



November 6, 2008
Volume 1, Issue 1

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Important Dates:

- Knit-a-Thon on Nov. 8, 3:30pm-12am (Pyon Su Room, Stamp)
- JR/SR Pre-med/Pre-dental workshop on Nov. 12, 6-7 p.m. (PLS 1119)
- FR/SO Pre-med/Pre-dental workshop on Nov. 18, 3-4 p.m. (EGR 2112)
- Hunger Banquet on Nov. 19, 6:30-8:30 p.m. (Charles Carroll Room, Stamp)

Welcome from the HPAO Advisors

Welcome to the first edition of the new Reed-Yorke Health Professions Advising Office newsletter. In this bi-weekly e-publication, we will share with you announcements regarding upcoming on- and off-campus events, open houses and activities of interest, deadlines to pay attention to for health-related experiences, and more. We will also feature exciting community service and clinical experiences and interviews with University of Maryland Alumni in medical, dental, and other related fields across the country.



From time to time, we will suggest an interesting article, journal, or website to keep you abreast of current events in the health field and will share detailed information as we launch our committee process each year. Your feedback will be most helpful as we explore a variety of topics that we think are relevant to you. Please feel free to inform us of experiential activities in which you have participated and that you think others would benefit from. We sincerely hope you will look forward to this newsletter every two weeks.

Wendy Loughlin, Director, Reed-Yorke Health Professions Advising Office
Nick Celedon, Pre-Health Advisor
Ahsan Karim, UMD Class of 2010
Ekta Taneja, UMD Class of 2010

HPAO Receives Endowed Gift, New Name

On Friday, October 24, 2008, the Health Professions Advising Office (HPAO) proudly hosted alumna Dr. Victoria Yorke, who has provided an endowed gift in memory of her husband, Dr. John W. Reed. The gift will support the administrative functions of the Health Professions Advising Office. In addition, a large percentage of the gift will go toward funding the John W. Reed Memorial Scholarship, a need-based scholarship for exceptional students in the sciences pursuing medicine, dentistry or veterinary medicine. The first group of scholarship recipients has already been named, and many were in attendance on Friday.

Dr. Yorke spoke at the reception of her husband's vision to give back in significant ways and referenced the 2000 film *Pay it Forward*, which had a strong influence on his life and on her desire to provide this gift to her alma mater. She encouraged the first Reed scholarship recipients in attendance to always remember the spirit with which this support was given them and, when it is their time, to remember to pay it forward to a new generation.

This unique gift will support administrative functions of the HPAO including expanding our library, purchasing prep course materials for lending, and a variety of other student services. Henceforth, the HPAO will be known as the Drs. John W. Reed and Victoria L. Yorke (Reed-Yorke) Health Professions Advising Office.

Upcoming HPAO Events

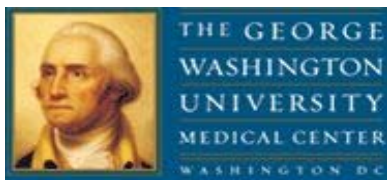
Pre-Med/Pre-Dental Workshop: FR/SO “So, You Want to Be a Doctor or a Dentist?” (Tuesday, Nov 18, 3-4 p.m., EGR 2112)

- Suggestions for academic planning
- Clinical, research, and community service opportunities
- The medical and dental school application process

Pre-Med/Pre-Dental Workshop : JR/SR “Beginning the Application Process and Utilizing the HPAO Credentials Service” (Wednesday, Nov 12, 6-7 p.m., PLS1119)

- Are you planning to apply to medical or dental school for Fall 2010 admission?
- Do you want to utilize the University of Maryland’s application services?
- Are you the most competitive applicant you can be for 2010 admissions?
- If you answered “yes” to any of these questions, then these workshops are crucial to your success!

The George Washington University Early Assurance Program



The program encourages talented and committed undergraduate sophomore students, who have achieved academic distinction, to gain a provisional early acceptance to the George Washington University M.D. program. Candidates who are admitted into this program and accept the offer are expected to have a strong interest in attending The George

Washington University, School of Medicine and Health Sciences. You can find current application and program information at the following website. The deadline for applying this application cycle is March 9, 2009.

<http://prehealth.umd.edu/premedspecialprograms.html>

“The program encourages talented and committed undergrads...to gain a provisional early acceptance to the GWU M.D. Program.”

