School Spotlight: Western Michigan University Homer Stryker M.D. School of Medicine

Western Michigan University Homer Stryker M.D. School of Medicine is a private medical institution located in Kalamazoo, Michigan. It is one of the newer medical colleges in the state of Michigan and is associated with two teaching hospitals in the Kalamazoo area, Borgess Health and Bronson Healthcare. WMU first opened its doors to students in 2014 and received its provisional accreditation from the Liaison Committee on Medical Education in June 2016. It is characterized by a competitive application process and small class size; there were approximately 4,000 applications for 60 spots in the class of 2019. Applicants are required to have at least a 3.0 GPA and place above the 40th percentile on their MCAT. Students must submit a minimum of 3 but no more than 5 letters of recommendation with their application. The target class size has increased somewhat since then, but continues to remain small at 84 students. WMU has no prerequisite courses but does recommend that students complete biochemistry, genetics, human anatomy, human physiology, and statistics prior to matriculation. The curriculum is composed of early clinical experiences, team-oriented learning, interprofessional education, and contemporary instructional strategies including team-based, case-based, problem-based and simulation-based learning as well as interactive lectures. It is divided into two phases consisting of Foundations of Medicine during the first two years followed by Clinical Applications during year three and four. Additionally, Western Michigan University Homer Stryker M.D. School of Medicine offers two dual degree programs (MD-MBA & MD-PhD) for students who are looking to further their education. http://med.wmich.edu/
Career Corner with Brian Telfor

You can schedule an appointment with Brian Telfor concerning internship and career resources through Handshake!  https://msu.joinhandshake.com/

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

Spring Presentation on Medical and Dental School Applications
Tuesday, March 21st from 6:30 PM—7:30 PM
Location: 116 Natural Science

At this event we will be going over vital information about how to apply to medical and dental schools, showing you what applications look like and telling you what things you should be doing to stay on track.

Volunteer, Research, and Employment Opportunities

Child Psychiatric Epidemiology Group - Field Based Research Internship
Deadline: December 31, 2017  Job Code: 576005

This is an unpaid research internship opportunity from June to August at Columbia University for any upperclassman interested in using a wide range of research methods to understand child psychopathology and substance use.

Volunteer Services Intern Staff (REC)
Deadline: August 18,2017  Job Code: 601522

This paid summer internship in Deerfield, IL for summer 2017 allows students to get real and hands-on experience in the pharmaceutical industry. There are various planned events and activities that also provide you with the opportunity to network with people at Takeda. You must be graduating December 2017 – May 2019 to be able to apply.

Care Provider
Deadline: April 30, 2017  Job Code: 370197

Helping Hands Respite Care in East Lansing is offering a paid job position in which you can help enhance the quality of life for those with disabilities, chronic illness, or age related conditions by providing respite services. This is the perfect position for any pre-professional student!

Summer Internship at Leading Provider of Homeless Shelter and Service
Deadline: April 2, 2017  Job Code: 533070

LifeMoves is offering an unpaid summer intern position to serve homeless individuals in the San Francisco Bay Area. This position is perfect for those wanting to make a difference for the homeless through hands-on, educational, and impactful internship projects.

Volunteer Abroad with Volunteering Journeys
Deadline: August 31, 2017  Job Code: 528422

This is a perfect volunteer opportunity for those who would like to volunteer in India, Nepal, Thailand, or Sri Lanka, especially those seeking medical based or community based volunteer opportunities.

Internship/Research at Dolphin Research Center
Deadline: December 31, 2017  Job Code: 544604

This is an intensive unpaid research opportunity in Florida, which helps you learn the daily operations of a marine mammal care facility. From January to April, May to August, or September to December.

Sustainability Advocate
Deadline: March 28, 2017  Job Code: 604578

This is a paid summer internship in New Jersey organized by Clean Water Action. They are hiring students to help with local grassroots campaigns to protect the health, economy, environment and livelihood of NJ communities. This is perfect for those possessing a genuine commitment to the environment.

