Sign in sheets are at the end of the first five rows.

Be prepared to take notes.
So You Want to Be a Health Professional

Rhona Beaton
Assistant Director of Health Professions Programs
Olin Center 110
Union College, Schenectady, NY
www.union.edu/medicine
Goals for Today’s Meeting

• Review Health Professions Office staff and resources
• Outline important upcoming events
• Review key components of a graduate health profession application
• Review our expectations of professional behavior
• Provide suggestions for coping and thriving as a student at Union College
Health Professions Office Overview
Olin Center 110

• We are student initiated – you are the driving force.
• Advising about course requirements for graduate health professions programs
• Career exploration of doctoral and allied health professions
• Preparation of competitive applicant portfolio
• Guidance through application process

Our office has many resources, so if you meet any students interested in a health profession who did not attend today’s meeting, please encourage them to come into the office to connect with us so that they receive our information and updates.
Health Professions Office Staff

Program Assistant – Sabrina Bruno
brunoa@union.edu

Assistant Director and 1st year advisor:
Prof. Rhona Beaton
https://rhonabeaton-advising.youcanbook.me

Director and 2nd, 3rd, 4th year advisor:
Prof. Carol Weisse
https://professor-carol-weisse.youcanbook.me
Student Resources

• Health Professions Office
  • Individual advising
  • Group advising

Read our weekly office updates from health_pro@union.edu.

• Pre-Health Society
• Becker Career Center
• Student Activities
Things to Keep in Mind

• Use Union e-mail (check regularly)

• brunoa@union.edu and Health_pro@union.edu are messages from our office, so check spam folder

• Health Professions Advisor vs. Academic Advisor

• Pre-Health Society vs. Health Professions
Important Events

- Ellis Hospital Dept. of Internal Medicine Medical Grand Rounds
  Friday mornings 8:00 AM to 9:00 AM
  Auditorium in Ellis Hospital
  Nott Street Campus

- Study Abroad Fair at the Nott Memorial
  Thursday October 17, 2019 from 12:30-2pm

- Winter and Spring Term Group Advising Mtgs
There is no one correct way to successfully apply to a graduate health profession school.
What does “pre-health” mean?

Pre-Health is an umbrella term that describes preparing for the diverse careers in the health professions from acupuncture to veterinary medicine. Our office encourages open-mindedness when exploring the diverse career paths in the health care field.
What is the “pre-health track”?

Since Union does not have a pre-med/pre-health major or minor, the pre-health track indicates that there are certain courses and activities required and recommended for an application to a graduate health profession school.
Albany Medical College (AMC) offers an Early Assurance MD program that enables successful Union College students to bypass the MCAT and the regular application process. Students apply at the end of sophomore year and, if accepted, are assured admission to AMC’s MD program two years later. This assumes the student stays in compliance with academic and professional conduct standards.

To qualify for consideration, applicants must:

• Enter Union College as freshman
• Achieve a 3.5 grade point average in math/science courses and overall by the time of application
• Obtain the following standardized test scores: ACT >31 or SAT >1400
• Complete a set of specific science courses
• Participate in extracurricular experiences that prepare one for a career in medicine
• For additional information, students are encouraged to contact the Health Professions Office: health_pro@union.edu (518) 388-6300
Health Professions Office Webpage
www.union.edu/health-professions

The Health Professions Program at Union provides interested students with a health profession after gra...
The Secret to Success…AIM high

A-academic performance
I-interpersonal maturity
M-motivation
Academics

• Major

• GPA’s
  * BCPM  * All others  * Overall

• Course planning
  * All of the required course work for professional schools should be taken at the home institution and for a grade.
  * There is no need to take organic chemistry during the first two years unless you are a biochemistry or chemistry major. Your course planning should not be tied to an application time line.
  * Chemistry department policy is that once you have taken a more advanced course, you cannot go back and re-take a course which is a pre-requisite for the more advanced course. For example, if you have completed CHM 231, you cannot go back and take CHM 101, 102 or 110.

When considering withdrawing from a course, please consult with the academic department chair for withdrawal and retake information.

