

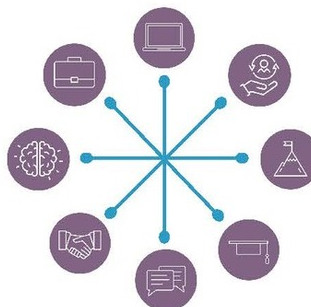


Your one-stop-shop for pre-health news and updates!

## Fall 2022 CAS Career Readiness Course Offerings

Check self-serve for registration information!

### COLLEGE OF ARTS & SCIENCES CAREER READINESS COURSE OFFERINGS



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#### **CAS 196- CAREER PLANNING & LIFE DESIGN**

Mondays 5:15–6:10 PM | CRN 10212

*This course is open to all students, first-year, second-year, and undeclared student encouraged.*

This course offers the tools and community to explore majors and careers to develop a creative, proactive approach to career and life planning. Using design thinking and career development theories students will engage in meaningful self-exploration, learn how to make effective decisions, and develop an adaptable career and life plan.

Course is graded P/NP

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#### **CAS 301 - PREPARING FOR MEDICAL SCHOOL**

Mondays 5:00–6:10 PM | CRN 10214

*This course is intended for students who plan to submit a medical school application spring 2023*

A comprehensive overview of the medical school application process for Junior and Senior level students who have made a well-informed decision to pursue medical school and a career as a physician. During the course students will gain resources and information covering the many parts involved with preparing and applying to medical school. Upon completion, students should be well situated to position themselves for the best application possible for acceptance into medical school.

Course is graded P/NP

Contact the CAS Advising Suite or your Program  
Counselor for more information  
503.943.7221 | [cas@up.edu](mailto:cas@up.edu)

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## 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!

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## Off Campus Highlights

- **OHSU's Student Health and Wellness Center** is still hiring for a [Student Worker position](#) to help with wellness and communications in the department
  - **WesternU COMP NW in Lebanon, OR** is hosting the [D.R.E.A.M. Program](#) to encourage underrepresented pre-med students to pursue a rewarding career in medicine, specifically as an osteopathic physician, to bridge the diversity gap, and to strengthen the patient-physician relationship in healthcare. D.R.E.A.M. stands for Diversity Recognized Emphasized & Assimilated into Medicine. This program is four-day experience that provides participants a sneak peek of what it's like to be in medical school through informative workshops (application process, finance, residency etc) and hands-on activities (suturing, clinical procedures, ultrasound, and osteopathic manipulative techniques). Applications due by May 13th.
  - **Atlantis** is a **hospital shadowing program** for pre-med students during summer and winter breaks. Atlantis already ran multiple winter break programs for U.S. pre-meds in Spain and Italy despite Covid and, although several cities are now full, [applications are still open for summer 2022](#). Atlantis alumni have been admitted to 40 of the top 50 MD programs in the US
  - **Don't forget to check out** [OHSU's Higher Education web page](#) for ongoing opportunities to get involved at OHSU!
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# 2022 RISE SUMMER ACADEMY

REIMAGINE INDIANS INTO MEDICINE

The RISE Summer Academy is a six-week intensive program for American Indians / Alaskan Natives that provides in-depth training and Indigenous learning opportunities to prepare scholars for the medical school application process.

**JUNE 5 –  
JULY 17  
2022**

The 2022 RISE Summer Academy is a collaborative effort between:



WASHINGTON STATE UNIVERSITY  
Elson S. Floyd  
College of Medicine



School of  
MEDICINE

UC DAVIS  
HEALTH

SCHOOL OF  
MEDICINE



NPaiHB  
Indian Leadership for Indian Health



NORTHWEST  
NATIVE AMERICAN  
CENTER OF EXCELLENCE

WASHINGTON STATE  
UNIVERSITY  
HEALTH SCIENCES  
SPOKANE

NATIVE AMERICAN  
HEALTH SCIENCES

**SUMMER  
ACADEMY  
FOCUS**

- Medical School Admissions and Application
- Supplemental Basic Science Refresher
- Cultural Engagement and Community Building
- Medical Student Mentors
- Intensive MCAT prep provided through Kaplan

# RISE SUMMER ACADEMY TIMELINE



- American Indian or Alaska Native
- Have a non-competitive MCAT score, OR plan to take MCAT within 1 year of Summer Academy end date
- Plan to apply to medical school within the next two years
- Transcripts for all college coursework

## SUMMER ACADEMY ELIGIBILITY

## SUMMER ACADEMY BENEFITS

- Cost to attend: FREE
- Program will be hybrid with travel, room, and meals covered for in-person components
- Access to and exposure with medical school faculty, leadership, and students
- Coursework and exposure to become a more competitive applicant to medical school
- Development of Native Cultural identity in medicine and network of Native Physicians

If you have questions, please contact the following:

WSU Elson S. Floyd College of Medicine Office of Diversity, Health Justice, and Belonging at [diversity.medicine@wsu.edu](mailto:diversity.medicine@wsu.edu) or 509-358-7518

or

WSU Health Sciences Spokane Native American Health Sciences at [e.meltingtallow@wsu.edu](mailto:e.meltingtallow@wsu.edu) or 509-358-7833

**APPLY &  
LEARN MORE**





## OPEN YOUR HEART TO THE POSSIBILITIES

Going to camp as a child is a rite of passage and a treasured memory for many of us. Making new friends. Swimming. Archery. Arts & crafts. Campfire stories. S'mores. Whispers and giggles after lights out ... but for many children with heart conditions, health concerns made going to sleep-away camp no more than wishful thinking.