Tourette Syndrome Camp Counselor
Deadline: April 7, 2017  Job Code: 610204

This volunteer position from June 24th to July 1st offers a great opportunity for those interested in working and camping with children with Tourette Syndrome and Obsessive Compulsive Disorder. Located in Ingleside, IL.
Meet Your Academic Advisor: Michelle Russell, Graduate Program Coordinator & Undergraduate Advisor for the BLD Program

Q: Where have you attended school and what did you study?
I graduated with both my Bachelor’s and Master’s degree in Clinical Laboratory Science from Michigan State University.

Q: What made you want to become an advisor?
I was a clinical liaison at my previous job and it was the part of my job that I enjoyed the most! Becoming an academic advisor has allowed me to stay in my in my profession of clinical laboratory sciences while engaging with students on a full time basis!

Q: What is something about you that most of your students would not know?
I love to garden and spend my time outdoors!

Q: What is your favorite part about being an academic advisor?
I enjoy the diversity of every student! Everyone has a different background to share and perspective to bring to our program. It is interesting to get to work with them and very rewarding to feel like I am helping them to achieve their goals.

Q: Michigan State University has so many great things to offer—what is one of your favorite things about MSU?
It’s so hard to say! MSU is such a rich community that has so much to offer for its students, staff, faculty, and alumni! I have a lot a pride as a Spartan. I think the College of Natural Science does a great job of connecting their students and alumni! Also, I am very proud to be part of the College of Natural Science. It is a college within MSU that has such an impact at so many levels-which is communicated through their alumni newsletters!
Professional School Application Information

What to expect out of a professional school application:

*Identifying information* is simply basic information regarding who you are, how to contact you, what high school and college you attended, as well as family, and criminal history.

Your application will also ask for *coursework and transcripts*! Keep in mind that you will need to self-report the courses you have taken, as well as send out transcripts from every post-secondary institution you have taken courses at. You can ask for a transcript from MSU online at www.reg.msu.edu. If you are taking courses during the spring semester, we advise that you wait until your grades are posted to your record for the spring, because professional schools will want to see those grades.

The application you will be filling out will also have a *work/activities section*. This is where you will be able to input your leadership, work, clinical experiences, community service, research, publications, awards and honors. Gather this information ahead of time, and narrow them down so you do not forget to include anything last minute. Though there is a limited amount of spaces, it is important not to under report.

You will also be asked to provide a *personal statement*. This statement is a limited-length essay that can be used to explain things like: why you selected your health care field, what motivates you about health care, any pertinent information about you (not included elsewhere in the application), special hardships or experiences that have influenced your academic pursuits, and any commentary on significant fluctuations in your academic record (not explained in the application). Prepare this well in advance to the application and make sure many different people edit it thoroughly. Visit the Writing Center to get help on writing your best statement!

You will also need to provide *letters of evaluation*. Depending on the profession you are pursuing, there are different ways to submit letters of evaluation or evaluation forms. Most medical and dental schools will ask for letters, while physical therapy and physician’s assistant programs most often want forms filled out by evaluators. In some situations, it can be advisable to establish a credential file, to allow those individuals writing on your behalf to file letters early. An Interfolio account is available for a minimal fee, from www.interfolio.com. We suggest you have the following categories of evaluators in mind: one to two science faculty, a non-science faculty, one to two professionals in the field you wish to pursue, and one to two individuals who know you well from a work or volunteer setting, however, *pay careful attention to the guidelines of each school that requests your letters!*

*Continued on next page*
Professional School Application Information, Continued

Remember that you will be doing interviews with your schools as you continue your application process!

Some quick tips to remember as you complete your application:

Make sure to research your schools of choice and what their admissions criteria are. If there is ever any confusion about specific requirements, contact the schools directly!

Become familiar with your application before you begin filling it out. (Read the explicit instructions for the Centralized Application Services.)

Update your email and voicemail to make sure they are professional and appropriate.

