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 advancing your reading skills. Read what you like but also be sure to read things outside of your interest and comfort level. Check out long format articles in publications such as the New Yorker, the Economist, The Atlantic, Harper’s. Read books. Include non-fiction and things that challenge your verbal and thinking skills.

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

Your Social Media Use...
Medical schools and admission offices may search your social media presence in an attempt to choose the best applicants for their programs. It often gives them more insight than they can get out from an interview and essays because people often express themselves more freely on social media. This could be a problem if you have been careless about how you present yourself on social media. — 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 social media presence 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 and name.

MCAT 2020 INFORMATION NOW AVAILABLE
The MCAT test dates are now available for 2020.

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

- 2020 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/.
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.
Associate Dean for Academic Programs at the School of Environmental and Biological Sciences, Rutgers University

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.
- Transfer students must meet the minimum requirements at Rutgers University as well as their previous institution.
- Visit the Hot Topics section on the home page of the HPO website for more information.
PreHealth Student Societies, Organizations, and Clubs Continued…

Rutgers University Pre-Dental Society
The Rutgers University Pre-Dental Society allows students interested in the profession of dentistry to gain exposure and information regarding the dental profession and the dental school application process. Social Media: https://www.facebook.com/RutgersPreDentalSociety/ (Facebook) https://www.instagram.com/rutgerspredental/ (Instagram) https://rupds1.wixsite.com/rupds (Website)

Nu Rho Psi (Rutgers Chapter)
A nationally-recognized neuroscience honor society that aims to be a support system for brain science researchers of all disciplines at any stage of their careers. Our Facebook page is "Rutgers University Nu Rho Psi"

Student Society for Stem Cell Research
Our goal: To advocate an environment which promotes the development of stem cell research. We aim to do this via campus educational events, fundraising and other such means.
FB page link: https://www.facebook.com/Student-Society-for-Stem-Cell-Research-110072050352112/?modal=admin_todo_tour

Doctors Without Borders Student Chapter at Rutgers University
Our Facebook page is https://www.facebook.com/MSFRutgers/?modal=admin_todo_tour. The “Doctors Without Borders” Student Chapter at Rutgers University- New Brunswick is an interdisciplinary organization dedicated to advocacy and the principles of humanitarian medicine that aims to advance medical ethics and improve access to healthcare.

Rutgers APAMSA
Join the Rutgers chapter of the Asian-Pacific Medical School Association! This club seeks to foster community among the Asian-Pacific population seeking to enter into healthcare and will be hosting various events such as mentorship, networking, talks by distinguished faculty/healthcare professionals, and various cultural events to raise awareness about Asian-Pacific culture!
Link to social media: follow @ruapamsa on Instagram for more information and updates.

Global Brigades
Global Brigades is the largest student-led movement for global health in the world. GB coordinates skill-based 1-3 week brigades to Honduras, Panama, and Ghana. Each of these programs meet an aspect of our holistic model to strengthen the health and economic development of communities. Volunteers can join or lead a medical, dental, public health, business, water or engineering brigade through our Rutgers chapter.
Global Brigades is almost entirely funded through our volunteer’s fundraising. We empower more than 500 chapters worldwide to mobilize their peers. Volunteers fundraise to meet a Donation Goal, which funds the project, as well as covers our year-round work. Volunteers who can meet their full Donation Goal are able to join us in the implementation of the projects on the ground. Global Brigades also works with numerous government and non-government partners, both internationally, and locally in our programming countries. Finding common ground in our respective missions and models allows us, and our partners, to benefit mutually from each other’s contributions to our partner communities, accelerating impact. https://www.facebook.com/GlobalBrigadesAtRutgersUniversity/

HOSA: Future Health Professionals
Rutgers HOSA is a student organization focused on professional development for all aspiring future health professionals. We offer opportunities for all students who plan to pursue a healthcare related career. By focusing beyond normal health education, HOSA strengthens professional skills and builds bonds through teamwork, leadership, competitions, networking, and community service. Our website: http://hosa.rutgers.edu/.

North American Disease Intervention (NADI):
NADI was founded in 2012 with an ultimate goal of reducing the burden of diabetes and hypertension worldwide. Since its inception, NADI has reached out to over 3000 individuals and has held 30+ medical tables at locations including religious centers of worship, cultural programs, convention centers, farmer’s markets, libraries, schools, and through existing health programs. We intend on continuing our outreach, expanding our target population by opening chapters in other universities, conducting research, and holding intensive diabetes and hypertension prevention workshops worldwide. http://www.nadiaid.org/about-us.html