Welcome to all the new freshmen and transfer students!! This monthly newsletter is how I keep Pre-Health students up to date on all of the “need to know” things associated with life here at UND. Please be sure to read it thoroughly and keep a copy on hand for future reference. I also post all newsletters on the “Newsletters” page of the Pre-Health website.

Greetings to returning advisees!! I hope this finds you rested from the summer and eager to attack the challenges of another new school year!!!!

1. Fall Semester 2017 dates to remember
   - Last day to apply to graduate December 2017: September 19
   - Spring 2018 schedule of courses available on the web: October 6
   - Spring 2018 Registration appointment times posted in your CC: October 27
   - Last day to drop a course or switch to S/U grading: November 9
   - Veterans Day Holiday – no classes: November 10
   - Registration for Spring 2018 semester courses: October 30 - November 17

2. Group Meetings/Info sessions this semester
   - I offer group meetings/info sessions on various topics throughout the year. The dates and topics for the year are posted on the Pre-Health announcements webpage: http://arts-sciences.und.edu/pre-health/pre-health-announcements.cfm. These meetings are always held in the evenings to allow more students to attend. Please make every effort to attend the group meeting rather than make an individual appointment to discuss the following topics:
     - **Interviewing 101** – Wednesday, September 6, 2017, 7:30pm in Haugen Lecture Hall...
       If your health professional school applications are submitted and you are hoping to have some interviews this year, then be sure to attend this meeting. I will go over information and strategies to consider when preparing for this important step in the admissions process and beyond.
     - **Freshmen Meeting #3** – Monday, September 11, 2017, 8:00pm in Reed Keller Auditorium...
       In this meeting we will cover basic timelines and requirements of all of the A&S Pre-Health programs. Be sure to print off and bring your specific Pre-Health Guide/Planner to the meeting.
     - **Freshmen Meeting #4** – Monday, October 9, 2017, 8:00pm in Reed Keller Auditorium...
       In this meeting we will cover what to do if a class is not going well (getting deficiencies, dropping a class, repeating a class, etc.), as well as your Spring 2018 schedules and registration procedures.
     - **MCAT 2018** – currently scheduled for October 25, but I am considering moving it up to October 4...
       Are you planning to take the MCAT next spring? This meeting covers 2018 MCAT orientation and preparation, and details for the 2018 Kaplan MCAT Review Course. 2018 MCATers should plan to purchase the AAMC Official Guide to the MCAT Exam before this meeting. You may find it at: https://students-residents.aamc.org/applying-medical-school/article/understand-mcat-exam/. Hold off on purchasing any other prep materials until you see your options at our meeting and the discounts we can give you.

3. Pre-Health webpages are a “must read”!
   - Be sure to check out all of the webpages for all Pre-Health Programs. The address is: http://arts-sciences.und.edu/pre-health/. You can also find them listed individually under “P” in the UND A-Z index.
   - Announcements for meetings/events, handouts, links to important sites, advising policies and instructions for making appointments…. it’s all there!!! The Pre-Health Guides/Planners are updated yearly so be sure to use these updated versions when planning your time here at UND or meeting with me or Julie.
4. And then there were two!

Please remember, as Health Sciences Advisors, Julie and I help you out with all things Pre-Health only!! Questions on your major requirements, major classes and schedules, or Essential Studies need to go to your Major Advisor. Seniors…remember, checking in to see if you are on track to graduate this December or next May needs to be done with your major advisor, not us!! Now that we have two Health Sciences Advisors, we are dividing students up as follows:

- **Incoming Freshmen**: Both advisors will work with you in group meetings only – all required meetings are at 8pm in the Reed Keller Auditorium (room 1350) of Columbia Hall (enter the building through the south doors only) – dates are posted online and in this newsletter
- **Sophomores**: Julie only
- **Juniors and Seniors**: Kim only
- **Transfers**: Visit with the Health Sciences Advisor who worked with you when you first made contact about Pre-Health at UND. In general, that would be:
  - Before June 2017: Kim
  - After June 2017: Julie

Advising for currently enrolled UND undergraduates is available by appointment only. Current students must use Starfish to set up appointments. Neither advisor will set up their own appointments by e-mail or phone. You can find the login by hovering over “My UND” at the top right corner of the UND home page or by using this login: https://und.starfishsolutions.com/starfish-ops/support/login.html. Please remember these points of etiquette for appointments:

