Pre-Health Professions

Truman State

Sep 5, 2018

This Week:

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01 FAQ: HEALTH PROFESSIONS SCHOOLS

Answers to some of the most common questions about pre-health professions.

What types of interviewing do schools do?

* Directed/Screening: Interviewer follows a predetermined checklist of questions. Can be impersonal but challenging.

* Non-directed: Questions are broad and general. Allows you some control and emphasizes your strengths.

* Stress Inducing: Sometimes intentional, sometimes not. The interviewer may lapse into periods of long silence, be unfriendly, stare, or takes notes.

* Open File: At most schools, the interviewer will already have read your application, including your primary, secondary, and recommendation letters. The interviewer probably has a preconceived notion of you and your abilities, and he or she already knows what you enjoy, what you are good for not good at, and what to ask you. These interviews are generally controlled by the interviewer. He or she will have an agenda of questions to ask based on your application.

* Closed File or Blind: The interviewer will not have read anything about you. Unlike the open file interview, this type allows the interviewer to maintain a completely neutral, unprejudiced tone for the interview. It is up to you, the interviewee, to bring up what is important to you, because the interviewer will know nothing about your qualifications.

* Multiple Mini Interview (MMI): The MMI approach uses a series of stations to assess specific skills and qualities and assigns the same interviewer to rate all applicants at a station in order to address some of the weaknesses of the standard interview format.
An MMI typically consists of six to ten timed stations through which applicants rotate. At each station, the applicant is presented with a question, scenario or task. The duration of the entire interview is about two hours.

Does every school send a secondary application? [This question is most relevant for medical schools.]

Some schools send secondaries to every applicant (and charge them all secondary application fees). Other schools use some criteria to make initial "cuts" and then send secondaries to whomever didn't get cut (and charge secondary application fees).

For instance, some schools use a minimum GPA or MCAT score that they set, and send secondaries to any applicant that meets or exceeds those minimum standards.

How do I choose schools to apply to?

There are many things to consider when choosing schools to apply to. Here are some things to research:

* Location. Are you wanting to stay in the midwest? Are you open to other locations? How important is it for you to be able to drive home versus flying home?

* Curriculum. Is the curriculum conveyed mostly through lecture? Is lecture attendance required or are the lectures available online as well? Do students learn content in small-groups or individually? Is the curriculum based on case studies (like problem-based learning)?

* Student resources. What support is available for students? Is there a counseling center? Are tutors or study groups encouraged? What other organizations or opportunities are there for students to be involved in?

* Residency placement or work success. How many graduates go on to their first priority of residency or employment? How did graduates fare post-graduation?

* Tuition & cost of living. What is the average cost of tuition and books? What is the average amount that students spend on living in this area? Is student housing available?

* Average competitiveness for accepted students. How do you compare to the average student at this institution?

If you cannot find this information on the school's website, contact the admissions department. They are generally more than happy to help you!

Does cost to apply/attend a school matter much if I'm going to be making $xxx,x x a year after I graduate?

Yes! It absolutely matters. Some things to think about:

* As a student, you will likely not be contributing to a retirement fund while peers who are already working full time are [hopefully] saving for retirement. You will be "behind" in this aspect of saving for your future.

* Whether you graduate from a school that charges $30,000 per year or $100,000 per year, you will graduate and likely make the same salary. What you have to pay back in loans, however, will be vastly different.

* Compare your estimated final loan amount with the median salary for health professionals straight out of school. Remember that only a portion of your salary will be able to go towards your loan payment. You will have many other responsibilities to pay for.

* INTEREST. Go check out a loan calculator to see the difference interest makes on different loan amounts.

02 EVENTS & ANNOUNCEMENTS

[PT]

Thursday, September 6th
2:30-3:30pm
Ben Seadorf, a PT from NRMC will be in HS 1208 (the Human Performance Lab) & will sign off on observation hours for pre-physical therapy students who come & observe.

[Med]

Saturday, September 8th
8am-4pm
Heartland PreMed Conference in Kirksville. For more information & to register, click **here**.

[PT]

Monday, September 10th
3:30-5:30pm
Brandon Mack, DPT will be in HS 1208 (the Human Performance Lab) & will sign off on observation hours for pre-physical therapy students who come & observe.

[ALL]

Tuesday, September 11th
Last day to drop a class without a W on transcript.

[PT]

Tuesday, September 18th
FREE virtual fair for pre-physical therapy students. Chat with & learn about DPT programs. Register **here.**

[Vet]

Saturday, September 29th
Mizzou Vet Med Workshop. Registration form is attached to the newsletter email.

03 PRE-HEALTH CLUBS

Fall 2018 meeting times & contact information for Truman pre-health clubs.

AMSA [Pre-Med]

* MG 2001
* 8-9 pm on the following Mondays:

September 10 — September 24
October 8 — October 22
November 5 — November 26

Pre-SOMA [Pre-Med]

* MG 3000
* 7pm on the following Mondays:

September 10 — September 24
October 8 — October 22
November 5 — November 19
December 3

Pre-Dental

* MG 2050
* 7pm every other Tuesday (following dates):

September 18 — October 2
October 16 — October 30
November 13 — November 27

Pre-PT/OT

* PB 3104
* 7pm on the following dates:

September 7 — September 25
October 23 — November 6

* October 9 - Colton's fundraiser
* November 27 - Exec elections

Pre-Optometry

TBA

Pre-Vet

* MG 2090
* 8-9 pm on the following dates:

September 5 — September 17
October 3 — October 24
November 7 — November 28

GlobeMed

* MG 2050
* 8pm every Thursday

Student Public Health Association

* MG 2001
* 7 pm on the following Wednesdays:

August 29
September 12 — September 26
October 10 — October 31
November 14 — December 5

04 RESOURCES & SUPPORT

Truman has a pre-health professions page with lots of great resources, such as overviews of the different pre-health paths, ideas on shadowing/volunteering/research in Kirksville, archives of all the weekly newsletters, and details about our agreements with health professions schools! Click HERE to visit the page.

Truman has a table with great information about pre-health professions, schools, admission tests, and more. Test prep materials are also available for checkout. The table is located in the Kirk Building, outside of the freshmen academic advising office (Kirk Building 107).

We have an MCAT/Health Admissions Test Prep Course. The course is currently titled INSV 200: MCAT/Med School Success Seminar, and it is open to all students who will be taking an admission test for a health professions school (MCAT, DAT, OAT, etc.) in the next six months to a year. If you have questions regarding this course, contact Brittany Harden.

CONTACT INFO

Brittany Harden
Pre-Health Professions Coordinator & Advisor
Kirk Building 107
bharden@truman.edu
Click **HERE** to make an appointment

If you are in your second year or later at Truman AND majoring in Biology, Chemistry, Exercise Science, Health Science, or Agricultural 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 majoring in anything other than the majors above:

You should meet with Brittany Harden to help guide your preparation for health professions school. You may call 660-785-7403 (Monday-Friday 8am-5pm) or click HERE to make an appointment.

06 IMPORTANT TO KNOW:

Brittany Harden, the Pre-Health Coordinator, will be on maternity leave soon. Here's the plan:

- **The newsletters will still come to you bi-weekly during her absence.**
- **She will be on maternity leave for about six weeks (mid-September through the end of October) & will not be answering emails or meeting with students during that time.**
- **After that six weeks, she will be available via email and limited in-person appointments. You may use calendly (click HERE) to make an appointment during that time.**
- **She will [most likely] resume normal working hours during finals week of the fall 2018 semester.**