

# Pre-health 101

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# Overview

- 4 year planning: academic and experiential
- Shadowing
- Passions outside of healthcare
- Volunteering
- Student organizations and leadership
- Summer -- planning ahead
- Internships and opportunities
- Health Professions Committee
- Self Care and Wellness
- Maintaining your public profile

# 4 year planning: Academic

- Your academics matter your first semester!
  - One of your goals is to figure out how many hours you need to put in and your study style
- If you find yourself having difficulties, ask for help from your faculty, Supplemental Instruction leader, and the Academic Support Center
  - The students who succeed here are aren't afraid to ask for help. If you are ashamed to get help, please come speak with us. It is common for students to struggle during this transition

# 4 year planning: Academic

- Explore majors - we encourage you to major in a subject that most interests you
  - You can major in anything so long as you complete the academic prerequisites for graduate or professional school, complete your GEs, and satisfy your major requirements.
  - You do NOT need to double major!
  - MANY St. Olaf students change their major at least once - that's normal.
  - For most majors, you don't need to declare your major until the 2nd semester of sophomore year

## 4 year planning: Academic

- Most of you are in calculus, chemistry, FOL and REL/FYW
- Most will only select 1 new course this spring. Some common choices include:
  - Calculus 2 (req. for chemistry majors)
  - Psych 125
  - Sociology 121
  - Biology 150

## 4 year planning: Academic

- **Get to know your faculty! Eventually you will be asking them for letters of recommendation**
  - Set a personal goal - for example: get to know one faculty each semester
- **Science class expectations: 3 hours of study for each hour of lecture, one hour of preparation and/or lab reporting for each hour of lab. (12 hours/week)**

# 4 year planning: Experiential

## AAMC's 15 Core Competencies of Entering Medical Students

Pre-Professional Competencies	Thinking and Reasoning Competencies	Science Competencies
<ul style="list-style-type: none"><li>• Service Orientation</li><li>• Social Skills</li><li>• Cultural Competence</li><li>• Teamwork</li><li>• Oral Communication</li><li>• Ethical Responsibility to Self and Others</li><li>• Reliability and Dependability</li><li>• Resilience and Adaptability</li><li>• Capacity for Improvement</li></ul>	<ul style="list-style-type: none"><li>• Critical Thinking</li><li>• Quantitative Reasoning</li><li>• Scientific Inquiry</li><li>• Written Communication</li></ul>	<ul style="list-style-type: none"><li>• Living Systems</li><li>• Human Behavior</li></ul>

# 4 year planning: Experiential

- Develop **Pre-Professional Competencies** through shadowing, volunteering, and paid employment.
- Develop **Thinking and Reasoning Competencies** and **Science Competencies** through coursework and activities.
- Create a resume or have your current resume reviewed by the end of your first year.
- Engage with the Piper Center staff and peer advisors to work on your resume and summer experience search.



# Shadowing

- Shadowing generally means that you follow a healthcare professional around to learn more about their daily work and responsibilities
  - Shadowing aids in your vocational and career discernment and reveals the multitude of career opportunities available
- If you do not yet have a personal network, we will help you build one
- For some health professions, shadowing is a prerequisite to admittance to professional school.
  - Dentistry, medicine, osteopathic medicine, occupational therapy, physical therapy, physician assistant, etc.
- Shadowing is recommended during interim and holidays - maybe only a few hours or one day
- \*Shadowing may be difficult/impossible during COVID-19

# Passions outside of healthcare

- Fine Arts - music, dance, visual arts, drama
- Athletics
- World languages
- Crafts and hobbies

Health professional and graduate schools are interested in admitting students who are aware of their interests/passions and how they are or are not related to their future careers.

# Volunteering

- Ideally, you will begin volunteering this year.
  - 1-2 opportunities as a max. 1 hour a week or biweekly
- Health professional and graduate schools are interested in recruiting students who are oriented toward service, have experience in and knowledge of healthcare, and have passions outside of healthcare
  - Recommended that you volunteer in AND outside of healthcare

# Volunteering

- Sustained and meaningful experience
  - Explore different opportunities your first year and once you find a great fit, continue your service throughout college (and beyond) if possible
- Gain experience working with people from a wide variety of backgrounds - step outside of your comfort zone!
  - Serving vulnerable and marginalized populations in your own community
- Enhance your ability to view situations/perspectives from multiple angles

# Student Organizations & Leadership

- Explore your interests in the many student organizations at St. Olaf, including about a dozen health-related student organizations.
- Manage your time and involvement to set yourself up for success
  - Recommended to find no more than 1-2 organizations to which you want to devote yourself
  - If you are an athlete or involved in a music org, no more than one

# Student Organizations & Leadership

- There may be opportunities for leadership roles through student organizations if you are an active member
- Leadership opportunities exist outside of student organizations!
- Some leadership positions will also be volunteering (don't worry about classifying your experiences at this point)



# Internships & Opportunities

For your future reference:

- Rockswold Health Scholars
- Health Scholars at the Mayo Clinic
- TRIA Orthopaedic
- Allina Clinic
- Fairview
- Wieber PT
- Consultative Health and Medicine
- Study Abroad
  - DIS Denmark
  - Peruvian Medical Experience
- Pathways to Healthcare
- Northfield Hospital Rehabilitation Services
- Blood and Marrow Transplantation research
- Cadaver team
- CURI
- Mayo Innovation Scholars
- Norway Innovation Scholars
- Peer Advisor (Piper Center)
- Peer Educator (Wellness Center)



# Health Professions Committee (HPC)

The Health Professions Committee is comprised of faculty from the sciences and mathematics, and it is chaired by Dr. Kevin Crisp (Biology). The HPC provides both informal advising and a formal service to students interested in medical, dental, and many other health careers.

## Committee Members

Kevin Crisp, Chair of the HPC, Biology

Lisa Bowers, Biology

Mary Beth Kuehn, Nursing

Elodie Marlier, Chemistry

Gary Muir, Psychology

Beth Abdella, Chemistry

Diane Angell, Biology

Amy Larsen, Physics

Matthew Wright, Mathematics

Jean Porterfield, Biology

## Committee Administrator

Stacey Argabright, Chemistry AAA

## Committee Liaison

Katie Hughes, Pre-Health Career Coach

# Self-Care and Wellness

- Medicine is a highly rewarding yet challenging career path.
- Stay in your lane! Do not get involved in the comparison game. Don't feed into the pre-health pressure cooker.
- Take care of yourself:
  - Eat Well, Sleep Well, and Unwind Well
- You are not alone if you are experiencing challenges on this path--but you do not have to suffer alone! Talk to one of us, a counselor at Boe House, an advisor, or a trusted friend.

# Maintaining a positive profile

- A misuse of social media
- A violation of college rules
- A breach of academic integrity (plagiarism)
- A failure to act professionally

What conduct can get you in trouble?

# Some Resources

[Pre-Health Website](#)

[Health Professions: Coursework and Preparation for Graduate or Professional School \(Advising Guides\)](#)

[Pre-Health Google Calendar](#)

[Handshake](#)

[Center for Advising and Academic Support \(CAAS\)](#)

[Speaking Space](#)

[Writing Desk in Rolvaag Library](#)

[Boe House Counseling Center](#)