- Choosing a time in Starfish only requests the appointment – it is up to us to accept it. You will get an e-mail accepting or denying your request (usually the same day, but sometimes a day or two later) so be sure to check your e-mail for it.
- Be on time and come prepared!
- Please check in for your appointment on the iPad in Room 1000, Columbia Hall. Wait for Julie where you check in; wait for Kim down the hall at the chairs outside of her office.
- If you can’t make it, be sure to cancel your appointment either through Starfish or by calling our main office at 777-2749 – 24 hour notice is appreciated!
- If you can’t get Starfish to work, call our main office at 777-2749

5. Attention Sophomores, Juniors and Seniors

If you are continuing in your Pre-Health Program and hope to meet individually with either Julie or Kim to discuss your Spring 2018 schedule, make your appointment NOW!!!! September is a great time to meet and we have lots of openings. Once October begins, however, times fill up very quickly. We can only see about 60 students a week, and with 400+ sophomore, junior and senior advisees…..well, you can do the math!!! Use Starfish to select a time - no e-mails or phone calls for appointments please!!!!

6. Facebook and Twitter pages for Pre-Health!

We have Facebook and Twitter pages for the UND Pre-Health programs!! Since both can be viewed by virtually anyone, both are for information only and we will not respond to questions posted on either.

Both pages will display the logo shown at the right. If you are into either of these social media sites, please be sure to follow us at:

- **Facebook**: UND Pre-Health
- **Twitter**: @UNDprehealth

7. Education Abroad Fair is tomorrow (Sept 6), 11am-2pm, Memorial Union Ballroom!

UND Education Abroad partners with nine organizations to offer over 300 different study abroad opportunities. Go for a summer, semester, or a whole academic year. Explore their programs and locations and get started on your study abroad adventure.
8. Student Success Center is now “Advising and Academic Support”
   Academic Support offers helpful programs, services and instruction to assist students in successful academic achievement at UND. These include: drop-in tutoring, online student success tutorials, and individual assistance and assessments for students with academic concerns. Check out their office in the second floor of the Memorial Union or browse their website at: http://und.edu/student-affairs/academic-support/.

9. UND’s Testing Center offers the MCAT, DAT, OAT, PCAT and GRE!!
   UND’s Testing Center, located in McCannel Hall is a Prometric testing site. They offer the MCAT, DAT and GRE on selected dates. Keep in mind, however, that they only have limited seats for these exams on any given date. You will need to register EARLY for any of these tests (3-6 months in advance) if you plan to take one here. Registration is open all year round for the DAT, OAT, and GRE. Registration for the MCAT and PCAT is limited to certain times of the year only.

10. Some opportunities for jobs and service:
    - The Healthy n’ Fit Kids program at Altru helps children understand the importance of a healthy lifestyle including diet, exercise, limiting screen time, stress-management and cultivating a positive mindset. Emily Spicer, a health and wellness coach at Altru, visits classrooms 1x/month and spends 45 minutes to an hour with each class. Each class is focused on a specific topic for that month. Each session ends with a meditation practice to help kids relieve and deal with stress. Emily is looking for:
      o students pursuing an education in any health related field to volunteer to help her
      o a time commitment of as much as you are willing to give - time will be spent both in the classroom and in an office putting together and executing curriculums, making handouts for each class and having meetings as needed
      o this is an opportunity that is very flexible, but we do need you to be reliable
      o Contact Emily Spicer for more information: espicer@altru.org or 701.732.7620
    - Gap year clinical assistant job opening for Spring/Summer of 2018. A busy and growing dermatology practice (www.tareendermatology.com) in the Twin Cities is looking to hire clinical assistants for 2018. Ideally, they are looking for Pre-Medical or Pre-PA students who are planning on taking 1-2 gap years prior to starting medical school or physician assistant school. The position is full-time, involving assisting the physician/physician assistant with patient histories, assisting with office surgery, scribing via EMR, and helping with all other aspects of a clinical practice. The clinical assistant functions much like a junior resident. The hours are typically an 8-hour shift between 7am-6pm Monday through Friday and occasional Saturdays (a half-day once every few months). No late evenings. All employees are additionally required to travel to our Fairibault clinic several times per month. Salary is $15 an hour + benefits. Interested applicants should send a CV and cover letter to erin@tareendermatology.com no later than Friday, September 29, 2017. Qualified applications will be invited for an in-person interview.
    - Optician/Sales Associate at Advanced Eyecare. Located by the Ralph Engelstad Arena, they are looking to hire a UND Pre-Optometry student for a part time position that would include office work as well as patient care. This is a great way to gain experience in an optometry practice. If you are interested, contact Megan at 701-757-2121 Monday-Friday from 9am to 5pm, or stop by at 2860 10th Ave N Suite 350 (be sure to dress nice if you go over in person!!)

That's it for now - have a great September!!!!

Kimberly A. Ruit
Health Sciences Advisor
College of Arts and Sciences