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Upcoming Events

- 1/15—Martin Luther King Jr. Day (Classes Cancelled)
- 2/2—Tuition Refund Period Ends
- 2/21 6:00-9:00pm—Michigan Medical School Night
- 2/28—Middle of the Semester
- 3/5-3/9—Spring Break
- 3/12—Enrollment for Summer Classes Begins
- 4/27—Classes End
- 4/30-5/4—Final Exams
- 5/4, 5/5, 5/6—Graduation

School Spotlight: Indiana University School of Dentistry

Indiana University School of Dentistry is located at the heart of Indianapolis, Indiana. This is the only dental school in Indiana. The school is located on Indiana University-Purdue University Indianapolis campus. The dental school shares its location with the Indiana University School of Medicine. The school puts a lot of focus on research, patient care, and civic engagement. They offer a Doctor of Dental Surgery, and two allied dental programs, dental hygiene and dental assisting.

Dr. John Williams Jr. has been the dean of the school since June of 2010. He is highly involved with the American Dental Association Commission on Dental Accreditation (CODA). He has been a CODA board member for three years. He has completed a term of vice presidency for the Council of Deans in the American Dental Education Association. Dr. Williams prioritizes the school’s research productivity and funding. He is developing and executing plans for new clinical and research facilities.

The average GPA of the accepted class of 2021 is 3.51 and a science GPA of 3.41. Their average DAT score was a 19.3. They accepted 41 non-resident students and 65 resident students. They accepted the most non-residential students from Michigan. The school uses AADSAS application service which opens up on June 1st.
Career Corner with Brian Telfor

Here is a short list of upcoming events! Be sure to also check out Handshake for more career fairs, internships, and job opportunities.

Health Lodge Staff
This is a salaried position, similar to being a medical assistant, at Blue Lake Fine Arts Camp in Twin Lake, MI. Staff members will gain experience in patient care, medical documentation, triage, and basic diagnostics. Basic requirements are the American Red Cross CPR and First Aid or The American Heart Association equivalent, and a valid US driver’s license. EMT certification is preferred, but not necessary. This position would range from June 17 to August 19 of 2018.

Applications open March 29, 2018 Job code: 1108005

Care Provider Internship
Helping Hands Respite Care in East Lansing is offering a paid, part-time internship for the duration of the Fall 2018 semester. This job would entail working with adults and children with disabilities, and assisting them with activities of daily living, social needs, therapies, and activity planning. Interns need to have a functioning vehicle and driver’s license. Experience in childcare and/or adults with disabilities is preferred, but not mandatory.

Deadline: February 1st at 10:00 am Job Code: 862854

Caretaker, Tutor, Companion for 15-year-old girl with Cerebral Palsy
This is a paid position to help out with the care of a girl with cerebral palsy. She would require help with homework, help with occupational therapy, and assistance on outings. She also needs total personal care. If you are interested in PT, OT, special needs, or even just want to help out a young girl, this job is a great fit! This would be part time, and would be Fridays and weekends. Can start as soon as possible or next semester.

Deadline: January 31st at 5:00 pm Job Code: 1131601

Intern for Substance Abuse Prevention
This is a paid, full-time internship that is excellent for those who are interested in public health. Center for Substance Abuse Prevention (CSAP) is invested in providing behavioral health resources within tribal communities in order to reduce substance abuse. Interns will be assisting with integrating those programs into tribal communities, and will also be trained in evaluation and epidemiology, cultural responsiveness, and in Strategic Prevention Framework. This is a paid, seasonal full-time internship that would span less than 6 months and requires at least two years of a bachelor’s degree completed.

Deadline: April 7th at 12:00 am Job Code: 1090932

Research Intern
This is a paid research internship in Clinton Township, MI with Comprehensive Urology. Interns will gain experience in medical research, data abstraction, and patient screening. The research will be used to further the knowledge and treatment of Urological diseases. This is a summer internship that offers flexible times and the option to continue throughout the school year.

