

# PRE-HEALTH ADVISING

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for your 1<sup>st</sup> year

**Nancy Lorenzon, Ph.D.**  
**Director, Pre-Professional/ Allied Health Advising**  
**Department of Biological Sciences**  
**Office: Mudd 201**  
**(303) 871-2871**  
**Nancy.Lorenzon@du.edu**

<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

***Pre-Professional  
Allied Health  
Student***

**Pre-Professional Advisor**

Meet to discuss an academic and extracurricular plan

**Major Requirements**

Discuss degree requirements with your faculty advisor. Seek study support, if needed

**Pre-Health Clubs**

Network with your DU peers, learn from off-campus professionals

**Portfolio Development**

Volunteer, clinical and research experiences, and resume building

**Entrance Exam Prep**

Academic preparation, study skills, practice exams

**Application Process**

Personal statement, recommendation letters, interview and professional skills

**Coursework:**

Prerequisites for professional school  
Preparation for MCAT exam  
Foundational knowledge

**Clubs**

Network with y  
DU peers, le  
from off-car  
profession

**Major Requirements**

Discuss degree  
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**Pre-Professional Advisor**

Meet to discuss  
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**Applica  
Proces**

Personal  
statement,

**Portfolio  
Development**

Volunteer, clinical  
and research  
experiences, and  
resume building

**Extracurricular activities:**

Volunteer experiences  
Clinical experiences  
Foundational knowledge

exams

**Curriculum Advising:**  
Major Faculty Advisor  
Academic Advising/Student Life  
Pre-Professional/Allied Health Advisor

**Clubs**  
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**Academic support:**  
Course instructors  
Science and Engineering Center  
Math Center  
Writing Center  
Language Center  
Research Center

Seek support, if needed

**Portfolio Development**  
Volunteer, clinical and research experiences, and resume building



- Extracurricular Activities:**
- Career Center
  - Pre-Professional/Allied Health Advisor
  - Undergraduate Research Center
  - Academic Advising/Student Life
  - Networking opportunities

**Entrance Exam content prep:**  
Prerequisite Coursework  
Suggested coursework

**Pre-Health Clubs**  
Network with your DU peers, learn from off-campus professionals

**Application Process**

**Exam study and practice:**  
CO-AHEC presentations  
Kaplan presentations  
Group study  
Practice exams

**Entrance Exam Prep**  
Academic preparation, study skills, practice exams

**Major Requirements**  
Discuss degree requirements with your faculty advisor. Seek support, if needed

**Portfolio Development**  
Volunteer, clinical and research experiences, and resume building

exams

# Application Process

Personal statement,

Recommendation  
Interview  
Professional  
Skills

## Pre-Health Clubs

Network with your DU peers, learn from off-campus professionals

Pre-Professional

## Major Requirements

Discuss degree requirements with your faculty advisor. Seek support, if needed

## Portfolio Development

Volunteer, clinical and research experiences, and resume building

### Advising and workshops:

- PPAH Group Advising sessions
- Personal statement workshops
- Mock interviews
- Professionalism workshop
- Career Center
- Academic Advising
- Writing Center



Pre-

Pre-

### Pre-Health Clubs

Network with your DU peers, learn from off-campus professionals

# Pre-Health Clubs

Network with your DU peers, learn from off-campus

### Major Requirements

Discuss degree requirements with your faculty advisor. Seek support, if needed

### Application Process

### Portfolio Development

Volunteer, clinical and research experiences, and resume building

- Pre-Health Club
- GlobeMed
- Global Brigades
- CURE University
- DU Health Pioneers
- Council of Global Health and Development

# General timeline... 1<sup>st</sup> year

- **Make a general curriculum plan:**
  - Major and minor degree requirements
  - Professions school prerequisites (and suggested/elective courses)
  - Consider study abroad
- **Develop study skills**
- **Focus on your transition to college and your coursework**
- **Get involved with health-related and other clubs**
- **Explore health careers: <http://explorehealthcareers.org/en/home>**
- **Start/ continue building your 'resume'**
  - Volunteer opportunities (health-related or not health-related)
  - Clinical experiences (shadowing)
  - Start learning about options for research and leadership opportunities
  - DU clubs
- **Do some self-assessment**
- **Consider summer internships and experiences**

## Typical Course Schedule for the Required Courses

<b>Year 1</b>	<b>Fall</b> CHEM 1010/1240	<b>Winter</b> CHEM2451/2461 BIOL 1011/1021	<b>Spring</b> CHEM 2452/2462 BIOL 1010/1020
<b>Year 2</b>	<b>Fall</b> CHEM 2453/2462 BIOL 2120/2125	<b>Winter</b> CHEM 2011/2041	<b>Spring</b> CHEM 2131/2141
<b>Year 3</b>	<b>Fall</b> PHYS 1111*	<b>Winter</b> PHYS 1112	<b>Spring</b> PHYS 1113

This is the recommended sequence for typical pre-med students.

