

11-2018

# Premedical Programs Newsletter, November-December 2018

University of Dayton

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UD students participate in Bolivia Healthcare Summer 2018 Immersion Trip

## Student Spotlight



*"UD EMS has challenged me to develop my patient care skills as well as the ability to think critically and work with a team..."*

*--Amanda Schleper*

Amanda Schepler, a senior Premedicine major, has devoted significant time to serving others during her undergraduate career. One of her many key involvements focused on serving the University of Dayton community has been her participation in the student-volunteer University of Dayton Emergency Medical Services (UD EMS).

Reflecting on her time with UD EMS, Amanda stated, "I wanted to join UD EMS before even coming to UD as an undergrad. I saw this as a fabulous opportunity to combine my passion for service to my community with my interest and curiosity in medicine." She applied for UD EMS during the spring of her first year and was accepted into the organization. Sophomore year was when she did her EMT training which

### Experience with UD EMS

included an EMT course to be a nationally-certified EMT, ride-alongs with the Dayton Fire Department, and clinical hours at Miami Valley Hospital. During her junior year, Amanda was elected as the Advancement Officer for UD EMS. As part of her duties, she piloted a staging program with the athletic department to provide emergency services at various sports events. She is currently a Crew Chief, which means that she is in charge of the three person crew that answers an emergency call and is ultimately responsible for the final decisions made during the call. She is also currently the Assistant Chief of Personnel, reporting directly to the Chief, overseeing and supporting four additional UD EMS officers, and handling personnel issues within the organization.

Amanda shared, "the squad house is my favorite place on campus because it is filled around the clock with my UD EMS family. If I could redo my undergraduate years, I would join UD EMS again every single time. The memories I have made, the people I have met, and the lessons I have learned have all been immensely worth it. I will cherish my time on UD EMS for years to come."

## In This Issue

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## National Collegiate EMS Week is Nov. 12th - 18th

UD EMS presents National Collegiate EMS week; a week-long recognition and celebration of campus based EMS! Collegiate EMS week provides an opportunity for campus-based EMS organizations to highlight their activities and educate their communities. Look out for numerous events from UD EMS including CPR classes offered on 11/12: <https://goo.gl/forms/M4mZjNILSGL-WKfdJ2> and First Aid classes offered on 11/14: <https://goo.gl/forms/6jT6yGYe2uDZSQes1>. Classes may require a nominal fee of \$15. Sign-up via the associated google form to take a class and support UD EMS! More events will be announced in the coming weeks. Contact Kenzie at [volzm1@udayton.edu](mailto:volzm1@udayton.edu) for more information.



## Bolivia Healthcare Summer Immersion Information Session:

An information session will be held on Nov. 13th from 5:30 to 7 pm in SC 114 for a Bolivia Healthcare Summer Immersion experience. "Pediatric, Adolescent & Women's Health, La Paz, Bolivia"-a medical immersion program sponsored by UD Premedical Programs in conjunction with Children and Family Health International (CFHI) will be offered in May 2019, with anticipated travel dates of May 14-26, 2019. This program is open to all students who meet the eligibility and GPA requirements.

Program participants will take part in rotations alongside local physicians, medical students, and nurses in wards such as obstetrics, oncology, infectious disease, and nephrology. Students will experience working with indigenous populations in resource poor settings and examine the socioeconomic and cultural barriers in accessing services for women and children.

Students must complete a SPN 200 level course by the end of spring 2019 semester to be eligible for this program.

This is an approved clinical experience for MED/DEN major MED 480 course.

## Spring Application Workshops

**ATTENTION JUNIORS AND SENIORS PLANNING ON APPLYING TO MEDICAL SCHOOL OR DENTAL SCHOOL!!**

Plan on attending a workshop about the application process, including how to get your letters of evaluation and the composite letter process. Two sessions will be offered, covering the same material. Sessions held in SC 114. Attend only one:

- 1/22 from 6 to 7 pm
- 1/23 from 5 to 6 pm

## Health Professions Week Nov. 5th - 9th, 2018

Health Professions Week (HPW) is a FREE on-line schedule of events for students interested in learning more about careers as health professionals. During HPW, which is from Nov. 5th to Nov. 9th, students will have opportunities to:

- explore many different health professions in the "Who Am I?" video series on Instagram
- hear from a diverse group of health professionals about their chosen professions and how they are making a positive difference in their communities

Visit <https://explorehealthcareers.org/hpw-events-schedule/> to register and learn more

## Premier Health Hospital Observations

Sophomores, Juniors and Seniors can shadow healthcare teams in five different departments at Miami Valley Hospital, in the Operating Room at Miami Valley Hospital South, and with Premier Health PAs. Initially, Juniors and Seniors will have priority to sign up for available slots. **Sophomores will be able to turn in their paperwork and sign up beginning Oct. 1st.**

OR shadowing also requires a separate mandatory orientation at Miami Valley South. If you have already attended a previous orientation, you do not need to attend again. A spring orientation will be scheduled for early in 2019.

