

Your one-stop-shop for pre-health news and updates!



Are you Taking an Entrance Exam This Year?!

MCAT? DAT? GRE? PCAT? OAT?

If you are taking any entrance exam in the next year please [email Becca](#) and let her know the date you register for and the test you are taking so we can add you to the Pre-Health Testing Calendar! We want to cheer you on as you study and help you find other people who are working towards the same goals to connect with this year. We also want to celebrate with you when you're done - and we don't know when you're taking these tests unless you let us know!

2021 Schedule for the Medical College Admission Test® (MCAT®)*

*The highlighted dates above represent the U.S. MCAT test dates. For Canada and international test dates, please visit www.aamc.org/mcat. Note: Test dates are subject to change as the schedule gets closer.

Month	Test Dates
JAN	1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17, 12/24, 12/31
FEB	2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17, 12/24, 12/31
MAR	3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17, 12/24, 12/31
APR	4/2, 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17, 12/24, 12/31
MAY	5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17, 12/24, 12/31
JUN	6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17, 12/24, 12/31
JUL	7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17, 12/24, 12/31
AUG	8/6, 8/13, 8/20, 8/27, 9/3, 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17, 12/24, 12/31
SEP	9/3, 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17, 12/24, 12/31

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BIG MCAT NEWS for 2021!

The test dates for 2021 have been released! You can find them and more information about how to register for the 2021 testing year on the official [MCAT Registration and Scheduling webpage!](#)

Off Campus Highlights

- [COMP-Northwest DO Medical School Information Session, November 4: 3pm-4pm](#). WesternU COMP-Northwest's monthly Information Sessions, hosted online by the College of Osteopathic Medicine of the Pacific Northwest (COMP-Northwest | Lebanon, OR). Designed to help you get started on your path to medical school. Join the admissions professionals and a guest medical student or more online for a brief presentation and opportunity to ask questions.



- **WesternU COMP-Northwest - Fall 2020 Preview Day** Saturday, October 24: 10am-12:30pm. [Join WesternU online to learn about the College of Osteopathic Medicine of the Pacific-Northwest.](#)
- [Project Horseshoe Farm](#) offers Community Health Fellowship programs in Alabama and California. Alumni consistently express how transformative their Fellowship experience has been, and Fellows go to some of the top medical schools, graduate programs, and nonprofit organizations across the U.S. **Our first application deadline is November 15th, 2020.**
- **November 14th - 19th is National Health Professions Week!** If you are considering a future in the health professions, HPW is your one-stop-shop to explore over 20 career options. Registrants receive access to a personalized website with curated, on-demand content introducing the participating health professions, as well as access to exclusive live events featuring opportunities for one-on-one career advice. [HPW is a free event for all participants.](#)

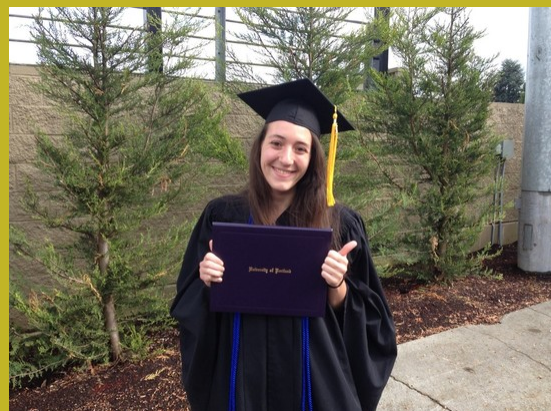


Today in the Know

[Read more about how researchers are getting to the roots of chronic stress and depression!](#)

Alumni Spotlight

While **Megan McKittrick** was a senior at UP, she became involved in healthcare research with one of her psychology professors, and continued to be involved with this project after graduation. She had also started volunteering in the ADHD clinical research lab at OHSU while she was a UP student, and thus continued to volunteer there after graduation while she decided whether she wanted to apply to medical school vs veterinary school. In this time period, she applied for some clinical experience jobs and was offered a position as a clinical research associate for the pediatric oncology team at Doernbecher Children's Hospital. Working with the team in a clinical setting helped her realize that she "truly wanted to go to medical school and become a physician". She submitted her applications in 2015 and was accepted to OHSU that year, where she went on to receive her MD in March 2020. Megan matched with her first-choice residency program, UCLA, where she started her pediatrics residency in June. Since June, she's already rotated through the newborn nursery, general inpatient ward and night wards,



inpatient cardiology, inpatient nephrology, and is currently on inpatient/outpatient neurology. There have been some COVID patients sprinkled in for good measure. She says, "It's been an incredible experience so far and I can definitely say I learn at least one new thing (usually closer to about 50 new things) every single day." Despite this extremely busy schedule, Megan has continued to generously give back to our UP pre-health community.

