

Health Professions Newsletter

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The MCAT

Did you know that nationwide, **THE** most difficult part of the MCAT was Verbal Reasoning and is now the Critical Analysis and Reasoning Skills (CARS) section.

Here at Rutgers, our students struggle with the same section.

READ!! READ!! READ!!

Take some time to read a novel, follow a plot and characters.

Read a boring article (something of little interest to you) with the goal improving your ability to focus on a variety of topics.

Explore the 4 exam sections to learn more about what is covered. Visit the website: aamc.org/mcat2015exam

MAINTAINING A PROFESSIONAL REPRESENTATION IN THE TECHNOLOGICAL WORLD

Our world is becoming increasingly reliant on the use of technology for communication purposes. At times, it can be easy to forget that how you conduct yourself on these platforms can either help or hinder you in the process of achieving your professional goals.

The way you choose to portray yourself in the digital world can be viewed as a reflection of your values and competency. In order to ensure that your online presence will put you in the best possible light, it is important to keep these things in mind:

Social media:

1. Think twice before posting inappropriate images. Anything that can be seen as illegal, offensive, or provocative should not be shared.
2. It is best not to post excessively negative content. Your social media accounts are not the

place to air out your personal grievances and complain about current or past professors or employers.

3. Use your best judgment when deciding how and when to share your opinions. As with photos, the written content that can be found on your accounts can reflect poorly on you if it is aggressive or hostile. Having an opinion is expected, but you should not be verbally attacking others in any way.

Other digital communication:

E-mail:

1. Make sure that your e-mail address is something that you would be proud to share with employers.
2. Don't forget to be courteous in your phrasing so that your e-mail comes across as polite and considerate.
3. Try your best to have professional correspondence with others. Don't

forget a clear subject line and an appropriate greeting and closing to your message.

4. Check to make sure that you have used a clear font and that your writing is free of spelling and grammatical errors.

Phone/voicemail:

1. Check your voicemail box. It should be set up and not full. Listen to your greeting to make sure that is friendly and can clearly be understood.
2. When contacting a professional, remember to be conscious of how you come across. Remain well-mannered and clearly state your name and contact number if prompted to leave a voicemail message.

Keeping these tips in mind when using technology to communicate will help to ensure that you put your best foot forward as you transition into the professional world.

Career Services Seminars

Career Services has a variety of health related seminars for Health Professions Students.

Descriptions of upcoming events can be found here: careers.rutgers.edu.

It is important to note that **these popular seminars fill quickly and require registration. Be sure to sign up as soon as possible to ensure you may attend.**

2017 Deadline for Release Forms

If you haven't had your letters sent out in the 2017 cycle and still must do so, the deadline for submitting your release form to the Health Professions Office is Monday, December 11th.

Please be aware that release forms are processed on a first come, first served basis.

Holiday Closures

The HPO will be closed Thursday and Friday, November 23-24, in observance of the Thanksgiving holiday.

In December, The HPO will be closed the week of December 24th in observance of the winter holidays.

GENERAL TIPS ON WHAT TO ACTIVELY AVOID WHEN CONSIDERING MEDICAL SCHOOL

1. Stay out of trouble

A disciplinary/academic dishonesty problem can be devastating to your application. Disciplinary clearance is checked when applying for a committee letter with the HPO office.

2. Avoid debt if possible

Since you will need to qualify for student loans when applying for your graduate studies, try to avoid accruing as much debt as possible during your undergrad years.

3. Do not procrastinate

Late applications can cause admissions officers to question your commitment to your chosen field. Be proactive in submitting your application and getting your materials in on time.

WHAT SHOULD I DO DURING THE SUMMER? SUMMER 2018 CLINICAL OPPORTUNITIES

It is never too soon to start thinking about how you are going to spend Summer 2018! We have compiled a list of summer clinical and research opportunities to consider.

This list is not exhaustive but it should be a good place to start. Please be aware that some programs have application deadlines as early as January and February, so be sure to check those deadlines carefully.

We have provided dates relevant to Summer 2018 where possible but some programs have not announced the dates for next year yet. We encourage you to check those web sites frequently for updated information.

The list of upcoming clinical opportunities with links for more information can be found on our website here: <https://hpo.rutgers.edu/docman-lister/home-page/132-2018-summer-clinical-opportunities-update/file>.

DO YOUR GRADES NEED SIGNIFICANT IMPROVEMENT?

The Association of American Medical Colleges (AAMC) has compiled a database of post-baccalaureate and graduate programs for students.

There are several different types of programs, including Academic-Record Enhancer Programs which are specifically designed for applicants whose credentials do not meet the medical school requirements.

Both non-matriculating,

post-baccalaureate programs and graduate programs are listed by state, at: <https://apps.aamc.org/postbac/#/index>.

(Please note that the post-bacc program offered here at Rutgers HPO is **not** for record enhancement; rather, it is for career changers who have not taken all of the science courses needed prior to applying to medical school.)

The AAMC provides contact information for

the Rutgers Graduate School of Biomedical Sciences master's level programs in Newark and Piscataway. More information can be found here: gsbs.rutgers.edu.

To find out if this type of program is a good option for you, please call the office at 848-445-5667 and schedule an appointment with an advisor to discuss your options for improving your academic record.