



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

Please Note: CAS 101 Intro to the Health Professions for Spring 2023 has had a time change to accomodate BIO and CHM labs! See below!

COLLEGE OF ARTS & SCIENCES CAREER READINESS COURSE OFFERINGS

CAS 101 INTRO TO HEALTH PROFESSIONS

Mondays 5:00-6:00 PM | CRN 40199

CAS 196 CAREER PLANNING & LIFE DESIGN

Mondays 5:00-5:55 PM | CRN 40200

CAS 197 INTERNSHIP & CAREER PREPARATION

Mondays 5:00-5:55 PM | CRN 40201



Contact the CAS Advising
Suite or your
Program Counselor for
more information
503.943.7221 | caseup.edu

Opportunities to Get Involved and Informed!

- The Pre-Medical Student Association at UP is hosting a medical student panel with students from all different years of medical school from OHSU. Monday, Nov. 14th- 5-6pm in Shiley 319 - all are welcome!
- Pay It Forward is a medical student-run mentorship program at Oregon Health and Science University (OHSU). We work in partnership with Undergraduate Medical Education (UME) and OASIS (Outreach, Advising, Support, and Identity Formation for Students) and aim to pair current medical students with undergraduate mentees from diverse and underrepresented backgrounds to create a more equitable workforce, increase cultural competence, and reduce health disparities. If you are applying to medical school or are considering applying to medical school, this is a great opportunity for you to talk to current medical students about the process. Mentors can help guide you on your journey to becoming a successful medical school applicant. [Apply here!](#) Deadline to apply is 12.15.2022. Students will be connected with a mentor mid-January.
- UPREP is a collaborative project between the Office of Healthcare Equity student affinity groups through UW. UPREP offers monthly workshops to underrepresented minority students and other aspiring future applicants who are interested in pursuing a career in medicine. We offer workshops focusing on topics ranging from AMCAS application, financial aid, writing a personal statement, MCAT prep, interviews, and others. Our first session of the year is scheduled on,

Time: Monday, November 28th, 2022 6:30-8:00pm PST

Location: [Zoom](#)

This session's topic will be: Overview of the Medical School Application

The event itself will consist of a presentation, panelist Q&A, and breakout rooms with a current medical student. You will have an opportunity to meet and interact with current medical students who, like you, have applied to medical schools in the past and want to help you be a successful applicant! Our student volunteers are very diverse and come from all walks of life who each have their own unique insights and stories they would love to share with you!

[Please sign up here](#)

- **[Doctor of Osteopathic Medicine | What is a DO? - WesternU COMP-Northwest Virtual Event](#)**

Tuesday, November 15th, 2022 | 6:00 pm - 8:00 pm PT

Join us as a panel of our alumni, practicing as osteopathic physicians in several specialty areas, discuss what being a DO means to them. They'll share stories from their journeys through medical school, residency and beyond, along with advice to our prospective student audience, and we'll open it up to questions during the second half.

- **[Doctor of Osteopathic Medicine \(DO\) | Group Advising Appointment - WesternU COMP-Northwest Virtual Event](#)**

Thursday, November 17th, 2022 | 10:00 am - 11:00 am PT

Join us for a one-hour, virtual, group advising appointment. These sessions are designed to answer your specific questions on the admissions and application process. It is an open session with other prospective students present.

- **[Early Assurance Program - Oregon State University Pharmacy](#)**

The Early Assurance Program (EAP) is a supplementary program that provides students a unique opportunity to engage in the pharmacy profession as an undergraduate. Students who complete the EAP are guaranteed an interview for the OSU/OHSU Doctor of Pharmacy (Pharm.D.) program. While in the EAP, students will complete their regular courses and Pharm.D. prerequisites at their institution of choice (it doesn't have to be OSU), while also engaging in professional development opportunities in the healthcare field through the EAP. Students develop goals and build relationships alongside an EAP advisor to help them become leaders of their profession.

