PRE-PROFESSIONAL NEWSLETTER

MSU College of Natural Science

School Spotlight: University of Michigan College of Pharmacy

The College of Pharmacy at the University of Michigan is one of only three pharmacy schools in the state. According to U.S. News & World Report, UM’s College of Pharmacy is currently tied for #3 in the nation. UM is generous with financial aid—for each of the past four years, they have awarded between 2-3 million dollars in direct student support for their pharmacy students. The motto at UM is “Patients and Families First”, and the pharmacy department strives to adhere to that by offering five pharmacy locations for cancer, geriatrics, research, specialty, and eye care. UM brings in weekly speakers and provide shadowing opportunities for an early view of pharmacy as a whole. To help their students succeed, UM also offers pharmacy internships. These internships allow pharmacy students to work under pharmacists to learn: leadership, communication, clinical skills, as well as professionalism.

AP credit is not typically accepted for program prerequisites, however, there are some allowances made for AP Biology, AP Chemistry, and AP Physics C (calculus based). All prerequisites need to be at least a “C” for admission. A PCAT in the 73rd percentile and a minimum GPA of a 3.5 are competitive. Two references are required, with one being from an employer or supervisor at a volunteer or research experience. One thing applicants should know is that this program no longer has a separate secondary application—all questions previously on the secondaries have been put on primary application with no additional cost.

You can apply to the University of Michigan College of Pharmacy through PharmCAS. The deadline is January 7th.

Upcoming Events

- Last day to drop class with no grade reported—10/17/18
- Application Preparation Seminar Part 1—11/06/18 and 11/07/18 from 4:30-5:30
- Application Preparation Seminar Part 2—11/13/18 and 11/14/18 from 4:30-5:30
- Thanksgiving Break—11/22/18-11/23/18
- Classes end—12/07/18
- Finals Exams—12/10/18-12/14/18
**Career Corner with Brian Telfor**

Be sure to check out Handshake for more career fairs, internships, and job opportunities.

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

---

**Undergraduate Research Assistant**  
**Code: 1907725**  
This is a paid internship opportunity in East Lansing, involving work in the plant soil and microbial science department. This department is looking for researchers for a project on allelopathy in alfalfa. Students will assist with the development of a bioassay for alfalfa autotoxicity, a form of allelopathy, in field soils.  
**Deadline: October 31st, 2018 at 11:55 am**

---

**Emergency Department Medical Scribe**  
**Code: 1630648**  
Grand Valley is working with an Emergency Care Specialist to offer a Tuition-free Scribe Training Program. This is a good way to begin a healthcare career. This job offers a flexible schedule, and students who successfully complete the program will be hired as hourly employees at Emergency Care Specialist.  
**Deadline: August 31st, 2019 at 3:00 pm**

---

**Neuroscience Research Assistant**  
**Code: 831475**  
This position is located at Wayne State. It involves conducting and analyzing experiments designed to understand how the dysfunction of neurons in the brain produce epilepsy. Some previous research background is preferred, but not required. This job also is looking for individuals with a bachelor degree so it is a really good opportunity for students graduating in the fall.  
**Deadline: December 31st, 2018 at 3:35 pm**

---

**Research Assistant III**  
**Code: 2019216**  
The Julian Samora Research Institute in East Lansing conducts research on Latinx communities, farmworkers and families. Its mission is the generation, dissemination, and application of knowledge to serve the needs of Latinx communities in the Midwest and across the nation, with emphasis on health disparities, entrepreneurship, and service delivery system gaps. They are looking for students bilingual in English and Spanish, with good analytical writing skills. Research assistants will help with literature reviews, focus groups, audio transcriptions, data analyses and interpretation, and research report preparation.  
**Deadline: October 31st, 2018 at 10:00 am**

