Co-op or Internship that can be found by clicking on the co-op website next to the organization's name and location. Note that new opportunities are still being added.

## 2) Summer Medical and Dental Education Program (SMDEP)

SMDEP is a free, six-week summer academic enrichment program for college freshman and sophomore students who are interested in a career in medicine or dentistry. The goal of the program is to prepare aspiring freshman and sophomores to become competitive applicants to medical and dental school. SMDEP is implemented at 12 program sites across the nation. APPLICATION DEADLINE: **March 1**. All applicants are strongly encouraged to apply early!

Website: <http://www.smdep.org/>

## **Title: Occupational Health Internship Program (OHIP)**

Description: OHIP is a paid, 8-week, community-based internship program where students partner with workers (often union organizations) to identify and address workplace health and safety concerns. In other words, the work is very "applied." Students will work in Oakland, Los Angeles, or San Diego, California, or New York City. MPH students with interests in community-based work, social justice, and/or immigrant communities are a particularly good fit. In addition, public health grad students, nursing students, medical students, and undergraduate students are encouraged to apply. We are looking for applicants who are self-starting, have good team skills, and ideally can speak a second language of new immigrant workers: Spanish, Mandarin, Korean, Vietnamese, etc. We encourage students from minority and new immigrant groups to apply.

Dates: June 14 – August 6, 2010

Stipend: \$500/week for undergraduates

Application Deadline: **April 1, 2010**

Contact: Ingrid Dennis, [idennis@aoec.org](mailto:idennis@aoec.org) or 1-888-347-2632

Website: [www.aoec.org/ohip](http://www.aoec.org/ohip) (for application and sample projects)

## **Title: PPREP Internship**

Description: PreMed Prescription Drug Rating and Experience Program (PPREP). RateADrug.com's PreMed Prescription Drug Rating and Experience Program (PPREP) is designed for students in pre-medical or health related fields. Selected students will receive valuable hands-on patient evaluation experience while participating in large scale multi-year studies on side effects and efficacy of medications and supplements.

Website: RateADrug.com, click on PreMed PPREP

**Title: Summer Internship in Environmental Health**

Description: CDC/ATSDR's National Center for Environmental Health/Agency for Toxic Substances and Disease Registry (NCEH/ATSDR) is offering a 10-week summer internship program for students in Environmental Studies, Ecology, Biology, Chemistry, Engineering, and other related majors to take place June 9 – August 13, 2010. During the course of the internship, students are introduced to environmental health at the federal level through project collaboration, experiential learning opportunities, individual environmental health presentations, journal clubs, field trips, brown bag lunches, and through shadowing and mentoring relationships at CDC/ATSDR. Interns will be based at CDC/ATSDR's Atlanta-Chamblee Campus where NCEH/ATSDR is housed. Students are paid \$500 per week during the course of the program. **Applications are due February 16, 2010.**

Eligibility requirements for CLEH interns:

- US citizenship or Permanent Resident with a green card,
- Full-time enrollment at a college or university as a rising junior or rising senior by fall 2010
- Minimum cumulative GPA of 3.0 on a 4.0 scale, and
- An academic major or demonstrated coursework concentration in Environmental Studies, Engineering, Chemistry, Biology, Ecology, or related fields.

Note: Seniors graduating in Spring 2010 will not be accepted to this program.

Contact: LT Cory Moore, Environmental Health Officer, USPHS, Program Development Office, NCEH/ATSDR at [CLEH@cdc.gov](mailto:CLEH@cdc.gov)

Website: [www.cdc.gov/nceh/cleh](http://www.cdc.gov/nceh/cleh)

**Title: Paid Summer Internships – Early Notice**

Contact: Go to: <http://people.rit.edu/gtfsbi/Symp/summer.htm> for a HUGE list of internship opportunities

Note: You can select specific categories, such as PreVet, or PreMed, or Immunology, or Minority/Disadvantaged, or first-year undergrads, etc. Many still being updated for 2010.

Description: Many of the Co-ops, Internships, and the various Research Positions included in this website are Paid, Full-time, Short-term (10-20 weeks) opportunities in positions directly related to Biology & Biotechnology. In addition to the valuable experience and good pay that a Co-op or Internship will give you, very many of the Opportunities listed on this website also provide Travel Reimbursement, Housing, and Meals. So, don't let concerns about living expenses or the location of an organization posted on this website prevent you from checking out an exciting and challenging Co-op or Internship position!! If travel support, housing, and meals are provided, this information will almost always be

included in the details about the Co-op or Internship that can be found by clicking on the co-op website next to the organization's name and location. Note that new opportunities are still being added.

**Title: SAPP Army Health Profession Scholarship Program**

Description: Medical, Dental, Veterinary, Optometry, and Clinical Psychology working on their PhD.