- **Altius Test Prep** is offering 5 free full-length MCAT practice exams to UP students. **[You can access them here.](#)**

- **Don't forget to check out [OHSU's Higher Education web page](#) for ongoing opportunities to get involved at OHSU!**
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SUMMER HEALTH PROFESSIONS EDUCATION PROGRAM

Shaping Careers. Changing Lives.



APPLICATION OPENS*

NOV. 1

APPLICATION DEADLINE

FEB. 5

*Application dates are subject to change. Please visit shpep.org for the most up-to-date information.

The Summer Health Professions Education Program (SHPEP) is a transformative summer experience for students interested in the health professions. Formerly known as the Summer Medical and Dental Education Program (SMDEP), SHPEP has been shaping careers and changing the lives of premedical and predental college students for over 30 years. Now, in addition to dentistry and medicine, the program offers opportunities to explore other health careers, including nursing, optometry, pharmacy, physical therapy, and public health.

The **FREE six-week summer enrichment program** prepares college students for a career in the health professions by enhancing their academic proficiency and providing career development opportunities. Participation in SHPEP may better position students for acceptance into advanced-degree programs.

What are the benefits of this **FREE** program?

Program includes:

- A stipend.
- Guidance from current admissions deans, health professionals, students, and SHPEP alumni about how to pursue their profession of interest.

To be eligible, you must:

- Be a U.S. citizen, a permanent resident, or an individual granted deferred action for childhood arrivals (DACA) status by the U.S. Citizenship and Immigration Services.
- Be a college freshman or sophomore at the time of application.
- Have a minimum GPA of 2.5.
- Identify with a group that is underrepresented in the health professions.

Learn more at **shpep.org**.

PRE-MED ACADEMY



Offered free of charge through Bovard Scholars, the USC Pre-Med Academy is designed for high-achieving health sciences college students and recent graduates who have financial need and lack the resources needed to succeed in the highly competitive medical school application process.

Our flexible, online program is customized to recognize your strengths, connect you with peers, and guide you toward success in the medical school admissions process.



Guiding You Every Step of the Way

You bring your story, distanced traveled and we give you tools and strategies to become both a strong applicant and successful medical student.

You'll benefit from:

- Personalized, one-on-one mentorship and advising
- Application guidance and preparation—from your personal statement and letters of recommendation to school selection and interviewing
- MCAT prep course, including full-length practice tests and customized study plans
- Workshops that further strengthen your application
- Strategies to help cover your medical school costs
- Interactive sessions with deans of admission, current medical students, learning specialists, and more
- Peer connections around the country to get and give support



Eligibility

- First generation students who are at least 2-3 years from applying to medical school
- Low income with a lack of access to advising, test prep, and resources to apply
- High achieving, with a GPA of 3.5 or higher
- Commitment and motivation to pursuing medicine

Please see the website for application deadlines. When you submit, please include a copy of your transcript, financial aid award, and letter of recommendation author.

bovardscholars.usc.edu/premed

bovardscholars@usc.edu



Alumni Spotlight

James Bradt came to the University of Portland from the rural town of Pendleton, OR. While James loved the rodeo, he put his bull riding dreams on hold and came to UP wanting to pursue a wonderful branch of health professions- Optometry. James had already gotten some experience volunteering in an optometry clinic prior to starting at UP, but upon arrival on the bluff, he got jumped right into more clinical volunteering and solidified his experience and desire to

pursue Optometry. Fun fact- He applied to Optometry school his senior year while he was also taking his capstone Biology of Exercise class. For part of his class project, James committed to run his first ½ marathon and collected physiological data along the way. Like all things James puts his mind to, he successfully completed (rocked) the ½ marathon and also solidified a spot at Midwestern University in Arizona. James is a hardworking, kind, wonderful human and will make a great optometrist in the near future!

[Read more about James!](#)



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

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

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