

Dear Incoming Students in Pre-Health Professions Programs,

On behalf of the Health Professions' Organization (HPO), I am honored to welcome you to the University of Scranton! The HPO advisors, officers, and I hope that you're safe and enjoying your loved ones in these unprecedented times. If you are interested or even thinking about pursuing a career in the health professions, I encourage you to join HPO and continue reading.



HPO is a dynamic student group that provides information, support, and networking opportunities to pre-medical, pre-dental, pre-veterinary, pre-pharmacy, pre-physician assistant, pre-podiatry, and pre-optometry students. The HPO officers and I want to support you as you simultaneously pursue a career in the health professions and enjoy your college experience. Our goals are to provide you with accurate and helpful information regarding the health professional fields and to serve as resources during your time at Scranton. The journey to become a health professional often seems daunting and overwhelming; HPO meetings and the peers you will inevitably meet at these meetings seek to lessen this feeling and to make your journey more enjoyable.

This year we are proud to host speakers from various health professional fields and sponsor several social events. Among the presenters are physicians, dentists, veterinarians, medical school admissions officers, medical school professors, and recent Scranton graduates currently in a professional school or residency. Our schedule also includes many events at which you'll have the opportunity to spend time with HPO officers, peers, alumni, and advisors. Our first meeting, on **Wednesday, August 26th at 6:30 pm**, is specifically designed to introduce first-year students to Scranton's pre-health professional program and to older peers, who will offer advice and experience. Another meeting tailored for first-year pre-health students is our *Freshman Survival Guide* meeting on **Wednesday, September 2nd at 6:30 pm** where we will cover what we think are some college basics: time management, adjusting to a heavier than usual workload, writing lab reports, forming relationships with professors, and using the Center for Teaching and Learning Excellence (CTLE).

Take advantage of our discounted dues as we move closer to the start of the fall semester! Dues are \$12.00 during the summer, \$17.00 before September 3rd (fourth meeting), and \$20.00 on September 9th or later. HPO member dues are used to finance activities throughout the year and to provide you with an HPO shirt. Please bring or mail your registration form (and check made out to HPO) to Dr. Patrick T. Orr (Office of Health Professions, IMBM 305, University of Scranton, Scranton PA. 18510) **during the summer**. If you are unable to do this, please bring your completed form and dues to the first meeting.

Please reach out to us if you have any questions! The entire officer board wanted you to know that it's okay to not know where to begin; we are here to help, answer questions (all of us are here today because of the questions we have asked), and be friendly faces as you begin your Scranton careers. Our contact information is listed on the following page and we would love to hear from you. We hope that you and your loved ones are safe during this summer, and we are looking forward to seeing you on campus soon!

Welcome to Scranton!

A handwritten signature in black ink, appearing to read 'Jithin V. George'. The signature is stylized with large, sweeping loops and is positioned above the printed name.

Jithin V. George, HPO President

Health Professions Organization

Contact List 2020-2021

Officers

President	Jithin V. George	jithin.george@scranton.edu
Secretary	Alexis Wislotsky	alexis.wislotsky@scranton.edu
Co Vice Presidents	Molly Elkins	molly.elkins@scranton.edu
for Presentations	Halle Music	halle.music@scranton.edu
Vice President	Giovanni Gunawan	giovanni.gunawan@scranton.edu
for Service		
Treasurer	Parita Ray	parita.ray@scranton.edu
Webmaster	Trajan Hyde	trajan.hyde@scranton.edu

