



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

## COLLEGE OF ARTS & SCIENCES CAREER READINESS COURSE OFFERINGS

### CAS 101 INTRO TO HEALTH PROFESSIONS

*Mondays 4:00-4:55 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 | [cas@up.edu](mailto:cas@up.edu)

## MCAT News!

- MCAT registration opens Oct. 25 and 26 for January-June 2023 testing dates. [See the AAMC registration website for updates, announcements, and more details on test center locations.](#)

- New AAMC MCAT Official Prep Free Practice Exam

[A new, free, full-length practice exam with a scaled score and percentile rank is now available.](#) The Free Practice Exam has 230 questions from previously administered MCAT exams, and has the same look, feel, functionality, scaled score, and percentile rank as an actual exam.

**MCAT**  
Medical College  
Admission Test

## 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!
- Do you need relevant medical experience for your future career or/and are you looking for a job? PMSA and AMWA at UP are collaborating to bring in the General Manager of Comfort Keepers, Michael Metesan for an information session.

As a caregiver, you will provide in-home senior care including administering medication, personal

care, and monitoring client's changes while receiving a competitive pay and flexible hours. No experience is necessary, and a paid training will be provided upon hire. To learn more about this position and get your questions answered, [attend this info session!](#)

- **OHSU medical students will be holding 2 virtual Mentor Circles during the Fall term for pre-med students (and all students considering a career in medicine!).** Our mission is to provide peer-to-peer insight into the medical school application process to rural, non-traditional, and under-represented students in Oregon who are interested in pursuing a career in medicine through quarterly discussions. Students from all backgrounds are welcome. Please come ready to ask questions and for an open discussion!

Please register for one session by completing the form for the date/time you would prefer. You will receive a reminder e-mail the day prior, and a Zoom link and password will be e-mailed the day of the event. Topic: Personal Statement/ Work & Activities section

11/2/22 <https://tinyurl.com/4ad3pw2d>

11/13/22 <https://tinyurl.com/4wh8wv7n>

If you have any questions in the meantime, please feel free to reach out to us at [ohsumentorcircles@gmail.com](mailto:ohsumentorcircles@gmail.com).

- **Want to make a difference in the lives of young children?**

**Casa de Esperanza seeks applicants for the Hands of Hope House Parent Program**, an ideal gap year opportunity for pre-med/pre-health students. Casa de Esperanza provides residential foster care to children ages birth through six who are in crisis due to abuse, neglect, or the effects of HIV. For a complete description, visit this page. [Our application can be found here.](#)

For more information, please contact Darean Talmadge at [dtalmadge@casahope.org](mailto:dtalmadge@casahope.org).

- **Don't forget to check out [OHSU's Higher Education web page](#) for ongoing opportunities to get involved at OHSU!**
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# JOIN US FOR A DISCUSSION ABOUT ACCESSIBILITY TO REPRODUCTIVE HEALTHCARE

- When: November 1 @ 6:30 PM
- Where: DB 031
- Snacks will be provided!
- OBGYN guest speaker: Maureen  
Katherine Baldwin, M.D., M.P.H.



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# VIRTUAL MOCK INTERVIEW

Practice your interviewing skills with a mock interview  
we put together with commonly asked questions!

## HOSTS

PRE-DENTAL CO-CHAIRS: CARRIE & AVERY

WebEx

Meeting Number: 2623 790 3636

Password: dental2022!

**THURSDAY,  
OCTOBER 27TH**

**6-8PM**





## PMT Scribe Academy

### Learn what Medical Scribing can do for Your Career

#### What Scribes Do

A medical scribe is trained to be in the room with the doctor and patients and create real time medical records during the visit. Medical assistants and transcriptionists are not. Scribes work in various settings such as emergency departments, small to medium doctors offices, and other facilities.

#### All Experience Levels Welcome

- Quickly land a job in a growing profession
- Increase job skills and security
- Online training allows for flexibility with school and family life



*Three week course puts  
you to work faster*



*Flexible hours allow you to stay  
focused on coursework*



*Experience may strengthen  
med school applications*

### A Simple Way to Start or Boost your Medical Career

#### Invest in Yourself

[www.scribeschool.net](http://www.scribeschool.net)

*Take our Three Week Scribe Course*

Contact: Terry Strassel at 252-619-3562 and [terry@pacificmedicaltraining.com](mailto:terry@pacificmedicaltraining.com)



# GRADUATE SCHOOLS FOR THE HEALTH PROFESSIONS



**BOSTON COLLEGE**

Connell School of Nursing



**HARVARD  
T.H. CHAN**

SCHOOL OF PUBLIC HEALTH



**Regis College**



Northeastern  
**Bouvé College of  
Health Sciences**

**Simmons  
UNIVERSITY**

BOSTON MASSACHUSETTS | EST 1899



**MGH INSTITUTE  
OF HEALTH PROFESSIONS**

## Admissions Panel

Virtual Event

Join us on November 16, 2022 at 8:00 PM EST  
to learn more about the graduate admissions  
process! [Register here!](#)



Register here!

ROSEMAN UNIVERSITY CODM ASDA PRESENTS

# PRE-DENTAL DAY 2022

Roseman University College of Dental Medicine  
10894 S River Front Pkwy, South Jordan, UT 84095



- Secrets to admission and our 3 year DMD program
- Interview Workshop and Prep
- Dental Student Panel



- Handpiece Practice in SimLab
- Restorative Dexterity in SimLab



**SATURDAY NOVEMBER 5, 2022 | 9AM - 4PM**



COMPLETE FORM AND VENMO \$45 TO @ROSEMANASDA  
INCLUDE YOUR NAME AND "PRE-DENTAL DAY 2022"  
REGISTER BY 11:59PM MST ON SUN, OCT 30



CHECK-IN BEGINS AT 8:45AM

BUSINESS CASUAL ATTIRE



([forms.gle/NsDzGhfj4VBzC35R7](https://forms.gle/NsDzGhfj4VBzC35R7))

LUNCH PROVIDED

## Alumni Spotlight

When **Samantha Rivas** started at UP, she already knew she wanted to attend medical school. However, she originally did not want to major in biology, but rather, she had enjoyed math since she was in 8th grade... so she sat down with the head of the math department who connected Samantha with a senior math major who was applying to medical school, and who told her to create a 4-year schedule with classes and extracurriculars (Samantha highly

recommends doing this). Throughout Samantha's sophomore year and continuing until her graduation in 2020, she was able to be a part of four research projects. On top of that, Samantha was an O-chem lecture and lab TA her junior year and in her senior year she scribed with ScribeAmerica at an ED in Hillsboro. She took a gap year after graduation and worked for the Veteran's Administration reviewing physical exams to help veterans obtain disability benefits. Samantha began medical school at UCSF School of Medicine in July 2021 and will graduate as an MD in 2025.

[Read more about Samantha!](#)



## 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](mailto:healthprofessions@up.edu)

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