



Pre-Health Professions

Truman State

Feb 20, 2019

This Week:

- 1) FAQ: Personal Statements
- 2) EVENTS & ANNOUNCEMENTS
- 3) PRE-HEALTH UPDATES, ARTICLES, & PODCASTS
- 4) RESOURCES & SUPPORT
- 5) CONTACT INFORMATION

01

FAQ: Personal Statements

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

How Do I Even Start?

Just start writing. Seriously.

Here are some concrete ways to do that:

- Before you start writing, check out AAMC's Core Competencies for Entering Medical Students ([here](#))

Answer some/all of these questions:

- What experiences have taught you or changed you?
- Which core competencies are your strongest? (in other words, which core competencies are showcased through your experiences?)
- Which are your weakest? (in other words, which competencies are not displayed through a specific experience/anecdote?)
- What are my life & career goals?
- Why do I want a career in medicine/healthcare?
- What has led me to apply to [medical] school? What set me on this path? How did I get here?
- Why have I persisted on this path, even when it was challenging?
- After I've retired from working as a [physician], what do I hope was my greatest achievement?
- Do I have a life-changing moment to discuss in my essay? If not, what insights & reflections do I have about my "ordinary" life experiences?
- When have I failed/been at my weakest? What did I learn from the situation?

After answering the above questions, consider:

- Which of those questions/answers displays most about who you are as a person and an applicant?
- Which of those questions/answers can you expound on and write about in an essay?
- Which of those questions/answers can you provide anecdotes or real-life experiences for?

Then, make an outline for your essay including the most important/strongest points from above.

**Note: this is just one way to get started. If you need more ideas, email Brittany Harden for some suggestions!

What Should I Write About?

You are only answering one question:

WHY?

Why you want to be a [physician, dentist, physical therapist, etc] should be the focus of your essay. An admissions representative should be able to read your essay and understand your WHY.

Also, you shouldn't be writing about anything that you have on the rest of your application, UNLESS you can expand on it significantly. For instance, you should not just use your personal statement to restate all the awesome things you've done. Not the point of the personal statement.

You should definitely look at some sample personal statements ([here](#) or [here](#)), but be careful not to read so many that your personal WHY and everyone else's blends together.

Should I Use Patient Names in My Essay?

Nope. Just use "the patient" and/or any qualifying pronouns as necessary.

What Else Do I Need to Know?

Please, please eliminate the following phrases from your vocabulary (for personal statements AND interviews):

- "I want to help people."
- Honestly, any phrase with the word "help." Find a better word (for instance, "serve" is WORLDS better)
- "I love science."
- "[Medicine/dentistry/etc] has always been interesting to me." -- without explaining why.
- "I've always wanted to be a [physician/dentist/etc]."

Have other questions related to personal statements? Feel free to email or make an appointment with Brittany Harden.

02

EVENTS & ANNOUNCEMENTS

[Med]

Thursday, February 21st
10am-7pm (CST)

Join AAMC for their Virtual Medical School fair with over 70 medical schools participating. Attendance is FREE & get a promo code for 19% off an MSAR subscription. For more information and to register, click [here](#).

[ALL]

Applications Due: February 22, 2019
Program Dates: April 4-6, 2019

Meeting of the Minds (MoM) will be held in Kansas City. Truman's Partners in Prevention (PIP) have funding to cover hotel, transportation, and conference fees for students. For more information and to apply, click [here](#).

[Dent]

Wednesday, February 27th
6-8pm

Missouri School of Dentistry and Oral Health is hosting an open house for pre-dental students. Come for a curriculum overview, FAQ, tour, and food. To RSVP, click [here](#).

[ALL]

Applications Due: February 25, 2019
Program Dates: May 19-June 21, 2019

Baltimore Health Immersion is a summer program for students working towards careers in healthcare. Earn 6 credits while engaging in service learning and activities. For more information and to apply, click [here](#).

