

Health Professions Newsletter

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September 2019

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 resources that the HPO provides for students and open up a file with our office, if you have not yet done so. Both new and returning students are encouraged to attend this event.

Date: Friday, September 20, 2019

Time 10:00 AM-2:00 PM

Place: Nelson Labs A-207 and A-210

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 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 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!**

We offer both walk-in and by appointment advising. Walk-in hours are posted on our web site:

hpo.rutgers.edu and are a good time to discuss quick questions. For more in-depth advising, schedule a half hour appointment either by calling the office at 848-445-5667 or coming by in person. 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. 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. We like to meet you in person when you open a file and feel it is important for you to know where we are located!

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?

See page four of this newsletter for a list of student organizations related to the health professions. Getting involved in any of these groups is a fantastic way to further explore the array of different opportunities the health field has to offer. Look out for more organizations to come in our October newsletter!

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 given feedback on your interviewing skills.

For more information, call 732/445-6127. Call early because there may be a several week wait as slots fill up quickly. 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 to check out our **Interviewing for Medical School Workshop** facilitated by Greg Sobol, HPO Advisor on **September 25!** More information and the link for required pre-registration can be found here: <https://hpo.rutgers.edu/docman-listener/home-page/172-interviewing-for-medical-school-hpo-flyer-2019/file>.

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 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.

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 A dvi-*

sor concludes with the following: “A premedical biochemistry...appears advantageous, especially for students with weak academic preparation. Lack of such benefit from other preludes 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.

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?



FALL 2019 SCARLET KNIGHTS COUNCIL MEMBERS: **HEALTH RELATED CLUBS AND ORGANIZATIONS AT** **RUTGERS**

Rutgers Journal of Bioethics:

The Rutgers Journal of Bioethics is an undergraduate journal exploring the intersection of ethics, biology, society and public policy. It has been published each year since 2009. Our goal is to provide a platform for students looking to voice their opinions and tackle the ever challenging questions of bioethics. The journal welcomes all unsolicited original essays, book reviews, editorials and art. To submit work, please share your paper or a high resolution image of your art with rubioethics.journ@gmail.com. Learn more about our work here: <http://eden.rutgers.edu/~bioeth/about.html>.

Phi Delta Epsilon:

Phi Delta Epsilon International Medical Fraternity creates physicians of integrity with a life-long commitment to our guiding principles of philanthropy, deity, and education through fellowship, service, mentoring, and formal training in leadership, science, and ethics. By becoming a member you will be able to participate in various events that we hold on campus including: talks given by Deans of medical schools, presentations on becoming involved in research, and lectures given by physicians. We also have a strong sense of camaraderie and by joining you will gain a group of friends and mentors for life. Our Facebook page can be found here: <https://www.facebook.com/RutgersPhiDeltaEpsilon/>.

The Foundation for International Medical Relief of Children:

A non-profit organization whose mission is to provide access to medical care for the millions of underprivileged and medically under-served children around the world. The Rutgers University chapter of FIMRC fulfills these initiatives each year by raising money, and supporting students who are willing to travel abroad to volunteer at hospitals, clinics, and orphanages in one of FIMRC's project sites located in Costa Rica, Dominican Republic, Ecuador, El Salvador, India, Nicaragua, Peru, Philippines, and Uganda. In addition to its involvement in improving global health, FIMRC-RU also engages in community

service activities such as local volunteering, and health education. More information can be found at <https://www.fimrc.org/>.

SEBS Pre-Med/Pre-Dent Society:

The purpose of my club, SEBS Pre-Med/Pre-Dent Society, is to provide the members with information concerning the pre-medical/pre-dental curriculum, admission requirements for various medical, dental, and medical-related schools, and different career specialties. My organization will also offer its services to the community in health-related areas. Email us here: sebs.premedpredent@gmail.com.

Alpha Epsilon Delta (AED):

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 pre-medical 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 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);
- No less than three semesters (at least 36 credit hours) completed and officially acknowledged by Rutgers University (transfer students must have completed at least one semester at Rutgers);
- Minimum overall GPA of 3.5 and minimum science GPA of 3.4. Transfer students must meet these GPA requirements both at their previous school and at Rutgers University.

If you qualify and wish to be considered for membership, visit our website before October (www.hpo.rutgers.edu). Once on our homepage, click on the link titled "Hot Topics" and then complete and submit the worksheet to the Health Professions Office before the October 2nd deadline. The link to AED's Facebook page can be found at this address: <https://www.facebook.com/RutgersAED/>.

Women in Science Society:

The Rutgers University Women in Science Society strives to include all undergraduates who's major or minor falls in the STEM field. We want to empower women and to foster a community of support during their studies. RUWSS plans to have faculty networking events, study groups, and destressing events throughout the semester to allow members a chance to connect with each other and Rutgers faculty. Please visit our Facebook page at <https://facebook.com/rutgerswss> for more information and feel free to email us at rutgerswss@gmail.com.

Kier's Kidz:

Kier's Kidz helps young adults (19 to 29 years), adolescents, and children with cancer by providing emotional and financial support to them and their families. We also serve as a cancer support community in New Jersey to help children and adolescents who have lost a parent or sibling to cancer. In addition, we donate money to the Cancer Institute of New Jersey and the Childhood Cancer Therapy Development Institute for pediatric cancer research. Website: <https://www.kierskidz.com/>.

