**Pre-Health Community Meeting Notes**

**4/30/2019**

**9:00-10:00AM**

**MGH 171**

**Introductions** (19 people in attendance)

**Updates on Pre-Health Services-**

* **Drop ins-** 3 hours/ twice a week (not consistent right now), will be consistent moving forward into the next academic year. You can find Spring 2019 Pre-Health Drop In Schedule [here](https://cdn.uconnectlabs.com/wp-content/uploads/sites/25/2019/04/Pre-health-drop-ins-schedule-spring-2019.pdf) on the [C&IC Pre-Health webpage](https://careers.uw.edu/pre-health/)
* **Appointments-** two types of Pre-Health Appointments (1) EXPLORING and (2) APPLYING (we are still evaluating how this is working and will re-evaluate for next academic year). Here is how it looks like to students on [Handshake](https://careers.uw.edu/schedule-an-appointment-with-a-career-coach/):



* [Spring 2019: Pre-Health Calendar](https://cdn.uconnectlabs.com/wp-content/uploads/sites/25/2019/04/Spring-2019-Pre-Health-Calender.pdf) (workshops, small group coaching, and labs) This can helpful to refer students to that cannot attend GEN ST 297 Application Seminar
  + **If you are interested in partnering to do SGC together, please let us know! We would love to meet students in their “home” department and create a setting for peer-to-peer learning**
* **New Handouts:** 
  + Pre-Med Exploration & Preparation Guide- (Front side) Focuses first on clinical experience, leadership, research, and establishing relationships BEFORE talking about required classwork. Putting more emphasis on these things first especially as we want to focus on these topics in our C&IC pre-health appointments. (Back side) Made a version that can be modified to your major and is less prescriptive to allow students more agency to create their schedule and not feel like they have to finish everything in 4 years. The C&IC coaches will mainly use this handout in appointments. We will be creating handout versions for Dentistry, Pharmacy, PT/OT, and Physician Assistant in the future and will be available to view and download on the new pre-health website.
    - **Questions from group:**
    - Worksheet does not indicate that gap years are built in- is there a way for us to make that more apparent for students who are self-guiding themselves? Suggestion- Add dotted line between the 4th and 5th year to indicate gap year is taken and/or include a note how this can be after submitting the application
    - Introducing the term Post-Bach on the handout as well
    - Chetana- Flow chart, create and send out? **Chetana, let us know if you would like help or to collaborate on this flowchart!**
    - **Would folks like us to create a shared google drive where you can upload your versions so other people can see the version you create? Or, advisors can bring their version to future community meetings to share?**
    - Adding Chem 110 to the handout? Suggested making a note about it and advisors can edit accordingly
    - Creating a feedback group to go over this planning guide? We encourage advisors to create versions that work best for them and their students. We are open to feedback and will incorporate feedback given in this meeting.

**Supporting Students during this application season**

* GEN ST 297 Application Seminar (offered last Winter 2019 and currently) to help with application cycle (alumni are welcome to come this class)
  + If students cannot make the class, they can make it our one-off workshops and lab found here: [Spring 2019: Pre-Health Calendar](https://cdn.uconnectlabs.com/wp-content/uploads/sites/25/2019/04/Spring-2019-Pre-Health-Calender.pdf)
* Acing the Interview- last class of the seminar this quarter
  + Kaiser Permanente is opening their own Med School and a representative will be coming and talking about it
* Sharing student success stories!

**Key Pieces entering summer orientation season**

**1). Pre-Health 101** for freshmen and sophomores (FIGs and standalone registration)

* Encourage incoming students to sign up with FIG or standalone
* Sophomores will register with standalone registration

**2).** We will be using the **new Pre-Health Explore/Prep & Application Handouts** and we are here to support you in learning and changing it to fit your needs. **If you would like to meet together to go over the handout, Dan & Dawn are happy to help and set up a meeting together! Please reach out.**

**3). Dawg Daze Events.** Please tell incoming freshmen to 1). Register for Pre-Health 101, 2). Go to the Pre-Health Dawg Daze event and 3). See an advisor FIRST to talk about course planning BEFORE coming to see us. Please reference this flyer when talking to freshman: <https://cdn.uconnectlabs.com/wp-content/uploads/sites/25/2018/09/Pre-Health-Career-and-Academic-Support.pdf>

This is important as we are trying to reserve appointments for students in the interviewing stage of their application and students who are further along (transfer, sophomores, and juniors) versus freshman who are just getting started.

**Recap of Pre-Health Seminars offered throughout the academic year**

Fall- [Pre-Health 101](https://cdn.uconnectlabs.com/wp-content/uploads/sites/25/2018/12/Pre-Health-101-Syllabus-Fall-2018.pdf)

Winter- [Pre-Health Application Seminar](https://cdn.uconnectlabs.com/wp-content/uploads/sites/25/2018/12/App-Seminar-Syllabus-Winter-2019.pdf)

Spring- Pre-Health Application Seminar

* Staff/Faculty are welcome to attend any of the sessions (click on syllabus above to see class schedule or contact Dan for updated dates)
* Alumni are also able to attend application seminars

**New Pre-Health Website (C&IC and UAA)**

* Introducing new Pre-Health website: <https://www.washington.edu/uaa/prehealth/>
* Please let us know if there are any suggestions or things that are confusing on the website!
* Will update ‘Faculty & Staff’ tab – ‘Advisor Planning Guides’ and ‘Campus Pre-Health Community Meetings’ soon with notes and updated handouts.

**Other Questions**

* Who to connect with for specific course planning questions (ie. Is an online math class acceptable?) We encourage students to come to drop ins vs appointments for these questions, but strong advise they go to their advisor first and then us. Also okay to say “*I don’t know, and I don’t want to give you the wrong answer and try calling admissions directly to hear from them if \_\_\_\_\_ counts”*
* Osteopathic medicine (DO Schools) - Change in residency and students who go to DO schools can get into any residency now. Dan suggested that you can help students by understand what osteopathic medicine is, how to get exposure to it, and where to get experience- [Health Point internship program](http://www.healthpointchc.org/education/behavioral-health/pre-intern-and-practicum-student-program).
* Adding HIHIM on website
* Are other schools also heading to free tuition model like NYU and Kaiser?
* What are ways to help students and alumni ask for letter of recommendations?
  + Have students research early
  + It’s okay to ask, professors understand