

# Health Professions Newsletter

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## HPO Facebook Page

In an attempt to keep you informed of events in the health field, we are using our Facebook page to highlight articles that should be of interest to future doctors. Another benefit to liking us on Facebook is that these articles will help you hone your reading skills (see below).

### The MCAT

Did you know that nationwide and here at Rutgers, THE most difficult part of the MCAT is CARS. Now is the time to work on improving your reading skills. One book suggestion is *The Hot Zone* by Richard Preston. Or you can read an article with the goal of improving your ability to focus on a variety of topics.

### What About Research? The Aresty Research Center

Rutgers is a major research university and many of you have chosen to come here because you want to experience research and/or pursue it as a career. For pre-health students, there is great value in doing research. To discover how research is done, why it is done, and how it is presented to the scholarly and wider community are all important things to have a sense of. If you are interested in spending some time doing research (though not at the expense of your clinical experiences), Rutgers is a great place to be. More information regarding the aresty research center can be found here: <https://aresty.rutgers.edu>.

## YOUR SOCIAL MEDIA USE...

In an attempt to choose the best students for their school, more and more admissions officers are visiting the Facebook pages of their applicants. It gives them more insight than they can get out of an hour interview and an application, because here the applicant is free to express himself/herself.

The downside — you may have posted more information than you would like for them to have.

Way back in 2009, [www.msnbc.msn.com](http://www.msnbc.msn.com) article, the Associated Press reported, “From Facebook to YouTube to personal blogs, future doctors are crossing the line — and getting into trouble.” More recently, The Huffington Post published an article

about the ways that social media posts that seem harmless or funny now can impact your future. See: [http://www.huffingtonpost.com/kim-garst/social-media\\_b\\_3431394.html](http://www.huffingtonpost.com/kim-garst/social-media_b_3431394.html)

The best approach is to be professional. What was cute while you were in high school may no longer serve you, or it may not be appropriate for someone aspiring to a health professions career. Take a critical look at your information before someone else does.

For the same reason, think about the voicemail message you are using on your phone. Is it professional? For identification purposes, it should include your phone number or name.

Emails that are so informal

that they are grammatically incorrect with misspellings, give a poor impression of the writer. Be sure that when you are addressing a professional office, that you are respectful and take the time to write appropriately.

And speaking of emails, is your username appropriate?

Be professional and put your best foot forward!



## What's Happening at Rutgers? Upcoming Health-Related Events

### 10th Annual Pioneers in Endocrinology Workshop

Wednesday, October 11, 2017 10:00 AM-3:00 PM Busch Student Center

For scientists interested in issues concerning endocrine and metabolic health, endocrine gland cancers, nutrition, neuroscience, environmental toxicology, and addiction. This year's lec-

ture focus is “Gut and Metabolic Disease”.

### DAYAM Fall Health Fair

Thursday, October 19, 2017 10:00 AM-2:00 PM Rutgers School of Dental Medicine RBHS

The Division of Adolescent & Young Adult Medicine, Department of Pediatrics invites you to join us for our Fall Health Fair.

### “What are the Most Unforgiveable Problems in the U.S. Healthcare System?”

Thursday, October 12, 2017 12:00-1:30 PM Institute for Health, Healthcare Policy and Aging Research

Joseph White, PhD is the Director of the Center for Policy Studies in the Department of Political Science at Case Western Reserve University.

## Emergency Medical Associates Employer Networking & Information Session

Thursday, October 12, 2017 from 5:30 PM-6:30 PM at Busch Student Center, Career and Interview Center

EMA is one of the most respected emergency department practice organizations in the United States. The company is widely recognized for clinical excellence, as well as the ability to increase patient volume, turn around ED operations, and sustain patient satisfaction.

Business casual attire is expected to be worn at this event

## Should You Run for an Office in a student group or organization?

Leadership is an important characteristic for a future medical professional. This does not mean, however, that you should run for office for the sake of a title. You should pursue a leadership role in an area about which you are passionate. You may eventually assume a leadership role in your lab or your job. You must also strike a balance between your academics and your extracurricular commitments. A meaningful selection is more important than a long list of superficial involvements.

## THE DREADED "W" GRADE

It is well known at Rutgers that if you drop a class anytime after the add/drop period that you will get a "W" on your transcript. A "W" notation means that you were enrolled in the course and then chose to withdraw from it; a W does not affect the grade point average.

