



Pre-Health Professions

Truman State

May 1,
2019

This Week:

- 1) BEST WISHES
- 2) EVENTS & ANNOUNCEMENTS
- 3) USE YOUR SUMMER BREAK
- 4) RESOURCES & SUPPORT
- 5) CONTACT INFORMATION

01

BEST WISHES

ICYMI: Brittany Harden, the pre-health coordinator, will no longer be at Truman after May 31st.

Best Wishes

I wanted to take a minute to wish all of my pre-health students good luck as you continue on your path to your career in healthcare. I've met so many of you and gotten to know you through your personal statements and unique paths to medical, physical therapy, dental, optometry, etc. school. It's been a pleasure helping you find your way, talking through your options, discussing how to be competitive. I've been impressed by your dedication and willingness to challenge yourselves. My discussions with most of you have made me look forward to our future healthcare professionals and the kind of expertise and compassion you will bring to your practices!

Also, if you see me around town (with all three kiddos in tow!), update me on how you're doing on your way to health professions school!

Last Day: May 31st

My last day at Truman will be Friday, May 31. Send me your personal statements and questions before then. If you would like pre-health professions advice before I leave, please make an appointment to see me before May 31.

To email me your personal statement or questions: bharden@truman.edu

To make an appointment with me: [HERE](#)

02

EVENTS & ANNOUNCEMENTS

[Med]

Program Date:
Friday, June 21st

DMU will be hosting a visit day to learn more about their Doctor of Podiatric Medicine program. 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]

Program Dates:
May 4th

MOCHIP Child Identification Program will be working on May 4th 10am-4pm, and they need volunteers to help collect information and samples. For more information, please see the information attached to the newsletter email.

03

SUMMER BREAK

Don't waste your summer!

Volunteer

Go make a difference in your community, whether it's volunteering in a healthcare setting or another setting (food banks, shelters, etc). Take a leadership role in a community organization you are passionate about!

Shadow

Get shadowing hours in by setting up a regular weekly or biweekly thing. Don't just shadow the health profession you are wanting to go into. Shadow some professionals who work in other areas as well (this can be helpful in interviews!)

Work or Do an Internship

An internship in a healthcare setting would be great! But even if you are working in a non-healthcare setting, find ways to connect the skills you've learned there to healthcare.

Rest & Refresh

Take some time to relax this summer. You have a lot on your plate, and in order to make it all work, you need your mental health in order. Go to the lake. Go for a hike. Spend time with friends. Connect with others. And if you need to justify it, healthcare professionals need to know how to deal with stress. Let this summer be your time to find the ways that work for you.

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

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 for 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.