

PRE-HEALTH ADVISING

What things to consider and what is planned for winter quarter?

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<http://www.du.edu/nsm/premed/>

Who can help?

Pre-Health Advising:

Nancy Lorenzon

Academic Advising:

Todd Schuster

Career Center:

John Haag

Patricia Hickman

Pre-Professional Committee:

Nancy Lorenzon

Jim Fogleman

Barbekka Hurtt

Administrative support:

Margene Brewer

Self-reflection and self-assessment

- What gaps exist in my knowledge (coursework or studying)?
- How do I need to strengthen my 'resume' (experiences)?
- Do I know why, and have I demonstrated that, I want to pursue a career in...?
- Have I researched different types of health careers and schools/programs?
- Am I aware of current issues, concerns and trends in healthcare?
- Have I determined a realistic timeline for my professional school preparation?

Work on the **Pre-Health Portfolio and Self-Assessment Guide**, if you have not already

You will receive an email with the guide as a word document.

Beginning filling out the guide and email a copy to me when setting up an appointment.

(A pdf copy of the document can be found on the PreProfessional/Allied Health Advising website in the Advising section)

Pre-Health Portfolio and Self-Assessment Guide!

You should use this guide and fill in what is appropriate at this point in your undergraduate career and continue to work on this throughout your years at DU. It will help you to identify where the holes or weaknesses might be in your professional school future application, and it will guide you through some self-reflection and help you become more self-aware (it will also help me during advising since you will have compiled all your information in one place and thought about it).

In addition, refer to the list of **Core Competencies for all Entering Medical Students** from the AAMC - these competencies apply to students applying to other professional schools, too. Use this list to really think about your volunteer and clinical experiences and how you have demonstrated these competencies in your specific experiences.

Core Competencies for Entering Medical Students

The 15 Core Competencies for Entering Medical Students (defined below) have been endorsed by the AAMC Group on Student Affairs (GSA) Committee on Admissions (COA).

The competencies fall into four categories: **Interpersonal, Intrapersonal, Thinking and Reasoning, and Science.**

Interpersonal Competencies

Service Orientation: Demonstrates a desire to help others and sensitivity to others' needs and feelings; demonstrates a desire to alleviate others' distress; recognizes and acts on his/her responsibilities to society; locally, nationally, and globally.

Social Skills: Demonstrates an awareness of others' needs, goals, feelings, and the ways that social and behavioral cues affect peoples' interactions and behaviors; adjusts behaviors appropriately in response to these cues; treats others with respect.

Interpersonal Competencies (continued)

Cultural Competence: Demonstrates knowledge of socio-cultural factors that affect interactions and behaviors; shows an appreciation and respect for multiple dimensions of diversity; recognizes and acts on the obligation to inform one's own judgment; engages diverse and competing perspectives as a resource for learning, citizenship, and work; recognizes and appropriately addresses bias in themselves and others; interacts effectively with people from diverse backgrounds.

Teamwork: Works collaboratively with others to achieve shared goals; shares information and knowledge with others and provides feedback; puts team goals ahead of individual goals.

***Oral Communication:** Effectively conveys information to others using spoken words and sentences; listens effectively; recognizes potential communication barriers and adjusts approach or clarifies information as needed.

* Intrapersonal Competencies

Ethical Responsibility to Self and Others: Behaves in an honest and ethical manner; cultivates personal and academic integrity; adheres to ethical principles and follows rules and procedures; resists peer pressure to engage in unethical behavior and encourages others to behave in honest and ethical ways; develops and demonstrates ethical and moral reasoning.

Reliability and Dependability: Consistently fulfills obligations in a timely and satisfactory manner; takes responsibility for personal actions and performance.

***Resilience and Adaptability:** Demonstrates tolerance of stressful or changing environments or situations and adapts effectively to them; is persistent, even under difficult situations; recovers from setbacks.

***Capacity for Improvement:** Sets goals for continuous improvement and for learning new concepts and skills; engages in reflective practice for improvement; solicits and responds appropriately to feedback.

Thinking and Reasoning Competencies

Critical Thinking: Uses logic and reasoning to identify the strengths and weaknesses of alternative solutions, conclusions, or approaches to problems.

Quantitative Reasoning: Applies quantitative reasoning and appropriate mathematics to describe or explain phenomena in the natural world.

Scientific Inquiry: Applies knowledge of the scientific process to integrate and synthesize information, solve problems and formulate research questions and hypotheses; is facile in the language of the sciences and uses it to participate in the discourse of science and explain how scientific knowledge is discovered and validated.

***Written Communication:** Effectively conveys information to others using written words and sentences.

Science Competencies

Living Systems: Applies knowledge and skill in the natural sciences to solve problems related to molecular and macro systems including biomolecules, molecules, cells, and organs.