There is, however, a common and dangerous misconception among undergraduates that a W implies that you were failing the course. That is not the case. Medical schools do not use the W as an evaluative measure; they understand that students drop courses for many reasons, and it is useless to their process to speculate about why a student would decide to drop a class. Consequently, a W or even a few W's are not an issue on

a student's transcript; in fact, W's are very common on transcripts. A pattern of "W" notations each semester might be questioned by an employer or medical school committee because that would more likely indicate that the student was not managing his/her time adequately. The dangerous aspect to students' misconception of the W is that it may interfere with the rational process of evaluating whether you should keep attending a class. I have actually had students tell me that they believed it was better to have an F in the course rather than a W on their transcript. **Nothing could be further from the truth.** Many, many, many students with W's on their transcripts have been admit-

ted to medical schools. If you are considering withdrawing from a course, please plan to see an adviser at the HPO or at your college. And help me spread the word to your friends and classmates that W's are NOT negative marks and they will NOT keep you out of medical school.

— Julie Traxler, Ed.D.  
First-Year Dean, SAS  
PreHealth Advisor, HPO

## PREHEALTH STUDENT SOCIETIES, ORGANIZATIONS, AND CLUBS

ALPHA EPSILON DELTA 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
- 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 3.5 and minimum science GPA of 3.4 .

## PREHEALTH STUDENT SOCIETIES, ORGANIZATIONS, AND CLUBS CONTINUED...

### THE PRE DENTAL SOCIETY

Come join the Pre-Dental Society- ASDA Chapter every other Wednesday at 9:20PM, in Frelinghuysen A1! Meet other pre-dental students, network with health professionals in the field, and enhance your dexterity skills!

Contact us for more information:

**Email:** [rudental@gmail.com](mailto:rudental@gmail.com)

**Facebook:** <https://www.facebook.com/RutgersPreDentalSociety>

### PHIDE — PHI DELTA EPSILON

Phi Delta Epsilon International Medical Fraternity is a co-ed, premedical fraternity that aims to create physicians of integrity with a life-long commitment to our guiding principles of philanthropy, deity, and education through fellowship, service, mentoring, and formal training in leadership, science, and ethics. We participate in service activities on campus, invite physicians to come speak to our chapter, connect with our alumni to visit medical schools they are currently attending, and so much more. Requirements for membership includes a 3.2 GPA, must be at least a second-semester first year student, and must be pre-med (not pre-health).

For more information, please contact [rutgers-phide@gmail.com](mailto:rutgers-phide@gmail.com)

## LIST OF OTHER PREHEALTH STUDENT SOCIETIES, ORGANIZATIONS, AND CLUBS CONTINUED...

Childhood Leukemia Foundation  
Dentistry for Social Good  
The Examiner  
Foundation for International Medical Relief for Children (FIMRC)  
GlobeMed  
Health Occupations Students of America  
Health Professions United  
Huntington's Disease Society of America (HDSARU)  
IBD & IBS Association at Rutgers  
JMED  
MAPS  
Molecular Biology and Biochemistry Society  
One and the Same Club  
Operation Smile  
Rutgers Cell Biology & Neuroscience Society  
Rutgers Pre-Physician Assistant Club  
Rutgers Rotaract Club  
SEBS Pre-Medical/Pre-Dental Society  
AMSA  
Association of Undergraduate Geneticists  
Bioethics Society  
BRAIN  
Children's AIDS Network

## MCAT 2018 INFORMATION NOW AVAILABLE

The MCAT test dates are now available for 2018.

Be sure to visit: <https://students-residents.aamc.org/applying-medical-school/article/mcat-testing-calendar-score-release-dates/> to gain more information regarding:

- 2018 MCAT calendar
- MCAT registration
- Scheduling deadlines
- Score release dates

Additionally, AAMC has provided tips in order to help ensure a less stressful test day: <https://students-residents.aamc.org/applying-medical-school/article/top-10-tips-mcat-examinees-test-day/>

Included in this list is a link to the MCAT Essentials guide. This is required reading at the time in which you register for the MCAT, as it provides important information regarding policies and procedures. This document is crucial to a successful experience during your MCAT exam and is a good aid to have on hand to refer to as needed.

A final useful link is the MCAT FAQs, where all of your most common questions have helpfully been answered: <https://students-residents.aamc.org/applying-medical-school/faq/mcat-faqs/>