

Pre-Health Professions at Truman State University

November 29, 2017

Featured Upcoming Events

@Truman: Palmer Chiropractic Presentation TODAY 12pm-1pm in MG 1099

A representative from Palmer College of Chiropractic will be at Truman to discuss their programs and answer any questions you might have regarding the path to chiropractic school and the profession. For more information about Palmer and our dual degree program with them, click [here](#) and [here](#).

@Truman: Pre-Health Admissions Test Practice on Saturday, December 2nd 7:50am-4pm in VH 1220

Truman's Pre-Health Professions is a BYOPT event. You bring the practice test (MCAT, DAT, PCAT, GRE, etc.) and we will provide the space, computers, and testing environment. To RSVP, click [here](#).

Need a practice test for December 2nd?

Click on the name of the test to be redirected to the exam options:

- [MCAT](#): 3 full length exams from AAMC, \$35 each
- [DAT](#): 1 full length from ADA, \$37
- [OAT](#): 3 full length, suggested by www.optometrystudents.com, \$70 (for all three tests)
- [PCAT](#): 3 full length, \$70 (for all three tests)
- [GRE](#): 2 full length from ETS

*NOTE: there are cards offering FREE practice test opportunities in Kirk Building, right outside of the advising office (Kirk Building 107) on the pre-health professions table.



- * 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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Timelines

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

First Year

- Keeping track of specific dates, times, hours, and contact information for any volunteering, community work, or health-related activity they are participating in. All of this information will be necessary for applying to health professions schools.
- Researching how to be competitive for the specific health professions area they are interested in. How many shadowing hours are average for applicants? How many shadowing hours are required? What GPA/clinical experience/coursework/etc does the average applicant have?
- Setting up volunteer and/or shadowing experiences during winter break (and spring and summer break) with a variety of health care fields/practitioners.

Second Year

- Setting up volunteer and/or shadowing experiences during winter break (and spring and summer break) with an emphasis in health care areas the student is most interested in.
- Considering leadership roles in organizations and clubs that are meaningful to them and their future careers.

Third Year

- Starting their personal statements. See the next page for some ideas to get started.

Fourth Year

- Patient. Many acceptances do not happen until spring. However, especially if the student hasn't heard about any potential interviews yet, see the next bullet point:
- Thinking about and researching alternative plans if they do not get accepted. Students should consider whether to continue to pursue health professions school and if so, how to get experiences that will make them more competitive. If health professions school is no longer a goal, students should visit the Career Center (SUB 3100) to explore other options.

For more information or questions regarding your specific pre-health profession timeline, contact [Brittany Harden](#) or the pre-health advisor in your major.

Personal Statement Ideas

How to get started on the “dreaded” personal statement:

Do one (or more) of the following:

1. Free write. Get all of your ideas in a document
2. Consider answering the following questions:
 - What are my life and career goals?
 - Why do I want a career in health care?
 - What has led me to apply to health professions 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 you’ve retired from working as a health care practitioner/professional, what do you hope was your greatest achievement?
 - Do I have a life-changing moment to discuss in my essay? If not, what insights and reflections do I have about my seemingly “ordinary” experiences?
3. Consider covering these topics:
 - Motivation -- your inspiration for going into health professions & what has kept you going. What makes you want to learn more about medicine?
 - Introspection -- what skills, personal qualities, etc. do you personally possess that will make you a great physician?
 - Alignment -- do your beliefs and values align with the expectations of the health profession? Are you doing it for the right reasons?
 - Goals - what impact are you going to make in the field?

For more information on editing & revising your personal statement, see next week’s newsletter!

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](#).



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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.