Deadline: May 30th at 2:00 pm Job Code: 1094154

Physical Therapy Internship
This is an unpaid internship for pre-physical therapy students at Peak Performance Physical Therapy. It begins with helping out with clinic flow and ensuring the patients have what they need. After a few weeks, interns will be able to participate in correcting exercises and helping out with technicians. This is an excellent opportunity for form relationships with patients, to see what working in a physical therapy setting is like, and build professional relationships with physical therapists.

Deadline: July 7th at 12:00 pm Job Code: 839547

You can schedule an appointment with Brian Telfor concerning internship and career resources through Handshake!  https://msu.joinhandshake.com/
Student Spotlight: Jake Hall—Interdisciplinary Studies in Social Sciences

Q: Why do you want to go into Public Health?
I have always been interested in health, but I don’t find the focus on small numbers of patients, as is typical in a clinical setting, to be the best use of my personal skills and desires. I prefer the data analysis that accompanies the public health and epidemiology fields as a way to understand behavior and their influences on various health outcomes.

Q: Do you have any minors?
Yes - Global Public Health and Epidemiology, Women’s and Gender Studies, Health Promotion, and Bioethics.

Q: What do you think are the advantages of having a non-natural science major?
It allows me to apply a human-centric approach to my studies and learning. Since I intend to go into public health fields, my focus isn’t on curing health problems or ‘fixing’ people, but on identifying those problems and their causes and assisting in finding behavioral changes to alleviate them or reduce their negative impacts.

Q: What has been your favorite class at MSU so far?
ANP 320: Socio-Cultural Theory with Dr. Hourani. It was my strongest influence in seeing the world through a lens that isn’t based in hard sciences, like biology or some other natural science view.

Q: What is an interesting fact about you that few people know?
I’m open about most of my life, but the most shocking one to most people is that I did Cheerleading and Football simultaneously in high school. Also, the fact that I do not eat cake, ice cream, chocolate, bacon, or pie - with the exception of pumpkin pie.

Q: How are you involved both at MSU and in the community?
I’ve been a part of many groups at MSU, such as the Nursing Student Association, Spartans vs Zombies, Red Cross Club, MSU Quidditch, Spartan Association for Public Health, and a few others. The group I was involved with for the longest length of time was Science Olympiad, which is a science-based competition for middle and high school students. I competed for 3 years before coming to MSU, and after enrolling here, I began volunteering and working for Science Olympiad for the last four years. During my junior year, I assisted in founding the Spartan Science Olympiad Club to encourage other Science Olympiad alumni to stay involved. The other big group I’ve been a part of is Public Health in Global Brigades, which allowed me to go to Honduras in both 2016 and 2017 during Spring Break. I assisted local masons and other students in constructing latrines, eco-stoves, and pillars (safe water reservoirs). These sustainable changes to family homes are part of a multi-step project by Global Brigades that attempts to give communities the ability to raise themselves above their current status. If there was any experience I could embark on again, it would be Global Brigades. The sustainable positive health impacts it made helped solidify public health as the field of study and practice I wish to pursue as a career.
Student Spotlight: Jake Hall Cont.

Q: What advice do you have for other pre-professional students that you wish you had known before?
There are many paths to reach your goal, so you do not need to strictly follow one. Human Biology isn’t the only path to medical school. Focus on your interests and they’ll make college more enjoyable while still putting you on the path to achieving your goals. I also recommend for all pre-professional students to pick something they enjoy and make it a part of their life.

Q: What are your plans for after you graduate?
I intend to enroll in an MPH in Epidemiology starting the fall of 2018. After that, I want to work in a professional setting within the public health field, preferably within a state or national organization.

