

## Fall 2020 Information and Events!

Find an Introduction to the HPO slide show on the main page of our website: <https://hpo.rutgers.edu/>. Here you will see information on the resources provided by the HPO. Find out how to open an HPO file with us by watching the other slide show on our website, also located on the main page.

Mark your calendar for our 3 upcoming town halls!

Join us via zoom for open sessions with Dr. Vogel and Mr. Sobol:

**Wednesday, September 23, 5-6 pm:** First year students interested in medical and dental school.

**Friday, October 23, 2-3 pm:** Students interested in other health professions such as PA, Nursing, PT, OT and more.

**Thursday, November 19, 5-6 pm:** Students planning to apply to medical or dental school in 2021.

Zoom meeting information will soon be sent out via our listserv and posted on our website and social media sites.

## The HPOdrome

Once you open a file with the HPO, you will have web based access to your HPO account via the HPOdrome student portal.

To find the HPOdrome, just go to [hpo.rutgers.edu](https://hpo.rutgers.edu) and click on the HPOdrome Student Portal button and login, using your Rutgers Netid and password.

One of the things you will be able to see is a list of the names of the evaluators who have submitted letters for you.

You will also see your Rutgers HPO science GPA calculated in the upper right hand corner of your profile. This is updated every semester once final grades are posted by the registrar.

## THE HEALTH PROFESSIONS OFFICE

The Health Professions Office provides a variety of services for currently enrolled Rutgers-NB students and recent 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 hours are M-F from 8:30—5:00. Students may email

[hpo@dls.rutgers.edu](mailto:hpo@dls.rutgers.edu) 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!**

We offer both walk-in and by appointment advising. Walk-in hours are posted on our website: [hpo.rutgers.edu](https://hpo.rutgers.edu) and are a good time to discuss quick questions. For more in-depth advising, please schedule a half hour virtual appointment. You can do so by using our online chat feature, which is found under the HPO Quick Links header on the main page of

our website. Please be aware that we can't make appointments via email! 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 address, or e-mail account.

The HPO Advisors include:

Dr. Elizabeth Vogel, HPO Director  
Mr. Greg Sobol, Advisor

Dr. Anne Carr-Schmidt, Director of Advising, SAS Biological Sciences

## OUR WEBSITE

Visit our website: [hpo.rutgers.edu](https://hpo.rutgers.edu). There you will find information for current students, alumni, and prospective students. As current students, you will find information on a variety of topics and links to useful resources. Click on Hot Topics to keep up-to-date on events, deadlines, and opportunities.

Click on Forms to get easy access to downloadable versions of our forms. The only one of our forms you won't find there is the registration form to open a file. To obtain that, we would like you to send us a message to our HPO email address, [hpo@dls.rutgers.edu](mailto:hpo@dls.rutgers.edu), with

your request to open up a file. From there, we will send you the necessary information and paperwork to do so. At the top of our homepage, explore the various links to information on our programs, available resources, archived newsletters, admissions statistics and more!

## ALL ABOUT THE RUTGERS HPO SCIENCE GPA

The science GPA you will see on your HPOdrome profile page is based on the courses you take in Biology, Chemistry, Physics and Math (BCPM) at Rutgers NB. Beyond the basic premedical sequences for Biology, Chemistry, Physics and Organic Chemistry, courses included for Biology must have a prerequisite of Biology 115 and 116; those included for Chemistry must have a prerequisite of Chemistry 161 and 162 (or equivalent); those included for Physics must have a prerequisite of General Physics 203 and 204 (or equivalent); those included for Math must have a prerequisite of Precalculus 115 (or equivalent). Your Rutgers HPO science GPA will not necessarily be exactly the same when it is calculated by the professional school application services such as AMCAS (MD), AACOMAS (DO), or AADSAS (DDS) because each type of school calculates the GPA a little differently and will include courses you take outside of Rutgers for college credit. However it will give you a reasonably close idea of where you stand. Additionally, we use the Rutgers HPO science GPA to determine eligibility for various HPO programs.

## ***Interested in other ways to get involved?***

Rutgers has 30+ student organizations/clubs/fraternities dedicated to health issues. Some target a particular disease, others a particular field of interest. Many are very involved in the community and also bring in interesting speakers.

The Involvement Fair is your opportunity to learn about these groups and to meet the student leaders virtually. It will be held Monday, September 14, 2020 through Wednesday, September 16, 2020, and the website is <http://programs.rutgers.edu/involvementfair/>.

*The HPO does not recommend that incoming students take a leadership role in a student group in their first semester. It can become a very time-consuming obligation undertaken at a time when you are just getting used to time-management in college!*

## **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 for guidance!**

## **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 home page. The Career Services Office conducts mock interviews upon request. You will conduct a simulated interview, and then be given feedback on your interviewing skills.

For more information, please contact the Career Services Office directly. Their website offers more information as well: [careers.rutgers.edu](http://careers.rutgers.edu). 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. 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?*



Need more guidance? Don't forget that you can also schedule an appointment with an HPO advisor for further guidance and preparation as well. Appointments are scheduled using the online chat feature, which can be found on the main page of the HPO website, [hpo.rutgers.edu](http://hpo.rutgers.edu).

## **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/>

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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 are all interesting and relevant fields to gain valuable research experience.



## 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. If you are looking to obtain a committee letter when your application cycle comes around, understand that this information will factor into that process as well.

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. Make an appointment with an advisor for more recommendations regarding scheduling appropriate classes for your goals.