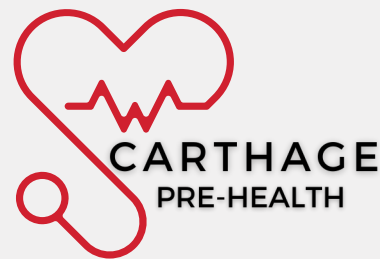


PRE-HEALTH NEWSLETTER

October 2023 / Vol. 02



Advising Season Is Here!

As advising season begins it's important to remember the valuable resources already available to you on campus. Advisors are gatekeepers to a treasure trove of information; they are purveyors of what prospective students should do (and when) to maximize competitiveness and readiness for the future.

1. **Attend a pre-health advising session** with the directors of pre-health. This time is to allow you to speak with the directors regarding anything pre-health related. Details can be found in the "upcoming events".
2. **Attend your group or individual faculty advising session:** Come prepared with your academic plan, questions about the major and other opportunities.
3. **Connect with other students:** Discuss experiential learning, courses, volunteer opportunities, etc. with students within your major, similar advising programs to help you gain vital information for your future.

Pre-Health Advising Resources

In your My Aspire Plan, use the following activities to help guide your advising and course selections:

- **Create your 4-Year Plan:** This activity will help you create a 4 year plan that builds in your gen eds, major requirements and program pre-reqs. Use [this document](#) to get started.
- **Choosing your Pre-Health Professional School:** This activity will help you to start track what schools you might want to attend and plan what pre-reqs you should build into your schedule. Use [this document](#) to help get you started.

UPCOMING EVENTS

Pre-Health Advising Sessions

October 5th - 11 am to 1 pm

October 9th - 10 am to 12 pm

Sessions will be held in the Straz Level 3 Lakeview Conference Room. Contact Ashley or Mandy if you are unable to make either session.

Team STEPPS Workshop

Interested in learning how to work in teams, communicate effectively, and improve on patient safety? Reach out to Ashley and Mandy about your interest in the workshop. First session: **October 19th at 5 pm.**

[Register HERE](#)

Healthcare Career Day

Attend Healthcare Career Day hosted by UW-Parkside on **October 18th from 11 to 4 pm.** This event will feature a number of healthcare providers looking for students to fill roles. [Register HERE.](#)

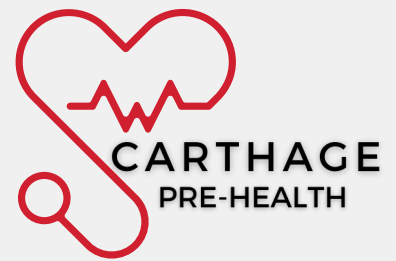
AAMC Medical School Fair

This is a virtual Medical School Fair to learn about applying to medical schools and network with schools. It is a free 2 day event on October 17 & 18. [Sign up HERE!](#)



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Do you care about Patient Safety??

You should attend TeamSTEPS student training

TeamSTEPS® is a teamwork system designed for health care professionals that is:

- A powerful solution to **improving patient safety** within your organization.
- An evidence-based teamwork system to **improve communication and teamwork skills** among health care professionals.
- A source for ready-to-use materials and a training curriculum to **successfully integrate teamwork principles** into all areas of your health care system.
- Scientifically rooted in more than **20 years of research** and lessons from the application of teamwork principles.
- Developed by Department of Defense's Patient Safety Program in collaboration with the Agency for Healthcare Research and Quality.
- Eliminating barriers to quality and safety.

Why should I attend??

Healthcare providers face endless challenges throughout their career. Team STEPPS provides training to not only improve patient care, but improve clinician and non-clinician experiences. Carthage students will participate in sessions led by Team STEPPS Master Trainers. These sessions will provide students necessary and effective skills in teamwork, inter-professional conflict, communication, mutual support, and leading teams.



Sounds Great! How do I attend??

Fall 2023 Cohort

- Thursday, October 19 @ 5 PM
- Thursday, October 26 @ 5 PM
- Thursday, November 2 @ 5 PM
- Thursday, November 9 @ 5 PM
- Thursday, November 16 @ 5 PM

Register [HERE!](#) Seats are limited.

This training will be best for Sophomores, Junior & Seniors; Priority will be given to upperclassmen.

Stressed about the MCAT?!

Attend the upcoming MCAT strategy session on **October 18 @ 4 PM.**

Take a practice MCAT, OAT, DAT or GRE on **November 11 at 9 AM**

Contact along3@carthage.edu for more info.

PRE-HEALTH CLUB

Upcoming Meetings:

- All Mondays @ 7 PM in HL 170
- Mon. 11/6 @ 7 PM
 - MCW Pharmacy School Visit

Interested in getting a Mentor??

AED will be mentoring underclassman in how to be a successful pre-health student. If you are interested in getting a mentor, complete [this form.](#)

Why should you join??

Pre-Health Club is a campus organization designed to build a community of like minded students! You will hear from awesome speakers, participate in great volunteer experiences, and build a network of other pre-health students who are navigating some of the same paths as you.