Course Spotlight: MMG 301 Introductory Microbiology

Introductory Microbiology, or MMG 301, is a 3 credit course concerning the various concepts of fundamental microbiology, including microbial structure, function, nutrition, growth, death, and control. As of Fall 2017, this course is a hybrid course where students typically do 3-4 lectures a week on their own time, do their homework, and then come into class once a week to do a group activity that helps solidify the material learned online. There are regular articles to read outside of the class material entitled “Microbes in the News” where students can learn about the real impact of microbes in societies.

This class is interesting in that it not only touches on clinically relevant bacteria, it also discusses viruses like HIV and chicken pox, antibiotics and antibiotic resistance, the human microbiome and genome, mutations, ecology, and the epidemiology of various pathogenic and nonpathogenic microbes, as well as how these pathogens manifest into diseases. This is an upper-level science course and it is required that students have credit in BS 161 and have either taken CEM 251 or are concurrently enrolled in CEM 251 and MMG 301. Students are encouraged to take this class in preparation for the MCAT, and it is also a prerequisite for quite a few professional programs, like physician assistant, dentistry, optometry, and pharmacy, and strongly recommended for medical schools.

Personally, I would say this class is very useful for any student getting ready for professional school! Specifically for MCAT studying, some of the homework assignments include questions from the MCAT, so this course can really get you slowly but surely prepared for the microbiology aspects of the exam.

By: Anna Risukhina
Student Organization Spotlight: Pre-Physician Assistant Club

The Pre-PA Club serves to educate and prepare students who are considering becoming Physician Assistants. The club has many resources, such as various volunteering opportunities, PAs who are willing to allow students to shadow them, requirements for schools, and even arranges visits to PA schools in the Midwest. Volunteering offered through the club can range from making and serving dinner at the Ronald McDonald House in Lansing to participating in STEM outreach. The club also invites representatives from surrounding PA schools to come in and discuss specific requirements to get into that school, as well as the curriculum that program follows and other information. Panels of current PAs and PA students are hosted to give pre-PA students more insight into what it takes to get into PA school, what PA school is like, and then what it is like to be a practicing PA. Fun events, such as a suture clinic and hayride, are offered as well. The group’s Facebook page helps pre-PA students network with each other, discuss classes, and alert other students to job and volunteering positions. If you are interested in the PA profession, attend one of the biweekly meetings to see what it is all about and to receive help and support on your journey to becoming a PA!

Pre-Physician Assistant Club
Faculty Spotlight: Dr. Rachel Morris (BLD 204: Mechanisms of Disease)

Q: How do you like it at MSU?
I love MSU. Being a member of the faculty in BLD these past four years has been the best job I've ever had.

Q: What is an interesting fact about yourself?
I'm from the coast of Maine, and I'd rather be beside the ocean than anywhere else. I wish we could move campus to the Atlantic shore. That would be perfect.

Q: What is one piece of advice you have for pre-professional students?
Try to focus on learning to really understand and reflect on the material. I know that you need great grades to get to med school or PA school or wherever you are headed, but don't just study for the test or the 4.0. If you really engage with the course material because it will make you better at your future career, I think that your grades will end up where they need to be. That doesn't mean you won't have to work hard either way. It's just a change of focus.

Q: What was your favorite class as an undergrad?
My favorite class was Organic Chemistry. I had this great professor Dr. Woods. I loved the way he taught Organic Chemistry from the perspective of the scientists who made the discoveries. Following their thought processes made the material so clear to me.

Q: Can you give a brief description of BLD 204 and why students should take this course?
BLD 204 is an introduction to human disease. We focus on pathology at the level of cells and tissues. If you want to understand the effects of inflammation and immune malfunctions, how cancer develops, and what infectious microbes do to cause disease, then you will probably enjoy BLD 204.

Q: You are currently teaching BLD 204 at MSU. What made you want to teach?
I had a couple of chances to try teaching in my early 20s, and those experiences were life-changing. After I tried it, I knew that I would be teaching something, somewhere for the rest of my life. I love breaking down difficult topics into clear explanations and creating engaging learning experiences for students.