Website: <http://www.goarmy.com/amedd/hpsp.jsp>

Contact: Sergeant Greg Kraft [gregory.kraft@usarec.army.mil](mailto:gregory.kraft@usarec.army.mil)

**Title: New Careers in Nursing Scholarship Program**

Description: The Robert Wood Johnson Foundation (RWJF) and the American Association of Colleges of Nursing (AACN) have announced the creation of the RWJF New Careers in Nursing Scholarship Program, designed to alleviate the nation's nursing shortage by dramatically expanding the pipeline of students in accelerated nursing programs.

Website:

<http://www.careercornerstone.org/scccnews/issues/2008/scccnews0908.htm#scccnews5>

## VII. Application Information

**Title: Curriculum Information for Medical Schools (AAMC)**

General information at <http://services.aamc.org/currdir/about.cfm>. From the menu, choose School Curricula to see the curriculum at individual schools.

**Title: Submitting 2010 Committee Letter Documents**

Description: If you have registered for a committee letter this year and are planning to meet the February 15th priority deadline, please begin submitting each document as it is ready. If everyone waits until February 15 to submit, and submits all documents at once, then it will take a long time for us to process them. Make sure you DO NOT EXCEED the page and word maximums on the Self-Appraisal Form. If you do not follow the directions, your forms will be returned to you and you will have to re-submit them.

Note: If your documents are not complete and correct and you need to re-submit them, then your date of submission will be the date when complete documents are submitted. You will be allowed to schedule your interview date in the order in which your complete set of documents is received. Leslie will contact you when it is time for you to schedule.

Please address questions about submitting documents to: Leslie at [prepro@colorado.edu](mailto:prepro@colorado.edu).

**Title: Application Essay Workshops, Spring 2010**

Description: These workshops are designed for students who plan to submit applications in 2010. Please ONLY SIGN UP FOR ONE and DO NOT SIGN UP until you are sure you will attend! To be eligible, you MUST

have a draft of your application essay to bring to the first meeting. Please bring 2 copies. A second session will be individually scheduled for the following week to go over your revised draft.

When: Monday, **February 8, 2010**, 4:00 – 5:00 p.m.  
Thursday, **February 25, 2010**, 6:00 – 7:00 p.m.  
Monday, **March 8, 2010**, 4:00 – 5:00 p.m.  
Tuesday, **March 30, 2010**, 9:00 – 10:00 a.m.  
Monday, **April 12, 2010**, 7:00 – 8:00 p.m.

Where: See registration website or Events Calendar

Registration Required: [aac.colorado.edu/group](http://aac.colorado.edu/group). Look for Anne Brooks' Workshops

Cancellations: If you sign up for a workshop and find you will not be able to attend, please cancel your registration at least 24 hours in advance. To cancel, go to the registration site and sign in. It will tell you that you have an existing reservation and give you an option to cancel.

### **Title: Interview Workshop for Spring 2010**

Description: This workshop is designed for any prehealth students who want to develop their interview skills, whether you are interviewing this spring, or not for several years. The workshop will present general information and answer questions on a variety of topics including what to expect on interview day, professional behavior, appropriate attire, types of questions, how to prepare, etc.

When: 6:00 p.m., Wednesday **February 10, 2010** (Cripps)

Where: University Club 11 (Basement)

Registration: Go to [aac.colorado.edu/group](http://aac.colorado.edu/group). Choose Elisa Cripps' Workshops for Feb. 10 Interview Workshop

Cancellations: If you sign up for a workshop and find you will not be able to attend, please cancel your registration at least 24 hours in advance. To cancel, go to the registration site and sign in. It will tell you that you have an existing reservation and give you an option to cancel.

### **AACOMAS Grades**

At the instruction of the osteopathic medical schools, AACOMAS does not include C- grades in prerequisite satisfaction. Some of the colleges do accept C- grades on an individual basis. AACOMAS processes grades of applicants who have repeated a course by using the repeated course grade in the GPA calculation. AACOMAS does not average these grades. This is our wholistic approach to not penalize the applicant twice by having the repeated coursework averaged. All coursework will appear on the AACOMAS application, so nothing is hidden to the admission committees. (Note: Math is considered a non-science in the Science GPA on AACOMAS.)

### **Submitting Secondary (Supplemental) Essays**

If you are in the midst of applying this year, remember that, even if you submitted your primary application early, your application is not complete until you have

submitted your secondaries to each school. If the school does not give you a priority deadline, a good goal is within 2-3 weeks of receiving the secondary. Just because the final deadline for secondaries is in December or January (or whenever it is) does not mean that waiting until then is a good strategy.

### **Podiatric Medicine Applications for 2010 Cycle**

The 2010 E-AACPMAS application cycle will open to students on Tuesday, **September 8, 2009** (<http://www.aacpm.org/apply/apply.asp>). The application contains many enhancements this year, the most important of which is that the application service will now do transcript verification. You will only have to send one set of transcripts to the AACPMAS service rather than to each individual college. There are additional opportunities to report health care, podiatric, and other work experiences. Podiatric medical schools prefer committee letters, but will also accept individual letters.