Featured Websites

<http://www.explorehealthcareers.org/en/Field.5.aspx>

- Relevant articles, with topics ranging from health care careers to technology in health-care
- Details on a large variety of health care professions and the education process involved for each one, including timeframe, salaries, academic requirements
- Suggestions for sources of funding
- Links to other helpful websites / organizations

<http://www.nextgenmd.org/>

- Journal of articles covering relevant topics in modern healthcare, published in collaboration with the New England Journal of Medicine
- Archives of past issues
- Pathways through medicine

NEJM



UMD-Based Announcements

Cooke Scholarship for Graduate Study National Scholarship Office, 2403 Marie Mount Hall Francis DuVinage, Director

The National Scholarship Office has setup a workshop for interested applicants. Please e-mail scholarships@umd.edu with the meeting you plan on attending.

Wednesday, November 12 from 4-5 pm
Friday, November 14 from 12-1 pm
Tuesday, November 18 from 4-5 pm
2403 Marie Mount Hall

Description: The Jack Kent Cooke Foundation's Graduate Scholarship Program enables a select group of remarkable students with demonstrated financial need to pursue graduate or professional study. Demonstrated financial need includes (a) low family and student income and assets in light of educational expenses and (b) substantial unmet educational costs after other scholarships or grants students may receive. The Foundation selects approximately 50 college seniors and recent graduates each year and awards up to \$50,000 per year to each selected Scholar for up to six years.

Who Can Apply: Graduating Seniors, Recent Grads (within the last five years) – Applicants must be planning to pursue their first graduate degree in the fall of 2009 – GPA of 3.5 or higher required – All Majors – All applicants for the Cooke Scholarship must be nominated by their university.

Award Amount: Scholarship amounts vary based on several factors, including costs at the institution each recipient attends; awards can be as much as \$50,000 annually.

For More Information, Visit:

Cooke Scholarship Website: <http://www.jkcf.org/scholarships/graduate-scholarships/>

UMD Scholarship's Website: <http://www.scholarships.umd.edu/>

General Announcements

New U.S. Medical School: The Commonwealth Medical School

The newest US allopathic medical school has received accreditation and is accepting applications for Fall 2009 admission. Applicants for this class may wish to consider adding this program and may do so by submitting a credentials mailing form listing this school. More information can be found at: <http://www.thecommonwealthmedical.com/>

- ◆ Located in Scranton, Pennsylvania
- ◆ Accepting students for the 2009 school year
- ◆ Allopathic Medical School
- ◆ Clinical rotations in Williamsport, Wilkes-Barre, and Scranton, PA

Philadelphia College Of Osteopathic Medicine: Open House

- ◆ Graduate Programs Open House
- ◆ PCOM Application Fee waived if you attend
- ◆ Thursday, November 13th, 2008 from 6-8:30pm at Evans Hall, 4170 City Avenue, Philadelphia, PA 19131
- ◆ For more information, click "Prospective Students" at <http://www.pcom.edu/index.html>

November 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 <i>GWEA Workshop</i>	5	6	7	8 <i>Knit-a-Thon</i>
9	10	11	12 <i>JR/SR Workshop. BS Research Day</i>	13 <i>PCOM Grad. Studies Open House</i>	14 <i>Cooke Scholarship Workshop</i>	15
16	17	18 <i>FR/SO Workshop</i>	19 <i>Hunger Banquet</i>	20	21	22
23	24	25	26 <i>Wendy's Walk-ins Cancelled</i>	27	28	29

Volunteer Opportunities

Knit-a-Thon

Come help knit blankets for premature babies with the Gemstone-Ellicott Service Committee on Saturday, November 8th from 3:30-11:30p.m. in the Pyon Su Room, Stamp Student Union. The blankets will be donated to Holy Cross Hospital's Neonatal Intensive Care Unit in Silver Spring.

All are welcome to attend – if you don't know how to knit, we'll teach you! This is a great opportunity for knitting lovers and beginners to come together and give back to the community.

Food, drinks, and entertainment will be provided! For more information, please contact Ekta Taneja (ektaneja@umd.edu).

Oxfam Hunger Banquet

What if you could only afford to eat one bowl of rice a day? What if you could afford to eat to your heart's content?

Find out which end of the spectrum you fall on by attending an experiential hunger banquet in the Charles Carroll Room at Stamp on Wednesday, November 19th from 6:30-8:30p.m. Learn about world hunger, hear from our speakers, discuss global inequality, and enjoy some free food!

The event is co-sponsored by the Gemstone-Ellicott Service Committee, MaryPIRG, and the Asian American Student Union.

Donations for Oxfam will be accepted.

Contact Sarah Peitzmeier (speitzme@umd.edu) for more information.



“In Sour Economy, