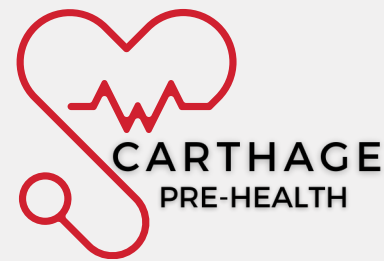


# PRE-HEALTH NEWSLETTER

April 2024 / Vol. 07



## Happy April and Application Prep Season!

April is always a busy time for undergraduate students with finishing classes, preparing for summer activities, and finalizing the details of their applications. In this month's newsletter, we are going to review important steps for your professional school applications!

### Reflection

First, it's important to do some reflection on why you want to go to a healthcare professional school. Does your motivation include improving the lives and health of those in your community, being a lifelong learner in a stimulating career? Or is it something personal? You can use your [MAP](#) to keep track of your "WHY". Be prepared to answer "why do you want to be a \_\_\_?"

### Speaking On Experiences

Your academic performance and readiness will speak for itself in your transcripts, test scores and in the recommendation letters. Use the personal statement to address your reasons for pursuing a career as a healthcare practitioner. Expand beyond the "I want to help people" statement. Consider including the defining moment when you were called to this career.

Listen to the "telling your story" presentation available to all pre-health students via the schoology page on April 15th! We will go over how to talk about your background and bring your life experiences into your personal statement and interview answers.

## PROFESSIONAL SCHOOL PORTALS OPENING DATES FOR 2024/2025 APPLICATIONS

### Medical: AACOMAS and AAMC

AACOMAS: DO programs; opens 5/4/24

AAMC: MD and MD/PhD programs; opens 5/2/24

### Physician Assistant: CASPA

Opens April 25th, 2024

### Physical Therapy: PTCAS

Opens mid-June 2024

### Occupational Therapy: OTCAS

Opens mid-July 2024

### Pharmacy: PharmCAS

Opens mid-July 2024

### Veterinary Medicine: VMCAS

Opened January 2024

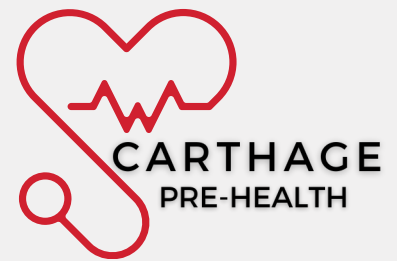


## Starting to look at Professional Schools??

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

# PRE-HEALTH NEWSLETTER

October 2024 / Vol. 07



## *Requesting a Letter of Recommendations*

[Here are some helpful tips and etiquette on requesting a letter of recommendation from someone.](#)

### **Who Should I Ask?**

Before you decide who to ask for a letter of recommendation, consider what you need the letter for.

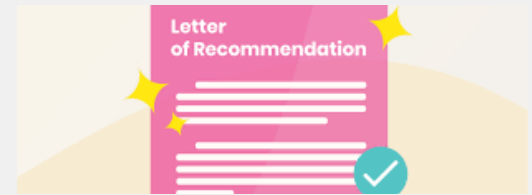
Are you applying to a healthcare professional school, which type? Will you use the letter for an internship, research opportunity, or a job?

Typical applications will ask for 2-3 letters from individuals who can speak about you in different manners. We suggest our undergraduate students to ask *2 faculty members* they have formed a connection with. The 3rd letter can come from other people such as *supervisors, research mentors, practicing healthcare providers* you may have shadowed.

### **How Do I Ask For One?**

Ask your potential recommender, "Do you feel you know me well enough to write a letter of recommendation for me" for this particular position/program/school/scholarship/etc. Rather than saying, "Will you write me a recommendation," asking if they feel comfortable writing one is a better approach and gives them a way out if they don't.

Identify what function your recommender should have. Who can write the best recommendation for you for this particular position/program/school/scholarship/etc.?



### **When Should I Ask?**

Start early. We recommend to give the person at *six to eight weeks*, but never less than *four weeks* to complete the recommendation. Most faculty and staff are very busy and have numerous recommendations to write, so you want to be courteous. Plus, rushing them might lead to a recommendation that isn't as polished or as positive as it could be.

### **What Should I Share?**

Often, faculty and staff will need some specific information from you in order to write an effective recommendation. You need to give them *information about the program, scholarship, internship, etc., the date you need the letter, where to submit the letter and to whom*. You should also include your personal statement (if applicable), current resume, and the reason why you are asking this specific person for a recommendation.

### **Pre-Health Club**

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

*The next meeting is April 8th, 2024!*

## **ALPHA EPSILON DELTA**

**Interested in applying to join AED, the only healthcare honor society at Carthage College?**

Alpha Epsilon Delta is the National Health Preprofessional Honor Society dedicated to the encouragement and recognition of excellence in preprofessional health scholarship. Being a member will expose you to different mentorship, service, and scholarship opportunities.

In order to be eligible for AED, you must satisfy the following requirements:

**Have a pre-health advising program**

**Completed 3 semesters of pre-health studies**

**Have an overall GPA of at least 3.2 and science GPA of 3.2**

If you are interested and satisfy these requirements, you are encouraged to submit interest and apply [HERE](#).