

# Health Professions Newsletter

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## Health Professions Orientation

Come and learn about being a prehealth student at Rutgers and how the HPO can help you.

In addition to meeting some of our advisors, you will have the opportunity to meet representatives from many of the Rutgers Pre-Health student organizations. Learn about what they do. Join, if you are interested.

Date: Monday, 9/26/11  
Time 8:30—10:00

Place: Center Hall, Busch Campus Center

## The HPOdrome

A student portal into our database, the HPOdrome was launched in 2009. Students with active eden accounts can check on the status of their file by logging onto <https://hpodrome.rutgers.edu>.

Just log in using your eden username and password and you will be able to see some of the contents of your file., and you will see a list of the names of the evaluators who have submitted letters for you.

## THE HEALTH PROFESSIONS OFFICE

The Health Professions Office provides a variety of services for currently enrolled Rutgers-NB students and alumni; they include:

- Advising
- File Management
- Coordination of Rutgers Special Programs
- Quarterly Newsletter
- Regular Announcements about Upcoming Events & Deadlines

We are located in A207 Nelson Labs, Busch Campus, and the office is open M-F from 8:30—5:00. Students may drop in at any time to sign up to open a file. **Note, unless you open a file, this**

**is the last newsletter that you will receive.**

Any student wishing to meet with an advisor should contact us to arrange an appointment. Appointments are not made through email, please call 732/445-5667.

Don't be left behind, join the 2,000+ students already registered with the HPO.

Active HPO students are expected to contact us about changes in class year, telephone number, mailing address, or E-mail account.

The HPO Advisors include:

Dr. Bruce Babiarz, Director

Dr. Elizabeth Vogel, Associate Director

Dr. W. Robert Jenkins, Director Emeritus

Dr. Julie Traxler, Advisor and Dean of First-year Students.

Ms. Lydia Louis, Advisor

The HPO is pleased to announce the addition of Ms. Lydia Louis as our newest advisor.

Ms. Louis comes to us from the Douglass Residential College with over seven years of academic advising experience in fields of science, technology engineering, math and the health professions. She is excited to get to know the HPO students this fall.

## Attn Juniors: Important, New HPO Interview Requirement

One of the services the HPO provides students who are registered with our office is an HPO interview and committee letter of recommendation. In order to maintain the integrity and quality of the letters we write for students, we have a number of requirements that students must meet to qualify for the interview and letter. All of these requirements will be updated soon on our website. There is one completely new requirement, however, that we

want you to be aware of. Starting this year, all HPO students who wish to qualify for an interview will also need to meet with one of our advisors once per term. We have found that it is extremely difficult to write a quality letter of recommendation for students whom we meet for the first time in the interview. In addition, we have found that we can help students remain on track and on time in their application process through regular

meetings. Since medical schools know that Rutgers New Brunswick has a well-established HPO, they expect students to use it and they expect a letter from our office in addition to your other letters. We have 5 different health professions advisors in our office. You may see the same advisor each time or change each time. The choice is yours but please be sure to utilize us as we are here to help you optimize your successful progress toward the health profession of your choice.

## Should You Run for an Office?

While the degree of commitment depends upon each individual, whichever club you join, you should try to take an active part. You may be asked about the club and your participation in an interview with a professional school. Obviously, it is more impressive to hold an office rather than just have your name on the roster. On the other hand, your grades are of paramount importance. Do not allow yourself to become too bogged down in social activities so that your grades suffer.

