

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



"On Campus" Opportunities

HOSA- Health Occupations Students of America

We are looking to start a HOSA chapter at the University of Portland. HOSA is an international student organization with the mission of promoting health care opportunities and enhancing delivery of quality of health care to all people. Here are some of the goals & opportunities for the chapter:



- *Virtual Physician Webinars
- *Guest Speakers
- *Leadership Seminars
- *Leadership Position Opportunities (Local, State, National)
- *E-Shadowing Physicians/Healthcare Professionals
- *Service Project participation opportunities
- *Volunteering
- *Competitive Events/Conference Attendance: Attending the Fall (Around Oct-Nov), State (Around March) and International Leadership Conference (June)
- *Fundraising Endeavors

If you're interested in joining please join us for an informational Zoom meeting to discuss HOSA and hopefully get a good group of students to be a part of the new chapter at UP.

When: Nov. 5th at 5pm

Where: Zoom ID: 503-943-8850

Who:

Michael Musangu (former OR HOSA State VP & current UP student)

Dr. Flann (former sports fanatic & current couch-potato)



MD/PhD Medical Student Talk

Noah Forrest graduated from the bluff in 2016 and is one of 4 UP students who scored above the 99th percentile on the MCAT exam that year. While at UP, Noah was a wonderful student and active member of the UP campus whose activities included research, work with the Moreau Center and work as an

organic chemistry workshop leader, to name a few. He is now in an MD/PhD program at Northwestern University in Chicago. He has graciously offered to join us to discuss his journey, to share some tips / advice and to answer any questions you might have.

Nov. 2nd @ 5pm
Zoom ID- 503-943-8850

Learn More About Oregon's Newest PT Program

Learn more about becoming a Physical Therapist with WesternU DPT Oregon - Oregon's newest DPT program! WesternU is a leader in advancing healthcare access in rural, underserved, and vulnerable communities. Join us on November 3rd, 2020 at 12pm PST to learn more about the program with other UP students! [Please register here so our speakers have an idea of how many people to expect. You will receive a Zoom link when you register.](#)

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®)*

*This page provides dates for the MCAT exam only. For information on administrative dates, please visit www.aamc.org/mcat. Standard start times will be 7:30 a.m. and 3 p.m. each day.

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

- Here is a unique opportunity for students to obtain a type of **shadowing experience!** It is conducted over a video call where thousands of students can tune in every [Monday at 8:00 pm EST for an hour or later that week as posted.](#) [Dr. Ryan Gray](#) is the host who brings in doctors of varying specialties to give a talk about their day-to-day activities, present a patient case, and opens to Q&A at the end. The hours you put into these sessions are logged and can later be requested for proof of attendance.
- **The Pacific University, Oregon School of Occupational Therapy** is excited to announce a wonderful opportunity to further explore a career in Occupational Therapy and our 3-year OTD program! [We would like to invite you to our Virtual Open House event Wednesday, November 18, 2020 at 6:00pm to 8:00pm PST.](#) For potential applicants, this is a great opportunity to learn more about our program, meet your admissions counselor, interact with current students, faculty and staff, and ask any questions you may have!
- [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.
- [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.](#)



Alumni Spotlight

At the beginning of his UP experience, **Christopher Elkhall** prioritized and focused on his academics, as he sought to solidify his college foundation with a strong GPA and strong classroom relationships. This prioritization and focus enabled his future courses to flow with ease, and as Chris puts it, “the majority of the college battle was fought at the beginning of his journey”. Alongside his rigorous schedule and completion of all prerequisites for dental school by the end of my junior year, extracurricular activities in and out of UP’s campus were filling his time. He volunteered in health services when working in Adventist Medical Center within various positions. When sparing an hour or two, he strived to be present and active within dental offices, shadowing and observing multiple dentists and specialists. He also began to reach out to clubs on campus with intentions of getting more involved. He held positions on various clubs, allowing him to



be more involved and active in events: trips, activities, meetings, etc. These extra-curriculars included the honors program, DES, Blue Key, and President of the Pre-Dental Club. Chris says that his “greatest experience, most rewarding and invaluable of all, was by far the research I was honored to conduct. I worked with Dr. Buck Taylor of the chemistry department on his research using computational chemistry. Although the information and material were new to me my sophomore year, with his guidance, I learned the study participating in conducting three semesters and one summer of research”. Chris is in his first year of Dental School up at OHSU and we wish him all the best. [Read more about Chris!](#)

Test Prep Question of the Day

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

Which of the following is the process by which an unstable nucleus is transformed into a more stable nucleus with lower energy?

- A. nucleation
- B. combustion
- C. nuclear decay
- D. oxidation
- E. nuclear fusion

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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DAT Question Answer: C

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