

Pre-Health Professions at Truman State University

April 18, 2018

TIMELINE

At this point in the year, most pre-health students should be...

First Year

- Setting up volunteering, shadowing, and/or work plans that involve your future health profession. Summer is a great time to get quite a few hours in.
- Making a reading list for summer that involves topics related to healthcare and your health profession specifically.

Second Year

- Setting up volunteering, shadowing, work plans in a healthcare setting, or research for the summer. Continue to see a variety of specialties within AND outside of your future health profession.
- Evaluating yourself as a competitive applicant, now that you have [almost] two years of courses, etc. Reassess your goals based on your preferences now that are older and have more experience. Is this health profession still your goal? Are there other options that may suit you better?

Third Year

- (For a typical application timeline...) Preparing to take the MCAT and apply. You should already have your letter writers set up and informed so they can be working on recommendations. Make sure you have everything ready to enter into the application system as soon as it opens. **YOU SHOULD APPLY AS EARLY IN THE APPLICATION CYCLE AS YOU ARE ABLE.**
- Considering your plans B and C in case you do not get into the health professions school(s) that you are wanting. What will you do if you are rejected? Every single applicant should have a backup plan. If you need assistance with this, email or make an appointment with the pre-health coordinator or a pre-health advisor.

Fourth Year

- If not accepted, it's time to move on to your Plan B or Plan C.
- If accepted, **CELEBRATE!!** And get ready to start health professions school in a couple of months.



- * Pre-Athletic Training
- * Pre-Chiropractic
- * Pre-Dental
- * Pre-Medical
- * Pre-Occupational Therapy
- * Pre-Optometry
- * Pre-Pharmacy
- * Pre-Physical Therapy
- * Pre-Physician Assistant
- * Pre-Veterinary

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Events & Resources

Dental

2019 ADEA AADSAS Webinar on Thursday, April 19th 12:30-1:30pm

Watch this super helpful overview of the application process in preparation for the “soft launch” of the AADSAS application on May 15, 2018. Register [here](#).

University of Iowa Summer Pre-Dental Academy: **DEADLINE April 20th**

Join the University of Iowa College of Dentistry and Dental Clinics for a weekend intensive June 21-23, 2018. Learn more about the field of dentistry as well as experience some hands-on dental-related things. Click [here](#) for more information and to apply.

Medical

@Truman: Creighton Medical School will be here on Thursday, May 3rd 12-1pm in MC 215 (FREE Pizza!)

Ryan Wessel, Director of Admissions, from Creighton Medical School will be here to answer questions and talk about the Creighton Medical program. Click [here](#) to RSVP.

All Pre-Health Professions

@Truman: Special Olympics Volunteers NEEDED as Track Buddies on April 21st 9am-3pm at Stokes Stadium

There are still quite a few slots available for Track Buddies! Click [here](#) to register.

Kaplan FREE Virtual Seminar: The Personal Statement on Wednesday, April 25th 7-9pm

Get more guidance on writing that dreaded personal statement with this FREE virtual event from Kaplan. Click [here](#) for more information and the register.

@Truman: TruLifesaver Basic Life Support Training on Tuesday, May 1st

These Basic Life Support (BLS) courses, taught by Liz Jorn and Jana Arabas of the Truman State University Department of Health and Exercise Sciences, are designed to help people recognize and respond to several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely, and effective manner. Click [here](#) for more information and to register.

@Truman: MOMOM (Missouri Mission of Mercy) is Coming to Kirksville on August 3 & 4, 2018 — Volunteers NEEDED

There are lots of volunteer opportunities available for pre-health (and other) students. This is a great way to serve others who need dental care as well as serve your community. Volunteer registration is now open! Click [here](#) to register as a volunteer.

Looking for More Summer Programs?

[Here](#) is a great list of programs as well as resources for other programs.

Did You Know?

We have overviews of all pre-health professions requirements & ideas on shadowing, volunteering, & research in Kirksville.

Visit <http://excellence.truman.edu/advising/pre-health-professions/> for more information!

We have a table with great information regarding pre-health professions, schools, admissions tests, and other pertinent information. We have test prep materials available for checkout.

The information table is located in the Kirk Building hallway, outside of the freshmen academic advising office (Kirk Building 107). To check out materials, contact [Brittany Harden](#) or make an appointment to meet with her.

We have an archive of all of the previous newsletters.

Click [here](#) for more information!

We have an MCAT/Health Admissions Test Prep Course.

The course is currently titled INDV 320: MCAT/Med School Success Seminar — it is open to all students who will be taking an admission test for a health professions school (MCAT, DAT, OAT, etc.). If you have questions regarding this course, please contact [Brittany Harden](#).



Brittany A. Harden

Pre-Health Professions
Coordinator
& Academic Advisor
Truman State University
Kirk Building 107
660-785-7403

bharden@truman.edu

Make an appt online [here](#)

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For more information:
[Pre-Health Professions at Truman](#)

Meet with a pre-health advisor or the pre-health coordinator:

If you are in your second year at Truman AND majoring in Biology, Chemistry, Exercise Science, or Health Science:

- You should meet with the designated pre-health advisor in your major. Depending on the department, some major advisors have a specific pre-health profession and some are versed in multiple pre-health professions.

If you are a first-year student OR a first-semester transfer OR are majoring in anything **other** than Biology, Chemistry, Exercise Science, or Health Science:

- You should meet with Brittany Harden to help guide your preparation for health professions school. You may call 660-785-7403 or stop by the advising reception desk in Kirk Building 107 (Monday-Friday 8am-5pm) to make an appointment.