You will need to submit a complete application (accessed from the Hospital Observation link on [premed.udayton.edu](http://premed.udayton.edu)), current immunization records, MMR verification, two-step TB results and after Sept. 30, a flu shot. Bring completed paperwork to the Premed office to sign up for your time slots for the fall semester. Sophomores may submit their paperwork beginning October 1st. Contact Dr. De Beer at [mdebeer1@udayton.edu](mailto:mdebeer1@udayton.edu) if you have questions.

## UD Health and Wellness Life Hacks Series and drop-in support group

Building resilience and persistence are important skills for preparing for a career in medicine/health care. Attend presentations in the Life Hacks Series to gain skills and insight to help you succeed and thrive at UD and beyond.

Upcoming presentations include:

- Adulting with Purpose, 11/8, 2 to 3 pm
- Your Brain on Exercise, 11/12, 3 to 4 pm
- Putting Willpower on Autopilot, 11/27, 12:30 to 1:30 pm
- Overcoming Test Anxiety, 12/4, 2 to 3 pm

See AVIATE for room locations.

For more information on these topics visit [go.udayton.edu/wellness](http://go.udayton.edu/wellness) or contact Sarah DeWitt, Coordinator of Health Education and Wellness Promotion, at [sdewitt1@udayton.edu](mailto:sdewitt1@udayton.edu)

The UD counseling center is also hosting a drop-in Sexual Assault Support Group on Mondays from 2:30 to 3:30 pm from Oct. 29 to Dec. 3 in Alumni Hall room 208B. All gender identities welcome. No registration is required. Drop in anytime. Contact Terri Pelley, PhD at [tpelley1@udayton.edu](mailto:tpelley1@udayton.edu).

# Summer Opportunities

Most applications will require transcripts, essays, recommendation letters, and a current resume. Begin planning this fall if you are interested in pursuing a summer opportunity. Visit individual links for program specific deadlines and requirements.

- Cincinnati Children's Hospital Medical Center in Cincinnati offers a summer opportunity to explore the possibility of a career in biomedical research. Applications are available now and are due on February 1, 2019. More information can be found at <https://www.cincinnatichildrens.org/education/research/surf/apply>.
- University of Cincinnati College of Medicine in Cincinnati offers a summer opportunity to explore interest in biomedical research. Applications are available November 1, 2018 and are due on February 1, 2019. More information can be found at <http://med.uc.edu/surf/apply>.
- Ohio University Heritage College of Osteopathic Medicine in Athens, Ohio offers a summer opportunity to engage in an active research laboratory with the goal of exposing students to the challenges, excitement and satisfaction of research. Applications are now available and are due on February 1, 2019. More information can be found at <https://www.ohio.edu/medicine/education/pre-med-education/summer-programs/surf.cfm>.
- Ohio State College of Pharmacy in Columbus offers a summer opportunity to discover Pharmaceutical Sciences. Applications are now available and are due March 1, 2019. More information can be found at <http://pharmacy.osu.edu/research/summer-undergraduate-research-fellowships-pharmaceutical-sciences>.
- National Institutes of Health (NIH) in various locations offers a summer opportunity to explore biomedical research. Applications are available in mid-November and are due on March 1, 2019. More information can be found at <https://www.training.nih.gov/programs/sip>.
- Summer Health Profession Education Program (SHPEP) in various locations offers a summer opportunity to expose students to a range of health professions. Applications are available December 1, 2018 and are due on February 15, 2019. More information can be found at <http://www.shpep.org/apply-to-shpep/>.



## Graduate Exam Prep Courses

• **ALTIUS TEST PREP** provides rigorous and structured MCAT preparation and will host a practice MCAT on Jan. 30 in SC 114 from 4-10 pm. On-campus classes will meet Tuesdays and Thursdays from 7- 10 pm in HM 110. For more information visit [altiiustestprep.com](http://altiiustestprep.com).

• **KAPLAN** offers a number of events to help you prepare for graduate school entrance exams. To find courses offered close to UD or on-campus go to [www.kaptest.com](http://www.kaptest.com). Select your exam and enter 45469 as the zip code. Also find information about additional events such as practice tests at [kaptest.com](http://kaptest.com).

• **UNIVERSITY OF CINCINNATI** is offering an on-line Winter 2018 MCAT prep course. Registration opens Nov. 1st and closes Jan.7th, 2019. Course participants have unlimited access to the recorded lectures and instructor Powerpoints, which means you don't need to be on-site for all lectures. Sign up at [www.med.uc.edu/MCAT](http://www.med.uc.edu/MCAT). e-mail [hs2md@uc.edu](mailto:hs2md@uc.edu) for more information or questions.