Website: <http://www.aacpm.org/apply/apply.asp>

### **Entering Committee Letters on AMCAS**

Committee Letters sent to AMCAS Letters Program Schools (see list of schools on AMCAS): [Future emails will cover Letter Packets and Individual Letters]

Enter the following information on AMCAS for any of the participating schools. Remember that you do not need to enter letter information before you submit AMCAS, you can enter it later.

**\*\*However, once you enter letter information and submit it you cannot change it.\*\***

Therefore, wait until you are absolutely sure you will request a committee letter this year before entering the information. If you are unsure, consult with your premed advisor.

Letter Title: Committee Letter Packet

Author: Dr. Anne Bekoff

Address: Preprofessional Advising, 273 UCB, University of Colorado, Boulder, CO 80309-0273

Phone: 303-735-3000

Email: [prepro@colorado.edu](mailto:prepro@colorado.edu)

**Additional Authors:** You do not need to enter the names for the individual letters of recommendation that are part of your committee letter packet.

**AMCAS Letters ID#.** You must send or bring a copy of your Letter Request Form to the Prepro Office in University Club 111. That way, we will have the ID# necessary for sending your letters to the Letters Pilot schools.

One final note: Although there are spaces for up to 10 letters, and your committee letter packet counts as one of the 10, be aware of what your specific schools want. For most schools, submitting a committee letter packet exempts you from the specific requirements that applicants submitting individual letters must follow. You can find this information for the schools in the AMCAS Letters Program by clicking on each specific school in the Letters of Evaluation section of AMCAS or the LOE button in the Medical Schools section. Most schools want a total of 3-5 letters and that **\*\*does\*\*** include the letters that are part of a packet.

### **Entering a Letter Packet on AMCAS**

Letter Packets sent to AMCAS Letters Program Schools (see list of schools on AMCAS; see other emails for Committee Letters or Individual Letters):

Enter the following information on AMCAS ONLY if you are applying to any of the schools list and DO NOT have a Committee Letter. Remember that you do not need to enter letter information before you submit AMCAS, you can enter it later. **\*\*However, once you enter letter information and submit it, you cannot change it.\*\***

[Note: if you have a Committee Letter, see information in previous Healthlist email (above).]

Letter Packet = a core group of letters

If you have a core group of letters that will go to all, or most, of your schools, this will make things easier for you, the Prepro office, and the medical schools. This core group will be sent electronically.

Type of Letter: Letter Packet

Letter Title: Letter Packet

Author or contact: Leslie McGrew

Address: Preprofessional Advising, 273 UCB, University of Colorado, Boulder, CO 80309-0273

Phone: 303-735-3000

Email: [prepro@colorado.edu](mailto:prepro@colorado.edu)

Additional Authors: You may enter the names of the letter writers in your packet. This is optional. Be certain of which letters you will include before you enter them.

AMCAS Letters ID#. Download one copy of the AMCAS Letter Request form for your Letter Packet and send or bring it to the Preprofessional Advising Office in University Club 111. That way, we will have the ID# necessary for sending your letter packet to the AMCAS Letters schools.

### **Entering Individual Letters on AMCAS**

Individual Letters sent to AMCAS Letters Program schools (see list of schools on AMCAS; see previous emails on Committee Letters or Letter Packets):

Most of your letters should either be part of a Committee Letter packet or a Letter Packet. If you want our office to send one or more additional letters to specific schools that are part of the AMCAS Letters Program, enter them separately. We will use the best mechanism to send these letters, whether electronically or by regular mail.

Type of Letter: Individual letter

Letter Title: Name of Recommender (e.g., Dr. Thomas Jones)

Author or contact: Leslie McGrew

Address: Preprofessional Advising, 273 UCB, University of Colorado, Boulder, CO 80309-0273

Phone: 303-735-3000

Email: [prepro@colorado.edu](mailto:prepro@colorado.edu)

AMCAS Letters ID#. Download one copy of the AMCAS Letter Request form for each Individual Letter and send or bring it to the Preprofessional Advising Office in University Club 111. That way we will have the ID# necessary for sending each of your letters to the Letters Program schools.

One final note: Although there are spaces for up to 10 letters and your committee letter or letter packet just counts as one of the 10, be aware of what your specific schools want. You can find this information for the schools in the AMCAS Letters Program by clicking on each specific school in the Letters of Evaluation section of AMCAS or the LOE button in the Medical Schools section. Most schools want a total of 3-5 letters and that **\*\*does\*\*** include the letters that are part of a packet.

### **AMCAS Work/Activities Section**

Notes from a Medical School Admissions Dean:

- \* Think carefully about which kind of experiences were really meaningful to you – don't try to fill out space. We are very good at recognizing BS.

