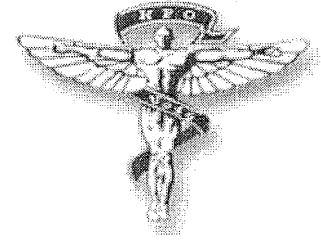


Dear Incoming Students in Pre-Health Professions Programs,

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 26<sup>th</sup> 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 2<sup>nd</sup> 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 3<sup>rd</sup> (fourth meeting), and \$20.00 on September 9<sup>th</sup> 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'.

Jithin V. George, HPO President

# Health Professions Organization

## Contact List 2020-2021

### Officers

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

### Committee Chairs

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

We encourage you to join us on Facebook at [www.facebook.com/groups/scrantonhpo/](https://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

Please note that all meetings will be held virtually via Zoom. Members of HPO will receive an invitation to join the meetings.

August 26 (Wed) 6:30 p.m.	<b>Informational Meeting: Becoming the Competitive Applicant</b> <i>Officers, Dr. Orr, and Dr. Jakubowska</i>
September 2 (Wed) 6:30 p.m.	<b>Freshman Survival Presentation/Mentor Program</b> <i>Jithin V. George, President &amp; Alexis Wislowsky, Secretary</i>
September 3 (Thurs) 6:30 p.m.	<b>Sophomore Survival Presentation/Mentor Program</b> <i>Alex Sophabmixay, Junior Liaison &amp; Makayla Wislowsky, Pre-PA Chair</i>
September 9 (Wed) 6:30 p.m.	<b>Service Opportunities</b> <i>Giovanni Gunawan, Vice Presidents of Service, Molly Elkins, Co-VP of Presentations, &amp; Annamarie Rodriguez, Diversity Chair</i>
September 16 (Wed) 6:30 p.m.	<b>Medical Specialties: SARS-COV-2 and COVID-19</b> <i>Dr. Michael Sulzinski, Professor of Microbiology and Immunology at GCSOM</i>
September 23 (Wed) 6:30 p.m.	<b>Research Opportunities</b> <i>Jacob Myers, Research Coordinator</i>
September 30 (Wed) 6:30 p.m.	<b>How to Excel in an Interview</b> <i>Dr. John Norcross, Distinguished University Professor; Ms. Chris Whitney, Director, Career Services</i>
October 3 (Sat) TBD	<b>Medical Alumni Council Executive Board – Topic: COVID-19</b> <i>Registration Required</i>
October 7 (Wed) 6:30 p.m.	<b>Panel Discussion: Preparing for the MCAT, DAT, and GRE</b> <i>Students who have taken the exams</i>
October 14 (Wed) 6:30 p.m.	<b>Medical Specialties: Dentistry</b> <i>Dr. Thomas Sollecito, Professor and Chair of Oral Medicine, University of Pennsylvania</i>
October 21 (Wed) 6:30 p.m.	<b>HPEC Application &amp; MCAT Registration</b> <b>** Mandatory**</b> for Juniors and all others seeking 2022 matriculation
October 28 (Wed) 6:30 p.m.	<b>Writing an Effective Personal Statement</b> <i>Dr. Stephen Whittaker, Professor of English</i>
November 4 (Wed) 6:30 p.m.	<b>Temple University school of Podiatric Medicine</b> <i>David Martin, Associate Vice Dean for Students</i>
November 11 (Wed) 6:30 p.m.	<b>Medical Specialties: Sports Medicine and Physical Therapy</b> <i>Dr. Justin Tunis, Class of 2008 &amp; Dr. Brandon Tunis, Class of 2011 &amp; 2017</i>
November 16 (Mon) 6:30 p.m.	<b>Medical Specialties: Radiation Oncology and Pediatrics</b> <i>Dr. Thomas Churilla, Class of 2009 &amp; Dr. Tara Churilla, Class of 2011</i>

**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!**