Our Mission: To provide consistent guidance, support, and focused opportunities for prospective, current, and post-baccalaureate students interested in a health professional career.

This newsletter is a bi-monthly publication.

Vol. 4 Issue 10, September 13, 2022
Welcome to Fall semester 2022!

Suggested Event for all Pre-health UWEC Students!

**Pre-Professional Health Information Session**

In-Person-Centennial 1415

*September 13th*

4-6 pm DROP IN ANYTIME!

Centennial 1415

**Do you want to know more about pre-professional health?**

**Do you have questions about pre-professional health?**

Join Dr. Julie Anderson for a short presentation and have the opportunity to ask questions of pre-professional health advisors and officers from our pre-health clubs!

*This is a GREAT opportunity for incoming freshman, or any student who is interested in pre-professional health!*

*Cookies provided*

Graduate and Professional School Opportunity
Tessa Johnson from Des Moines University will be on campus to answer your questions about admissions at DMU. Stop in on September 15th anytime between 3:30-4:30 pm in the Health Careers Center-Schofield 30 to meet with her.

*Primarily information for Pre-Med, Pre-PA, Pre-PT and Pre-OT students.

**CONCORDIA PHARMACY VISIT DAY & VIRTUAL Q & A SESSIONS**

Pharmacy Visit Day
Pharmacy Visit Day is designed for prospective students to learn about pharmacy school and visit campus.

REGISTER HERE: WED OCT 26, 2022 6:30PM-8:30PM CT

Virtual Q&A Sessions

Gain tips on how to successfully interview for a spot in pharmacy school. The recruitment & admissions team will dive in-depth on ways to stand out in your pahrmacy school application and interview. These are offered from 6:30-7:30 PM CST. See days and topics below:

- How to Interview Successfully: September 14th
- Tips on How to Write an Impactful Essay: October 10th
- More Interviewing Tips: November 9th
REGISTRER HERE FOR A VIRTUAL Q&A SESSION

Other Opportunities

Are you interested in becoming a doctor? Would you like support in getting into medical school? The MCW-Central Wisconsin (MCW-CW) and North Central Area Health Education Center (AHEC) pre-med pipeline, Advocates in Medicine Pathway (AMP), can help!

What is AMP?
The Advocates in Medicine Pathway (AMP) program will support the professional development of individuals from Wisconsin interested in attending medical school at the Medical College of Wisconsin – Central Wisconsin to promote a diverse future healthcare workforce built around resilience, relationships, and system-based knowledge. The program will run from January through July.

To apply, use the QR code below or visit https://bit.ly/AMP2023

Are you interested in becoming a doctor? Would you like support in getting into medical school? The MCW-Central Wisconsin (MCW-CW) and North Central Area Health Education Center (AHEC) pre-med pipeline, Advocates in Medicine Pathway (AMP), can help!

What are the qualifications?
Students must:
- Have a high interest in attending medical school
- Attend or plan to enroll for the virtual 1-credit "HPRV 200: Wicked Problems in Medicine" course at UW-Stevens Point in Wausau
- Preference will be given to individuals underrepresented in medicine, particularly from Hmong and rural backgrounds.

Application accepted from
Aug 1 to Nov 1

Program benefits:
- Participants will receive:
  - Guidance and experience in building a competitive medical application
  - Paid summer community health internship in the Wi AHEC CHiP Program

For more info, contact
Sheng Khang
Education & Outreach Coordinator
518 S 7th Ave, Room 868
Wausau, WI 54401
skhang@rahec-wi.org
715-301-3369
We are recruiting for our next AMP cohort and are accepting applications from now through November 1st. The program cohort will run from January 2023 through July 2023. We will provide the support and tools needed to develop a competitive medical school application for participants (i.e., MCAT guidance, a 1-week clinical shadowing, medical school application assistance, mentorship from medical students and staff, a paid summer community health internship, and much more). Participants must be college juniors and seniors or those who have graduated from a bachelor’s degree program. Preferences will be given to individuals underrepresented in medicine, particularly from Hmong and rural backgrounds.