Human Behavior: Applies knowledge of the self, others, and social systems to solve problems related to the psychological, socio-cultural, and biological factors that influence health and well-being.

Curriculum

- **New courses being offered in Biology** (Exercise Physiology, Neuroscience of Movement, more new Neuroscience, Anatomy, and Physiology courses in the near future)
- **Common core curriculum courses and elective courses outside of the sciences**
 - ANTH 3320: Medical Anthropology
 - COMN 3XXX: Visual Narratives of Women's Health
 - COMN 3270 Health Communication
 - ECON 3740: Health Economics
 - INTS 2490: Introduction to Global Health
 - INTS 2500 International Health and Development
 - INTS 3731 Comparative Health Care Policy
 - HIST 1240: Comparative History of Medicine
 - SOCI 3250: Sociology of Health
- ASEM 2626: Politics and Economics of Health Care (Economics)
- ASEM 2539: Health, Media, and the Self (Media, Film, & Journalism Studies)
- ASEM 2615: Disease in World History (History)

Interested in research? Volunteer opportunities? Shadowing?

- **Get your resume together** (Career Center can help)
- **Identify your interests, goals, timeframe**
- John Haag for the Career Center outlined different types of opportunities in his pre-health presentations: **finding research opportunities** and **volunteer opportunities**
(<http://www.du.edu/nsm/media/documents/premeddocs/researchoppshopworkshop.pdf>)
(<http://www.du.edu/nsm/media/documents/premeddocs/volunteerclinicalexpshopworkshop.pdf>)
- You can also find **health-related and general volunteer opportunities** on the CCESL website: <https://volunteer.du.edu/>
- Search for **internships and part- or full-time jobs**: PIONEER CAREERS (DU Career Center website) <https://du-csm.symplcity.com/students/> You can search for health-related opportunities and also set a notification so you get alerts when new opportunities are posted.
- In general, summer internship opportunities will start being published on websites and circulated soon
- Other opportunities in the pipeline (if you are interested, email me your resume and identify your interests etc)
 - Colorado Neurological Institute
 - DU bioengineering (physical therapy, orthopedics, etc)
 - Professional Psychology (especially, traumatic brain injury)

During the break, read... just a few ideas

General 'life of a physician' books:

- *The Spirit Catches You and You Fall Down*
by Anne Fadiman
- *Being Mortal*
by Atul Gawande
(also Frontline video: <http://www.pbs.org/wgbh/pages/frontline/being-mortal/>)
- *Mountains Beyond Mountains*
by Tracy Kidder

• Healthcare, policy, and issues:

- *The Health Care Handbook*
by E. Askin and N. Moore
- *Understanding Health Policy: A Clinical Approach*
by Thomas Bodenheimer & Kevin Grumbach
- *Brave New World of Healthcare (Revisited): What every American Needs to Know about Our Healthcare Crisis*
by Richard Lamm and Andy Sharma

***** JAMA July 28, 2015 Volume 314, Number 4; [Medicare and Medicaid, the Affordable Care Act, and US Health Policy](#)
JAMA Jan 13, 2015, Vol 313, No. 2; [Scientific Discovery and the Future of Medicine](#)**

New Wrinkle for Health Law: Medicaid expansion means states may go after more Americans' estates to recover costs
Wall Street Journal. April 12, 2015. <http://www.wsj.com/articles/medicaid-cost-recovery-law-spurs-fears-of-asset-seizures-1428880153>

A New Attack on Health Care Reform. NY Times OCT. 20, 2015. http://www.nytimes.com/2015/10/20/opinion/a-new-attack-on-health-care-reform.html?_r=0

Dr. Ben Carson's prescription: Abolish Medicare. The GOP frontrunner in the latest Iowa poll would replace Medicare and Medicaid with savings accounts. By [Kyle Cheney](#) and [Jason Millman](#). 10/22/15. <http://www.politico.com/story/2015/10/ben-carson-medicare-medicaid-215055>

The Shortfalls of "Obamacare". Gail R. Wilensky, Ph.D. N Engl J Med 2012; 367:1479-1481 [October 18, 2012](#).
<http://www.nejm.org/doi/full/10.1056/NEJMp1210763>

SERIES: [The Merkin Series on Innovation in Care Delivery](#) | Number 8 of 21

SERIES: [Health Policy 101](#) | Number 1 of 6

Darshak Sanghavi, Kate Samuels, Meaghan George and Rio Hart | July 23, 2014 1:57pm

The beginner's guide to new health care payment models. <http://www.brookings.edu/blogs/health360/posts/2014/07/23-alternative-health-care-payment-model-beginner-guide>

State Innovation Model Initiative. A State-Led Approach to Accelerating Health Care System Transformation