• Standardized test scores (MCAT, DAT, OAT, GRE etc…)  
  * Start studying early
Core Requirements (from www.union.edu/medicine)

2 English (Preceptorial and one other English course with an EGL prefix)
Introductory Psychology or Sociology (statistics is also recommended)

Biology courses (more would be helpful):
BI 103 Heredity, Evolution, and Ecology (Fall, Winter, Spring)
BI 104 Cellular Foundations of Life (Fall, Winter, Spring)
BI 205 Topics in Molecular Biology (Fall, Winter, Spring)

4 Chemistry:
CH 101 Matter: Structure & Change (Fall, Winter, Spring)
CH 102 Matter: Energy & Dynamics (Winter, Spring)
CH 231 Organic Chemistry I (Fall, Winter)
CH 232 Organic Chemistry II (Winter, Spring)
Note: CH 110 = CH 101 + CH 102 (Fall)
*Students taking CH 110 should also take biochemistry for four-course sequence. Needed for the MCAT anyway.

*Biochemistry

2 Physics:
PH 110 Physics for the Life Sciences I (Fall, Spring)
PH 111 Physics for the Life Sciences II (Fall, Winter)
Note: prerequisite is Calculus through MTH 102 or MTH 112 or MTH 113

Some Veterinary, Pharmacy, and Dentistry schools also require microbiology. Some PT and PA programs require human anatomy & physiology, which Union does not currently offer but the Biology department may pilot a section of the course during the fall of 2020.
Biochemistry

• One of the courses below will prepare you for the MCAT and fulfill the Biochemistry requirement for many professional schools:
  – BIO 380 or CHM 382 or BIO 335
  – The choice should be made based on input from your academic advisor.

• When developing your four year course plan, remember that the spring term option (BIO 335) is the most popular choice, and therefore the hardest to get into.
Interpersonal Maturity

• Reflect on how you will develop yourself in this capacity
• How will you convince those who will be evaluating you that you can handle a career in medicine?
HOW WILL THE HEALTH PROFESSIONS ADVISORY COMMITTEE RANK YOU WHEN YOU ARE READY TO APPLY?

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<th>Good Top 25%</th>
<th>Fair Next 25%</th>
<th>Poor Lower 50%</th>
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Motivation

Take advantage of Union’s unique opportunities:

* Get to know your faculty

* Trimester schedule

* Attend Health Professions meetings (athletic commitments should not interfere with the 1 mtg/year)

* Pre-Health Society programs

* Volunteer opportunities
Visit to Tufts Veterinary School
Health Professions Students Touring Temple University School of Medicine
What will your resume look like in four years?

Daffy’s résumé

EXPERIENCE
AUG '63 - Nov. '67:
Jumped around a lot and went "woohoo, woohoo, woohoo!"

JAN. '68 - Sept. '83:
Jumped around a lot and went "woohoo, woohoo, woohoo!"

Oct. '84 - present:
After short stint in politics, jumped around a lot and went. "woohoo, woohoo!"

SPECIAL SKILLS: Can be blown away by shotgun at close range without dying. Jumping around a lot
Explore your interests and try new things
Get involved in the community…
The Minerva system offers many opportunities for leadership and unique social alternatives.
Think about where you would like to study abroad

- Full term abroad
- Mini-terms
- National Health Systems Term Abroad
Greetings all!

In the midst of reading thousands of applications, I've realized that the number of students undertaking one/two/three-week service activities in a developing country has increased exponentially. While I think that getting out of your comfort zone and learning about other cultures are wonderful experiences, there are a number of issues that have started to bother me:

1) these trips are costly and thus mostly applicants from well-to-do families have the means to participate. I wonder if it is not becoming a new commercial enterprise that is taking advantage of applicants who feel that such a "do-good" trip will enhance their background.

2) applicants seem to believe that such a trip makes up for a lack of involvement with underserved communities in the US. It does not.

3) for the most part, the applicants do not reflect on what they should have learned from the experience but concentrate on a feeling of satisfaction for having been able to "help." It should be a learning experience.

