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 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

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!

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**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 lecture 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 Unforgivable 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.
**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 admitted 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

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**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 PreDental 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
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

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/