

Dear Incoming Students in Pre-Health Professions Programs,

On behalf of the University of Scranton's Health Professions Organization (HPO), I have the distinct pleasure of welcoming you to the University of Scranton. The HPO officers and I hope that you are enjoying a fun and productive summer before you begin your first year, during which I trust you'll be challenged to grow both academically and personally. If you are interested in pursuing a degree in any of the health professions, I cordially invite you to join HPO.



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 aim to support you as you pursue a career in the health professions. Our goals are to provide you with information regarding the health professional fields and to serve as resources during your pre-health professional endeavors. Regular attendance at weekly HPO meetings is an excellent way to establish relationships with your peers as you pursue a common goal. The road ahead is challenging and is best traveled with others.

This year we will host speakers from various health professional fields and sponsor several social events. Among the presenters are physicians, dentists, veterinarians, medical school admissions officers, and recent Scranton graduates currently in a professional school or residency. Our schedule also includes the thirteenth annual *Medicine as Service* retreat and social events at which you'll have the opportunity to spend time with HPO officers and peers. Additionally, prior to the fall semester we will provide you with contact information for a designated HPO officer whom we encourage you to approach with questions. Moreover, each officer will happily offer advice, review resumes, and help with applications to summer research programs. To facilitate your success from the start, we have a meeting designed specifically for first years on **Wednesday, September 4th at 6:30 pm** in Loyola Science Center (LSC) 133. This meeting will cover time management, adjusting to a heavy workload, writing lab reports, forming relationships with professors, and using the Center for Teaching and Learning Excellence (CTLE). These skills will be important for future success.

The HPO officers and I look forward to meeting you at our first meeting on **Wednesday, August 28th at 6:30 pm** in DeNaples 407. At this meeting, we will discuss opportunities through HPO. Membership dues are discounted to \$12.00 during the summer, \$17.00 before September 4th (third meeting), and \$20.00 on September 5th 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 to Dr. Mary Engel (Office of Fellowship Programs, IMBM 305, U of S, Scranton PA. 18510) **during the summer**. If you are unable to do this, please bring your completed form and your dues to the first meeting.

Please reach out to us if you have any questions! Our contact information is listed on the following page and we would love to hear from you. Enjoy your summer and prepare for a challenging and enriching first year.

Welcome to Scranton!

A handwritten signature in black ink, which appears to read 'Stefan Olsen'.

Stefan Olsen, HPO President

Health Professions Organization

Contact List 2019-2020

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

Officers

President	Stefan Olsen	stefan.olsen@scranton.edu
Secretary	Kate Musto	katherine.musto@scranton.edu
Co Vice Presidents	Mike Decarli	michael.decarli@scranton.edu
for Presentations	Maddie Walker	madeline.walker@scranton.edu
Co Vice Presidents	Alysse Machalek	alysse.machalek@scranton.edu
for Service	Rishabh Matta	rishabh.matta@scranton.edu
Treasurer	Amanda Goffredo	amanda.goffredo@scranton.edu
Webmaster	Jake MacDonald	jake.macdonald@scranton.edu

Committee Chairs

Research Coordinator	Jacob Myers	jacob.myers@scranton.edu
Junior Representative	Jithin George	jithin.george@scranton.edu
Graduate Representative	Cara Anzulewicz	cara.anzulewicz@scranton.edu
Dentistry	Minahil Sami	minahil.sami@scranton.edu
Veterinary Medicine	Tate Ackerman	tate.ackerman@scranton.edu
Optometry	Hunter Smith	hunter.smith2@scranton.edu
Physician Assistant	Makayla Wislotsky	makayla.wislotsky@scranton.edu
Chair of Mentor Program	Justin Richel	justin.richel@scranton.edu
Director of Diversity Initiatives	Nadeen Jafar	nadeen.jafar@scranton.edu
Veterinary Medicine Advisor	Michael A. Hardisky, Ph.D.	michael.hardisky@scranton.edu
Director of the Pre-Medical and Pre-Health Professions Program, Co-Moderator of HPO	Mary F. Engel, Ph.D.	engelm1@scranton.edu
Co-Moderator of HPO	Patrick T. Orr, Ph.D.	patrick.orr@scranton.edu

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).

