Institutional Action

AMCAS and AADSAS ask if you were EVER the recipient of ANY institutional action by any college. If you are planning to apply to medical/dental school next cycle, be proactive. Check with the Office of Student Conduct (http://studentconduct.rutgers.edu/). You can find out if you have ever had any sanctions and, if so, if they have been satisfied. We have found that sometimes students do not even know they were sanctioned. Remember, even if the sanctions have been satisfied, you need to report any past incidents on your application when you go to fill it out. Minor violations will not usually be held against you in the application process but not revealing them will. See an advisor if you have further questions on your specific situation and how this may pertain to you.

MAINTAINING A PROFESSIONAL REPRESENTATION IN THE TECHNOLOGICAL WORLD

Let’s face it. We all rely on technology. It is our main way of communicating with others, both privately and professionally. We are so used to it that we often forget that, professionally, we need to think about how others perceive our image based on how we communicate. The way you choose to portray yourself in email, on social media and on the phone can be viewed as a reflection of your values and competency and may affect the way you are considered for internships, jobs, or even promotions. 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. Avoid posting inappropriate images. Anything that may be seen as offensive, illegal, or provocative should not be shared.
2. Avoid posting extremely negative content. Don’t air out your personal grievances and complaints, particularly about current or past professors or employers.
3. Use good judgment when sharing opinions. As with images, think about how your statements will be interpreted by others. It is OK to have an opinion but avoid being aggressive or hostile.

Phone/voicemail:
1. Always state your name and the reason for your call clearly and concisely.
2. Make sure the voice mail on your phone is set up with a greeting that is friendly and easy to understand and be sure your mailbox is not full.
3. When leaving a voicemail for a job, interview, or other professional purpose, be sure to clearly state your name and the purpose of your call.

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.

REMINDER: HPO Committee Statement Workshops

The first two workshops are fast approaching. Please be aware that to qualify, you must attend a pre-application workshop and submit an INTENT TO APPLY by February 28, 2020 at 5 pm. Even if you attended a workshop for last cycle, you will need to attend again. The workshops are mandatory for all who wish to participate in the committee interview/letter process. Intent to apply forms will only be available to those who attend the workshops. No exceptions to this or to deadlines.

The upcoming workshop dates for December are:

Friday, December 13th from 1-2:30 pm in Nelson Bio Labs, Room D-406
Thursday, December 19th from 1-2:30 pm in Nelson Bio Labs, Room D-406

Many more workshop dates in January and February 2020 will be announced shortly. Check the HPO website under Hot Topics for more information and other committee statement 2020 requirements.
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.

2019 Deadline for Release Forms

If you haven’t had your letters sent out in the 2019 cycle and still must do so, the deadline for submitting your release form to the Health Professions Office is Monday, December 9th.

Please be aware that release forms are processed on a first come, first served basis, and this deadline does not apply to general release forms for other graduate and academic programs.

Holiday Closures

The HPO will be closed Thursday and Friday, November 28-29, in observance of the Thanksgiving holiday.

In December, The HPO will be closed December 25th until January 2nd in observance of the winter holidays. Have a nice end to your semester and happy 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. Also, see information about institutional action section of applications for medical and dental schools on page 1 of this newsletter.

2. Avoid debt if possible

Since you will need to qualify for student loans when applying for your graduate studies, try to incur as little 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 Clinical Opportunities

It is never too soon to start thinking about how you are going to spend Summer 2020! 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 2020 where possible but some programs have not announced the dates for next year yet. We encourage you to check those websites frequently for updated information.

The list of upcoming clinical opportunities with links for more information can be found on our HPO website under the current hot topics section found on the main page.

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.