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 2018
   • The preliminary SUMMER 2018 course schedule was available on January 29
   • The preliminary FALL 2018 course schedule will be available on February 26
   • Your registration time will be available on the Campus Connection on March 30
   • Easter Break is March 30 – April 2
   • Summer and Fall Registration begins April 2
   • Last day to drop a course or change a course to S/U grading is April 6
   • Last day to apply for graduation in May 2018 is April 13.  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/

2. Freshmen Pre-Health advising sessions start tomorrow!!  Bring your Pre-Health folder!
   Freshman group advising sessions for Pre-Health students on 4 year plans (regardless of major) will run on Fridays, February 3 -24 only!  Julie will be discussing your schedules for next fall and some options for summer activities.  You must use the following link to sign up for your Small Group Advising appointment:
   http://www.signupgenius.com/go/60b0c44a4a729a5f85-freshman
   Keep in mind the following instructions for using the above link:
   1. Control+Click on the link above
   2. Select which date and time you prefer
   3. Check the Sign Up box on your preference
   4. Click Submit and Sign up at bottom of page
   5. Make sure quantity is 1
   6. You MUST enter your NAME, EMAIL, PHONE NUMBER, STUDENT ID and the PRE-HEALTH PROGRAM in which you are currently enrolled in (this information will NOT be seen by other students)
   7. Click sign up now
   8. You will get a confirmation email and also a reminder 2 days prior to your appointment

   If none of the Friday meeting times work with your current schedule, please e-mail Julie by Monday, February 5th.  All sessions will be held in the conference room (room 1917) in northeast corner of Columbia Hall (near the large “Office of the Dean” suite):

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<thead>
<tr>
<th>Fridays</th>
<th>9-10am</th>
<th>10-11am</th>
<th>1-2pm</th>
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<tr>
<td>February 2</td>
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<td>February 9</td>
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   Please note that the only freshmen students who may make individual appointments with Julie for the purpose of planning Fall 2018 schedules are athletes, ROTC, or students on 5 year plans.  You must come in before spring break (preferably in February) and use Starfish to schedule your appointment.

3. UMA meeting on February 7, 2018, 6:45pm
   The Undergraduate Medical Association will be having their monthly meeting next Wednesday.  If you’ve never been to one, or it’s been a while, you should check this one out.  They will have presentations and information from PhysAssist Scribing (the scribing service used by Altru – they are hiring now), MEDLIFE (mission trip info), and the upcoming blood drive on Valentine’s Day.  If you are looking to expand your resume, this meeting will give you some ideas!!
4. Strategies for a Successful DAT Webinar: Thursday, February 8, 2018, 6:00 – 7:00pm

Join this FREE live, one-hour webinar on preparing for the Dental Admission Test (DAT). You will learn:
- How the DAT factors into the admissions process
- Which scores appear in ADEA AADSAS®—the application to dental school
- The best study strategies for test-taking
- How to tackle the more complex practice DAT questions
- Where to learn more about the DAT

Presenters include B. Lamont Lowery, Director of Admissions, East Carolina University School of Dental Medicine; Kay H. Malone III, D.D.S., FAGD, Admissions Advisor, University of Texas Health Science Center at San Antonio School of Dentistry; and Petros Minasi, Director of Pre-Health Programs, Kaplan Test Prep.

5. Stethoscope Raffle on March 1, 2018!

The American Medical Student Association (AMSA) has two Littman Master Cardiology Stethoscopes ($200 value) to raffle off. Raffle tickets will be sold at $5 for 1 ticket, $10 for 3 tickets, or $20 for 10 tickets. In order to purchase raffle tickets, contact Anna Melicher (anna.melicher@und.edu) before March 1st!

6. Spring Break Ideas

How about spending Spring Break giving back or "paying it forward"? Here are two options:
- The UND chapter of MEDLIFE offers 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 a spring break "Pay It Forward" trip each year. This year they are going to San Antonio, TX! They are looking for a few more students to join the trip. Check with chapter core member Maddysen Hull (maddysen.hull@und.edu), for more information.

7. New WICHE applications available

If you are a ND resident and applying to dental school, optometry school or veterinary school this spring/summer, be sure to download the new WICHE/PSEP application. It was updated in November and needs to be completed and submitted before you start your application process. Kim has some in her office, or you can download the new application at: http://www.ndus.edu/uploads/resources/8268/psep-application.pdf.

8. Summer Opportunities abound!

- **UND summer research opportunities** for students:
  - Check with individual professors now to see if they need help in their lab – they can either pay you if they have grant money or give you credit if they don’t!
  - **REU** (Research Experience for Undergraduates) – A formal summer research program with stipend geared for rising sophomores. Applications are available now and are due at the beginning of March. Info is posted at: http://ndinbre.org/NSF-REU/. Questions? Contact Dr. Van Doze (777-6222 or van.doze@med.und.edu)

- **Off-campus summer research opportunities** include:
  - Amgen (undergraduate summer research program): 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/
  - **Gap Medics** (hospital shadowing in Europe, Africa and Asia over spring breaks) http://www.gapmedics.com/
  - **World Endeavors** (Healthcare Internship opportunities abroad) https://www.worldendeavors.com/
9. 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](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 for you!

10. UND Pre-Health Program minimum GPA requirements are changing!!

As you know, the current minimum cumulative GPA for any student to qualify to participate in any Pre-Health program, and get advising from a Health Sciences Advisor, is **3.000**. As of **Fall 2018**, we will be adjusting that minimum as follows:

- Pre-Medicine, Pre-Pharmacry, Pre-Veteterinary: **3.400**
- Pre-Osteopathic Medicine, Pre-Dentistry, Pre-PA: **3.300**
- Pre-Optometry: **3.200**
- Pre-Podiatry, Pre-Chiropractic, Pre-Mort Sci: **3.000**

In order to stay declared in any of these programs, and get advising from a Health Sciences Advisor, your **institutional cumulative GPA and/or institutional cumulative GPA including transfer credits**, must be at or above the stated minimums. GPA reviews will be conducted early every fall and anyone who does not meet the GPA requirement for their Pre-Health Program will be dropped from that program and removed from the Health Sciences Advising list. You are always free to follow the schedules and course recommendations listed in the Pre-Health Guide and Planners at [http://arts-sciences.und.edu/pre-health/](http://arts-sciences.und.edu/pre-health/) if you wish to continue the pursuit of applying to health professional school on your own. If your cumulative GPA improves to a competitive level any time in the future, you may request to re-join a Pre-Health program at that time by contacting the College of Arts and Sciences at 701-777-4974.

Your major will not be affected by this change, and you will need to meet exclusively with your major advisor for any academic planning and registration advice going forward.

That’s all for now – happy February!!

Kim Ruit
Julie Bean
UND Health Sciences Advisors