

Pre-Health Advising Newsletter

October 2022

Scan or Click QR codes for more information

Upcoming Events

October 6-8: Aspire Conference

All Carthage students are invited to participate in free workshops and fun events designed to educate and inspire. Events will include an Education Abroad Fair, Creative Space with hands-on food and interactive art, Student Mentor Lunch, professional development workshops and Firebirds in Your Field alumni panel/workshops.. See the full schedule and register here!



October 10 @ 4:30 in Lakeview *Personal Statement Workshop:* *October through December*

The point of a personal statement is for the admissions board to gain a deeper understanding of who you are apart from your education and work experience. It explains why you're the right fit for the program and a worthwhile applicant. If you are planning to apply to a healthcare graduate

program within 1 year, you need to sign up for the workshop. The informational session will be on October 10 at 4:30 pm in the conference room by the Aspire Center.



October 12 & 13

Virtual Med School Fair

Connect with medical schools and admissions experts from around the U.S. and Canada and attend information sessions led by admissions officers, current medical students, and other experts.



October 19

Healthcare Career Day

Explore careers in healthcare for a wide variety of majors...not just nursing and pre-med! Bring your friends!



Welcome to Advising Season!

Throughout October, Carthage holds advising meetings, sessions, events for spring and j-term courses. Incoming and first-year students-you will work with the new student registration specialist in the office of registrar. Starting in your second semester at Carthage, students who have declared a major are assigned a Faculty Advisor. This faculty advisor guides you in course registration and degree planning moving forward. Faculty advisors primarily assist students in navigating the Carthage curriculum in the context of their program of study as they meet the learning outcomes necessary to be successful in their field. If you declare more than one major or are pursuing teaching licensure, you may have an additional faculty advisor to ensure you receive mentorship from an expert in your field. As there are a wide variety of faculty and programs, faculty advisors are located across campus. As pre-health concentration students, you also have Mandy Long (career specialist and co-chair of the pre-health advising team) and Ashley Greenwood (assistant professor and co-chair of the pre-health advising team) as additional advising support.

Healthcare in the News

Coffee Drinking Linked With Longer Lifespan



Keys to Maintaining Good Brain Health



NEW

Join the new google 'Pre-Health' calendar! This calendar will provide you with important events and dates related to pre-health! Scan the QR code or Subscribe.



SHADOWING OPPORTUNITY

Atlantis is a hospital shadowing program that runs study abroad opportunities for pre-med students during school breaks. In part thanks to these experiences, Atlantis alumni go on to 40 of the top 50 MD programs. They are now accepting applications for Summer 2023 and



will be offering you a \$250 grant towards the program if you enroll before October 28. The enrollment process has multiple steps so get started today.

Group Advising

Group advising is important for all pre-health concentration students. The purpose of these sessions is to allow students to interact with others with similar healthcare goals, discuss concentration specific needs, and ask any questions!

All session will take attendance and be held in Hedberg Library 172. You may drop by anytime between 11:30 and 12:30 pm for your assigned date.

Medical and Dental: 10/11
Physician Associate: 10/13
Physical Therapy: 10/18
Occupational Therapy: 10/20
Veterinarian: 10/27
Other (all welcome): 11/1 and 11/3

THIRD YEAR checklist

Here are some great reminders for returning students on items they should be aware of, completing, and mastering through their Carthage journey.

- ✓ Have a list of programs that align with your interests, values, and skills - determine their program goals, mission statements, prerequisite requirements, shadowing, volunteering, patient interaction needs.
- ✓ Prepare appropriately for the entrance exam with practice materials, and take the exam **WHEN READY.**
- ✓ Participate in the personal statement workshop held in the fall, the interview/resume workshop held in the spring.
- ✓ Continue shadowing, participating in experiential learning within healthcare, and preparing application materials.
- ✓ Create a list of individuals to ask for letters of recommendations. You should be asking these individuals for a letter at least 3 months before your application is due.

Staff Spotlight

Ashley Greenwood, MS, LAT

Assistant Professor for Allied Health Science and the Masters of Athletic Training Program
Pre-health Co-Chair



Education:

BA in Athletic Training
Carthage '14

Master in Health and Kinesiology
Northeastern State University '16

PhD in Health and Human Performance
Concordia University Chicago '23

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