Set your social media accounts to their highest privacy. Don’t let a great application be ruined by your poor social media habits.

Verify that your letters of evaluation have been received by Interfolio.

Speak with your Preprofessional Advisor!

Student Spotlight: Shayda Soraya

Q: What’s your major? Do you have any minors?
Lyman Briggs Nutritional Science with a Minor in Spanish

Q: What has been your favorite class at MSU thus far?
LB 145– Lyman Briggs Cells & Molecular Biology. I really enjoyed the structure because it was set up as a flipped classroom. In this environment, I really felt like I was able to learn the concepts more deeply because I could instantly ask questions as I was working on the assignments. Dr. White did a great job of making the flipped classroom experience work!

Q: What do you like to do in your free time?
I love baking and practicing yoga.

Q: What are your plans after graduation?
My hope is that I’ll begin medical school after graduation. However, I’m keeping the option open to take a gap year to gain more experience in a hospital setting or try out clinical research — there are so many possibilities!
**Student Spotlight, Continued**

**Q: What is your most memorable experience at MSU?**

My most memorable experience would definitely be attending Embrace The Rain for the first time my freshman year. This event showcases experiences from individuals in our community surrounding mental health. The goal of Embrace the Rain is to begin conversations surrounding stigmatized experiences of mental health to create a community of empathy. This experience was really a way for me to gain perspective on both what it is like to battle with mental health and the extent of college students that are affected. Embrace the Rain is a truly humbling and rewarding experience, I really recommend you try to attend this year during Mental Health Awareness Week in Spring!

**How are you involved here at MSU and in the community?**

At MSU I am president of the Student Health Advisory Council. Our mission as SHAC to provide a student voice to Michigan State University Student Health Services regarding recommendations, policies, and initiatives. Additionally, I am apart of MSU Dance Marathon, a student organization which raises funds and awareness for the Cassie Hines Shoes Cancer Foundation and Children’s Miracle Network. In the community, I am a volunteer at Riverview Church, where I am able to work with middle school students each week. They bring a lot of energy to the table, so it’s always fun to work with them.

**Q: Do you have any research experience?**

Yes, I worked in Dr. Fenton’s Food Science and Human Nutrition lab during my sophomore year. The lab analyzes the relationship between fatty acids and obesity. I contributed through conducting literature reviews, creating visual presentation to communicate findings, and helping with basic lab maintenance. Through the experience, I learned that research in a lab isn’t what I’m passionate about. However, I’m grateful to have had the experience, in order to learn that about myself.

**Q: What advice do you have for other preprofessional students that you wish you had known before?**

A piece of advice I was given from one of my mentors was to invest your time and energy (outside of the classroom) in organizations or activities that you are passionate about. It’s easy to want to fit into a “pre-med mold”, but there really is no such thing. Being pre-med is grueling enough in itself, so I try to make sure my time spent apart from classes is filled with experiences or causes that are in some way rewarding for me. It’s important to be filled up in one way or another! Also, don’t be too hard on yourself. I really believe that if you are passionate enough to pursue a career in medicine (or any other field), then it will happen for you. I try to tell myself, it’s not if I’ll get there, it’s when :)
Spring PPA Presentation

Applying to professional school is a long, daunting process that hangs above the heads of junior and senior year Spartans who wish to attend a professional school after graduation. Without the right guidance, filling out your application can seem like an overwhelming and lengthy process. With a little advice and direction from your Pre-professional Peer Advisors, you can prepare yourself to submit the best version of your medical or dental school application, and feel good about doing so! If you are planning to attend medical or dental school, the Preprofessional Peer Advisors are here to help and answer any questions you may have about the process! The PPA's will be holding an Application Seminar on March 21, 2017 at 6:30pm, in 116 Natural Science Building. This presentation is completely free of charge, and available to those who plan to apply to a professional school program during the upcoming 2017 cycle.