• **WRIGHT STATE UNIVERSITY** plans to offer an in-person MCAT prep course using the Exam Crackers materials in the spring 2019, depending on student interest. Cost will be \$600. *The course needs a minimum of 10 students to run.* Visit <https://science-math.wright.edu/pre-health-program/mcat-prep-course> for more information. Contact [jacqueline.neal@wright.edu](mailto:jacqueline.neal@wright.edu) to indicate interest.

## Premedical Programs Fall Seminar Series

Join us Friday afternoons to hear presentations from speakers from health professional schools. Talks will be held at 3:30 pm at SC 114.

- November 2: University of Cincinnati College of Medicine Medical Student Panel
- November 16: Ohio State University College of Dentistry, Admissions Representative and current dental students
- November 30: University of Toledo, Dr. David Pearson, Assistant Dean of Medical School Admissions

## Calendar Highlights



### November:

**Nov. 1** - Deadline to apply for May 2018 graduation

**Nov. 2** - Speaker: Student Panel, UC COM, SC 114 at 3:30 pm

**Nov. 4** - DIG meeting, SC 064, 4 pm

**Nov. 7** - Pre-PA Club meeting, SC 114, 8 pm

**Nov. 12** - Last day to drop with record of W

**Nov. 13** - Bolivia Healthcare Summer Immersion info session, SC 114, 5:30 - 7 pm

**Nov. 16** - Speaker: Admissions Representative and dental students, Ohio State U COM, SC 114 at 3:30 pm

**Nov. 17** - Healing Hearts meeting, SC 114, 7 pm

**Nov. 18** - DIG meeting, SC 064, 4 pm

**Nov. 20** - Thanksgiving recess begins after last class

**Nov. 26** - Classes resume at 8 am

**Nov. 28** - Pre-PA Club meeting, SC 114, 8 pm

**Nov. 30** - Speaker: Dr. David Pearson, U Toledo SOM, SC 114 at 3:30 pm

### AED Events

- **Nov. 13** - membership meeting, SC 114, 8 pm
- **Nov. 18** - Bowling at Capri Lanes, 1-3 pm
- **Nov. 27** - membership meeting, SC 114, 8 pm
- **Dec. 7** - Cookie decorating booth for Christmas on Campus

### December:

**Dec. 2** - DIG meeting, SC 064, 4 pm

**Dec. 5** - Healing Hearts meeting, SC 114, 7pm

**Dec. 6** - Last day of classes

**Dec. 7** - Christmas on Campus/Feast of the Immaculate Conception

**Dec. 8-9** - Study Days

**Dec. 10-14** - Finals Week

**Dec. 15** - Commencement

**Dec. 16-Jan. 13** - Winter Break

## Congratulations to our December MED/DEN graduates!

Martha Bervell (MED)  
Jenna Burget (DEN)  
Abigail Groszkiewicz (MED)  
Lauren Taylor (DEN)



## Congratulations to students with acceptances to Health Professional Schools!

Samantha Achauer (BIO) Wright State U Boonshoft SOM  
Maria Anderson (BIO) Ohio U Heritage COM, U of Kentucky COM  
Annie Bayer (BIO) Mercyhurst U PA Program  
Elizabeth Borchers (MED) Ohio U Heritage COM  
Sam Borrelli (EEP) Kettering College PA Program  
Lauren Cannatelli (BIO/EEP) Kettering College PA Program  
Emma Clark (BIO) Ohio U Heritage COM, Wright State U Boonshoft SOM  
Grace Dury (MED) Indiana U-Purdue U PA Program  
Maddie Gerdes (MED) Wright State U Boonshoft SOM  
Logan Goff (EEP) Kettering PA Program  
Sara Huber (MED) Marian U COM, Ohio U Heritage COM  
Grace Lamantia (EEP) Ohio Dominican U PA Program  
Phoebe Mularoni (MED) Chatham U PA Program, Wingate U PA Program  
Eduardo Rive Lockwood (MED) Wright State U Boonshoft SOM  
AJ Pagan (MED'18) Ohio U Heritage COM, U Cincinnati SOM, Wright State U Boonshoft SOM  
Chase Sawyer (MED) Marian U COM, Ohio U Heritage COM, West Virginia COM  
Amanda Schleper (MED) U Louisville SOM, U Kentucky COM  
Jacob Thomas (EEP'18) Lincoln Memorial U Debusk COM, Marian U COM  
John Weis (MED) Ohio U Heritage COM  
Emily Wey (BCM'18) Marian U COM