[ALL]

Applications Due: February 28, 2019
Program Dates: June 3-July 26, 2019

Boston University SPIN is a summer program for students working towards careers in healthcare, biomedical engineering, computer science, or neuroscience. Experience classroom instruction, research, and clinical exposure. For more information and to apply, click [here](#).

[ALL]

Applications Due: March 10, 2019
Program Dates: June 3-June 28, 2019

Johns Hopkins' Summer Institute in Anatomy is a summer program for students working towards careers in healthcare. Participate in lectures and hands-on activities in anatomy (including cadavers and computer programs). For more information and to apply, click [here](#).

[PA]

RSVP Due: March 22, 2019
Program Date: Saturday, April 6 10am-1pm

Creighton is hosting an open house for students interested in their Physician Assistant program. Join Creighton for a campus tour, meet the faculty, and more. To RSVP, click [here](#).

[Chiro]

Saturday, March 23rd
8am

Palmer College of Chiropractic in Davenport, Iowa, is hosting an in-depth campus visit experience called Palmer 360. For more information and to register, click [here](#).

[Med]
[Dent]

Tuesday, April 2nd
8am

ATSU-KCOM & ATSU-MOSDOH invite you to join them for DO/DMD for a Day. Attend a lecture and lab, join an information session with Admissions, enjoy lunch and a tour, and more. For more information and to register, click [here](#).

[ALL]

Applications Due: varies
Program Dates: Summer 2019 (varies)

For more summer opportunities across the nation, click [here](#). Many summer programs have application deadlines in February and March.

[Dent]

Applications Due: varies
Program Dates: Varies

ADEA has created a calendar for Enrichment Programs, specifically for pre-dental students. See [here](#) for program options and information.

[ALL]

Join Conversation Partners to further your communication skills, meet friends from another culture, and broaden your cultural knowledge. Contact Tre'Andice Williams at iso01@truman.edu or stop by BH 104 for more information.

03

Pre-Health Updates

What's new in the world of health professions?

Interesting Podcast: Dr. Death

A podcast that will detail the dark side of the healthcare system through the lens of a particular neurosurgeon. Click [here](#) for more information

Women in Medicine

Women make the majority of medical school applicants in 2018. Read the article [here](#).

Secondary Essay Library

Medical School HQ has put together a library of necessary information to complete secondary essays. Click [here](#) for this great resource.

A [Cheaper] MCAT Prep Option

Altius Test Prep is another option for MCAT prep that is less expensive than some other options. Click [here](#) for more information.

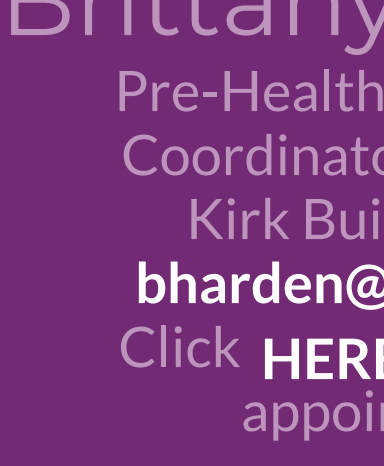
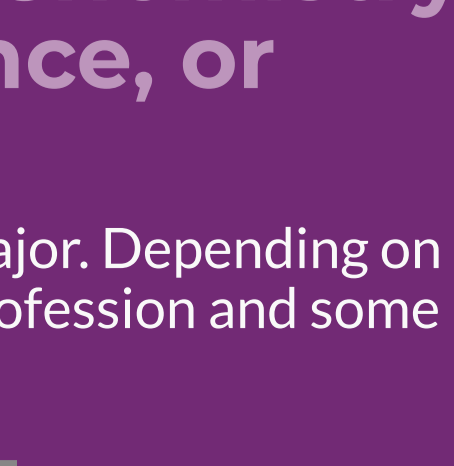
*NOTE: you can definitely study for the MCAT for free & do not need a test prep company to do well.

Do you have podcasts, websites, articles, or other resources that you've found helpful as a pre-health student? Share them by sending the information to Brittany Harden (bharden@truman.edu)

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 INDV 320: 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

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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.