Q: What are your favorite things about BLD 204?
I like that the class brings students from many majors together. I also like teaching the Hallmarks of Cancer. It is such a great model to understand a very complex set of diseases. But my favorite thing this semester is definitely Study Group. We have established set hours one night a week when the students can gather to study together. I'm available to answer questions while they work in small groups. It's a great way for students to build strong peer relationships that help them progress through their college careers. And we have snacks!

For the record: Dr. Morris is one of PPA Anna’s and PPA A’jah’s favorite professors at MSU!
How to Get Letters of Evaluation

The first thing you should do is research the schools you are interested in to see what they require. You can then compile a list of possible letter writers. Typically, the recommended letters are:

a) two from science professors that have actually taught you,
b) one from a non-science professor,
c) one or two from a person who knows your character well, like a boss at work, and
d) one from someone in your desired career field i.e. a dentist or physician.

You want to have more than one option for each required letter just in case your first choice says no. The people you ask to write a letter of evaluation on your behalf should know you very well. You MUST have a relationship with someone before you ask them to vouch for you. Some suggestions are to talk with professors, go to office hours, and really get to know the professor both academically and personally. When you get to know them, they will get to know you and the relationship will form naturally, which will make it easier to ask for the letter. In terms of getting a letter from someone in your desired career field, it is wise to shadow someone for a nice amount of time, then ask for the letter. The letter needs to be meaningful and personal, so a strong relationship is key. With that being said, the relationship with a potential letter writer should be a positive one. You want to be sure to state that you want a strong letter of support. The letter should speak to your positive attributes and confidently say that you will be a fine addition to a graduate program.

When you ask for a letter of evaluation, you should make sure you give the person enough time to write the letter, at least a month. You also want to give them any resources to help them write the letter. Things like your resume, transcript, personal statement, reasons why you are applying to the graduate program, etc. A good time to ask for letter is around March or April before the graduate school applications open, but for professors, the earlier you ask, the better. This gives the person an ample amount of time to have the letter complete before you start applying to graduate school.

Letters that evaluate your competencies and speak to your character are great assets to graduate school applications!

You can find more information on getting letters of evaluation here: Guidelines for Letters of Evaluation
Meet Your Academic Advisor: Sue Stoltzfus, Student Success Advisor

Q: Where did you attend school and what did you study?
I studied Chemistry at the University of Indianapolis.

Q: What kinds of things do you help students with?
Time management, goal setting, test taking skills, test anxiety, and study skills/note taking skills.

Q: What is something most of your students would not know about you?
I play the obo and the English horn in two community bands.

Q: What is your favorite part about being an advisor?
Working with the students.

Q: MSU has so many great things to offer, what is one of your favorite things about MSU?
The vast numbers of opportunities and the fact that you can figure out who you are and who you want to be here.

Q: What is one piece of advice you have for pre-professional students?
Being a pre-professional student is a difficult path and not cut out for everyone, so you really have to want to do the work in order to succeed. Being a pre-professional student is a lot of hard work, be sure this is what you want to do.

Check Us Out on the Web!

Facebook, Twitter and Blogs:

NatSci4U Blog
https://natsci.msu.edu/students/blog/

MSU PreHealth Facebook
http://facebook.com/MSUPreHealth

NatSci Facebook
https://www.facebook.com/MSUCNS

Twitter for MSU Pre-professional Students
http://twitter.com/msu_preprof

Twitter for NatSci Students
http://twitter.com/msu_natsci

Additional Resources:

Pre-professional Student Website
https://natsci.msu.edu/students/preprofessional/

Undergraduate Student Resources
https://natsci.msu.edu/academics/undergraduate/degree-programs/

Career Exploration
https://natsci.msu.edu/current-students/college-career-services/

Study Abroad
https://natsci.msu.edu/academics/undergraduate/study-abroad/