- \* High school activities are important only to underline continuity during college at increased levels of participation, leadership, or responsibility (e.g., you've played a musical instrument, participated in the high school orchestra, and are now in the college orchestra, etc.).

- \* Don't repeat what's obvious from answers to things like experience type, title description, contact name and title, or organization name (e.g., don't repeat in the description that you worked on research with Dr. So and So – that information is above the description of your experience).

\* If the organization in which you participated is not well known, give a brief description, followed by the role you played there, specially if it involved any type of responsibility.

\* If you made Dean's List (or any type of honor like that) for more than one semester, use the description area to list the other semesters.

\* If you received any scholarship, fellowship, or other honor that is not nationally recognizable, describe it briefly. Don't waste paper on scholarships that are awarded to half the population at the school.

\* If you were just a member of an organization, let us know how many meetings/week you attended and why you joined.

\* If you list a publication, make sure it's been accepted for publication and cite it properly. If the paper is just being "prepared for submission" or "submitted," include this fact as part of the research description in the part where you listed the research activity.

\* If listing a research experience that extends through the academic year as well as summer, use the description area to let us know the time invested during each of those periods (e.g., full-time during the summer, 10 hrs/week in the fall/spring, etc.).

\* Remember that each experience you list is "up for grabs" if you are invited to interview – you might be asked anything about it and it can make you or break you. Do not put something that sounds good on paper, but in which your participation was so minimal or superficial as to make the experience worthless.

Admissions committees value brevity AND meaningful content.

Remember that you need to use complete sentences, grammatically correct English, and should have no typos in this section. Proofread it as carefully as you do your essay.

### **Letters of Recommendation for AADSAS Applicants**

As you fill out the AADSAS application you will be asked to make several choices about how your letters of recommendation will be handled. Leslie McGrew, our administrator, will handle these requests and here's what we suggest:

1. Type of letter – You will decide between 2 options: individual or committee report.
  - A. For letters that are coming directly from a recommender (professor, employer, etc.), you should mark "individual" and put the recommender's name and contact info as directed.
  - B. For letters that have been collected in a credentials file in the Preprofessional Advising Office, BUT ARE NOT PART OF A COMMITTEE LETTER PACKET (you did not interview, etc.), you should mark "committee report," put Leslie McGrew's name and the following contact info: Preprofessional Advising Office, UCB 273, University of Colorado at Boulder, Boulder, CO 80309. The email address should be [prepro@colorado.edu](mailto:prepro@colorado.edu). You may include up to four letters in such a packet. Leslie will prepare it with the required

cover sheet and send it directly from our office. It is important that you email her ([prepro@colorado.edu](mailto:prepro@colorado.edu)) with directions as to which letters in your file should be sent. (e.g., Smith, Jones, etc.)

- C. For a Committee Letter Packet (with interview, etc.), you should mark "committee report" and put the following: Penelope Bennett, CNM, PhD(c), Prehealth Advisor, UCB 273, University of Colorado at Boulder, Boulder, CO 80309. The email address should be [prepro@colorado.edu](mailto:prepro@colorado.edu), NOT Penny's usual email address. Again, Leslie will prepare the packet and send it directly from our office. It is important that you email her ([prepro@colorado.edu](mailto:prepro@colorado.edu)) with directions to send your Committee Letter Packet to AADSAS. Reminder: you will need to send a processed AADSAS application to the Prepro Office before your Committee Letter will be completed and sent.
  - D. For letters that are coming directly from a recommender (professor, employer, etc.), you should mark "individual" and put the recommender's name and contact info as directed.
  - E. For letters that have been collected in a credentials file in the Preprofessional Advising Office, BUT ARE NOT PART OF A COMMITTEE LETTER PACKET (you did not interview, etc.), you should mark "committee report," put Leslie McGrew's name and the following contact info: Preprofessional Advising Office, UCB 273, University of Colorado at Boulder, Boulder, CO 80309. The email address should be [prepro@colorado.edu](mailto:prepro@colorado.edu). You may include up to four letters in such a packet. Leslie will prepare it with the required cover sheet and send it directly from our office. It is important that you email her ([prepro@colorado.edu](mailto:prepro@colorado.edu)) with directions as to which letters in your file should be sent. (e.g., Smith, Jones, etc.)
  - F. For a Committee Letter Packet (with interview, etc.), you should mark "committee report" and put the following: Penelope Bennett, CNM, PhD(c), Prehealth Advisor, UCB 273, University of Colorado at Boulder, Boulder, CO 80309. The email address should be [prepro@colorado.edu](mailto:prepro@colorado.edu), NOT Penny's usual email address. Again, Leslie will prepare the packet and send it directly from our office. It is important that you email her ([prepro@colorado.edu](mailto:prepro@colorado.edu)) with directions to send your Committee Letter Packet to AADSAS. Reminder: you will need to send a processed AADSAS application to the Prepro Office before your Committee Letter will be completed and sent.
2. Method of Transmission – You will decide between electronic or paper for EACH letter or letter packet.
- a. For letters that are coming directly from a recommender, your choice is what you and your recommender have agreed upon.
  - b. For letters from a credentials file in the Preprofessional Advising Office, we suggest that you mark "electronic" and follow the

directions above. Leslie will scan and upload the letters directly to AADSAS. If you prefer that a specific letter or packet of letters be sent using regular mail, she is able to do that as well. In that situation, you will need to provide her with an AADSAS Matching Form for each letter.

