Greetings to all - hard to believe February is here already!!  The days are getting longer – always a good sign!! Some items of interest this month are:

1. Dates and Deadlines for Spring 2017
   - Last day to apply for graduation in May 2017 is **February 7**. 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 2017** course schedule was available on **January 30**
   - Last day to remove an “Incomplete” grade from Fall semester is **February 17**
   - The preliminary **FALL 2017** course schedule will be available on **February 27**
   - Your registration time will be available on the Campus Connection on **March 31**
   - Summer and Fall Registration begins **April 3**
   - Last day to drop a course or change a course to S/U grading is **April 7**
   - Easter Break is **April 14-17**

2. Freshmen Pre-Health advising sessions run this month only!!
   Freshman group advising sessions for Pre-Health students on **4 year plans** (regardless of major) will run on Fridays, **February 4 -25 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.  Call the College of Arts and Sciences **Office of Advising and Academic Success** at 777-4974 **ASAP** to sign up for one of the sessions!  If none of the Friday meeting times work with your current schedule, please e-mail me the days and times you are free by **Monday, February 7**. Only athletes, ROTC, or students on **5 year plans** may make individual appointments for the purpose of planning schedules – use Starfish to schedule those appointments and be sure to come in before spring break (preferably in February).  All sessions are in the **conference room across from my office in the old med school building – room 1917**: 

<table>
<thead>
<tr>
<th>Fridays</th>
<th>9-10am</th>
<th>10-11am</th>
<th>11am-12pm</th>
<th>1-2pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 3</td>
<td>Full</td>
<td>Open</td>
<td>Full</td>
<td>Full</td>
</tr>
<tr>
<td>February 10</td>
<td>Open</td>
<td>Open</td>
<td>No Session</td>
<td>Full</td>
</tr>
<tr>
<td>February 17</td>
<td>Open</td>
<td>Open</td>
<td>Open</td>
<td>Full</td>
</tr>
<tr>
<td>February 24</td>
<td>Open</td>
<td>Open</td>
<td>No Session</td>
<td>Open</td>
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</tbody>
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3. UND Blood Drive on Wednesday, February 8th!
   Several Student Organizations, including UMA, are sponsoring a Blood Drive for National Blood Donor Month next Wednesday in the Union.  Stop by any time between 11am and 5:15pm – bring a photo ID and get a free T-shirt!

4. Spring Break Ideas
   How about spending Spring Break giving back or “paying it forward”?  Here are two options:
   - The UND chapter of **MedLife** usually takes some interesting medical missions trips abroad during spring break.  Last year they travelled to Peru!  Check with the current faculty advisor **Dr. Becky Simmons** in the Biology Department (rebecca.simmons@und.edu) to see what is planned for this year!
   - The UND chapter of **STLF** does monthly service projects as well as a spring break “Pay It Forward” trip.  Check with the current faculty advisor, **Emily Hill** of the Honors Program (emily.hill@und.edu) to see what they have planned!
5. Simulation Clinic at UNMC College of Dentistry in Lincoln, Nebraska: April 1, 8am-5:30pm
Drill it, fill it, sculpt it, wax it - see what it’s like to be a dental student for the day! The day will include demonstrations and hands on experience with preparing and filling teeth, setting denture teeth, milling CEREC crowns, and carving tooth anatomy. Meet the Dean of UNMC College of Dentistry, visit with the Director of Admissions, discuss DAT prep, see mock interviews, get a tour of the dental school, and have a Q/A with current dental students. Breakfast and lunch are provided – registration form and $95 are required to reserve a spot. The registration form is the last page of this newsletter – fill out the bottom and mail to the address indicated on the form. Registration due by March 20, 2017.

6. Summer Opportunities
UND summer research opportunities for students abound! 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 are available now and will be due March 2. See info posted at: [https://www.ndepscor.ndus.edu/funding-opportunities/opportunities-students/aura-student-und/](https://www.ndepscor.ndus.edu/funding-opportunities/opportunities-students/aura-student-und/). Questions? Ask Dr. Mark Hoffmann in the Chem department ([mark.hoffmann@und.edu](mailto:mark.hoffmann@und.edu)).

- **REU (Research Experience for Undergraduates):** Applications are available now and due at the beginning of March. See info posted at: [http://ndinbre.org/NSF-REU/](http://ndinbre.org/NSF-REU/). Questions? Ask Dr. Van Doze in the UNDSMHS ([van.doze@med.und.edu](mailto:van.doze@med.und.edu)).

Off-campus summer research opportunities include:

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

International organizations send me info all the time. The following ones seem legitimate, however I have had no direct experience with any of them. Please thoroughly check out any organization before committing funds or yourself to it – this world can be a crazy place and I want you all to be safe!

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

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

- **World Endeavors** (Healthcare Internship opportunities abroad) [https://www.worldendeavors.com/](https://www.worldendeavors.com/)

7. 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!](http://www.union.und.edu/involvement/studentorgs/directory.htm) 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](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
American Student Dental Association
Simulation Clinic
UNMC College of Dentistry

April 1<sup>st</sup>, 2017

- 8 am – 5:30 pm
- $95
- Breakfast and Lunch provided
- Open to Juniors and Seniors in High School and ALL college students

Pre-Dental

- Drill it, fill it, sculpt it, wax it … see what it’s like to be a dental student for the day
- Demonstrations and hands on experience with preparing and filling teeth, setting denture teeth, milling CEREC crowns, and carving tooth anatomy
- DAT prep, mock interviews, a tour of the dental school, and Q/A with current dental students
- Meet the dean of UNMC College of Dentistry and director of admissions along with numerous current dental students and prospective students just like you

REGISTER NOW! Deadline for registration: March 20<sup>th</sup>, 2017

Name:
School Currently Attending:
Mailing Address:
E-mail:
Phone Number:
Attended Before: Y/N

Please Make Check for $95 Payable to NebrASDA and Send to:
UNMC College of Dentistry
40th & Holdrege Streets
Box 830740
Lincoln, NE 88583-0740
Attention: Natalie Cantral
Questions: E-mail natalie.cantral@unmc.edu