Committee Chairs

Research Coordinator	Jacob Myers	jacob.myers@scranton.edu
Junior Representative	Alex Sophabmixay	alex.sophabmixay@scranton.edu
Dentistry	Peter Heckman	peter.heckman@scranton.edu
Veterinary Medicine	Christopher Connolly	christopher.connolly@scranton.edu
Graduate Student Liaison	Justin Richel	justin.richel@scranton.edu
Physician Assistant	Makayla Wislotsky	makayla.wislotsky@scranton.edu
Chair of Mentor	Traevon Martin	traevon.martin@scranton.edu
Program		
Director of Diversity	Annamarie Rodriguez	annamarie.rodriguez@scranton.edu
Initiatives		
Veterinary Medicine Advisor	Michael A. Hardisky, Ph.D.	michael.hardisky@scranton.edu
Director of the Pre-Medical and	Patrick T. Orr, Ph.D.	patrick.orr@scranton.edu
Pre-Health Professions Program,		
Co-Moderator of HPO		
Associate Director of Pre-Health	Gabriela Jakubowska, Ph.D.	gabriela.jakubowska@scranton.edu
Advising, Co-Moderator of HPO		

We encourage you to join us on Facebook at www.facebook.com/groups/scrantonhpo/ and to become a member of HPO on RoyalSync (click RoyalSync icon on my.scranton page, search 'Health Professions Organization' on RoyalSync, click join now).

HPO Website: <http://clubs.scranton.edu/org/hpo>

Follow our Instagram [@uofs_hpo](https://www.instagram.com/uofs_hpo)!

Health Professions Organization

Fall 2020 Meeting Schedule

August 26 (Wed)
6:30 p.m. TDC 407

Informational Meeting: Becoming the Competitive Applicant
Officers, Dr. Orr, and Dr. Jakubowska

August 29 (Sat)
2:00 p.m. Dionne Green

Ice Cream Social-Come Get Your Shirt!
Bring your Frisbees!

September 2 (Wed)
6:30 p.m. LSC 133

Freshman Survival Presentation/Mentor Program
Jithin V. George, President & Alexis Wislowsky, Secretary

September 3 (Thurs)
6:30 p.m. LSC 133

Sophomore Survival Presentation/Mentor Program
Alex Sophabmixay, Junior Liaison & Makayla Wislowsky, Pre-PA Chair

September 9 (Wed)
6:30 p.m. LSC 133

Service Opportunities
Giovanni Gunawan, Vice Presidents of Service, Molly Elkins, Co-VP of Presentations, & Annamarie Rodriguez, Diversity Chair

September 16 (Wed)
6:30 p.m. LSC 133

Medical Specialties: SARS-CoV-2 and COVID-19
Dr. Michael Sulzinski, Professor of Microbiology and Immunology at GCSOM

September 23 (Wed)
6:30 p.m. LSC 133

Research Opportunities
Jacob Myers, Research Coordinator

September 30 (Wed)
6:30 p.m. LSC 133

How to Excel in an Interview *Dr. John Norcross, Distinguished University Professor; Ms. Chris Whitney, Director, Career Services*

October 3 (Sat)
TBD

Medical Alumni Council Executive Board – Topic: COVID-19
Registration Required

October 7 (Wed)
6:30 p.m. LSC 133

Panel Discussion: Preparing for the MCAT, DAT, and GRE
Students who have taken the exams

October 14 (Wed)
6:30 p.m. LSC 133

Medical Specialties: Dentistry
Dr. Thomas Sollecito, Professor and Chair of Oral Medicine, University of Pennsylvania

October 21 (Wed)
6:30 p.m. LSC 133

HPEC Application & MCAT Registration
**** Mandatory**** *for Juniors and all others seeking 2022 matriculation*

October 28 (Wed)
6:30 p.m. LSC 133

Writing an Effective Personal Statement
Dr. Stephen Whittaker, Professor of English

November 4 (Wed)
6:30 p.m. LSC 133

Temple University school of Podiatric Medicine
David Martin, Associate Vice Dean for Students

November 11 (Wed)
6:30 p.m. LSC 133

Medical Specialties: Sports Medicine and Physical Therapy
Dr. Justin Tunis, Class of 2008 & Dr. Brandon Tunis, Class of 2011 & 2017

November 16 (Mon)
6:30 p.m. LSC 133

Medical Specialties: Radiation Oncology and Pediatrics
Dr. Thomas Churilla, Class of 2009 & Dr. Tara Churilla, Class of 2011

Dr. Patrick Orr, Director of the Office of-Health Professions Program, and Dr. Gabriela Jakubowska, Associated Director of Pre-Health Advising, expect that you read and follow each suggestion below:

Devote time and attention to every course. You won't know for quite a while what your most enduring interests are, so it's risky to assume that any course is less significant than another. **Do not register for courses that meet at 6:00 p.m. on Wednesday** because you will not be able to attend HPO meetings if you do.