Apply now at https://bit.ly/AMP2023. For more info, visit https://bit.ly/AMPMcW. You can also reach out to Education & Outreach Coordinator, Sheng Khang, at skhang@nahec-wi.org or 715-301-3269 for more information.
FUTURE PHYSICIAN’S DAY
OCTOBER 28, 2022

OPEN TO HIGH SCHOOL JUNIORS/SENIORS AND PRE-MED COLLEGE STUDENTS
FREE TO ATTEND
LUNCH PROVIDED
APPLY EARLY! FIRST REVIEW OF APPLICATIONS IS ON SEPTEMBER 30TH, 2022

ARE YOU STRONGLY CONSIDERING A FUTURE IN MEDICINE?
IS A PHYSICIAN CAREER RIGHT FOR YOU?
This free, one-day event offers students a glimpse into medical school and a career in medicine. Students will explore key topics and experiential practices studied in medical school and graduate medical residency, engage with medical school faculty and current medical students, and learn how to prepare to be an optimal candidate for acceptance into medical school.

Tracks:
1.0 - Path to Medical School (application, financing, day in the life of a physician, campus tour)
2.0 - Path to Residency (application, match day, day in the life of a resident, campus tour)
3.0 - Advanced Preparation (MCAT, portfolio, interview, personal statements, campus tour)

LOCATION:
Medical College of Wisconsin - Central Wisconsin Campus
1900 Westwood Dr. Suite 3100, Wausau, WI 54401
TIME: 10.00 AM - 3.00 PM

APPLY HERE:

FOR MORE INFO, CONTACT:
Sheng Xiang
Education & Outreach Coordinator
sxhang@macw.wisc.org
715-301-3250

We are excited to be hosting the 6th annual Future Physician’s Day with the Medical College of Wisconsin - Central Wisconsin (MCW-CW). This event will take place on the MCW-CW campus on Friday, October 28th from 10 AM - 3 PM (in-person). It will be a daylong and free event that will provide students with a glimpse into medical school and a career in medicine. Students will explore key topics and experiential practices studied in medical school and graduate medical residency, engage with medical school faculty, and current medical students, and learn how to prepare to be an optimal candidate for acceptance into medical school. Students should apply if they are high school juniors, seniors, and/or college students and are strongly considering a future in medicine. Admission is not limited to Wisconsin residents. To be considered and for more information visit https://bit.ly/FPDYear2022

(Priority Application Deadline is September 30th, 2022!)
MedEx HAS RETURNED!

The MedEx-College Edition program at Mayo Clinic Health System in Eau Claire is an opportunity for UWEC students with a demonstrated interest in medicine to job shadow physicians. Students accepted to the program will spend 3 half-day sessions job shadowing in different medical specialties during a typical workday in the clinic.

Some requirements for participation in the MedEx-College Edition program:

- Minimum college GPA of 3.0
- At least 2nd semester sophomore standing (at least 45 earned college credits)
- Completing 30 hours of volunteer work with MCHS
- Seriously considering a career as a physician
- Significant experience in health-related extracurricular activities preferred.

To apply, or for more information and requirements, head to the Health Careers Center website

Shadowing | UW-Eau Claire (uwec.edu)

*Primarily for Pre-Med, Pre-PA, Biology and Chemistry Major and Minor students

Thinking about applying to MedEx in the future? You must have a minimum of 30 volunteer hours to apply. Mayo is currently looking for volunteers, check out the link for more information and to apply-
Employment

BIOLOGY PREPLAB STUDENT APPRENTICESHIP
A WORK STUDY OPPORTUNITY

The Laboratory Manager in Biology is offering an opportunity for students to assist in the preparation and implementation of laboratory courses that require support.

1. Learn about the tasks and underpinnings that make our Biology lab courses successful.
2. Apply laboratory skills necessary to support these labs.
3. Develop effective communication skills with faculty and staff members.
4. Learn about the infrastructure of the Biology Department.
5. Assist the Laboratory Manager in improving the system.

Applicants must be Biology majors or minors, either freshmen in the Honors program, or sophomores and juniors with a GPA of at least 3.0. Students with Federal Work Study are highly encouraged to apply. Pay is commensurate with work experience. Variable hours weekly, up to 4 hours, depending on workflow.

Students who can work on Thursday mornings or Thursday afternoons this semester are preferred but others may also apply.

Applications will be accepted until September 16, 3:00pm. Top candidates will be contacted by September 20 for an on-campus interview.

Please complete an application on Handshake.
https://app.joinhandshake.com/

Questions can be sent to:
Christina Chan-Weiher
Laboratory Manager
Department of Biology/Phillips Hall 350
chanweih@uwec.edu
Student Health Service has an opening for a Student Nursing Assistant!

Enrolled students majoring in a healthcare related field are eligible to apply!