- c. For Committee Letters, we suggest that you choose "electronic" and follow the directions above.

Some of you may have already sent in your AADSAS application using a different interpretation of the instructions, and we are happy to work with you to make sure that your letters arrive in a timely manner.

Questions: Contact Leslie McGrew ([prepro@colorado.edu](mailto:prepro@colorado.edu)) or Penny Bennett ([penny.bennett@colorado.edu](mailto:penny.bennett@colorado.edu)).

### **AMCAS/AACOMAS/TMDSAS/AADSAS Prehealth Advisor Release**

Be sure to click **YES** to the Advisor Release question when you enter University of Colorado Boulder as a School Attended. You must do this **BEFORE** you submit your application. We cannot provide you with feedback if we cannot see your application information. Your individual information is kept private.

Example:

Advisor Release \*

Do you authorize AMCAS to release information about your application, including MCAT scores, to school-designated advisors, provided this institution is eligible to receive such information based on the criteria set forth by AMCAS?

Yes No

## **VIII. Standardized Test Information**

### **Title: Colorado MCAT Prep Course**

Date of Course: **May 15 through July 10, 2010** (Summer) (Every Saturday from 9:00 a.m. – 5:00 p.m.)

Cost of Course: \$1,000

Materials: At least 4 AAMC Computer Based Practice Exams, Physical and Biological Sciences Practice Items, Verbal Reasoning Practice Items, and more.

Added Benefits: Assistance with the AMCAS and secondary applications, networking with medical students, mock interviews, and more.

Instructors: Kristen Rumer, 5th year MD/PhD student; Brook McConnell, 4th year MD student; Matthew Johnson, 3rd year MD student; Ryan Laterza, 4th year MD student.

Course Director: Tony Oliva, MD, PhD

How to Register: Contact Tony Oliva for pertinent course information. A \$450

non-refundable deposit is required by the first day of class. Class size is limited to 20 on a first-come, first-served basis. Call/Email Tony for more information.

Contact: For additional questions or concerns, Tony Oliva at [olivaam@hotmail.com](mailto:olivaam@hotmail.com) <<mailto:anthony.oliva@uchsc.edu>> or 303-906-8276.

**Title: Kaplan Classes, Discounts, Free Practice Test, Job Opportunities**

Upcoming Classes: MCAT starts **February 6, 2010**; GRE starts **February 8, 2010**; DAT/OAT starts **February 22, 2010**; PCAT starts **May 11, 2010**. Free practice test, Saturday, **February 13, 2010**.

MCAT instructors needed in Boulder: You must have scored in the 90th percentile on all sections of the MCAT. At least 11s in each section is best. The application process has a few steps but the next is just to go on the website, [www.kaptest.com/teach](http://www.kaptest.com/teach) and fill out the application.

Website: [www.kaptest.com/150](http://www.kaptest.com/150)

Contact: 1-800-KAP-TEST.

**Title: 2009 MCAT Survey Reminder – If You Have Not Already Responded**

Description: If you took the MCAT in 2009, it would be very helpful to us if you would fill out the survey below. All information will be kept strictly confidential. If you have questions, email me at [anne.bekoff@colorado.edu](mailto:anne.bekoff@colorado.edu).

1. Name or CU ID#:
2. Major:
3. Year (now): JR / SR / SR5 / ALUM / Postbacc (BA or BS not from CU-B)
4. GPA from CU:
5. Which General Biology courses did you take? AP or IB / EBIO / MCDB / other (specify \_\_\_\_\_)
6. Besides General Biology, which other biology or biochemistry courses do you feel were most useful to you on the MCAT? List here:
7. List any prerequisite courses you had not completed at least 3 months prior to taking the MCAT:
8. List any prerequisite courses you were taking while studying for the MCAT:
9. How did you study for the 2009 MCAT? On my own / classroom course (if classroom, which one: Princeton course / Kaplan course / Colorado course) / online course (if online, which one: Examkrackers / Kaplan / Princeton / Dr. Flowers / CLeARS / Other [specify \_\_\_\_\_])