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Faculty Spotlight: Dr. Cori Fata-Hartley, Intro Cellular and Molecular Biology

Q: You are currently teaching BS 161. What made you want to teach?  
I have been teaching Introductory Cell and Molecular Biology for 12 years (LB145 or BS161). I want to teach BS161 because of its important role as a gateway course for students interested in pursuing science degrees. Introductory courses in science like BS161 are often called gateway courses as students must pass through them to progress to upper level courses. Research suggests that these courses are the most important in terms of retaining students, particularly students from underrepresented groups, in science disciplines. We are working hard to improve the gateway courses at MSU so that a diverse group of learners can persist and succeed in science.

Q: Can you give a brief description of BS 161 and why students should take this course?  
In a nutshell, in BS161 students learn how cells work at a molecular level. We explore big ideas in biology including structure-function relationships, transformations of energy, and flow of information. We also use science practices such as developing models, interpreting data, and constructing scientific explanations based on evidence. Students should take this course if they want to understand the molecular biology of cells in preparation for other courses or if they want to better understand how life works.

Continued on next page
Faculty Spotlight, Continued

Q: What is one piece of advice you have for preprofessional students?
Participate in classroom activities! As we work to improve the gateway courses, many instructors have implemented classroom activities and assignments that are designed to improve learning and help students achieve target learning outcomes. Some students do not take advantage of these opportunities and choose not to engage or simply wait until the instructor shares the answer. We learn by doing, not by having someone else tell us the answer. As I tell my students on the first day of class—the one who does the work does the learning. I urge students to actively engage in their own learning both during class meetings and while studying outside of class.

Q: What was your favorite class as an undergrad?
I loved my cell biology laboratory course. We worked with different cell lines and I can still remember looking at cardiac cells under a microscope.

Q: So what are your favorite things about BS 161?
My research as a graduate student and post-doc focused on molecular virology. So when I taught Introductory Cell and Molecular Biology for the first time, the unit on photosynthesis was a real challenge for me. I had not thought about photosynthesis since my first year of grad school. I have come to really enjoy teaching photosynthesis because it is so fascinating. It is amazing to think about how plants and other photosynthetic organisms have evolved to be able to convert energy from sun into a useful form of chemical energy. I also enjoy working with students and getting to know them. This is a challenge in a 250-person course, but the classroom activities such as our modeling exercises are designed to allow student-faculty interaction. I enjoy working with students during office hours too and wish more students would come to get help!

Q: What is an interesting fact about yourself that people may not know?
I got married to my husband in Las Vegas. We’re still married!
Course Spotlight: ANTR 350 - Human Gross Anatomy

ANTR350, or Human Gross Anatomy, is a 3-credit course that studies the language of anatomy and the structures of the human body that are visible to the naked eye. This course consists of both in-class and online lectures, along with independent learning materials for certain units, and review sessions before exams. The interesting thing about this class is that the body systems are broken down into different lecture units with a different lecturer to speak about and teach each unit! This always keeps the class fun and entertaining since it feels like you have guest speakers coming in to teach you! This course also includes a virtual dissection program, which will aid in your learning of the different systems within the body. In class, clinical cases and diagnostic images are used to help explain gross anatomy and the structures of the body. You will learn major features of all the body systems, learn anatomical language for direction, orientation and body position, and identify the major muscles, organs, and bones within the body.

As a preprofessional student, I find this class especially enjoyable because we are learning about the human body in a way that goes beyond the textbook, and integrates other learning materials. The online dissection program included in this course truly helps to see the overall picture and clears up any confusion if I am uncertain about points of attachment, orientation in the body, etc. While it may seem like a big task to take on, learning the anatomy of the human body is a little easier considering all of the help that is available for students enrolled in this course. There is the Anatomy Help Room with various models and students to help you learn in East Fee hall, each of the lecturers are always willing to help via email or office hours, and the Learning Resource Center in Bessey hall offers anatomy study groups. I cannot say enough great things about this class, and I recommend you take it if you have any interest in the structure of the human body!