- CNA certification or EMT-B required
- Commit to at least two 4 hour shifts per week
- Prefer Sophomore status or higher
- 2+ Semester commitment

For more information email: Theresa Risler LPN at rislertl@uwec.edu

Application deadline is Sept. 23rd

Student Health Service will be hiring an additional Student Nursing Assistant, if interested please contact Theresa Risler.

Walmart Pharmacy in Chippewa Falls (Lake Hallie) has several openings for part time pharmacy technicians. They offer a competitive starting wage and schedule flexibility. Weekend and afternoon/evening shifts are available now, and if interested, there are opportunities for more shifts in summer or on breaks if wanted. Working in a pharmacy is excellent experience for any of the health professions. You get to interact with other health professions, you gain knowledge of medications, drug classes and treatment courses as well as how to communicate with patients. It truly is wonderful information that can be an asset in any health care endeavor.

If anyone is interested, they can apply online at https://careers.walmart.com/ choosing pharmacy technician as an interest. If there are any questions or you want to talk to someone before applying, call the pharmacy at 715-738-2418. You can ask for Angela Marquardt, Pharmacist, or the Pharmacy Manager, Jake.
Apply today for the 2022-2023 APSA Mentorship Program. The deadline for applying is October 22nd!

The undergraduate mentorship program is one of our most rewarding programs, and we need your help to make it successful. The goal of this program is to connect MD, DO, MD/PhD, and DO/PhD students with undergraduates who are interested in careers as physician-scientists in one-on-one, mentor-mentee relationships for one year. Mentors and mentees can choose to meet in person, or communicate via phone, Zoom, Skype, e-mail, messaging, etc. Optional monthly prompts with suggested topics and questions will be sent to both parties. Please refer to the website for more information.

Applications for both mentors and mentees are available here. In addition, please encourage your friends and colleagues to take advantage of this highly rewarding program while applications are still available!

If you have any questions, don’t hesitate to reach out: askmentorship@physicianscientists.org.

Clubs

UW-Eau Claire Pre-Professional Health Club

Student organization for:
Pre-medicine, Pre-dentistry,
Pre-physician assistant,
Pre-pharmacy and
Pre-optometry students

Fall 2022 IN-PERSON Meetings:
September 21
October 5, 19
November 2, 16, 30
December 7

Centennial Hall Rm. 1204, 6-7 pm

Join the Pre-Professional Health Club during their Fall 2022 meeting dates in Centennial 1204, 6-7 pm-

September 21
October 5, 19
November 2, 16, 30
December 7

If you want to become a member of the Pre-Professional Health Club or have a question, contact Marshall appsmg9637@uwec.edu or Dane nelsondp2382@uwec.edu

Members check out the Canvas page: Canvas | UW-Eau Claire (uwec.edu)

Biology Seminars
<table>
<thead>
<tr>
<th>Date</th>
<th>Speaker</th>
<th>Talk Title</th>
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<tbody>
<tr>
<td>Sept 15</td>
<td>Maya Allen</td>
<td>From Phylogenetic Reconstructions to Plant Colonization - the Blossoming of a Botanist</td>
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<td></td>
<td>University of New Mexico</td>
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<tr>
<td>Sept 29</td>
<td>Dr. Martina Laidemitt</td>
<td>Antagonism between parasites: from molecules to communities</td>
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<tr>
<td></td>
<td>University of New Mexico</td>
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<td>Oct 13</td>
<td>Dr. Mallory Choudoir</td>
<td>Soil microbial dynamics in a changing world</td>
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<td></td>
<td>North Carolina State University</td>
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<td>Oct 27</td>
<td>Dr. Amelia Cuarenta</td>
<td>Scarcity early in life alters the basolateral amygdala transcriptome and addiction-related behaviors</td>
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<td></td>
<td>Temple University</td>
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<tr>
<td>Nov 10</td>
<td>Chelsea Ortiz-Jimenez</td>
<td>Impacts of human presence on wildlife behavior</td>
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<td></td>
<td>University of California, Davis</td>
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Want to know more about any of the topics listed? Scan the QR above link to join the session.