10. What study materials did you use? Indicate as many as apply:  
Examcrackers / Kaplan / Princeton / AAMC Official MCAT Guide / Dr.  
Flowers / course notes / other (specify \_\_\_\_\_)
11. Did you primarily use: textbooks / online materials / paper course materials / audio?
12. How much money do you estimate you spent, including books, practice tests, review courses, tutoring? \$500 / 1000 / 1500 / 2000 / 3000 / other (specify \_\_\_\_\_)
13. Over how many months did you prepare? 1 month / 2 months / 3 months / 4 months / 5 months / other (specify \_\_\_\_\_)
14. How many hours per week do you estimate you spent preparing (if you took a review course, include class time)? <10 / 10 / 20 / 30 / 40 / other (specify \_\_\_\_\_)
15. How many total hours do you estimate you spent preparing (if you took a review course, include class time)? <100 / 100 / 200 / 300 / 400 / other (specify \_\_\_\_\_)
16. What type(s) of practice tests did you take? AAMC / Kaplan / CLEaRS / other (specify \_\_\_\_\_)
17. Approximately how many full-length practice tests did you take?
18. Did you feel prepared at the time of the test? Y / N
19. How do you feel about your most recent scores? Very satisfied / Satisfied / Not satisfied
20. If not satisfied, will you re-take in 2010? Y / N / Maybe
21. If you took a prep course, would you recommend it to others?
22. If you decide to take the test over again, what would you do differently?
23. If you have already taken the test more than once, what did you change between times?
24. If you had one piece of advice for other premed students who are planning to take the MCAT, what would you tell them about the science sections?

25. If you had one piece of advice for other premed students who are planning to take the MCAT, what would you tell them about the verbal reasoning section?

26. Is there anything else you would tell them?

27. Your MCAT scores:

1st 2009 :Total \_\_\_\_ VR: \_\_\_\_ PS: \_\_\_\_ BS: \_\_\_\_ W: \_\_\_\_

2nd 2009 :Total \_\_\_\_ VR: \_\_\_\_ PS: \_\_\_\_ BS: \_\_\_\_ W: \_\_\_\_

28. Have you taken the MCAT before? Y / N

If yes, give date(s) and scores:

1st 200\_\_Total \_\_\_\_ VR: \_\_\_\_ PS: \_\_\_\_ BS: \_\_\_\_ W: \_\_\_\_

2nd 200\_\_Total \_\_\_\_ VR: \_\_\_\_ PS: \_\_\_\_ BS: \_\_\_\_ W: \_\_\_\_

**Title: CEWebinar MCAT and DAT Online Prep Course**

Description: Looking for another prep course option? This one is developed and presented by the professors at the University of Missouri - Kansas City. It includes a four Saturday Online LIVE MCAT Preparatory Course. The course is designed to review your knowledge in the subject areas tested on the MCAT (biology, general chemistry, organic chemistry, and physics).

Website: <http://www.cewebinar.com/>

Cost: \$495.

**Title: MCAT Registration, January – May 2010**

Description: Registration for the January – May 2010 test dates is now open. Examinees are successfully scheduling their test dates. A new feature of the system this year is that it will display available sites rather than displaying all sites whether they have seat availability or not. For example, the seats for the January dates in Beirut, Lebanon, are already sold out, so Lebanon will not appear as an option in the search function for January. This helps eliminate unnecessary searching and wasted time for the user.

Contact: If you have any questions about registration, please contact the MCAT Resource Center at (202) 828-0690 or [mcataamc.org](mailto:mcataamc.org).

**Title: MCAT Test Dates for 2010**

Description: AAMC has posted the schedule for MCAT test dates for 2010.

Registration for seats for January through May will open later this fall and will be posted on the aamc.org site a week prior to opening.

Contact: <http://www.aamc.org/students/mcat/reserving/mcatschedule2010.htm>

**Title: MCAT Verbal Reasoning Tutor**

Description: If you have found that you are not making progress on the MCAT because of low VR scores, there is a tutor in Boulder who specializes in Reading for Speed and Comprehension, Sylvia Keepers. She does not charge for the first session so you can see whether her program suits you.

Website: [http://www.tutortrainer.com/advanced\\_reading.htm](http://www.tutortrainer.com/advanced_reading.htm)

Contact: [sylvia@tutortrainer.com](mailto:sylvia@tutortrainer.com)

## IX. General Information

### **Title: Finances for Osteopathic Applicants**

FAFSA: If you are in the application process now, for matriculation in 2010, remember to fill out your financial aid form (FAFSA) and submit as soon as possible after January 1, 2010 at <http://www.fafsa.ed.gov/>

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FAP: If you are planning to apply for the 2011 cycle and wish to apply for the Fee Assistance Program (FAP) for MCAT (and/or AMCAS), fill out an application at <http://www.aamc.org/students/applying/fap/start.htm> as soon as it becomes available, about January 2, 2010. You must apply for FAP before you register for the MCAT.

