

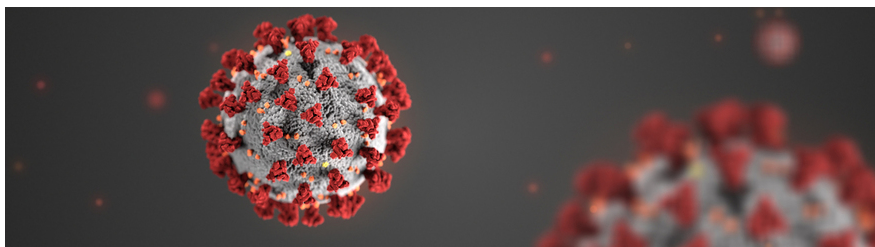


Your one-stop-shop for pre-health news and updates!



UP Updates

A note about P/NP Courses: A much higher number of students than normal are requesting information about changing their courses to Pass/No Pass grading after the move to online learning. **The pre-health advisors would like you to be aware that Medical Schools and other professional health programs do not accept required pre-req courses without a letter grade.** You will not want to P/NP any of your courses that are required pre-reqs for professional health programs for this reason as long as you have the choice. Remember that working through this challenging time in your science courses will show resilience and adaptability - which are two of the big core competencies that professional programs are looking for!



[Health Professions COVID-19 Related Links and Information](#)

Please take a moment and look through this page the National Association of Advisors in the Health Professions has put together **to help you easily find the information about how your particular professional program may be affected by COVID-19.** These links are being updated as often as possible so it may be a good idea to bookmark the links that pertain to you for future reference. These links are very important for those of you planning to apply this upcoming cycle to any of these programs.

MCAT UPDATES

Please note that as of today all MCAT tests from March 27th - April 25th have been canceled globally. More cancellations may be coming in the future and you will get email communication directly from AAMC if this directly impacts you. [To stay up to date with the latest on the MCAT and COVID19 please see the website the AAMC has put together.](#)

If you are registered for another type of entrance exam please make sure you are looking for direct communication from the testing company for further instructions during this time.

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!

Off Campus Highlights

- [See this awesome document that was created cooperatively by members of the National Association of Advisors for the Health Professions with many ideas of things you can be trying during this time](#)
- Tuesday April 21st at 11am PDT - [navigating the 2021 Application Cycle for Applicants Webinar hosted by the AAMC](#)
- [Intern - Access Solutions Patient Journey Guidance and Strategies](#) - apply by 5.1.2020
- [April 23rd, 2020 9:15am - 2pm PDT - AACOMAS will be hosting a virtual session, Exploring Osteopathic Medicine, for pre-med students.](#) You need to register for this event.
- [April 7th, 2020 6am - 6pm PDT - PAEA will be hosting the Physician Assistant Virtual Fair](#)



Alumni Spotlight

As an undergraduate student at UP, [Rachel Lockard](#) worked in neuroscience research with professor Dr. Elinor Sullivan, both at the Oregon National Primate Research Center and at OHSU. After graduation from UP in 2014, Rachel was focused on going into a neuroscience PhD program and got a job as a Research Assistant II at Casey Eye Institute in basic science research. Rachel notes that, "Dr. Mark Pitzer's Sensation & Perception course helped so much". Casey Eye also has a volunteer-

run outreach van that travels throughout the state providing free ophthalmic services to under/uninsured Oregonians. This sparked Rachel's interest in public health and she began an MPH at the OHSU-PSU School of Public Health. On the side, Rachel also volunteered at Call to Safety (formerly Portland Women's Crisis Line) and Outside In's low-cost tattoo removal clinic. When Rachel realized her interest in clinical medicine, she got a CNA license and started working as a phlebotomist at Adventist Health. While in her MPH, Rachel began volunteering with Bridges Collaborative Care Clinic. Bridges is a student-run health clinic between OHSU, PSU, and OSU health profession programs. After two years of service, she was promoted to Board President of the clinic. After graduation from the MPH in Health Systems Management and Policy, Rachel matriculated into OHSU School of Medicine in 2019. Rachel reinforces that she's grateful for the 5 years post-grad before starting medical school. We continue to wish her all the best on her journey to becoming another wonderful Pilot physician.



