Freshmen Pre-Health Students - Required Meeting #2 - Fall 2017

Pre-Health at UND
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College of Arts and Sciences
Columbia Hall, Room 1000
http://arts-sciences.und.edu/pre-health/

You're not in high school anymore
  • College is harder ... why?
    o Class material is more complicated
    o You need to understand it at a deeper level
    o More class material presented in a shorter time
    o Less assessment opportunities
    o More responsibility shifts to you
    o Professors teach
      ▪ Different styles, methods
      ▪ You have to adjust to them
    o You learn
    o You study

College 101
  • Teach...
    o to cause to know something
    o to guide the studies of
    o to impart the knowledge of
    o to instruct by precept, example or experience
    o to make known
  • Learn...
    o to gain knowledge, understanding, or skill by study, instruction, or experience
    o memorize
    o to come to know
  • Study...
    o a state of contemplation
    o application of the mental faculties to the acquisition of knowledge
    o careful or extended consideration
    o a careful examination or analysis of a phenomenon, development, or question
    o the activity or work of a student

The Work of a Student...
  • It takes honest and realistic self-assessment
    o Know thyself...
      ▪ Strengths?
      ▪ Weaknesses?
      ▪ Are you a morning or evening person?
      ▪ How do you learn best?
        • Visual?
        • Auditory?
        • Repetition?
    o Accept thyself...
The Work of a Student...

- It takes discipline and grit
  - Discipline
    - Self-control
    - Planning
    - Stay focused on your goal
    - No procrastination
  - Grit
    - Work ethic
    - “When the going gets tough…”
    - “No...try not... do or do not... there is no try.”

- It takes time and time management
  - 2-3 hours outside of class for every hour in class

The Work of a Student...

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
<th>Hours</th>
<th>Total Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biol 120</td>
<td>1</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>Biol 150</td>
<td>3</td>
<td>3</td>
<td>12</td>
</tr>
<tr>
<td>Biol 150L</td>
<td>1</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Chem 121</td>
<td>3</td>
<td>3</td>
<td>12</td>
</tr>
<tr>
<td>Chem 121L</td>
<td>1</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Math 146</td>
<td>3</td>
<td>3</td>
<td>12</td>
</tr>
<tr>
<td>Psych 111</td>
<td>3</td>
<td>3</td>
<td>9</td>
</tr>
<tr>
<td>Band</td>
<td>1</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>16</strong></td>
<td><strong>21</strong></td>
<td><strong>62</strong></td>
</tr>
</tbody>
</table>

- How much time?
  - 24 hrs x 7 days = 168 hours in a week
    - School 62
    - Sleeping 56
    - Eating 21
    - Total 139

- You must do well in all of your classes:
  - What’s your target GPA?
    - 4.000 = all A’s
    - 3.975 = 117 credits of A’s, 3 credits of B’s
    - 3.750 = 90 credits of A’s, 30 credits of B’s
    - 3.500 = 60 credits of A’s, 60 credits of B’s
    - 3.250 = 30 credits of A’s, 90 credits of B’s
  - GPA simulator: http://www.coastal.edu/registrar/cumgpa.html?numcourses=8#calc
  - Right schedule and credit load
    - 120 credits to graduate for most majors
    - 120 credits / 8 semesters = 15 credits per semester
    - Most scholarships require 15 credits per semester
  - But...
    - You will want a lighter load junior spring (12-13 credits)
      - So... do 16 credits in at least 3 semesters
      - For ND scholarship, do 17 fall and 13 spring

- You must do well in all of your classes:
  - Attend all class sessions
  - Keep up with notes and reading
  - Take all quizzes and tests when scheduled
  - Turn in all assignments on time
  - Do extra credit if available BUT don’t depend on it!
o Behave with honesty and integrity at all times!
o Eat, sleep and stay healthy!

• Get a big picture of your semester now
  o Put all tests and known assignments for the whole semester on your calendar now
  o Put all finals on your calendar now!
    http://und.edu/academics/registrar/final-exam-schedule-2017-fall.cfm
    ▪ A-Z Index => F => Final Exam Schedules
    ▪ Determined by Registrar
    ▪ Final Exam Policy
      ▪ No undergraduate student should be obliged to write three or more finals on the same day...
      ▪ Appeals due by November 9th

• Plan your weeks
  o Be disciplined and devote the same time each week to the same activity
    ▪ Prepping for classes, labs
    ▪ Review/Homework/Study
    ▪ Exercise/free
    ▪ Sleep!!
  o Test weeks will require some adjusting

• Weekly duties
  o Before class
    ▪ Read book/material
    ▪ Print off outline/powerpoint/notes
  o During class
    ▪ Take notes – write stuff down!!
    ▪ Make sure you understand everything before you leave
  o After class
    ▪ Review notes, add info from readings
    ▪ Do homework problems

Sample Schedule => 16 credits

Successful Test Prepping...
• One week before your test...
  o Be all caught up on everything for all classes
  o Work ahead a bit to free up time for test week
• Study Hints
  o Take a 5-10 minute break every hour
  o After 3 hours in a row on one topic, switch gears
  o After individual study, get with a study group
  o Phones off and put away
• Practice Tests
  o Use them as a tool, not a topic study guide

Successful Test Taking...
• Pace yourself
  o Have timing device in easy line of sight
  o Calculate minutes per question or page
• Triage questions
  o Go through whole test - answer easiest Q’s first
  o Pace on remaining questions
• Post Phrasing
  o Review test to see why you got questions wrong
• **Academic Support**
  o Tip Sheets
    ▪ Notetaking
    ▪ Reading
    ▪ Test Taking
    ▪ Time Management
    ▪ Stress Management
  o [http://und.edu/student-affairs/academic-support](http://und.edu/student-affairs/academic-support)

**“To Do” List**
- Class schedule must be set by *Wednesday*
  o Adding after that date = form and signatures
  o Dropping after that date = “W” on transcript
- Is everything correct in Campus Connection?
  o Major/Minor card
- Did you get my reminder e-mail?
- Bring your *Pre-Health Program Guide/Planner* and folder with you to our next meeting
- Follow us on Twitter and Facebook

**Meeting #3 (September)**
- Overview of the various Pre-Health Programs
  o Required courses
  o Required entrance exams
  o Expected extracurricular activities
  o Recommendations
- Timeline for classes, tests, applications, etc.

**Meeting #4 (October)**
- Having problems in a class?
  o Deficiencies
  o Repeating vs. dropping classes
- Plan schedules for spring semester
  o Pre-Health courses
  o Major courses
  o Essential Studies
  o Electives