Welcome back - I hope you all had a restful break, not to mention the extra snow day! Here's the news for January...

1. **Attention Seniors Graduating in May 2018**
   If you plan to graduate this coming May, don't forget that you need to fill out an Application to Graduate. If you do not apply to graduate, you will not graduate!!!!!!!! Applications are currently available online at: [http://und.edu/student-affairs/commencement/](http://und.edu/student-affairs/commencement/). Graduation info is also available on that page. Remember, although the official deadline to apply to graduate is **April 13th**, waiting that late doesn’t give you time to adjust your schedule if anything is missing. Plan to apply ASAP if you are unsure about your status. Please remember that you need to check in with your **major advisor** – not Julie or I – to see if you have completed everything you need to graduate!!!

2. **Other Dates and Deadlines for this semester:**
   - **January 18, 2018**
     - Last date to add a full term class
     - Last date to drop a class without it showing up on your transcript - any classes dropped after that will have a W listed on your transcript
   - **January 29, 2018**
     - The preliminary **Summer 2018** class schedule will be available on Campus Connection
   - **February 26, 2018**
     - The preliminary **Fall 2018** class schedule will be available on Campus Connection on
   - **April 6, 2018**
     - Last date to drop a full term class
     - Last date to switch a class to S/U grading

3. **Registration Instructions for a Kaplan DAT, OAT, PCAT or GRE Prep course through UND**
   As mentioned in the December newsletter, we now have an Institutional Partnership agreement with Kaplan. We've offered an MCAT course specifically for UND Pre-Med students each spring for the last 10 years (in the Live Online format for the last 4 years), but this new agreement means it is now possible for UND Pre-Dentistry, Pre-Optometry, Pre-PA, Pre-Pharmacy and Pre-Veterinary students to take any Kaplan DAT, OAT, PCAT or GRE prep course (either Live Online or Self-Paced) at a significantly reduced rate. The current agreement is for three years, but I don’t see any reason why we wouldn’t renew it! So... whenever you are getting ready for a standardized health professional school test (for most students this is the **spring of your junior year**) please consider taking one of their courses as part of your preparation. You will not find more information, more review material, or more practice tests anywhere else!!

Here are the instructions for registering for one of these courses through the **UND Office of Extended Learning**:

1. Find your Kaplan Class Code
   a. Visit the Kaplan website ([www.kaptest.com](http://www.kaptest.com))
   b. Choose the test you are prepping for (DAT, OAT, PCAT, GRE)
   c. Choose the format of the prep course you would like (either Self-Paced or Live Online only)
   d. Click on “Learn More” in the box with the format you prefer
   e. Find your Kaplan Class Code:
      i. For **Self-Paced courses**, click on “Enroll”. You will then find the Class Code listed under the title of the course
      ii. For **Live Online courses**, click, “Find Classes” in the Live Online box. Choose a course that meets on the days of the week and the dates that fit best with your desired plan and schedule. (The Class Code is listed to the left of the course dates.)
2. Record your Class Code for use in the next step
3. Visit the following UND Office of Extended Learning website to register and pay for the course: [https://register.und.edu/learning/jsp/index.jsp?categoryId=10104](https://register.und.edu/learning/jsp/index.jsp?categoryId=10104)
4. You should receive your online access and your books in two weeks (the first week of February).
4. February is Freshmen Advising Month!!! Plan your 2018 Summer and 2018 Fall now!!

Please remember Julie will be offering required small group advising sessions for freshman Pre-Health students (regardless of major) on Fridays throughout February. You must attend one of these sessions to plan your schedule for Fall 2018 and stay in your Pre-Health program. Sessions are limited to 8 students and are filling up fast! Open sessions are indicated with a check:

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You must use the following link to sign up for your Small Group Advising appointment:

http://www.signupgenius.com/go/60b0c4a4a729a5f85-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

Remember:

• each session will take about 45 minutes, but allow for an hour in case there are questions
• each session will be held in the large conference room (room 1917) in Columbia Hall
• each session is limited to 8 students, so sign up early to get your preferred date and time!
• if you miss your session for any reason, go ahead and sign up for another session - Julie will not e-mail information or scheduling advice covered in these sessions if you miss!
• if none of the session times work with your UND Spring 2018 schedule, please contact Julie for instructions – we don’t want you skipping classes!! (This does not apply for other non-UND sanctioned conflicts).
• Freshmen on 5 year plans because of major, athletic, or ROTC commitments should still come to these meetings but may also make individual appointments to see Julie for schedule planning sometime during the month of February.

