

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



On Campus Opportunities

American Medical Women's Association

UP's Chapter of AMWA is starting a [Big-Little program](#) and pre-health students at UP are encouraged to sign up and serve as a mentor (Big) or mentee (Little)! A Big is a 3rd or

4th year student on a pre-health track and would be paired up with a little, a 1st or 2nd year student, to meet, share advice or offer support and insight on the journey of being a pre-health student. Together they can create goals, discuss different pathways to get to the desired pre-health profession, and offer advice about the application process for their desired pre-health profession!

Little's are 1st or 2nd year students who are or are considering becoming pre-health pathways. Little's will be paired with a pre-health student that can offer guidance on how to navigate their years at UP to strengthen themselves as an individual and as an applicant for the pre-health professions.

There will be a Big-Little reveal event so that Big-Little pairs or families can meet! Contact AMWA's president [Maddie Delacerda](#) for any questions.

UP's Chapter of AMWA will also be hosting [volunteers for the Oregon Humane Society](#). We are so excited to present you all with this opportunity, unfortunately due to COVID, we will be doing small group volunteering for 10 people. I know many of you want to volunteer and you will definitely get the opportunity and we will be rotating! Email [Stacy Huang](#) with any questions.

Are you Taking an Entrance Exam This Year?!

MCAT? DAT? GRE? ETC.

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!

Off Campus Highlights

- OHSU will host a [virtual information day about their MD program on March 4th](#)
- Have you considered a gap-year to gain experience in the medical field while you apply to medical or physician assistant school? Join our virtual panel with former **ReConnect Fellows** and learn about this **unique gap-year program in rural healthcare**. Hear from former Fellows

about how this experience helped them navigate their path to medical or physician assistant school. [ReConnect Gap-Year Fellowship Virtual Panel Thursday, January 27th from 7:00-8:00pm](#)

- **Atlantis** is a **hospital shadowing program** that runs **study abroad opportunities** for pre-med students during school breaks. They just successfully ran multiple 1-3 week programs during this past winter break in Spain and Italy, and [applications are open for summer 2022.](#)
- [2022 UCLA Public Health Scholars Summer Training Program](#) - applications due January 31st
- [Health Consulting Summer Intern](#) - Portland - Mercer - applications due January 30th
- [The Summer Health Professions Education Program \(SHPEP\)](#) is a transformative **summer experience** for students interested in the health professions. SHPEP has been shaping careers and changing the lives of premedical and pre dental college students for over 30 years. 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. **This program is intended for first year and sophomore undergraduate underrepresented (racially/ethnically and/or socioeconomically) students.** Application closes February 5th.
- Don't forget to check out [OHSU's Higher Education web page](#) for ongoing opportunities to get involved at OHSU!

Oregon State University Pharmacy Early Assurance Program



Oregon State University
College of 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.

Program Benefits/Expectations

- Assigned EAP advisor who will help ensure you complete all pharmacy prerequisites and guide you through the Pharm.D. application process
- Access to OSU College of Pharmacy and EAP events to network and expand knowledge of the pharmacy profession
- Must earn a 3.0 GPA and C- or above in all Pharm.D. prerequisite courses
- Must complete an EAP Portfolio
- Guaranteed interview upon successful completion of the EAP and a Pharm.D. application

Admissions Details

- Minimum 3.0 GPA
- Application includes:
 - Basic demographic information
 - Unofficial transcript

- Two letters of reference
- Essay about interest in pharmacy
- Summary of experiences and/or awards
- Open to all college students except those graduating spring 2022
- Rolling admissions – final deadline is June 1, 2022

[Apply Today!](#)

Alumni Spotlight

Sarah Ponce spent her first year at UP focused on adjusting to undergraduate life as an out-of-state first-generation student. She credits the Honors Program with helping her to find community early on and says that participating in the Rural Immersion allowed her to explore her interests in migrant workers' rights. During Sarah's second year at UP, she began working part-time as an administrative assistant in Accessible Education Services as well as Personal Support Worker for a peer on campus. These jobs gave her practical skills and helped her grow in reliability, communication, and resourcefulness. She then studied abroad in Granada, Spain during the Spring semester of my sophomore year, where she participated in a health care system internship which included shadowing experiences at the local private hospital.



When she returned from her time abroad her junior year, she began working as a Biology Department Chair Assistant, which she continued to do until she graduated. After graduating and taking the MCAT, Sarah worked for one year as a medical scribe for a cardiology private practice near her hometown. We are proud to say that Sarah is now a full-time medical student at Keck School of Medicine of USC in Los Angeles, California. Yahoo Dr. Ponce!!!