---

**Care Provider**  
**Code: 370197**  
This care provider opportunity is in East Lansing. Helping Hands Respite Care’s mission is to enhance the quality of life for families caring for children and adults with disabilities, chronic illness, or age related conditions. They provide a wide-range of high-quality, accessible, and affordable respite services. Some qualifications for the job include being able to effectively read, write, and speak in English, have the ability to work a flexible schedule that will require evenings and weekend, and being able to lift up to 50lbs, bend, twist, push, pull, run, and use stairs.  
**Deadline: January 1st, 2019 at 12:00 am**

---

**Medical Scribe**  
**Code: 1970477**  
This is a full time position with the Lansing Institute of Urology Division in Okemos. Individuals will aid Physicians and providers by documenting and charting patient encounters, and actively creating and maintaining patient medical records. This job requires individuals to have expert knowledge of medical and pharmaceutical terminology, experience in a medical clinic, and exceptional Customer Service Skills.  
**Deadline: December 31st, 2018 at 5:25 am**

---

**Swim Instructor**  
**Code: 389740**  
This job can be part time or full time with the Goldfish Swim School of Okemos. This job includes working in an outdoor pool while teaching children the basic swim techniques. Swim instructors will educate students on water safety and proper swim techniques using the Goldfish Swim School curriculum. This job offers paid flexible training dates. Requirements include being able to work with children, working one weekend day, and having excellent interpersonal communication and organizational skills.  
**Deadline: December 31st, 2018 at 12:00 am**
Meet Your New Academic Advisor: Sheba Onchiri—Chemistry Advisor

Q: Where did you attend school and what did you study?
I was born and raised in Kenya and it is where I did all my primary school (the equivalent of US elementary and middle schools) and high school education. For college, I attended Kenyatta University, Kenya, where I studied and earned a Bachelor’s degree in Education. For graduate school (Master’s Program), I studied Women’s Studies in San Francisco State University, California, and for my doctoral program, I studied at Michigan State University and earned a Ph.D. in K-12, Educational Administration.

Q: What made you want to become an advisor?
As a young person growing up and schooling in Kenya, I did not have anybody to advise or nurture my academic and professional goals. I remember a few people in my community who had excelled academically and my desire to succeed like them. There were no set structures on advising or mentoring, as we know it. At school, there were no designated advisors as is the practice in the US. Young people rarely solicited for guidance and support as relates to developing educational and professional goals. Teachers were all the students had, not forgetting that the power dynamics that existed between teachers and students made it so difficult for students to reach out. I feel that young people, including myself, could have benefited more had they received guidance and support from academic advisors. Living and studying in the US has really opened my eyes on the significance of academic advisors. This is especially true when it comes to students’ academic and professional goals. I decided to become an advisor so I could be part of the community that nurtures, guides, and supports students as they navigate their academic and professional goals.

Q: What is your favorite part about being an advisor?
My favorite part as an advisor is interacting with students and hearing them articulate/or not, their dream goals. It is always great to guide and help them “find” themselves.

Q: What is one piece of advice you have for pre-professional students?
Take time to explore and reflect on your desired profession because you do not want to end up in a profession you do not enjoy. Meet with your pre-professional advisor and get a full understanding of all requirements for a successful application to your preferred profession.

Q: What is an interesting fact about yourself that your students might not know?
I love gardening so much such that when working in my garden, I lose the sense of time. I cannot remember the number of times my kids have checked on me to find out if I am still out there.

Q: What was your proudest moment?
Attending my student advisees’ graduation ceremony! More so, seeing them transition to graduate school, preferred profession, start a business, or gain meaningful employment.
PPA Spotlight: Meet Your New PPAs!

Bernie Barden
Hometown: West Bloomfield, MI
Major: Physiology (Pre-Medical)
Childhood Dream Job: Professional Basketball Player
Co-Curricular Activities: Drew Scholar, Powerhouse Gym Member, Greek Life, IM Basketball.
Fun Fact: I have watched three straight years of Pistons basketball without missing one game.
What would you do if you weren’t interested in healthcare? I would probably be involved in packaging or some sort of engineering.