Follow the Biology Dept on social media:
Facebook: UWEC Biology Department
Twitter/Instagram: @uwecbiology

Email mitchenc@uwec.edu for more information

Funding provided by the UWEC Biology Department and UW-Eau Claire Foundation

Academic Resources
Area Health Education Centers (AHEC) has partnered with The Princeton Review to offer these prep materials at a reduced cost. Please contact Nicole if interested. nthill@nahec-wi.org

### ACADEMIC SKILLS CENTER OFFERS PEER ACADEMIC COACHING AVAILABLE

The Academic Skills Center is now offering Peer Academic Coaching. Available to all UWEC students, these hour-long meetings offer students an opportunity work with a trained peer to improve a variety of academic skills, including time management, study skills, note-taking, and

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<tr>
<th>Course</th>
<th>Description</th>
<th>Duration</th>
<th>AHEC Price</th>
<th>Value</th>
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</thead>
<tbody>
<tr>
<td>MCAT Self-Paced Course</td>
<td>Comprehensive study, at your own pace online</td>
<td>365 days of unlimited 24/7 access, 15 full length practice tests, including all AAMC materials, 500+ hours of MedEd videos, thousands of practice questions, set of 10 MCAT books</td>
<td>$849 ($1,699 value)</td>
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<tr>
<td>MCAT Pathways Course</td>
<td>Online classroom, comprehensive study</td>
<td>66 hours of in-class instruction with subject matter experts, set of 11 MCAT books, 365 days of online student portal access and resources, create your own cohort of at least 10 students</td>
<td>$2,149 ($2,599 value)</td>
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<tr>
<td>NCLEX-RN 90-Day Q Bank</td>
<td>An online deep-dive on your schedule</td>
<td>1,500+ practice questions with detailed explanations, 2 directive self-assessments to guide prep, 1,920 practice questions purchased directly from NBCSN, minimum of 10 students required</td>
<td>$99 ($219 value)</td>
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<tr>
<td>DAT 20 Coupon</td>
<td>Online, real classroom experience</td>
<td>55 hours of in-class instruction with subject matter experts, 4 full-length, computer-based practice tests, comprehensive workbooks, 365 days of online student portal access and resources</td>
<td>$999 ($1,999 value)</td>
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<tr>
<td>GRE Self-Paced Course</td>
<td>Comprehensive study</td>
<td>365 days of unlimited 24/7 access, 15 full length practice tests, including all ETS materials, 500+ hours of MedEd videos, thousands of practice questions, set of 10 MCAT books</td>
<td>$250 ($499 value)</td>
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reading comprehension. For more information or to schedule a session, contact Dr. Jack Reid.

HEALTH CAREERS CENTER LENDING LIBRARY

If you are looking for study materials, or resource material, you are welcome to check out our books! Whether you are taking the DAT, MCAT, OAT, PCAT or GRE, we have a free lending library available to Pre-Health Students, you do not even need a library card! Our library also includes general reference, application, and study guides. We just ask that you sign out the book you want and return it when finished.

You can use the books as long as you need!

Please email HCC@uwec.edu to reserve your book, the book will be prepared for you, and a time will be arranged to pick up the material.

View the materials available here!

ADVISING WITH DR. ANDERSON

Dr. Anderson is taking appointments for advising! She is available in-person, phone, or virtually via ZOOM.

Click here to schedule an appointment

Schedule an appointment to discuss anything from registering for the right classes to advice on internships, volunteering, and reviewing your personal statements.

PRE-HEALTH/BIOLOGY PEER ADVISING

If you need any assistance from Chloe or Blake, our peer advisors, they are available by DROP-IN, or virtually VIA EMAIL OR VIDEO CHAT during the following times:

Monday — 11-1:45 pm
Tuesday — 12-3 pm
Wednesday 10-12:15 pm & 3:30-4:30 pm
Wednesday 4:30-5:30 pm (virtual only)
Thursday — 9:20-12:20 pm & 1-3 pm

They can be reached by email at: BioPeerAdvising@uwec.edu
Or click below and book an in-person or virtual appointment with them via Navigate.

**CLICK HERE TO REQUEST A ONE-ON-ONE MEETING VIA NAVIGATE.**

They will assist in Preparing 4-year plans, planning Pre-Professional health Programs, CampS, and Canvas; choice of majors, understanding your degree, registration, transcripts and more!

You can find previous editions of the newsletter, as well as, more useful information on our UWEC webpage  
**Health Careers Center** and in **Blugold Insider**

If you have any questions, please contact:

Dr. Julie Anderson  
Professor-Biology &  
Director-Health Careers Center  
[ANDERJU@uwec.edu](mailto:ANDERJU@uwec.edu)

Lee Miller | Department Assistant  
Health Careers Center  
[MILLELEE@uwec.edu](mailto:MILLELEE@uwec.edu)

Or Contact the Health Careers Center  
[HCC@uwec.edu](mailto:HCC@uwec.edu)  
715-836-5966