If you have trouble in a course, ask for help. On-campus resources will help you be successful in your studies, from your professors' office hours to Teaching Assistants to tutoring services in CTLE. If you earn a low grade in a course required for professional school, you **must** repeat it. Do **not** take a new course in the same discipline before you do.

Read widely. Even though you may be tempted to skip the reading for some classes, don't. Read **more than you are assigned in every course**. Read a national-level newspaper daily (you may obtain a free NYT, WP, and WSJ online subscription through the library). Read books about medicine, dentistry, and veterinary medicine from the HPEC Library! Use a college-level dictionary and **look up words you don't know**. Read for fun! If you do not make reading a **daily** habit now, you **will** experience great difficulty with the MCAT and other professional school exams. **Low verbal scores will negatively affect your chances of being accepted to a professional school.**

Choose your major (and, if you are so inclined, your minor and/or second major) *because you are interested in it/them*. You are more likely to be successful in your courses if you are genuinely engaged with them. Deans of Admission at health professions schools emphasize that they want to see applicants who have accomplished the following:

Academic achievement in both major and non-major courses. Admissions committees look for depth in out-of-major-fields as well as in your major. Thus, if you love music, language, literature, philosophy, or psychology, you should certainly consider pursuing a minor in the field you enjoy.

Involvement in and service to the campus community. Work to foster a growing commitment to one or two on-campus projects. A scattering of activities picked up in the junior year signals self-centeredness.

Service to the off-campus community. Get involved with your off-campus community and continue that involvement while you are at school and while you are at home during breaks. Consult the Center for Service & Social Justice to find ways to begin your volunteer work.

Exposure to clinical practice. Begin clinical exposure early in your undergraduate career. This could include volunteering at the Leahy Center, a local hospital, and/or shadowing a physician or other health professional.

Part-time employment. Having a part-time job will teach you numerous "life" skills (time management, teamwork, maturity, communication skills, problem-solving, flexibility, ability to deal stay calm under pressure) in addition to any technical or specialized skills required for your job.

If you are interested in what the programs offer, participation in honors programs (SJLA and/or Honors) may well prove helpful in your quest to become a member of one of the health professions.

Realize that you will be held to high standards of integrity. A single instance of academic dishonesty or disciplinary infraction may reduce your chances of acceptance or cause your acceptance to be rescinded. You will need to report it on your application, and prove to admission committees that you have learned and grown from that experience.

Choose the most challenging opportunities available to you, both inside and outside of the classroom. If you hear that a course requires significant writing, take it. If you're interested in a particular activity but fear that you might have to get up and make a speech, volunteer to do so. If you hear that lab practicals are really tough, ask upper-division students how to prepare for these exams. Utilize office hours of your HPO Mentors and learn from their experiences.

Participate actively in the Health Professions Organization (HPO). It is the most reliable on-campus source of accurate information about the health professions. Spending time with other HPO members and with guest speakers will help you understand the field in which you wish to work. Attendance at HPO meetings will offer you the information you need to make a credible application to the graduate-level health school of your choice. Working with HPO Mentors will give you a great chance to get all of your questions answered. **If you don't belong to HPO, you will miss out on information you need!** You will also send a signal to your advisor that you expect others to do for you what you should be doing for yourself. **Check the HPO website, Facebook page, and the HPO RoyalSync page at least weekly!**