Stacy Vo
Hometown: First Los Angeles, CA; now Port Huron, MI
Major: Human Biology (Pre-Dental)
Minor: Entrepreneurship and Innovation
Childhood Dream Job: Disney Channel TV star
Co-Curricular Activities: Pre-Dental Club, Vice President of MSU VAW Dental Chapter, SAGA, Global Brigades. I’m also a TA for BS 171, and a Surgical Dental Assistant at Lakeview Oral Surgery.
Fun Fact: I am tri-lingual in English, Vietnamese, and Cantonese and I’ve traveled to 15 countries.
What would you do if you weren’t interested in healthcare? I would definitely be a fashion/beauty guru on YouTube and living in LA or NYC. I would major in Marketing so I could build my own brand and share my ideas on social media.

Left to right: Bhumi Patel, Bernie Barden, Anna Risukhina, Stacy Vo
Student Organization Spotlight: Volunteers Around the World—Dental Outreach Chapter

The Dental Outreach Chapter of Volunteers Around the World serves to provide pre-dental students with assisting, shadowing, and volunteer opportunities in underserved communities of the world. Students in this organization travel to Guatemala, Peru, or the Dominican Republic for 1-2 weeks to run a mobile dental clinic after the spring semester. During their trip, students have the opportunity to do intake, take vitals, shadow local dentists, learn about dental tools, and assist with dental procedures such as X-rays and sterilization. To prepare for the trip, students meet during the semester to practice language skills, attend a vitals workshop, become familiar with dental instruments, and learn about the host country.

On free days, students can immerse themselves in the culture of their home countries by taking day trips to visit the ancient ruins of Tikal or Machu Picchu, hiking active volcanoes, jumping off waterfalls, or white water rafting. One day of the trip is spent educating local children on first-aid, dental hygiene, or health education.

Over the past three years, Michigan State students were able to serve around 300 patients in Guatemala and the Dominican Republic! Not only does this organization benefit the local communities abroad, but it also benefits pre-dental students. The combined shadowing, volunteering, assisting, and leadership experience are great application builders for students applying to dental school. The group allows students to get involved on campus, as well as in some of the most poverty stricken communities of the world.

If you are interested in becoming involved in Volunteers Around the World Dental Outreach, email michiganstate.dental@volunteersaroundtheworld.org or join the Facebook group MSU VAW Dental 2018-2019.

Course Spotlight: NSC 495—Capstone in Human Biology (W)

NSC 495 is a two credit, writing intensive, capstone course for Human Biology majors in the College of Natural Science. The course has been updated and a brand-new professor is teaching it as of Fall 2018. The updated course now focuses on book reviews and writing grant proposals. Dr. Tinsley Johnson has recently received her PhD from University of Michigan and she believes writing grant proposals is a great skill to have mastered before graduate school. The course is group based. Students are put into discussion and reading groups where they have a dialogue about the reading and how it connects to other parts of the students’ lives. The class meets twice a week for fifty minutes which go by fast due to either group discussions or presentations. I am currently in this course and have enjoyed it thus far because it lets my creative side come out. The course is not like other upper level science courses I have taken. It lets me use my creative side to come up with interesting discussion post ideas. The first month of the course we focused on the book, Paleofantasy. It did not sound interesting when I first read the summary on the back of the book. As we read more of the book, I started to connect it with what I have learned in my other science courses and I began to enjoy reading the book. Dr. Johnson also reinforces the book’s ideas every week with an in-class group activity that helps the students form opinions about if they agree with the author or if they disagree with the author’s arguments. This course is a requirement for all Human Biology seniors with a WRA 101 prerequisite. I recommend going into this course with an open mind because it is different from all the upper level science courses all Human Biology seniors, including me, are used to.

By: Bhumi Patel
Q: Why did you choose to pursue pre medicine?
I chose to pursue pre-medicine because of my love for human physiology and my passion for serving others. While obtaining my degree, I have thoroughly enjoyed learning about how the body functions, both in health and disease. I have also had the opportunity to participate in three international service trips to El Salvador, Haiti, and Malawi. These trips have furthered my passion for service as they have opened my eyes to the vast poverty and inequality around the world. Being a physician will allow me to continue to learn about the complexities of the human body while helping other people live healthier and happier lives.

