

PRE-HEALTH ADVISING

for your 2nd 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

Application Process

Personal statement, recommendation letters, interview and professional skills

Entrance Exam Prep

Academic preparation, study skills, practice exams

Portfolio Development

Volunteer, clinical and research experiences, and resume building

Coursework:

Prerequisites for professional school
Preparation for MCAT exam
Foundational knowledge

Clubs

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

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Pre-Professional Advisor

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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
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Application Process

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

Entrance Exam Prep
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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

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Pre-Professional

Major Requirements

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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

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Pre-Health Clubs

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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... 2nd year

- Revisit your curriculum plan- prereqs and elective courses
- Do some self-assessment: review your transcripts and resume
- Make a plan to address the holes/weaknesses in your assessment
- Continue building your 'resume'
 - Volunteer opportunities
 - Clinical experiences
 - Research experiences
 - Leadership opportunities
 - DU clubs
- Consider study abroad options
- Consider summer internships and experiences
- 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)

General timeline... 2nd year

Summer after 2nd year

- Participate in summer enrichment programs, internships, research
- Summer coursework?
- Start researching
 - application process
 - entrance exam information
 - professional programs and schools
- Continue reading:
 - Journals, books about medicine
 - daily newspapers, weekly magazines

Typical Course Schedule for Required Courses (pre-med)

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

Biology: Human Physiology, Endocrinology, Intro Neurobiology, Viruses, Immunology, Microbiology, Human Anatomy, Nutrition

Chemistry: Biochemistry I and II

Biomedical Ethics, Global Health (INTS) or a Public Policy course

Intro to Psychology & Intro to Sociology

Study Abroad Options

Option 1

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

Option 2

- Go Abroad in Fall of 3rd Year
- Take Physics in your 4th 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 5th year MS program

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

- Take Physics sequence in 2nd year while finishing Chem minor

Study Abroad Options NOT Recommended

Option not recommended

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

Alternative option

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

Not Recommend

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

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

Building your Resume

Summer between 2nd and 3rd year could be a time to do:

- volunteer work
- internship (clinical/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/

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.

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University of Colorado School of Medicine: 2014-15 Applicant Pool

7,114 **primary applications**

3,817 invited **secondary applications**

694 applicants **interviewed**

incoming class of **184 students**

99 men, 85 women

average **age** of 25 years (7% is 30 yrs or older)

123 students are **Colorado residents**

30% self-identify from groups **underrepresented** in medicine

average **cumulative GPA** of 3.76

average **math/science GPA** of 3.74

average **MCAT** score of 34

Rocky Vista University
College of Osteopathic Medicine:
Class of 2019

160 students matriculated

54% men; 46% women

average age: 24.8

**highest degree earned: 83% Bachelor's; 16%
Master's; 1% PhD's**

**12% classified as underrepresented ethnic
groups**

average Cumulative GPA: 3.63

average MCAT score: 28.5

University of Colorado PA Program: class entering summer 2015

1277 **applicants**

150 applicants **interviewed**

44 students **admitted**

35 **female**, 9 **male**

26 students are **Colorado residents**

16% self-identify from groups **under-represented** in medicine

average **age**: 27 (range 22-49)

average **cumulative GPA**: 3.69

average **science GPA**: 3.64

GRE scores: verbal 73%, quantitative 62%

median experience hours: shadowing: 51, volunteer: 320, patient: 729,
health related: 72, total median hrs (excluding employment): 2087

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

What makes extracurricular activities meaningful?

Help you grow as a person

- challenging, strengthen your weaknesses, teach you about yourself and others

Provide good role models

- peers and mentors

Broaden your worldview

- understand the issues of groups you will serve

Help people in need

- teaches compassion, resilience, cultural awareness

Teach you about realities of health care

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)

***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. \$10 for DU students, includes breakfast and lunch)

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

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)

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)

Biomedical Ethics in Advanced Technology and Research: Panel and small group discussion (spring)

What would you like to see planned???



UNIVERSITY of
DENVER

EXTREME ACADEMICS



UNIVERSITY of
DENVER

UNDERGRADUATE RESEARCH CENTER

**Are you making the most of
your undergraduate experience?**

Extreme Academics and the Undergraduate Research Center invite you to attend our

Research and Scholarship Opportunities Fair

Wednesday, September 23 from 4-6pm in Driscoll 135

**Come learn about internships, research,
and other ways to grow your academic resume!**

Students in all stages of their undergraduate work and all majors are welcome.

UPCOMING EVENTS

Throughout the year we will offer a variety of events dedicated to helping you develop your academic and professional identity, prepare for graduate school or prestigious fellowships, and get ready to pursue your passions after graduation.

- Beyond the Elevator Speech, how to discover and develop your academic identity
- How to Write an Undergraduate Research Proposal
- Returning Student Panel: Alumni share how they launched themselves into great careers
- Workshop with the pros from Career Services
- LinkedIn Workshop
- Workshop on Writing a good personal statement for graduate school or fellowship applications
- Creating a Poster for Your Poster Session

Save the Date!

CU Pre-Health Day

Open to all undergraduates and pre-health advisors!

Saturday, September 26th, 2015 | Aurora, Colorado



University of Colorado
Anschutz Medical Campus

www.cuprehealth.org

DO NOT MISS OUT ON YOUR OPPORTUNITY TO LEARN MORE | REGISTER NOW!

Anesthesiology Assistant | Biomedical Sciences & Biotechnology | Dental Medicine | Genetic Counseling | Graduate School
Medicine | Modern Human Anatomy | Nursing | Pharmacy | Physicians Assistant | Physical Therapy | Public Health