More student clubs which may be of interest to Health Professions Students include:

Association of Undergraduate Geneticists  
 The Biochemistry Club  
 Bioethics Society of RU  
 The Biology Club  
 CARE  
 The Chemistry Club  
 Children's AIDS Network  
 Deborah Hospital Found.  
 Health Professions United  
 Minority Association for Pre-health Students (MAPS)  
 NAMI  
 Operation Smile  
 The Psychology Club  
 The Rutgers Neuroscience Association  
 Students for Organ Donation  
 Unite for Sight

For more information about these or other clubs, visit [www.getinvolved.rutgers.edu/organizations](http://www.getinvolved.rutgers.edu/organizations)

## Alpha Epsilon Delta, The National Premedical Honor Society



AED functions both as an honor society and a service organization. The mission of the Society is to encourage and recognize excellence in premedical scholarship; to stimulate an appreciation of the importance of premedical education; to promote communication between medical and premedical students and educators; to provide a forum for students with common interests; and to use its resources to benefit health organizations, charities and the community.

Eligible students must meet the following requirements:

- No less than three semesters (at least 36

credit hours) completed and officially acknowledged by Rutgers University (transfer students must have completed at least one semester at Rutgers);

- No less than twelve credit hours in the natural sciences including both ongoing and completed courses (transfer students must have completed at least 4 credit hours in natural sciences courses at Rutgers);
- Minimum overall GPA of 3.35 and **minimum science GPA of 3.2**.

Credentials are reviewed by the staff of the HPO. The names of eligible students are then given to the AED membership committee.

If you qualify and wish to be considered for membership, prior to October 7th, visit our website, [www.hpo.rutgers.edu](http://www.hpo.rutgers.edu). Once on our homepage, click on the current students menu, select forms/worksheets, select AED Worksheet, complete and submit the worksheet to the Health Professions Office.

The AED Website is [eden.rutgers.edu/~aed](http://eden.rutgers.edu/~aed).

## HEALTH PROFESSIONS CLUBS

### AMSA – The American Medical Student Association.

This club, chartered on campus in 1994, is for students interested in pursuing a career in the health professions. Students from all colleges are invited to join.

### The Cook/Douglass Pre-med/Dental Society

The organization provides members with information concerning premedical curricula and related issues pertaining to medical/dental schools and different career specialties

**FIMRC, the Foundation for International Medical Relief of Children**, is a non-profit organization whose mission is to provide medical care for underserved children around the world.

Our Rutgers University Chapter of FIMRC engages in community service activities on a local level. We assemble health care kits, run medical supply/clothing drives, and participate in playground cleanups. Additionally, FIMRC-RU participates in medical mission trips around the world. Students from Rutgers have traveled to Peru and El Salvador, and volunteered in underdeveloped hospitals, clinics, and orphanages. To learn more about FIMRC-RU and upcoming mission trips, contact [fimrc\\_exec@email.rutgers.edu](mailto:fimrc_exec@email.rutgers.edu). New members are always welcome!

### The Predental Society

Through this club, you can find out about dental

schools, their admission requirements, issues in dental care, and meet people who share your interests.

### The Premedical Society

The purpose of The Premedical Society is to help students decide whether they wish to pursue a career in medicine, to increase their knowledge of and preparation for medical school, and to expose them to current issues in medicine.

For more information, contact [premedso@eden.rutgers.edu](mailto:premedso@eden.rutgers.edu) or visit <http://premedso@eden.rutgers.edu>.

### Rutgers ROAR

The Reach Out and Read program is a national, non-profit literacy organization, affiliated with the Department of Pediatrics, Boston Medical

## MORE HEALTH-RELATED STUDENT CLUBS

Center, Boston University School of Medicine. The mission of Rutgers University Reach Out and Read (ROAR) is to promote early literacy and language development throughout the communities of New Brunswick, NJ. Our main goals include 1) To promote early literacy by helping make pediatric literacy part of pediatric practice at the UMDNJ-RWJMS Eric B. Chandler Health Center 2) To build a relationship of service and learning with New Brunswick by promoting the importance of early childhood literacy in impoverished communities and 3) To serve Rutgers University by giving Rutgers students an opportunity to develop leadership

through volunteering. The ROAR student organization promotes literacy of pediatric patients within Chandler's ROAR Program by reading to the patients in the waiting room. ROAR members also volunteer at different events throughout the year including those sponsored by the social services department, and those that are sponsored by the Rutgers ROAR program. The ROAR Program has been a vital component at Eric B. Chandler Health Center to promote literacy and provide books to patients, many of whom are first generation Americans from families who are non-English speaking.