Test Prep Question of the Day

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

Why is the α -anomer of d-glucose less likely to form than the β -anomer?

- A. The β -anomer is preferred for metabolism.
- B. The β -anomer undergoes less electron repulsion.
- C. The α -anomer is the more stable anomer.
- D. The α -anomer forms more in L-glucose.

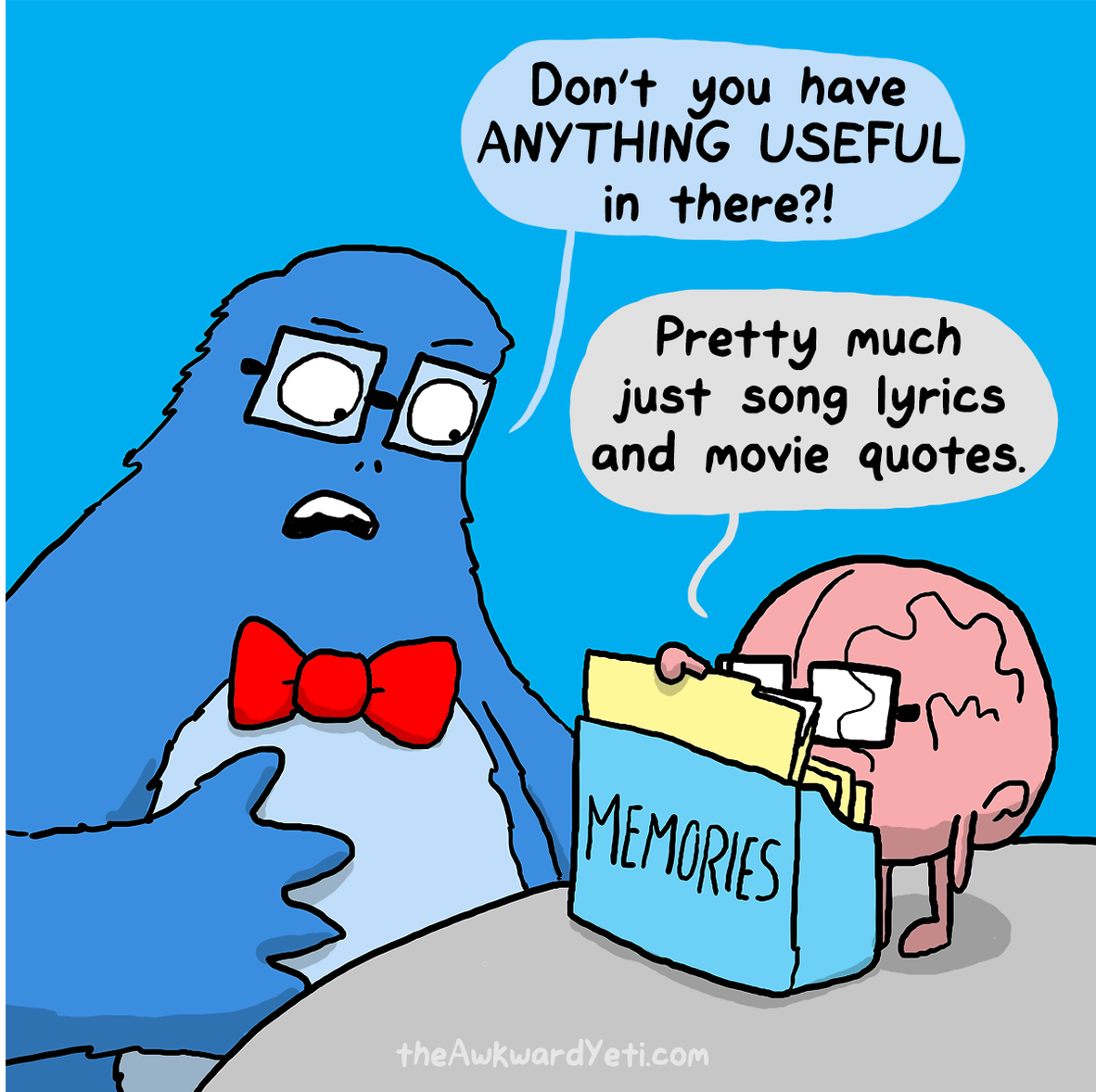
Answer is at the very bottom of the Newsletter!

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: B](#)

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