Greetings to all - hard to believe February is here already!! The days are getting longer, the temp has been reasonable - all in all, not bad for this time of the year!! Some items of interest this month are:

1. Dates and Deadlines for Spring 2016
   - Last day to **apply for graduation** in May 2016 is **February 5**. A link to the online graduation application is posted on each Pre-Health webpage, or you can go directly to it at: https://apps.und.edu/graduationonline/
   - The preliminary **SUMMER 2016** course schedule will be available **February 1**
   - Last day to remove an “Incomplete” grade from Fall semester is **February 19**
   - The preliminary **FALL 2016** course schedule will be available **February 29**
   - Spring Break is **March 14-18**
   - Easter Break is **March 25-28**
   - Your registration time will be available on the Campus Connection on **April 1**
   - Summer and Fall Registration begins **April 4**
   - Last day to *drop a course or change a course to S/U grading* is **April 8**

2. Freshmen Pre-Health advising sessions run this month only!!
   Freshman group advising sessions for Pre-Health students (regardless of major) on 4 year plans will run on Fridays, **February 5 – 26** only! We will be discussing your schedules for next fall and some options for summer activities. **You must attend one of these sessions before I will see you one-on-one again next year.** Only athletes, ROTC, or any other students on 5 year plans, may make individual appointments for the purpose of planning schedules – be sure to come in before spring break. Call the main office of the College of Arts and Sciences at 777-2749 ASAP to sign up for a meeting or to pick a time. If none of the meeting times work with your current schedule, or if you have other concerns you need to discuss, call the A&S Office before spring break. All sessions are in the **basement conference room in Montgomery Hall** – use the building entrance that is closest to Merrifield, facing the library:

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<th>Fridays</th>
<th>9-10am</th>
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<td>February 5</td>
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3. Don’t forget to check out my Pre-Health web pages!
Be sure to take a look at the web page that covers your Pre-Health Program and add it your bookmarks! You can get at the pages through the main Pre-Health page at: [http://arts-sciences.und.edu/pre-health/](http://arts-sciences.und.edu/pre-health/). On these pages you’ll find links to: Pre-Health Guides (which include sample class schedules), Pre-Health handouts/info (which include test prep suggestions), Pre-Health announcements/events, my monthly newsletters, my office hours, etc. I am always in the tweaking stages so if you have any suggestions for what else I can include or how I can improve these pages, please let me know! Thanks!!!
4. Spring Break and Summer Opportunities

The UND chapter of MedLife takes some interesting trips abroad during spring break. Last year they travelled to Peru! Check with the current president, Landon Kudrna (UNDmedlife@gmail.com), or the faculty advisor Dr. Becky Simmons in the Biology Department (rebecca.simmons@und.edu) to see what is planned for this year!

There are a range of research opportunities for students offered in any given summer. Check with individual professors now to see if they need help in their lab. You may also want to apply to participate in one of the more formal programs on campus this coming summer:

- **EPSCoR AURA**: Applications will be available online in early February 2016 and will be due in March. See info posted at: https://www.ndsu.edu/epscor/programs/documents/AURAProgramInfoJan2016.pdf. Questions? Ask Dr. Mark Hoffmann in the Chem department (mhoffmann@und.edu).

- **REU (Research Experience for Undergraduates)**: Applications are usually available at the beginning of February and due at the beginning of March. Questions? Ask Dr. Van Doze in the UND SMHS (van.doze@med.und.edu).

More off-campus summer opportunities hitting my desk include:

- **Amgen** (undergraduate summer research program) http://www.amgenscholars.com/

- **Atlantis Project Fellowships** (shadowing/internships in European hospitals over summer) http://www.atlantis-project.org/

- **Gap Medics** (hospital shadowing in Europe, Africa and Asia over spring breaks) http://www.gapmedics.com/

5. Honor Societies

It seems this time every year, students who have been reasonably successful academically, are invited to join all sorts of "honor societies". While some stand out, unless the criteria for membership are very exclusive (3.7+ GPA, research, service, etc.), just being a member of these societies won't help your application to health professional schools. There are those societies, however, that do provide good opportunities for leadership skills development or community service – opportunities that can go on your applications. Others offer good benefits in exchange for the membership fee. Here are some hints to help you decide whether to join or not:

- If you get a letter on UND letterhead asking you to join their chapter of a national society, then check into it. **Phi Beta Kappa** is a very distinguished society - **join it if you are offered the opportunity**! Invitations usually go out to students in their senior year. **Mortarboard** is also a very worthwhile society because of the leadership and community service emphasis. Invitations go out to students after they have completed 90 credits. Other societies may not be so distinguishing - check their entrance requirements. If they require only a 3.0 GPA, or only one year of college credits completed, then skip it! You can get more info on the local chapter of any honor society at: http://www.union.und.edu/involvement/studentorgs/directory.htm

- If you get a letter **directly from a society**, check on membership requirements and membership fees versus what you get in return. Some, like the **Golden Key** and **Mortarboard**, offer reasonable benefits in exchange for the membership dues (hotel and rental car discounts – helpful during interviews), but you need to decide if it is worth it!

That’s all for now – happy February!!

Kim Ruit, UND Health Sciences Advisor