

Pre-Health Advising Newsletter

March 2023

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Upcoming Events

Exploration Workshop March - May

This spring semester, we will be hosting a Career Exploration Panel Series. The primary goal of the first-year seminar series is to increase Carthage student knowledge of diverse health care professions through panelist discussions. Each discussion will be held through zoom every Monday afternoon at 4:30 PM starting on March 20th.

Sign up here!



Spring Recess - March 14-18th

Use your spring break to get some local shadowing completed!

Advising Sessions: March 25-April 8th

Watch your emails for specific concentration advising sessions. You will get to work one on one with the pre-health advising team during these sessions.

April 11th @ 3-6 pm: Healthcare Graduate School Fair

Stop by the graduate school fair in the TWC. Many schools will have admission representatives to discuss the programs available at their school. Most schools will be from the midwest and surrounding Chicago/ Milwaukee area. Put it on your calendar! More information will come next month!

Are you doing unpaid experiential learning??

Apply HERE for funding from the Experiential Learning Fund the Aspire Center!



New to Pre-Health...



Welcome to the new pre-health website.

This will be a central resource hub for all things pre-health.

Check out the pre-health website and check back periodically to see new additions to this site!



SCAN ME

Pre-Health Summer

Although it barely feels like spring, summer will be here around the corner! What are some things that you can do over the summer??

Check out some of these options:

- **Patient Contact Hours:** Think about working or getting training to work with patients. Some good options are CNA, EMT, Phlebotomist, Patient Advocate
- **Shadow:** You can start reaching out to healthcare professionals about potentially shadowing them some time over the summer. The best opportunities are people you have family or friend connections with! Make sure to track experiences!
- **Internships:** Not sure if a practitioner role is right for you? Try out an internship in a healthcare related area. Log into HANDSHAKE and search for science or healthcare related internships.

Steps to Finding the Right

GRADUATE PROGRAM

1. **Allow enough time.** Waiting a few weeks before applications deadlines is not enough time to begin your graduate school search. Allow at least 6 months before you apply to review websites, gather information, and complete visits.
2. **Know your industry.** It is vital to know the profession you intend to study further. Complete your shadowing hours, volunteering, and research on the profession before you apply. How do you know you want to be that profession without any experience?
3. **Toss a wide net.** Start with a large number of schools on your list. We recommend researching at least 20 schools. Cross them out as you narrow down your top choices to apply to.
4. **Create a spreadsheet.** This is so important and will keep you organized! Make a compare and contrast sheet to organize your findings on each school.
5. **Visit the campus.** Do you know what it would feel like to be on the campus? If you don't do a campus visit, you won't know. You could be unpleasantly surprised when you show up for orientation, but by then it's too late. Keep in mind that you'll be on campus nearly every day for the next one to two years, if not longer.
6. **Talk to current students and alumni.** The importance of doing this cannot be stressed enough. Create a list of a few questions for both students and alumni.

SPRING ADVISING Checklist

Here are some great ideas to keep in mind while advising season is upon us!

✓ ATTEND PRE-HEALTH SESSION

- Come to the advising session specific for your concentration. Students typically have the same questions, it is also a great way to meet others@

✓ KNOW YOUR PREREQUISITES

- While you are researching your intended profession, find out the common prerequisite courses needed to enter that graduate program

✓ COME PREPARED TO ADVISING MEETINGS

- Do not expect your advisors to do everything, come with a plan and questions to your meetings.



Staff Spotlight

Tony Pustina, PhD, CSCS

Assistant Professor of Exercise and Sport Science

Education:

BS in P.E./Health Promotion -UW Platteville

MS in EXS/Human Performance - UW Lacrosse

PhD in Sport Physiology and Human Performance - East Tennessee State U

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Dr. Pustina is a Certified Strength and Conditioning Specialist and a Level II Weightlifting Coach from the U.S. Weightlifting Association