Pre-dental students can take Physics in the 4<sup>th</sup> year

Pre-PT, pre-PA, and pre-nursing students only need one year of chemistry

Pre-PT students need one year of Physics; could be taken in the 2<sup>nd</sup> year

Pre-PA and pre-nursing students do not need Physics

Pre-PA, pre-PT and pre-nursing have some additional required courses:

Human Physiology, Human Anatomy, Microbiology (see advising sheets)

# Study Abroad Options

## Option 1

- Take Physics I in summer school at DU after 2<sup>nd</sup> year
- Go Abroad in Fall of 3<sup>rd</sup> Year
- Do Physics II in Winter of 3<sup>rd</sup>; Physics III in spring of 3<sup>rd</sup> year
- Take MCAT in May or June

## Option 2

- Go Abroad in Fall of 3<sup>rd</sup> Year
- Take Physics in your 4<sup>th</sup> year (Dental Students)
- Pre-med students would take MCAT in May or June of Year 4
- You will have a Gap year or might be in 5<sup>th</sup> year MS program

## Option 3 (for Students with AP score of 5 in Biology)

- Take Physics sequence in 2<sup>nd</sup> year while finishing Chem minor

## Study Abroad Options NOT Recommended

Option not recommended

- Taking the Physics Sequence in 2<sup>nd</sup> year
- Finishing the Chemistry sequence in 2<sup>nd</sup> year
- Taking BIOL 2120 and BIOL 2510 in 2<sup>nd</sup> year

Alternative option

- Take Physics I in summer after 1<sup>st</sup> year
- Take BIOL 2120 + Organic III in Fall of 2<sup>nd</sup> year
- Take Physics II + Analysis of Equilibrium in Winter 2<sup>nd</sup> year
- Take Physics III + Chem of the Elements in Spring 2<sup>nd</sup> year

Not Recommend

- Pre-med students should avoid going abroad in Fall of 4<sup>th</sup> year if applying during summer between 3<sup>rd</sup> and 4<sup>th</sup> year
- Problem... if interviews for your program start in Fall, you do not want to be abroad delaying your interview

## General timeline... 1<sup>st</sup> year

### Summer after 1<sup>st</sup> year- Building your Resume

- Summer coursework?
- Read:
  - journals, books, news about medicine (what's happening in medicine)
  - daily newspapers, weekly magazine (what's happening in the world around you, outside of DU and medicine)
- Participate in volunteer work, shadowing in different settings/specialties, summer enrichment programs, internships, research

Additional help can be sought at the Academic Advising Center (Todd Schuster in Driscoll South) and the Career Center (John Haag and Patricia Hickman)

Also, see resources on the DU's PPAHA (pre-health) website

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

and professional association websites:

<https://www.aamc.org/students/aspiring/> for med students,

<http://www.adea.org/GoDental/> for dental students, etc

# Local Hospitals with Volunteer programs

**Swedish Medical Center** (about 2.7 miles from the DU campus)

[http://www.swedishhospital.com/about\\_swedish\\_medical\\_center/volunteer\\_services/](http://www.swedishhospital.com/about_swedish_medical_center/volunteer_services/)

**Porter Hospital** (about 1 mile from the DU campus)

<http://www.porterhospital.org/volunteers>

**Presbyterian/St. Luke's Medical Center** (about 5.5 miles from DU campus)

<http://www.pslmc.com/careers/volunteers/>

**St. Joseph's Hospital** (about 5.5 miles from the DU campus)

<http://www.exemplasaintjoseph.org/volunteer>

**National Jewish Hospital** (about 5.8 miles from the DU campus)

<http://www.nationaljewish.org/help/volunteer/>

**Children's Hospital of Colorado** (about 12 miles from the DU campus)

<http://www.childrenscolorado.org/give/volunteer/index.aspx>

# 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

A 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

Name: \_\_\_\_\_

Expected graduation date: \_\_\_\_\_

Major: \_\_\_\_\_

Minor(s): \_\_\_\_\_

Major faculty advisor: \_\_\_\_\_

Preferred email: \_\_\_\_\_

Phone: \_\_\_\_\_

**Career plan/goals (professional school goals, ultimate career goals):**

**Parallel plan/goals (secondary plan- until acceptance into professional school):**

## **ACADEMICS:** Coursework, standardized exams, awards and honors

Year 1	Science courses	Science GPA	Non-science courses	Non-science GPA	Overall GPA
Fall quarter					
Winter quarter					
Spring quarter					
Summer session					

Year 2	Science courses	Science GPA	Non-science courses	Non-science GPA	Overall GPA
Fall quarter					
Winter quarter					
Spring quarter					
Summer session					

Year 3	Science courses	Science GPA	Non-science courses	Non-science GPA	Overall GPA
Fall quarter					
Winter quarter					
Spring quarter					
Summer session					

Year 4	Science courses	Science GPA	Non-science courses	Non-science GPA	Overall GPA
Fall quarter					
Winter quarter					
Spring quarter					
Summer session					

## **STANDARDIZED TESTS (MCAT, DAT, PCAT, GRE, etc)**

include practice test scores

Date exam taken: \_\_\_\_ Scores (overall and subsections): \_\_\_\_

Date exam taken: \_\_\_\_ Scores (overall and subsections): \_\_\_\_

If not taken yet, date planned \_\_\_\_\_

## **Academic honors, awards, scholarships, accomplishments:**

Accomplishment:

Dates (start- end):

Summary:

# **EXTRACURRICULAR ACTIVITIES:**

For **EACH** activity, describe the activity and your role, motivation for being involved, contributions to development of competencies.