Lauren S. Hughes, MD, MPH^{1,2}; Alon Peltz, MD, MBA^{2,3}; Patrick H. Conway, MD, MSc. *JAMA*. 2015;313(13):1317-1318.
doi:10.1001/jama.2015.2017. <http://jama.jamanetwork.com/article.aspx?articleid=2190630&linkId=13302698>

How to fix Obamacare: America's health-care system remains dysfunctional, but it could be made better. Sep 20th 2014

<http://www.economist.com/news/leaders/21618788-americas-health-care-system-remains-dysfunctional-it-could-be-made-better-how-fix>

2016 Affordable Care Act insurance rates are climbing. Washington Post. https://www.washingtonpost.com/national/health-science/2016-affordable-care-act-insurance-rates-are-climbing/2015/10/26/2b51f4c2-7c0e-11e5-b575-d8dcfedb4ea1_story.html

EMPATHY

Do you know what EMPATHY is???? Can you define it? How is it different from sympathy? Do you possess this trait?

This is an important characteristic of a health professional, and would be an important quality to be able to discuss in an interview, etc.

Watch these short videos to better appreciate EMPATHY and the importance of empathy in a healthcare setting:

Brené Brown on Empathy

<https://www.youtube.com/watch?v=1Evwgu369Jw>

Empathy: The Human Connection to Patient Care

https://www.youtube.com/watch?v=cDDWvj_q-o8

If you want to practice **PRE-HEALTH INTERVIEWS AND VIDEO YOURSELF DURING YOUR INTERVIEW**, you can create a med school practice interview using **InterviewStream**.

There are a number of sections within InterviewStream which are oriented towards students pursuing medical careers. Within each section are a number of questions. For example, within the *Medicine / Medical School Questions* section there are 39 questions. The sections and the individual questions can be found at <https://daniels-du.interviewstream.com/Question/Create>

Sections

Medicine / Medical School Questions

Medicine / Physician Assistant

Medicine / Vet School Interview

From the homepage, click on the box that says, 'none of these match my style', and you will be given a list of others to choose from.

It is pretty cool- you should try it!

Other miscellaneous items:

Vidal Dickerson, Director, Student Life, Admissions at CU Anschutz School of Medicine, gave a presentation at DU last week. He informed us that he will be holding virtual office hours for DU. You will receive an email when this is scheduled.

Vidal Dickerson offered great insight about several key items:

- Thinking beyond the checklist
- Preparation for applying to med school
- Core competencies (especially intrapersonal competencies)
- Building layers to your application essays (and interview responses)
- Mission-based, Holistic-review, competency-based review
- Financial preparation for med school application (from MCAT to interviews, etc)

Check out **information sessions at local professional schools** (dates posted on their websites) to gain insight into general professional schools, prerequisites, application and review processes, professional school curricular and program considerations, and that school in particular:

- Rocky Vista (DO school) Open house- Nov 19
- CU Physicians Assistant program information session- Nov 20
- ...and others!

Upcoming events...

Wed., Jan 13 at 12-1pm: Colorado Neurological Institute-DU 'Brain Rounds' (2nd Wed of every month) Ruffato Hall Commons

Wed., Jan 13 at 4-6pm: Personal Statement workshop (Jennifer Hellier, *Director of Colorado Health Professions Development Program (CO-HPD), Associate Director of Programs, Colorado AHEC Program*)

Wed. Jan 20 at 4-5pm: Longitudinal Parkinson's research. (Cynthia McRae, Professor, Morgridge College of Education)

Tues, Jan 26 at 4-6pm: Way Beyond the Elevator Speech: Developing your Academic or Professional Identity (Kate Willink; co-sponsored with URC and Extreme Academics)

Wed, Jan 27 at 4pm: Physician Assistant Programs. (Kay Denler, Director of Admissions & Communications, Physician Assistant Program, University of Colorado)

Wed., Feb 3 at 4-5pm: What is the difference between a DO and an MD? Information about applying to schools of osteopathic medicine. (Katy Hunsberger, *Associate Director of Admissions, Rocky Vista University College of Osteopathic Medicine*)

Wed., Feb 10 at 12-1pm: Colorado Neurological Institute-DU 'Brain Rounds' (2nd Wed of every month) Ruffato Hall Commons

Wed Feb 24 at 4pm: LinkedIn Workshop Heidi Perman, Career Center

Other in events in the planning stage...

- US Healthcare System: Current Status and Future Directions (panel discussion)
- MCAT Mock Exam (full length)
- CU Dental school visit/students
- CU Medical school visit/students
- CU Pharmacy school visit
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- Deciding To Which Specific Professional Schools You Should Apply
- How to Make the Most of Your Gap Year
- MCAT Preparation
- Interpersonal Skills and Professionalism
- DU Day at Rocky Vista University College of Osteopathic Medicine

What would you like to see planned???