

Health Professions Newsletter

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Health Professions Open House

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

In addition to meeting some of our advisors, you will have the opportunity to better understand the resource that the HPO provides for students and open up a file with our office. Both new and returning students are encouraged to attend this event.

Date: Friday, September 29, 2017

Time 10:00AM-2:00PM

Place: Nelson Labs A-210 and B-228

The HPOdrome

A student portal into our database, the HPOdrome was launched in 2009.

You may login using your Rutgers **Netid** and password.

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.

Later, you may upload an updated resume and an autobiography.

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 848/445-5667.

Don't be left behind, join the 3000+ students already registered with the HPO. Active HPO students are expected to contact us about changes in class year, telephone number, mailing ad-

dress, or E-mail account.

The HPO Advisors include:

Dr. Elizabeth Vogel, Director
Mr. Greg Sobol, Advisor
Dr. Julie Traxler, Advisor and Dean of First-year Students.

Our Website, *Primum Non Nocere*

The HPO has a website. It has been designed to reach 3 different audiences: interested applicants to RU (and their families), current students, and alumni.

While the other two are important, our greatest focus is on you, our current students. For this reason, you will see that it does contain most of our HPO forms and brochures. There is only one form that you cannot get anywhere but in the HPO — the registration form, and that is because we feel it is important for every student to come here at least once to see what is available to them.

On the homepage of our website, you will find HPO Resources with links to the HPOdrome (see left-hand column for details), release forms, recommendation

forms, our newsletter, and the Rutgers/Saint Peter's Physician Shadowing Program.

You will also find Quick Links to information about: research, student groups, Career Services, and presentations. At the bottom of the page, there are links to Study Abroad, the SAS Writing Skills List and Degree Navigator.

In addition to the Calendar of Events, there is a Monthly Featured Article. This month the feature is about Alpha Epsilon Delta and how to join (see page 2 for more details).

Finally, if you mouse-over the Students link at the top of the page, and select "Current Students", you will be taken to a

page just for you. On this page you will find information on advising, file management, accelerated programs, and what is required of you as a pre-health professions student at Rutgers, New Brunswick..

BTW, Primum Non Nocere is Latin for First, Do No Harm.

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?

The HPO Facebook page contains many, many current events articles that you might find interesting. The link to our Facebook page can be found at the very bottom of our website Homepage.

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

Also, we encourage you to review your application and resume. Try to use past experiences to answer the common "How do you know that you want to be a doctor?" question.

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

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WHAT ABOUT RESEARCH? THE ARESTY RESEARCH CENTER AND MORE

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, 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.

The Aresty Research Center was founded in 2004 by a generous grant from Jerome and Lorraine Aresty. The Center seeks to link undergraduates with faculty. Its mission is to provide undergraduates with opportunities to participate in research at Rutgers. They offer several structured programs to which students may apply.

There is an annual student symposium where students have the opportunity to provide a presentation of their work to their peers and the faculty. Aresty also serves as a resource for finding information on how to get involved in research at RU.

For more information, visit the Aresty web site at:

<https://aresty.rutgers.edu/>

The Aresty Center is not the only way to get involved in research. You can approach professors or contact one of the many centers and institutes at Rutgers to find other opportunities (see our web site for links).

You can also pursue research through summer programs. These programs are found throughout the country and abroad and some offer stipends to defray costs. For example, the Weill Cornell, Rockefeller, Sloane Kettering Gateways to the Laboratory Summer Program is a great way for you to explore the MD/PhD track.

For more information: <http://weill.cornell.edu/mdphd/summerprogram/>

You don't even have to research in the hard sciences! You can do research in the social sciences or humanities. For example, public health, sociology, or anthropology.



HAVE YOU CONSIDERED A CAREER AS A D.O.?

Are you aware that there are two types of physician training programs in the United States? They are called Osteopathic (DO) medical training and Allopathic (MD) medical training programs.

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 organizations 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.

Selection Criteria for Medical and Dental Schools

1—Have a strong academic record, especially in the required sciences. You must also earn a competitive score on admissions tests: MCAT for medicine, DAT for dentistry.

2—Have experience in your chosen field. Candidates without clinical experience are rarely admitted.

3—Become involved in activities outside the classroom (research, work in your community, outreach programs, etc).

4—Seek out letters of support from faculty and other professionals. Strong support from your major and the sciences is critical. A letter from your research mentor is required.

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 felony 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.

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 of your choice?



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 Advi-*

sor concludes with the following: “A premedical biochemistry... appears advantageous, especially for students with weak academic preparation. Lack of such benefit from other precludes suggests that premedical students might better choose electives in arts and humanities to enhance their educational breadth.”

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

FALL 2017 HEALTH AND LIFE SCIENCE EVENTS FOR STUDENTS

ALL ABOUT INTERNSHIPS IN HEALTH PROFESSIONS

Learn how to obtain research, medical, and social service related internships, jobs or volunteer experiences.

Tuesday, September 19, 11:00am-12:00pm, Conference Room, Busch Student Center, UCS Office

HEALTH PROFESSIONS AND GENERAL SCIENCE MEET UP

Explore research, medical, and social service related topics supportive of professional development. One main professional topic will be presented for twenty minutes.

The rest of the time will be a free-flowing career questions and answer conversation with an alumni and career advisor. Coffee and cookies will be served.

Wednesdays from 2:00-3:00pm in the Conference Room, Busch Student Center, UCS Office—
September 20, October 18, November 29

INTERVIEWING SKILLS FOR MEDICAL SCHOOL

Learn how to prepare for the most important interview of your career. Material covered also applies to other health professions interviews.

Friday, October 6, 11:00am-12:00pm, Conference Room, Busch Student Center, UCS Office

CAMPUS TO CAREER FIELD TRIP*

Memorial Sloan Kettering Cancer Center, NYC—Thursday, November 2, 9:00-AM-4:00PM

Emergency Medical Associates, NJ—Friday, November 3, 10:00am-4:00pm

*Sign-up will be limited to the first 50 students. Look at the **events** section of careers.rutgers.edu for more information.

GATEWAY TO DENTISTRY PROGRAM AT RUTGERS SCHOOL OF DENTAL MEDICINE, NEWARK

The program is open to 2nd, 3rd, and 4th year students and qualified recent graduates. It is geared toward both students who are decided on dentistry as a career and those who are exploring the idea. The program gives students the opportunity to learn more about dental school admissions, dental school itself, the many specialties available within the field, and a chance to experience hands on pre-clinical techniques and lab procedures.

The dates for the winter and summer sessions of the program are:

Wednesday, January 3, 2018 – January 12, 2018
(Deadline for receipt of application and all documentation: October 11, 2017)

Wednesday, May 30, 2018 – Wednesday, June 8, 2018
(Deadline for receipt of application and all documentation: January 24, 2018)

Note: This program requires a letter of recommendation from your pre-health advisor or any basic science professor. In order to qualify for an HPO recommendation, you must have completed 30 credits at Rutgers University, have an active file with the HPO with a minimum of one letter of recommendation on file, and have a science and cumulative GPA of 3.0. If you plan to ask the HPO for a recommendation, you must schedule an appointment on specifically designated dates during the first week of October. Appointments will be made when the request for an HPO recommendation is submitted to the office