For more information, please email:

[ruroar@eden.rutgers.edu](mailto:ruroar@eden.rutgers.edu)

### Rutgers Community Cares

As volunteers, you will be working with the St. Peter's University Hospital Pediatrics, Geriatrics, and Transitional Care departments in helping to serve patient needs. Activities will include playing and reading with children, keeping patients company, and mentoring high school volunteers at the hospital.

For more information, contact information, and websites, visit <http://getinvolved.rutgers.edu/organizations>

**HPO Web Address:**  
<http://hpo.rutgers.edu>

The homepage of our website, contains a link to our database, links to our release forms, as well as other important links

The Current Students tab was designed just for you. It contains a wealth of information from a brief background on our advisors to instructions on how to prepare for an interview.

## Saint Peter's University Hospital Physician Shadowing

Shadowing a physician can be an important experience for students planning a career in medicine. Having participated in a clinical experience can definitely help complete your medical school application.

The Health Professions Office is now accepting applications for the Saint Peter's University Hospital Physician Shadowing Program for the Fall semester. This program links Rutgers students with a variety of practicing physicians. Selected participants will be given the opportunity to observe a physician on rounds, watch certain procedures, attend

departmental weekly Grand Rounds, and participate in daily Medical Student/Resident Conferences.

- In order to be eligible, competitive candidates will need to meet the following requirements:
- *Be rising juniors with at least one year in residence as a student of Rutgers-New Brunswick/Piscataway;*
- *Have completed General Biology, General Chemistry, and Organic Chemistry;*
- *Have a file with the Health Professions Office containing at least two letters of recommendation;*
- *Have minimum GPA of 3.6;*
- *Receive endorsement by the staff of the Health Professions Office.*

Applications are in the Health Professions Office or on the HPO website.



### Current Applicants

*The release of letters of recommendation is not automatic; requests for release cannot be fulfilled without a signature.*

*Never allow yourself to be interviewed without adequate preparation. It speaks volumes about your desire to be a physician when you are able to speak intelligently about topics about which all premeds should at least be aware (i.e. current events, medical/ethical issues).*

*What type of message do you think is conveyed when you are unable or unwilling to ask questions or answer the "Why our school" question?*

## **E- Credits**

**Regardless of whether or not a particular grade is calculated into your Rutgers GPA, each and every grade is reviewed by admissions committees. In fact, all grades must be calculated as part of your primary applications.**

**If you are not doing well in a course, come to see a health professions advisor as early as possible.**

## HAVE YOU BEEN INVITED FOR AN INTERVIEW AT A HEALTH PROFESSIONAL SCHOOL?

There is a bulletin board outside the office with current newspaper/magazine articles and statistics. While these bits of information should not constitute your sole preparation for an interview, they will inform you of current issues about which you are likely to be questioned. Besides, some of them are interesting to would-be health professionals.

The Career Services Office conducts Video Vision (mock interviews) upon request. You will be video taped during a simulated interview, and given feedback on your inter-

viewing skills. For more information, call 732/445-6127. Call early because there will be a several week wait.

Finally, for current applicants, we have a brochure with sample interview questions.

Never allow yourself to be interviewed without adequate preparation. It speaks volumes about your desire to be a physician when you are able to speak intelligently about topics about which all premeds should at least be aware (i.e. current events, medical/ethical issues).



*What type of message do you think is conveyed when you are unable or unwilling to ask questions or answer the "Why our school" question?*

## ARESTY RESEARCH CENTER

We invite students doing independent research under the guidance of a faculty member during the Fall 2011 term to apply for limited funding on a competitive basis from the ARC to defray the cost of research materials. While the deadline for applications for Fall 2011 is 4:30 p.m. on September 16, a second call for proposals will be issued in the Spring term.