Health Professions Organization

Fall 2019 Meeting Schedule

August 28 (Wed) 6:30 p.m. TDC 407	Informational Meeting: Becoming the Competitive Applicant <i>Officers, Dr. Engel</i>
September 2 (Mon) 2:00 p.m. Dionne Green	Ice Cream Social-Come Get Your Shirt! <i>Bring your Frisbees!</i>
September 4 (Wed) 6:30 p.m. LSC 133	Freshman Survival Presentation/Mentor Program <i>Cara Anzulewicz, Graduate Liaison, Class of 2018 & Kate Musto, Secretary</i>
September 5 (Thurs) 6:30 p.m. Brennan 228	Sophomore Survival Presentation/Mentor Program <i>Maddie Walker, Co VP of Presentations & Alysse Machalek, Co VP of Service</i>
September 11 (Wed) 6:30 p.m. LSC 133	Medical Specialties: Orthopedics <i>Kevin Colleran, M.D.</i>
September 18 (Wed) 6:30 p.m. LSC 133	Service Opportunities <i>Rishabh Matta & Alysse Machalek, Co Vice Presidents of Service</i>
September 25 (Wed) 6:30 p.m. TBA	How to Excel in an Interview <i>Dr. John Norcross, Distinguished University Professor;</i> <i>Ms. Chris Whitney, Director, Career Services</i>
October 2 (Wed) 6:30 p.m. LSC 133	Research Opportunities <i>Jacob Myers, Research Coordinator</i>
October 5 (Sat) 1:30 p.m. Kane Forum, Leahy Hall	Medical Alumni Council-Roundtable with Alumni <i>Registration Required</i>
October 9 (Wed) 6:30 p.m. LSC 133	Medical Specialties: Dentistry <i>Ryan DellAglio, D.M.D., Class of 2009</i>
October 16 (Wed) 6:30 p.m. LSC 133	Medical Specialties: Optometry <i>John Boyle, O.D. Class of (year TBD)</i>
October 23 (Wed) 6:30 p.m. LSC 133	HPEC Application & MCAT Registration ** <u>Mandatory</u> ** <i>for Juniors and all others seeking 2020 matriculation</i>
October 25-27 (Fri-Sun) Chapman Lake Retreat Center	HPO Retreat: Medicine as Service <i>Alumni physicians, residents, and medical students will participate; registration required.</i>
October 30 (Wed) 6:30 p.m. LSC 133	Writing an Effective Personal Statement <i>Dr. Stephen Whittaker, Professor of English</i>
November 6 (Wed) 6:30 p.m. LSC 133	Medical Specialties: Charting Your Route through Residency <i>Catherine Patrick, D.O., Class of 2010</i>
November 13 (Wed) 6:30 p.m. Brennan 228	Medical Specialties: Emergency Medicine <i>Steven Brunetti, D.O., Class of 1989</i>
November 25 (Mon) 6:30 p.m. LSC 133	Panel Discussion: Preparing for the MCAT, DAT, and GRE <i>Students who have taken the exams</i>
December 4 (Wed) 6:30 p.m. BRN 509	HPO Holiday Party

Dr. Mary Engel, advisor to the HPO and Director of the Pre-Medical and Pre-Health Professions Program, expects 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. **Please do not take 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. If you earn a low grade in a course required for professional school, you **must** repeat it. Please do **not** take a new course in the same discipline before repeating the course.

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, and it will be one of the first things professional schools will see.

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 online subscription through the library). Read books about medicine, dentistry, and veterinary medicine from the HPEC Library! Buy and use a college-level dictionary. **Look up words you don't know.** Read books that don't have anything to do with your classes. 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 are the most common reason** that people do not gain acceptance to professional school.

Choose your major (and, if you are so inclined, your minor and/or second major) *because you are interested in it/ them.* Deans of Admission at medical and other 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 projects. A scattering of activities picked up in the junior year signals self-centeredness.

Service to the off-campus community, both while you are at school and while you are at home in the summer. Consult the Center for Service & Social Justice to find ways to begin your volunteer work.

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

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.

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. Admission committees emphasize that they look for evidence of writing skills. 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 sophomores, juniors, and seniors to tell you about the best way to prepare for these exams. *Visit your HPO Mentors during their office hours.*

Participate actively in the Health Professions Organization. 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!