American Medical Students Association:

We are an organization made up of students united under our common interest in medicine, healthcare and the opportunity to make a difference. In fact nearly all our members have aspirations of attending medical school and entering the medical field. Thus, RU AMSA is run with this in mind. Many of our events are related to the medical school application process, current medical topics such as the debate over public health care, pathways in medicine and healthcare, and pursuing interests while on the road to Medical School. We hold many events throughout the fall and spring semesters, most of which take place on Busch Campus on Tuesday nights, with our largest event being the Annual AMSA Pre-Health Conference, which takes place during the early weeks of the spring semester. If you are a Rutgers student and are interested in one day entering the field of medicine or healthcare, we welcome you to attend our events and join our organization. We also welcome you to take part in our committees of Global Health, Grassroots and Peer Mentoring. Facebook page: <https://www.facebook.com/RutgersAMSA/>.

FALL 2019 SCARLET KNIGHTS COUNCIL MEMBERS: HEALTH RELATED CLUBS AND ORGANIZATIONS AT RUTGERS CONTINUED

Future Healthcare Administrators:

Future Healthcare Administrators (FHA) is an organization dedicated to providing students with resources and opportunities in the fields of healthcare management and administration. We regularly host professional development sessions, speaker series with industry experts, and a yearly alumni/professional speaker panel. Additionally, we host a case competition with over \$2,000 in prizes and networking opportunities with leaders in healthcare management. We will be hosting our first meeting in September and we'd love to hear from you and answer any questions you may have! Our email address is fharrutgers@gmail.com.

Rutgers Sustainability Coalition:

We are a coalition of student organizations dedicated to advancing the United Nations Sustainable Development Goals by promoting a culture of sustainability on campus through activism, collaboration, and education. We address social and economic issues in addition to environmental issues. We are dedicated to promoting the health of people and the planet. Our vision is to build the Rutgers Office of Sustainability and a Student Coalition that together will serve as a hub for student, faculty, and community involvement in sustainability at Rutgers. Our website: <https://www.facebook.com/SustainableRU/?ref=bookmarks>.

The Examiner: The Pre-Health Journal of Rutgers University:

Journalists write articles about pre-health issues that reflect the interests of the Rutgers community and together cover a wide range of subjects from public health to breaking down hard science into approachable terms. Students accepted to write for The Examiner will have the opportunity to be published. **Learn how to apply:** tiny.cc/RUExaminer.

Facebook: <https://www.facebook.com/ruexaminer/>

Website: <http://www.eden.rutgers.edu/~examiner/>

Issuu: <https://issuu.com/rutgersexaminer>

Email: ruexaminer@gmail.com

Dentistry for Social Good:

Our mission is to promote dental care in under-served areas through voluntary dental clinics, oral health awareness campaigns and campaigns for oral health equity. Our Facebook page can be found here: <https://www.facebook.com/Dentistry-For-Social-Good/>.

Rutgers Biology Club:

The purpose of the Rutgers Biology Club is to offer students the opportunity to learn more about biological science, build resumes, increase awareness about current events in the sciences as well as explore biological related career options. In addition, this club strives to provide an atmosphere for those who are interested in biological science where students can participate in biology related activities, discussions, trips and community service events. The Rutgers Biology Club will also help integrate students into the School of Arts and Sciences plus the School of Environmental and Biological Sciences. Our Facebook page is located here: <https://www.facebook.com/rutgersbioclub/>.

Pre -Optometry Professions Society:

Becoming a member of our organization includes access to frequently updated study materials, opportunity to network with those in your field, the ability to ask questions regarding the optometry profession and information for optometry graduate school. General meetings are held for this purpose. Other events such as panels feature optometrists currently working in the field and current optometry students.

Overall a wonderful place for a student to start if they are considering optometry. All members of the group are prospective optometry students currently taking prerequisite classes, going through the application process, and shadowing doctors for further experience, allowing us to become knowledgeable enough about the field to help aid those just starting. Find the address for our Facebook page here: <https://www.facebook.com/groups/RUPOPS/>.

Bioethics Society: Our purpose is to raise general awareness of issues in bioethics in the Rutgers community through interesting discussions every other Wednesday night and through the yearly Bioethics Journal publications. We bring together multiple disciplines relevant to the field of bioethics and we look forward to having you join us! Feel free to reach out to our Facebook page if you're interested or have any questions! **Link:** <https://www.facebook.com/bioethics.ru/>

Minority Association of Pre-Health Students:

The Minority Association of Pre-Health Students is an organization that provides underrepresented students knowledge, resources, and experience. We provide leadership and networking opportunities to those who are committed and participate in the organization's efforts. Our organization's website: <https://rutgers.campuslabs.com/engage/organization/mapsru>.

Society of Post-Baccalaureate Students:

Trying to find community at Rutgers? Interested in meeting other students taking a non-traditional route to medicine? Whether you are in the formal Post-Bacc program or just taking a few classes on your own, look no further than the Society of Post-Baccalaureate Students (SPBS). SPBS is an opportunity for you to meet other students fulfilling pre-medical requirements at Rutgers after receiving a bachelor's degree. Starting in September, come join other post-baccalaureate students to hang out, study, and get to know each other! Send your contact information to john.neri@rutgers.edu to join the Group Me and receive further communication.

Look out for more clubs and organizations in our October newsletter!