[Read more about Sarah!](#)

Test Prep Question of the Day

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

The base-catalyzed condensation product of two acetaldehydes is

- A. an alpha-hydroxyaldehyde.
- B. an alpha-ketoaldehyde.
- C. a beta-hydroxyaldehyde.
- D. a beta-keto aldehyde.
- E. an alpha-hydroxyketone.

Answer is at the very bottom of the Newsletter!

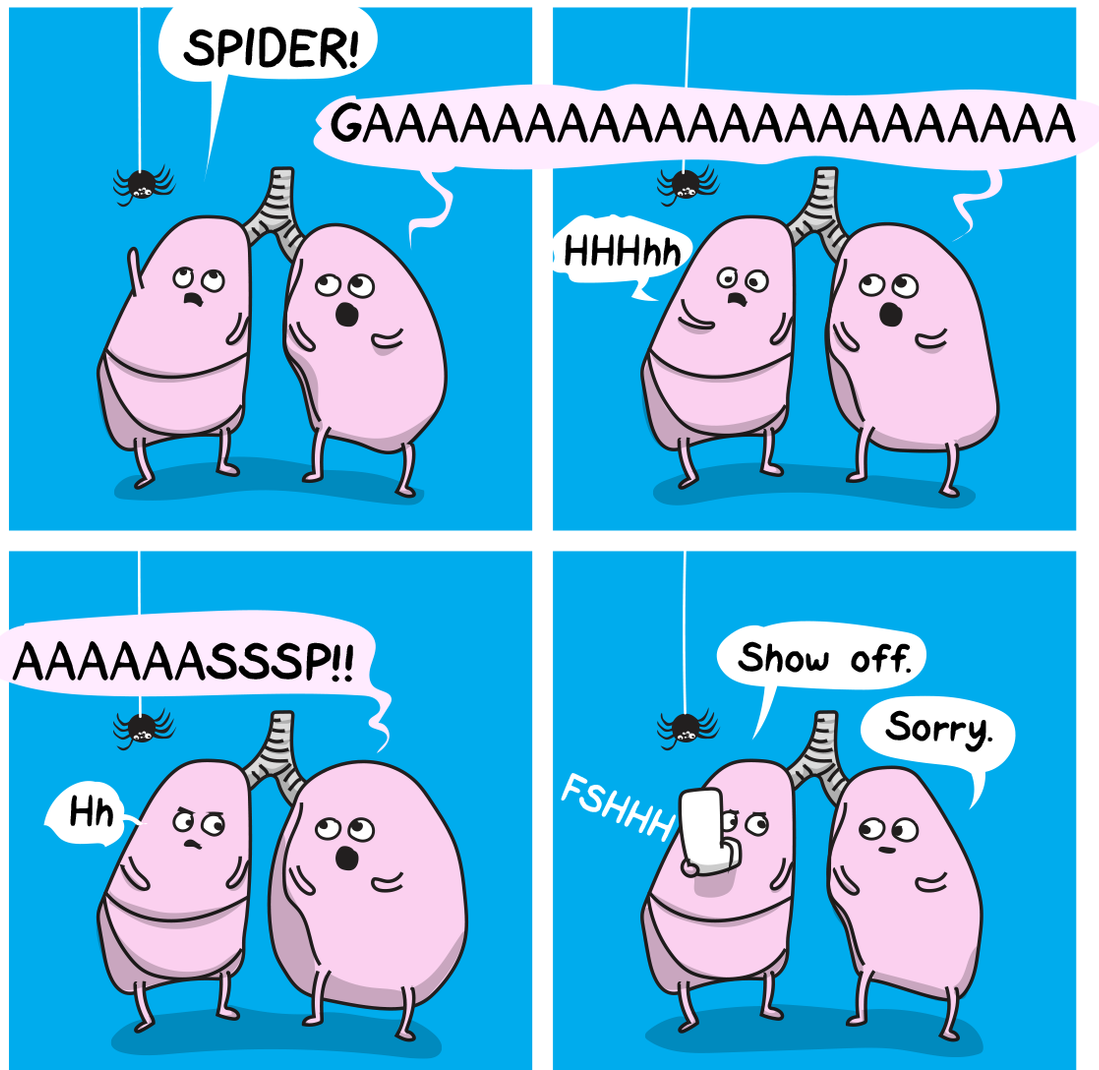
Questions? Concerns? Need an Advising Appointment? Contact Us!

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

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

healthprofessions@up.edu

Asthma



theAwkwardYeti.com

DAT Question Answer: C

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