Megan, we want to thank you and congratulate you on all your successes... you're going to be an amazing pediatrician! [Learn more about Megan here.](#)

Test Prep Question of the Day

This week's test prep question comes from the MCAT:

An α -helix is most likely to be held together by:

- A. disulfide bonds.
- B. hydrophobic effects.
- C. hydrogen bonds.
- D. ion attractions between side chains.

Answer is at the very bottom of the Newsletter!

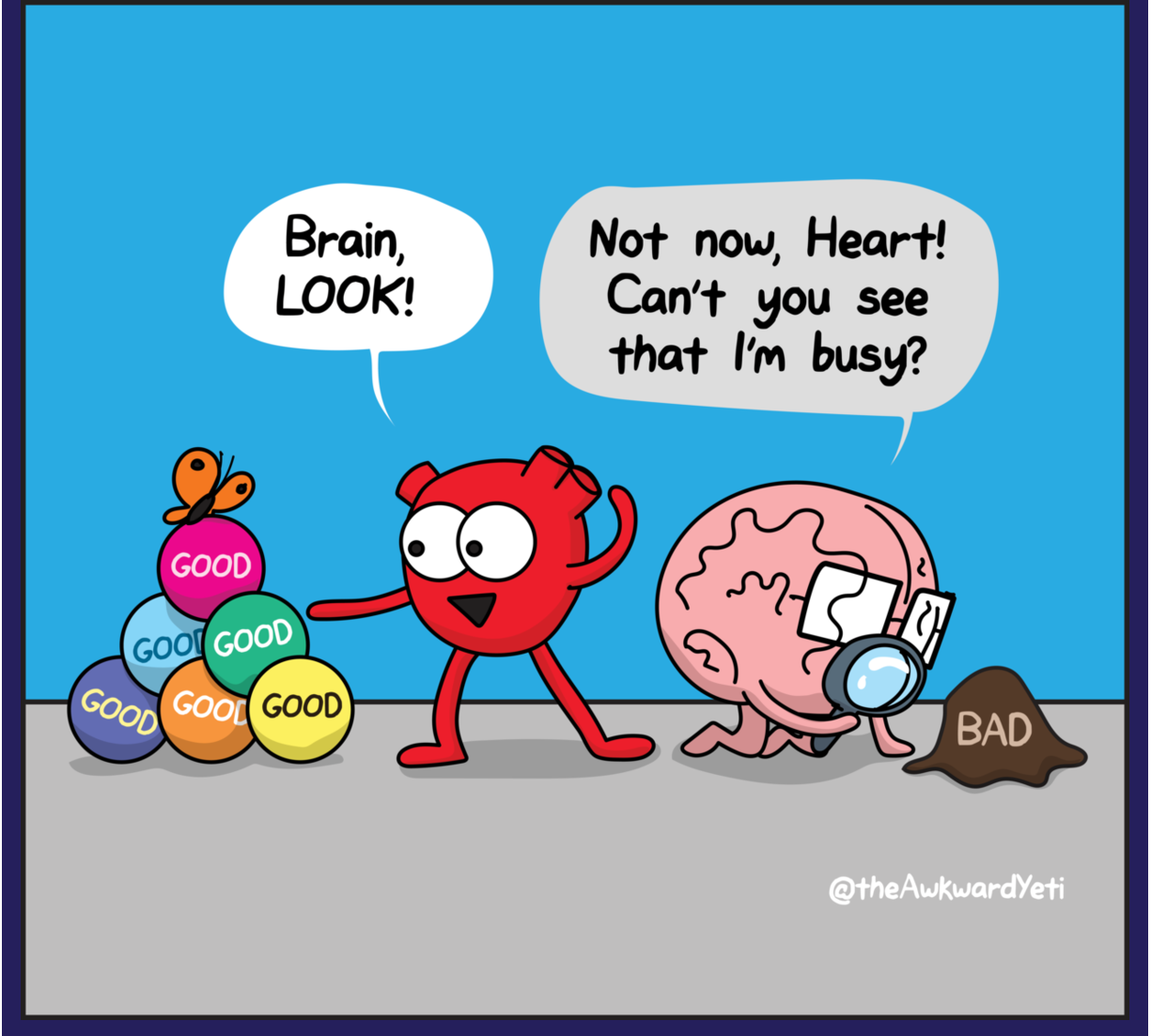
Questions? Concerns? Need an Advising Appointment? Contact Us!

Becca Henley, Academic Program Counselor CAS, Pre-Health Advisor

Dr. Kyle Flann, Biology Faculty, Pre-Health Advisor

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MCAT Question Answer: C

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