4) too many make that experience the highlight of their personal statement. The problem is that if they haven't followed up with more community work here or abroad (and the majority have not), there is a disconnect between their personal statement and the reality of what they have done.
Professionalism
E-mail Etiquette

Don’t make me use UPPERCASE
Hey,
I think I may try and take the MCAT's again in August to see if I can do better. I haven't been able to work on my application because I've been so stressed about my scores lately, so when should I get all that into you?
Please remind me of everything that I need to get in as well and how many copies I need, I greatly appreciate it.
Crap and a half, I'm such an ass and completely zoned out, I've been in finals mode all weekend long and can't remember the last time I saw daylight. I had to write my schedule because my printer died but I'm horribly irresponsible and haven't picked up my paperwork. Can I grovel to arrange a time or something to pick it up? I'm so terribly sorry I haven't gotten back to you before this. I somehow just lost track of time.
Hi Professor Weisse,

Yes I am applying for 2### and I have submitted my primary application online. I just haven't had the chance to mail you a copy of my application and the letter to the committee, because I've been extremely busy at work. I will mail you a few copies first thing tomorrow morning, if that's ok. Please let me know if you have any questions.

Thanks!
Professor Beaton,

Hello, I am interested in the Bio 080 Healthcare Practicum that you are offering for the Winter term. However, I realize that I have already missed the deadline by a few days...is it possible to extend the deadline for those oblivious students such as myself whose memory capacity has been victimized by their non-stop, sleep-deprived Senior schedules?
P.S. *I know it is Christmas eve*, but i just realized that this was the main question i had to ask you and it your answer might save me from missing the first class of the trimester. Thank you so much for your time, and happy holidays.
Before sending an e-mail...

1. Ask yourself-can I answer this question myself?

2. If not, take the time to determine the right person to e-mail

3. Keep messages short and to the point and use your Union e-mail address

4. Make sure you have a proper salutation (“Dear professor…”) and include identifying information (relationship, class year, cell phone number)

5. Please remember that an RSVP is a commitment and that you should not e-mail excuses for not attending after the event is over.

6. Keep in mind that e-mail replies from our office will come during normal business hours M-Fri 9-4.

Keep in mind that all faculty/staff you e-mail may be writing you a letter of recommendation some day!
Coping with College
Coping with College

• Time management
  - be wary of time drains

• Be organized
  - daily planner should include times set aside for assignments

• Find a secret study space

• Don’t be afraid to be yourself and to say no
You must find balance...
• **Academic Coaching** - is available *to help any student* who wants to do better academically. These meetings are tailored to each student's needs, but often include such topics as how to take better notes, how to read more efficiently, time management, organizational strategies, etc.

• If you have questions, please contact Kristen Fanfarelli, the Director of Academic Achievement, at fanfare@union.edu.
Minerva Mentors - a peer academic mentoring program focused on promoting academic success for first year students. All first year students are assigned a Minerva Mentor based on their Minerva House assignment. Information about the program and mentors can be found at https://www.union.edu/student-life/minerva-program. Minerva Mentors do not tutor, BUT they provide a peer perspective on a number of things including:

- improving time management and getting organized.
- understanding the trimester system and providing guidance on balancing extracurricular activities with academics.
- refining study skills, such as how to study different disciplines, take better notes, read more efficiently and study for exams.
- finding appropriate academic resources to improve grades.
- If you have questions, please contact Kristen Fanfarelli, the Director of Academic Achievement, at fanfare@union.edu.
Supplemental Instruction (SI) - offers optional, collaborative, peer-led study sessions for some of our traditionally challenging courses. The model coaches students on how to be better learners by integrating course content with learning skills. More information about SI can be found at https://www.union.edu/academic-achievement.

If you have questions, please contact Kristen Fanfarelli, the Director of Academic Achievement, at fanfare@union.edu.
If you are struggling at Union, do not keep quiet and try to look inconspicuous!
Don’t give up
A word about professionalism…
(and conduct points)

• Be aware that potential schools and employers may view your online presentation of your life.

• Some health professions programs will require that you report all conduct points, regardless of whether they disappear here at Union.
Don’t swim blindly toward an MD because you think it is your only choice!
Any Questions?