Since 2014, Merry Heart Children's Camp has turned wishful thinking into wishes come true with its summer camp designed especially for children 9-14 with congenital heart defects. The intent is to provide an opportunity for campers to connect with other children who share similar health, emotional and social concerns. Activities are adapted to each child's abilities and promote the development of new friendships and individual growth. A pediatric cardiologist and two cardiac nurses are on duty at all times.

We are looking for people interested in volunteering at this summer's camp session. Opportunities include on-site nurses, camp counselors, support staff, day helpers, archery instructors, lifeguards and more.



The camp is from August 19th - August 23rd and is located near Corbett (about an hour outside of Portland).

If you'd like to learn more about being a camp counselor or volunteer, contact [director@merryheartchildrenscamp.org](mailto:director@merryheartchildrenscamp.org) or visit [www.merryheartchildrenscamp.org](http://www.merryheartchildrenscamp.org)

 @merryheartcc

## Alumni Spotlight

[Anthony Gutierrez](#) is a first-year medical student up at OHSU and has a great story to tell. The story includes many experiences at UP including volunteer work, teaching assistantships, and multiple leadership roles. The story continues after graduation with work at a clinic in California where he was also able to get involved in research in the area of oncology. Included is a more detailed story of his path to medical school but we'll let Anthony describe the details. We wish Anthony the best

as he continues his journey to becoming a great future physician.

[Read more about Anthony!](#)



## Test Prep Question of the Day

**This week's test prep question comes from the GRE:**

Carla is having a dinner party and is inviting 5 guests: 3 boys and 2 girls. Carla knows that she needs to sit at the head of the table, but hasn't decided on fixed seats for anyone else. If she decides not to sit any of her guests next to anyone else of the same gender, how many different seating arrangements are possible?

- A. 6
- B. 12
- C. 24
- D. 36
- E. 60

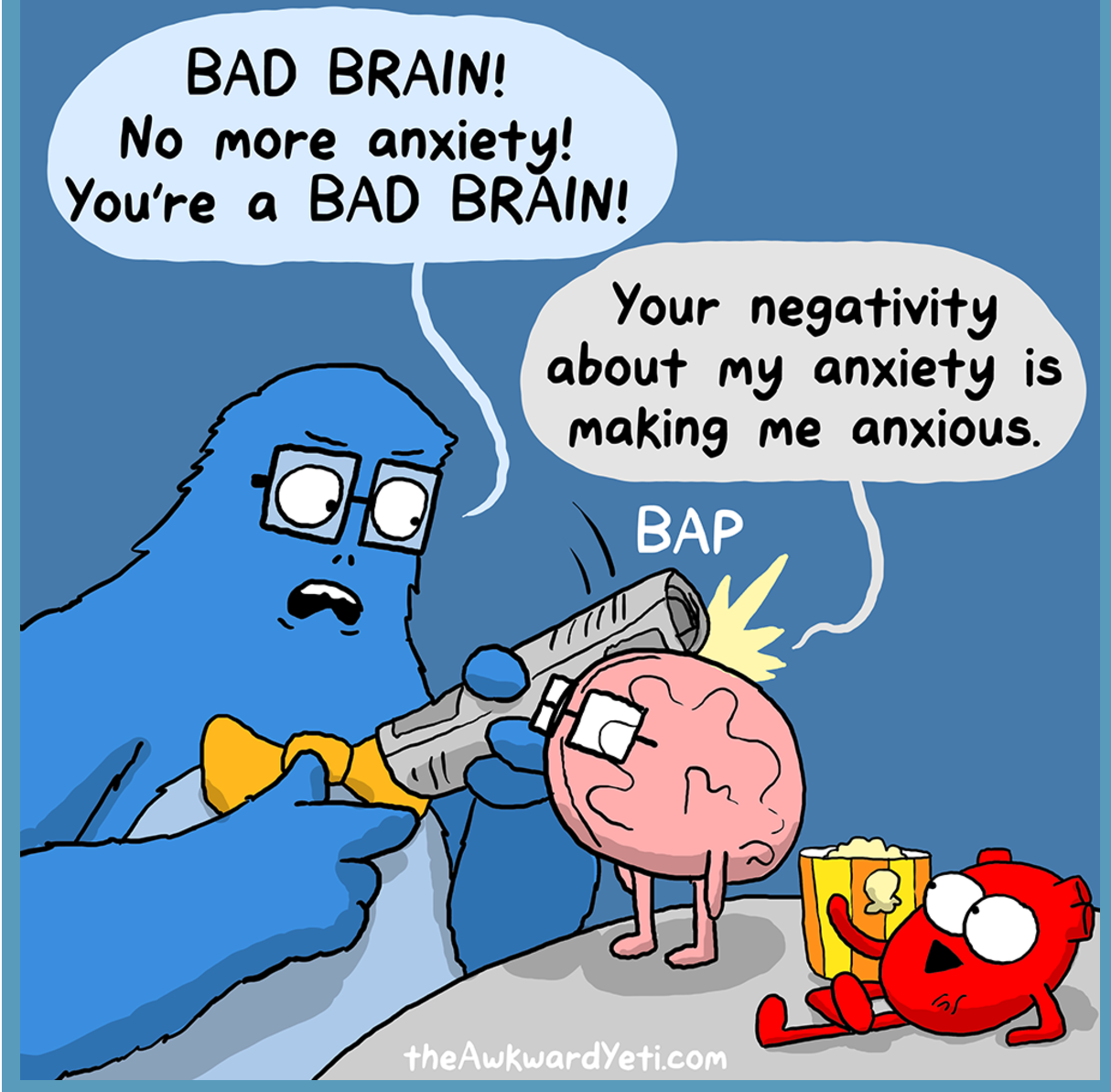
*Answer is at the very bottom of the Newsletter!*

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



GRE Question Answer: B

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