## **Experiences in clinical settings:**

Activity:

Dates (start- end):

Average # hours/week:

Total number of hours:

Organization/department:

Contact name, title, contact info:

Activity summary:

Skills/competencies learned/demonstrated:

**Volunteer experiences: ...**

**Research experiences: ...**

**Extracurricular activities (clubs, sports...): ...**

## **SELF-REFLECTIONS:**

Do a self-reflection about things that you have accomplished during the year, goals for the upcoming year, strengths and weaknesses, experiences, variations in academic records, etc.

**Year 1:**

**Year 2:**

**Year 3:**

**Year 4:**

## **PERSONAL STATEMENT:**

\*keep a shadowing, clinical, volunteer experience journal

# **LETTERS OF RECOMMENDATION:**

## **Faculty referees:**

- 1.
- 2.
- 3.

## **Non-faculty referees:**

- 1.
- 2.
- 3.

**Committee letter requested?**

# 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.

## MCAT scores and GPAs for applicants and matriculants to US Medical Schools, 2014

	Total MCAT	MCAT VR	MCAT PS	MCAT BS	GPA overall	GPA sci	GPA non-sci
applicants	28.6	9.2	9.5	9.9	3.55	3.45	3.67
matriculants	31.4	10.0	10.6	10.9	3.69	3.63	3.77

Source: American Association of Medical Colleges

## MCAT scores and GPAs for matriculants to US DO Schools, 2014

	Total MCAT	MCAT VR	MCAT PS	MCAT BS	GPA overall	GPA sci	GPA non-sci
applicants	26.26	9.61	8.51	9.15	3.43	3.28	3.55
matriculants	27.21	8.90	8.80	9.51	3.51	3.39	3.60

Source: American Association of Colleges of Osteopathic Medicine

# Goal of extracurricular activities

Leadership and Initiative

Diversity of Experience

Enthusiasm and Attitude

Open-mindedness

Critical Thinking Skills

Maturity

Self-Confidence

Genuine interest in Medicine and Learning

Sacrifice

Career vision and long term objectives

# **DU Health-related Student Organizations/Clubs**

**Council of Global Health and Development**

**CURE University**

**GlobeMed at the University of Denver**

**Pre-Health Club**

**University of Denver Global Brigades**

**University of Denver Pre-Veterinary Club** (Dr. Robin Tinghitella, Dept  
Biological Sci.)

**University of Denver Health Pioneers**

## Upcoming events...

**Wed, Sept 23 at 4:00-6:00pm:** Discovering Research Opportunities Fair by the Undergraduate Research Center

**\*Sat, Sept 26 at 8:45am-5:00pm:** CU Pre-Health Day at CU Anschutz Medical Campus (\$18, includes continental breakfast, lunch, and a t-shirt; register at [www.cuprehealth.org](http://www.cuprehealth.org))

**\*Sat, Oct 3 at 8:30am-3:30pm:** Pre-Dental Simulation Course at CU Anschutz Medical Campus (\$45, RSVP at <https://www.eventbrite.com/e/colorado-asda-pre-dental-sim-clinic-day-tickets-18389384143>)

**\*Sat, Oct 3 at 8:15am-1:00pm** Colorado Neurological Institute 'Trending Toward Tomorrow: What's New in Neuro?' at the Doubletree Stapleton North (Register at [www.blacktie-colorado.com](http://www.blacktie-colorado.com). \$10 for DU students, includes breakfast and lunch)

**Wed., Oct 7 at 4-5pm:** Finding Volunteer/ Clinical Experiences workshop (John Haag, Career Center) Boettcher Auditorium 102

**Wed., Oct 14 at 4-6pm:** Mock Interviews for Pre-Health (Jennifer Hellier, *Director of Colorado Health Professions Development Program (CO-HPD), Associate Director of Programs, Colorado AHEC Program*)

**Tues. Oct 27 at 4:00pm:** Presentation by American University of Antigua, College of Medicine, Antigua, West Indies (Lisa Miller)

**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*)

(\*events off campus and not sponsored by DU)



## Other in events in the planning stage...

Colorado Neurological Institute and DU 'Grand Rounds'

Healthcare Career Fair (mid-late fall)

How to decide to which specific professional schools you should apply (late fall)

Application process workshop (late fall)

Gap year ideas (late fall)

MCAT prep group study (late fall - early spring)

MCAT/DAT practice exam

Interpersonal Skills and Professionalism workshop (spring)

Way Beyond the Elevator Speech: Developing your Academic or Professional Identity (Kate Willink; co-sponsored with URC and Extreme Academics)

DU Day at Rocky Vista University College of Osteopathic Medicine (early spring)

**What would you like to see planned???**