5. Early Registration for Summer 2018 and Fall 2018 will be here before you know it!!!

• Registration appointment times will be posted on your Campus Connection account on March 30th
• Early Registration for both Summer 2018 and Fall 2018 begins on April 2nd!
  o Do not wait until registration starts to schedule an appointment – come in now! Julie and I have lots of open appointment times now and things will get very hectic after Spring Break!!
  o Remember to take care of any “Holds” so you can register on time
  o Do not wait until the end of the semester to register...classes will be closed!

6. Grades from last semester not quite what you hoped for? Check out Academic Support!

The Office of Advising and Academic Support, located on the first floor of the McCannel Hall, offers services and instruction to help students succeed academically. The services include Drop-in Tutoring, Study Skills Handouts and Online Tutorials, and Individual Study Skills Assistance. The folks over there are wonderful - check out what they have to offer at their website: http://und.edu/student-affairs/student-services/

7. Need help or additional explanations with some concepts in your science classes?

Check out the Khan Academy at: https://www.khanacademy.org/. They have lots of free videos on all sorts of concepts in Biology, Chemistry, Organic Chemistry and Physics. Their slogan is: “You can learn anything. Free. For everyone. Forever.” They are a trusted resource! In fact the AAMC enlisted them to create a series of videos to help with science concepts specific to the new MCAT. But you don’t need to be Pre-Med to take advantage of what they offer - I have had numerous students benefit from this “on-demand” type of tutoring!
8. Summer Opportunities
Summer opportunities continue hitting my desk — remember, if you are Pre-Med and plan to apply to a top tier med school, some unique experience, along with research, is needed for most of them. Check out the following programs:

- **NIH Summer Internships – applications due now!!**
  For more info, see their website: [https://www.training.nih.gov/programs/sip](https://www.training.nih.gov/programs/sip)

- **Summer Internship at the CDC**
  CDC’s National Center for Environmental Health and the Agency for Toxic Substances and Disease Registry (NCEH/ATSDR) are offering a **10-week summer internship program** for students who are passionate about the environment, interested in human health, and curious about how they are linked. **Applications are usually due at the end of January.** For info, or an application, visit: [https://www.cdc.gov/nceh/summerinternships/application.htm](https://www.cdc.gov/nceh/summerinternships/application.htm)

- **Summer research opportunities at UND**
  There are a range of research opportunities for students offered in any given summer on campus:
  o Check with individual professors now to see if they need help in their labs — positions may be for credit or pay.
  o **REU Program:** A more formal research program that requires at least 40 hours per week and pays nicely – check with Dr. Van Doze in the UND SMHS (777-2666 or van.doze@med.und.edu) on application availability now – they are usually due at the beginning of March.

- **Bradford Woods**
  Indiana University operates the **Bradford Woods Outdoor Center** which provides 10 weeks of Recreation Therapy summer camps for people with cancer, sickle cell anemia, cerebral palsy, cranial facial anomalies, hearing difficulties, autism, various physical disabilities, rare genetic disorders, Down syndrome, and severe burn survivors.

  They hire a staff of 80+ individuals and are currently recruiting for the positions of Cabin Head and Cabin Counselor for the summer of 2018. Bradford Woods has proven to be an excellent opportunity for students interested in the field of Medicine because of the holistic, therapeutic mindset and practices applied to all they do, as well as the variety of camper population they serve. You will be provided extensive hands-on experience on a daily basis and see a wide variety of medical needs and procedures. Interested? Check them out: [https://www.bradwoods.org/about-us/](https://www.bradwoods.org/about-us/).

That’s all for now – welcome back and have a great semester!

*Mrs. Kim Ruit, UND Health Sciences Advisor*