Q: What has been your favorite class thus far?
My favorite class so far has been PSL 310. While I find anatomy often gets boring because much of it is structured around rote memorization, physiology is fascinating to me. Learning about human physiology and relating it to clinical practice is why this class was my favorite. This course gave me a great base for learning the basic physiology that was needed for the MCAT and entering medical school.

Q: What research are you involved with and how did you get involved?
My freshman year, I was looking for research opportunities and found the Health Behaviors and Cognition Lab. After learning about what they studied, I emailed the PI, interviewed and was accepted to be a lab assistant. In this lab, we research how fitness affects cognition, and this has allowed me to combine my passion for fitness with my academic endeavors.

Q: What is an interesting fact about you that most people don’t know?
An interesting fact about me that most people don’t know is that I will graduate from MSU before I turn 21. While this is a neat achievement, it does mean that I will have to come back as an alumni to experience the extracurriculars East Lansing has to offer for those above the legal age.

Q: What do you like to do in your free time?
In my free time I like to workout, read, and play sports. For my workouts, I like to do a mix of weight training, running, and yoga. My favorite book is “Better” by Atul Gawande, and I would recommend this book to any student who is going into healthcare. I also like to play football, volleyball, and soccer. These activities give me a nice break from the stressful life of being a “pre-med”.

Q: What advice do you have for other pre-medicine students?
The biggest advice I have for pre-medicine students, and I know it is cliché, is to “do your best and leave the rest”. As a pre-medical student there is so much stress placed on us to excel in every aspect of our lives. Medical schools are very competitive and the admission standards are so high that we feel that mistakes are almost not allowed. This can lead many of us to high levels of anxiety, stress, and an overall feeling of inadequacy. This being said, there are certain parts of our lives that we simply can’t control. Whether it’s a chemistry test, your research, or even the MCAT, work as hard as you possibly can at the things that are within your control, and then let go of the things you have no control over. By doing this you can feel confident with yourself and the work you produce.
Q: What inspired you to study and teach Organic Chemistry?
It really was an evolution – I was always interested in science, and as I moved forward I became more interested in chemistry and then organic chemistry. It appealed to me because it is a subject that can be understood from a few basic principles – and yet can become so complex.

Q: Can you give a brief description of CEM 251/252 and why students should take this course?
My version of CEM 251/252 (Organic Chemistry, Life, the Universe and Everything) is based on our research on teaching and learning in chemistry. The goal is to link everything back to the basic principles – so that learners can build a strong, more expert-like knowledge base that is deep and useful (rather than memorizing everything). The goal of a university education should not be to learn something to regurgitate back on a test, but to learn habits of mind that allow what you know to be used in new situations.

Q: Think back to your favorite professor, what made them great?
Hmm – well I am not entirely sure I ever had a favorite professor – things were different back then! I never had a professor I could relate to (e.g. someone who looked like me). That didn't stop me learning though.

Q: What is one piece of advice you have for Pre-Professional students?
While what you are learning may seem irrelevant to you – it is not! Knowledge is power.

Q: What is an interesting fact about yourself that people may not know?
I have a black belt in Doshinkan – a traditional karate.
Medical and Dental School Application Preparation Seminar

The application preparation seminar is a two-part program to assist preprofessional students with the process of applying to medical and dental school during the 2019 cycle.

Part one will take place on November 6th and 7th from 4:30-5:30pm in 105 Natural Science. This part will go over entrance exams, applications, and budgeting.

Part two will take place on November 13th and 14th from 4:30-5:30pm, also in 105 Natural Science. We will go over letter of evaluation, personal statements, and choosing schools.

You do not have to attend both days for Part 1, or both days for Part 2.

Hope to see you there!

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/