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AACOMAS Fee Waiver program: If you are planning to apply for the 2011 cycle and wish to apply for the Fee Waiver for AACOMAS, you should apply at the time you start your AACOMAS application. Do not submit your application until you have heard from the Fee Waiver Program, which normally takes 2-4 weeks.  
WEBSITE: <http://www.aacom.org/InfoFor/applicants/Pages/FeeWaiver.aspx>

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Financial Aid and Scholarships for Osteopathic applicants and students. Includes Loan repayment programs by state and links to school and federal programs.  
WEBSITE: <http://www.aacom.org/InfoFor/students/finaid/Pages/default.aspx>

### **Title: Financing Medical School – FAFSA, FAP, and FIRST**

FAFSA: If you are in the application process now, for matriculation in 2010, remember to fill out your financial aid form (FAFSA) and submit as soon as possible after January 1, 2010 at <http://www.fafsa.ed.gov/>

FAP: If you are planning to apply for the 2011 cycle and wish to apply for the Fee Assistance Program (FAP) for MCAT and/or AMCAS, fill out an application at <http://www.aamc.org/students/applying/fap/start.htm> as soon as it becomes available, about January 2, 2010. You must apply for FAP before you register for the MCAT.

FIRST: Created by the AAMC in collaboration with the medical school financial aid community and the Organization of Student Representatives, FIRST for Medical Education is designed to help members of the academic medicine community navigate the complexities of student debt. This site offers a full range of Financial Information, Resources, Services, and Tools for applicants, medical school students, residents, advisors, and

financial aid officers. Our goal is to help medical school borrowers expand their financial literacy, make smart decisions about student loans, and manage their student debt wisely.

Website: <http://www.aamc.org/first>

Additional Useful Information: <http://www.aamc.org/students/financing/start.htm>

**Title: Aspiringdocs.org Comment Board**

Description: New Comment Board and Inspiring Story

Read the inspiring story from Jennifer Ellis, M.D., one of only five African-American women cardiothoracic surgeons in the country, and tell us what you think on the new comment board.

Free: Be one of the first 50 registrants to comment on Dr. Ellis's story or any other story that inspires you and receive a free copy of the AAMC's Medical School Admission Requirements publication (MSAR).

Website: [AspiringDocs.org](http://AspiringDocs.org). An AAMC Campaign to Increase Diversity in Medicine.

**Title: CU School of Medicine English Prerequisite Changes**

Effective immediately (i.e., for the 2010 cycle), CU SOM will require only 6 (instead of 9) credits of English. In addition to WRTG courses, which they previously accepted, they will also accept Scientific Writing courses taught in the IPHY and EBIO departments for this requirement. Note that while the CU SOM requirement can be met by 2 writing courses, or 1 writing and 1 English literature course, many medical schools specifically require 1 writing and 1 literature course. It is always important to research the prerequisites at the schools to which you apply. For those of you who know Marie Boyko in IPHY, be sure to thank her for her effective lobbying.

**Title: Alternative Breaks – Applications Still Being Accepted**

Description: We have a wide variety student-led trips planned for spring break to locations around the country. You can travel to New York City to work on HIV/AIDS Awareness; Cincinnati, OH or Atlanta, GA for Urban Poverty; New Orleans for disaster relief; Catalina Island, CA for Environmental restoration; and many more! Trips are open to all students, both undergraduate and graduate, any major or year or interest level!

Financial Assistance: available for students who cannot afford to cover travel expenses and who are passionate about making a difference. We have both need-based aid and a need- and merit-based scholarship. The need-based aid application is within the participant application, and the merit scholarship is also attached.

Trips: <http://www.colorado.edu/vrc/altbreaks/spring.html>

Application: <http://preview.tinyurl.com/AlternativeBreaksCU>

When you submit your application to our office, UMC 358, you will find

sign-up sheets for your interview. If you still plan to submit an application, please email us at [altbreak@colorado.edu](mailto:altbreak@colorado.edu). We will continue accepting applications until trips are full.

**Title: Prehealth Events Calendar**

Description: The Prehealth Events Calendar is up and running! You can find all events sent out on Healthlist since September 1 on the Events Calendar on the Prehealth Advising Website. In addition, Healthlist announcements other than events can be found on the link to Prehealth Announcements on our website.

Website: <http://www.colorado.edu/ArtsSciences/aacforstudents/prehealth.html>

**Title: WWAMI Changes in Prerequisites for 2010**

Description: Some of the WWAMI websites do not show the changes in course prerequisites between 2009 and 2010. If you are a resident of Wyoming, Alaska, Montana, or Idaho, and are planning to apply to U Washington School of Medicine through the WWAMI program (<http://uwmedicine.washington.edu/Education/WWAMI/>).

**\*\*For 2010\*\***

The premedical course requirements must be completed before matriculation but preferably before the time of application. Undergraduate or post/baccalaureate courses must be completed at a college or university accredited by the appropriate regional accrediting body. Courses must include a minimum of:

5 semesters or 7 quarters of Social Sciences or Humanities.