Unfortunately, this class is not available to freshmen, and students must contact Ms. Beth Clarke at clarkem@msu.edu to enroll. For more information about enrollment into ANTR350, please visit the Schedule of Courses.

By: Samantha Mandel
The Preprofessional Society for Health Careers is a registered organization geared towards students interested in the healthcare field and is sponsored by the Michigan Gamma chapter of Alpha Epsilon Delta, a nationally recognized honors society for preprofessional students. The Preprofessional Society is open to all members while a certain level of participation and GPA requirements are necessary to be inducted into the national organization.

Students who join The Preprofessional Society for Alpha Epsilon Delta will have the opportunity to participate in a wide variety of activities and support services, including professional school tours, interacting with guest speakers, social events, service projects, volunteering, test-prep discounts, and learning invaluable information about becoming well-qualified applicants to professional schools.

Meetings are held at biweekly at 6:30 PM on Mondays in 204 Natural Science Building, where students are always provided free dinner and joined by a guest speaker.

AED holds a number of volunteer opportunities each semester and works closely with Burcham Hills Retirement Center and Assisted Living Community, Haven House, Ronald McDonald House, and Cass Clinic to name a few. They set up multiple professional school tours throughout the year, targeting students of various future health professions. One of their largest events is an annual medical service trip to the Dominican Republic; for eight consecutive years, AED has sent a group of approximately 20 students down to the DR over winter break to spend a week setting up medical clinics in remote villages and providing healthcare to those that would otherwise have no access to it. While there, students are given the opportunity to shadow doctors, nurses, and pharmacists, enhance their cultural competencies, and gain a perspective of health care outside the US. For more information about The Preprofessional Society for Health Careers of Alpha Epsilon Delta, visit their website (http://aedmsu.weebly.com/) and join their Facebook page (“The Preprofessional Society for Health Careers of Alpha Epsilon Delta”).
Preprofessional Walk In Advising—Spring 2017

*For Summer 2017—Spring 2018 Scheduling Concerns ONLY*

108 Natural Science Building

**Week of March 13th—17th**
Wednesday, March 15th—1:30-4pm
Thursday, March 16th—1:30-4pm

**Week of March 20th—24th**
Wednesday, March 22nd—1:30-4pm
Thursday, March 23rd—1:30-4pm

**Week of March 27th—31st**
Wednesday, March 29th—1:30-4pm
Thursday, March 30th—1:30-4pm

**Week of April 3rd—7th**
Wednesday, April 5th—1:30-4pm
Thursday, April 6th—1:30-4pm

**Week of April 10th—14th**
Wednesday, April 12th—1:30-4pm
Thursday, April 13th—1:30-4pm

**Week of March 17th—21st**
NO WALK IN ADVISING

**Week of April 24th—28th**
Wednesday, April 26th—1:30-4pm
Thursday, April 27th—1:30-4pm

**Week of May 1st—5th (Finals Week)**
Wednesday, May 3rd—1:30-4pm
Thursday, May 4th—1:30 4pm
During the hour-long presentation, you can expect to learn how to choose which schools to apply to, how to tackle your personal statement, and information about entrance exams (MCAT and DAT). The PPA’s will also be covering information regarding the specific application systems for medical and dental schools since this has proven to be difficult for many preprofessional students. This is a great opportunity to ask students firsthand any questions about the application process or professional school in general. If you cannot attend this presentation due to extracurricular activities, exams, etc., do not fret!

You can make an appointment with a Preprofessional Peer Advisor or a professional advisor through the student success dashboard. Meeting with the advisors will ensure you are where you need to be in terms of credits and the courses needed for medical and dental school. I truly hope to see you all at the presentation on March 21st, so mark your calendars!

Tuesday March 21, 2017
6:30 PM
116 Natural Science

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 Preprofessional Students
http://twitter.com/msu_preprof

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

Additional Resources:

Preprofessional 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/students/career/

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