Applications should justify the need for expendable supplies and services directly related to the student's proposed research. These may include, but are not limited to: photocopying; books; miscellaneous supplies; travel; and conference attendance to present talks, papers, or posters. Items and activities *not* funded include stipends, living expenses (rent, food, Internet service, etc.); tuition; lap-

tops; and other equipment or software that could be used beyond the duration of the research project. Students may only request funding if they have a significant role in project design and execution; independent projects are given priority. Not all proposals are accepted, and accepted proposals are typically not fully funded; students are expected to seek funding from multiple sources, and the ARC staff may assist students in the search for additional resources. Students awarded funding through the Aresty Research Center are required to submit an abstract for consideration for our Symposia in the spring. Additional information and application forms for the research awards are available at <http://aresty.rutgers.edu/funding.htm>. The website has a wealth of links to

resources on identifying a topic, finding a mentor, library search skills, writing, presentation skills, and more.

Finally, as we look forward to more successful symposia, we will also be hosting workshops throughout the year on proposal writing, abstract writing, poster/presentation skills, and more. Please check the calendar on our website for a full listing.



## STUDENTS OFTEN LIMIT THEIR CHANCES OF ATTENDING MEDICAL SCHOOL ...

...by not applying, through AACOMAS to D.O. Schools

Most people are not aware whether they are seeing a D.O. (osteopathic physician) or an M.D. (allopathic physician). You may not even be aware that there are two types of complete physicians in the United States.

The fact is, that both D.O.s and M.D.s are fully qualified physicians licensed to perform surgery and prescribe medication. Is there any difference between these two kinds of doctors? Yes... And no.

- Applicants to both D.O. and M.D. medical colleges typically have a four-year undergraduate degree with an emphasis

on scientific courses.

- Both D.O.s and M.D.s complete four years of basic medical education.
- After medical school, both D.O.s and M.D.s can choose to practice in a specialty area of medicine — such as pediatrics, family practice, psychiatry, surgery or obstetrics — after completing a residency program (typically two to six years of additional training).
- Osteopathic medical schools emphasize the training of students to be primary care physicians, but DOs are found in every specialty, can practice medicine with organi-

zations like Doctors Without Borders and serve in high level medical/administrative positions.

- D.O.s practice a ‘whole person’ approach to medicine. Instead of just treating specific symptoms or illnesses, they regard your body as an integrated whole.
- D.O.s focus on preventive health care.
- D.O.s receive extra training in the musculoskeletal systems which provides them with a better understanding of the ways that an injury or illness in one part of your body can affect another.

\*Information adapted from the American Osteopathic Association.

## DISCIPLINARY ACTION AND CRIMINAL ACTS

Did you know that on your primary application, you must reveal whether you were ever the recipient of any institutional action — even if it is a minor conduct violation which may never appear on your transcript?

Likewise, you must list any fel-

ony or misdemeanor convictions.

The consequences of misrepresenting yourself (even innocently) can be dire for your application.

If you are unsure of whether or not a record exists for you, contact your Dean of Students Office at Rutgers and/or request your own criminal history background check. Search the Internet. There are a variety of sites that will conduct the search for you.

## A COMMON MISCONCEPTION

Some students are under the impression that taking the undergraduate equivalent of medical school courses (i.e., anatomy) will help them in medical school. With the sole exception of Biochemistry, “prelude/preview” courses do not enhance the performance of medical school students. In fact, a

study printed in *The Advisor* concludes with the following: “A premedical biochemistry... appears advantageous, especially for students with weak academic preparation. Lack of such benefit from other preludes suggests that premedical students might better choose electives in arts and hu-

manities to enhance their educational breadth.”

Recommended one-semester Biochemistry courses are Introduction to Biochemistry 115:301 or Introduction to Biochemistry & Molecular Biology 694:301.