6 semesters or 9 quarters of Chemistry and Biology. The subject matter in these courses must include general chemistry, general biology, biochemistry, molecular genetics, and cell biology/cell physiology.

2 semesters or 3 quarters of Physics; or 1 semester or 2 quarters of Physics plus 1 semester or 2 quarters of calculus or linear algebra.

The following courses are recommended, but not required.

Ethics

Anatomy or Comparative Anatomy

Human or Mammalian Physiology

Embryology

Under exceptional circumstances, some course requirements may be waived for individuals who present unusual achievements and academic promise. All candidates should demonstrate substantial academic ability in their major field as well as in the required science courses. Candidates should be proficient in the use of the English language, basic mathematics, personal computing, and information technologies.

**Applicant Professionalism**

Please remember that as you apply to professional schools, every communication you have with them can be considered as information about what kind of professional you will be. A few suggestions:

- 1) Email address - consider whether your email address is suitable. Also keep in mind that one that includes your last name is least likely to get misfiled.
- 2) Voicemail message - consider how it might sound to others.
- 3) Letters, emails - remember that these will all be placed in your file. "Hey" is not an appropriate way to begin. Use titles, not first names - when in doubt use "Dean" or "Dr." Although email can be casual among friends, these are not casual communications. Use proper punctuation, complete sentences, and capitalize appropriately. Be sure to use the right medical school name!  
Proofread - don't just spell-check. Check your grammar.
- 4) Courtesy - be respectful to all who spend their time to help you, from front office staff to interviewers to deans of admissions. Answer inquiries and invitations promptly. Do not be a no-show. When you meet someone, introduce yourself with first and last name. Send thank you notes, handwritten on a note card, to interviewers. They can be brief, but SAY something in them.
- 5) Facebook/MySpace/Studentdoctor.net - Do not have anything in a public place that you would not want a medical school admission committee to see. Google yourself and see what you find.

### **New Medical Radio Talk Show**

"Radio Rounds" is a new medical talk show that is geared toward pre-medical and medical students. It is produced entirely by medical students at the Wright State University Boonshoft School of Medicine and is the only such radio show in the country. Radio Rounds airs on Sunday afternoons from 12:00 – 1:00 p.m. EST and can be heard across the world via live internet streaming and free iTunes podcasts.

For more information, see: [www.radiorounds.blogspot.com](http://www.radiorounds.blogspot.com); On Facebook: search "Radio Rounds"; On iTunes: FREE podcast available – just search "Radio Rounds" or go to:

<http://deimos.apple.com/WebObjects/Core.woa/Browse/wright.edu.2049885723.02049885733>

Contact: [radiorounds@gmail.com](mailto:radiorounds@gmail.com)

### **AVOID DELETION from Healthlist, Keep Your Settings Current Unsubscribe / Change Selections / Change Email Address/Bounced Emails**

You are currently subscribed to the prehealth advising email list, Healthlist. If your settings are correct, you can stop here.

If you need to make changes, log on to Healthlist by going to the Prehealth Advising website (<http://www.colorado.edu/aac/prehealth.html>) and clicking on 'Email List' on menu at the left. Sign in as an "Existing User."

- 1) Unsubscribe by clicking on 'Unsubscribe' in the upper right-hand corner.
- 2) Change your fields of interest by changing which boxes are checked and clicking on 'Update' at the bottom center.
- 3) Change your email address by simply typing in your new address, then clicking 'Update' at bottom center. Remember that many non-CU email providers may filter mass mailings from Healthlist.

NOTE: \*\*\*Keep your email address (including forwarding address) up to date. You will be unsubscribed if emails sent to you bounce back. If you stop receiving Healthlist email, you may need to re-subscribe as a 'New User' and provide a working email address.\*\*\*

- 4) Logout

### **Changes in Prerequisites for CU School of Dental Medicine**

The Preprofessional Advising Office has been made aware of the following changes in prerequisites for the CU School of Dental Medicine:

#### CURRENT Prerequisites -

General Chemistry/lab – one academic year

Organic Chemistry/lab – one academic year

General Biology/lab – one academic year (Note that MCDB majors still need to take Gen Bio II)

General Physics/lab – one academic year

English Composition – one semester

#### NEW Prerequisites:

Microbiology – one semester without lab

Biochemistry – one semester without lab

#### CHANGES in Prerequisites:

Humanities is no longer a prerequisite.

Further information can be found at the CU School of Dentistry website:

<http://uchsc.edu/sod>.

### **Explore Health Careers**

If you have not yet narrowed your choice of health careers, or are interested in knowing more about any health career, here is a useful website:

<http://www.explorehealthcareers.org/>

This site also has links to some websites for prehealth enrichment programs and many other useful websites.

Updated 02/05/10