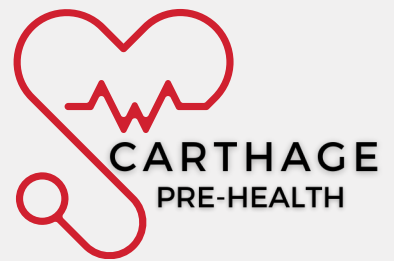


PRE-HEALTH NEWSLETTER

February 2024 / Vol. 05



Welcome Back to 2nd Semester!

As a pre-health student at Carthage, you likely lead a busy and stimulating life. As academic success is important for pre-health students, starting the semester strong is always a goal for our students. Here are 3 steps we believe will get you off to the start you want.

Reflection



First, it's important to do some reflection on last semester. Did things work out for you the way you planned? Were you able to achieve your academic goals? Health and fitness goals? Personal goals? If not, it's time to sit down and assess what did and did not work for you.

Preparation

Preparation is key. Before your first day of class, go through each class and organize details about lecture schedule, assignment due dates, and exams. What materials do you? Are there other materials that are helpful outside of the class textbook or notes? What kind of planning organization do you use? Google calendars? Planners?



Healthy Habits

Start good studying habits immediately. Start studying on day 1, even if it is for only 30 minutes and there isn't much to do. This builds good habits and momentum. Use a calendar to plan out study time if you know you'll keep putting it off each day without a plan. Getting started early translates to more time for fun, more time for exercise, less stress come exam time, and of course better grades.

UPCOMING EVENTS

Explaining Experiences Workshop

Ashley and Mandy will be presenting information on how to explain your experiences in your personal statements and interviews with future employers and graduate school personnel. The session will be available to view on Monday, February 19th via schoology.

Committee Letter Applications

The time is here to apply for a committee letter for students applying to medical school this 2024 cycle and LECOM students entering their final year of undergraduate school in Fall 2024. If you are interested in a committee letter, [HERE](#) is the link for the application. Applications open February 2nd, 2024 and close March 1st, 2024.

Pre-Health Resume Workshop

Attend Pre-Health Club on **Monday February 12 at 7 PM in HL 170** to learn how to build and update your professional resume from the Aspire Center!

Pre-Health Graduate School Fair

This year, the pre-health graduate school fair will be combined with the Spring Career Fair to give you opportunities to talk to schools AND employers. It is ON CAMPUS on **APRIL 17th**. Register [HERE](#)

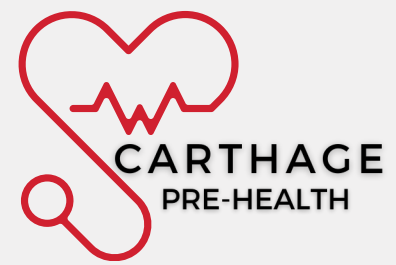


Starting to look at Professional Schools??

Don't forget to use the [tracker in your MAP](#) to track details about your favorite programs!

PRE-HEALTH NEWSLETTER

October 2023 / Vol. 02



What can I do over Spring Break?

Spring break gives pre-health students the opportunity to take a moment to breathe and reflect. Strategically using this break can advance your healthcare goals — it just takes a bit of planning. Here are our top ideas for students.

Relaxation and Self-Care



As important as it is productive, remember that you deserve time to relax. Spring break can be the break you need for mental rejuvenation.

Personal Development

Developing new habits and routines or initiating a capstone project that combines your skills with a community need are ways to grow personally while making a significant impact. You can get certified in life-saving procedures like *CPR*, *first aid*, and *administering NARCAN®*. It might be a great opportunity to read that leadership book you've been staring at on the shelf. Or perhaps this is a time for self-reflection and personal growth.



Community Service Projects

Involvement in community service can be a fulfilling experience. Volunteer opportunities range from working at health clinics, mentoring high school students, and participating in public health campaigns. This type of volunteer work not only contributes to your personal development but also demonstrates your *commitment to service*, a core value in medicine.

Clinical Shadowing

Spring break is an excellent time to shadow a healthcare professional or pursue a clinical internship at a hospital, clinic, or assisted living facility. *Visit your MAP* for more information about shadowing and available tracking documents.

Pre-Health Club

Attend the pre-health club meetings on every other **Monday at 7 pm** in HL 170.

The first meeting will be Feb. 12th, Mandy will be speaking on resumes!

CAREER EXPLORATION SPEAKERS

Interested in hearing from different practitioners about their career??

Come hear from the following speakers in "Introduction to Healthcare Professionals" in TARC 2145 at 10:30 am. All are welcome!

- Wednesday Feb. 7- Physical Therapy
- Friday Feb. 9- Nurse/ Nurse Practitioner
- Monday Feb. 12- Public Health
- Wednesday Feb. 14- Athletic Training
- Friday Feb. 16- Pharmacy
- Monday Feb. 19- Chiropractic