## EMPLOYMENT

### OPPORTUNITY

#### MCAT Verbal Instructors

Teach an intense **MCAT** preparation course, which starts in October and ends in April

**Requirements:** GPA of 3.4 or higher and an MCAT Verbal score of 10 or higher

### Competitive Pay Rates

All interested students need to contact **Dr. Kamal Khan** through **Ms. Taruna Chugeria**, Developmental Specialist.  
Email: [chugeria@biology.rutgers.edu](mailto:chugeria@biology.rutgers.edu)  
Phone #: 732-445-5668

Did you know...



that establishing a bad credit history now could have an impact on whether you will be able to receive student loans? And ultimately whether you can attend the school

## MCAT Verbal Reasoning Alert

Nationwide, the Verbal Reasoning Section of the MCAT is the most difficult for students. In the 13 months from 7/09—7/10, the test was administered 86,158 times (including retests). The average VR score was 8.0, whereas the average score for Physical Sciences and Biological Sciences was 8.3 and 8.8 respectively.

During the same time period the MCAT was administered 617 times for Rutgers students (including retests). While we met or beat the science subtests with a 8.5 in Physical Sciences and an 8.8 in Biological Sciences, our students only scored an average of 7.6 in the Verbal Reasoning.

Considering that the average Verbal Reasoning subtest score was an 8.7 for students who actually matriculated at an allopathic medical school, there is room for improvement.

**Now is the time to start working on your Verbal Reasoning skills.** This is not something for which you can cram or study. This involves a reading skill set that needs to be developed and refined over time — especially, if you didn't score well on the Verbal portion of the SAT or if English is not your first language.

READ! READ! READ!

Read novels, so that you can improve your ability to follow a plot, remember characters, and improve your vocabulary.

Read newspaper and magazine articles — especially when you find them boring. Verbal Reasoning passages cover a wide range of topics, and you will not find them all to be interesting. But by reading all types of materials, you will increase your ability to focus on any material presented.

## Drexel BA/MD

Drexel University College of Medicine will be accepting applications for their NEW Joint BA/MD Program starting in the Spring 2011. This program is for high-achieving competitive premedical students. The program will grant an early decision regarding admission to Drexel University College of Medicine (DUCOM). DUCOM

is affiliated with Saint Peter's University Hospital and accepted BA/MD students have the unique opportunity to conduct a clinical and/or research project at Saint Peter's University Hospital for which students will earn two (2) credits each of their four (4) last semesters at Rutgers. Credits awarded will fulfill elective credits to-

wards the Rutgers BA degree. For more information, please stop by the Health Professions Office or visit the HPO website under Prospective Students/Joint Programs.

## Upcoming Events/Deadlines

Friday, September 16, 2011 — Aresty Deadline (See page 4 for details)

Monday, September 26, 2011 beginning at 8:00 p.m., Center Hall, BCC, Health Professions Orientation

For any of the following Career Services Workshops, contact 732/445-6127, ext 0, for locations and to register:

Wednesday, September 21st, 5-6:30 PM All About Internships in Health Professions (Busch Campus)

Monday, September 26th, 5-6:30 PM Interviewing Skills For Medical School (Busch Campus)

Friday, October 7th, 12:30-2:00 PM All About Internships in Health Professions (Cook Campus)

Friday, October 7th, 2:00-3:30 PM Interviewing Skills for Medical School (Cook Campus)

Tuesday, October 12th, 7-9PM Panel: Careers in Environmental Health Research

Monday, November 7th, 5-6:30 PM All About Internships in Health Professions (Busch Campus)

Wednesday, November 2nd, 12:30-3:30 PM Graduate and Professional School Day

Admissions representatives from over 100 schools will be attending (Rutgers Student Center, CAC). **No signup is required for this one event.**

Friday, November 11th, 1:30-3:00 PM All About Internships in Health Professions (Busch Campus)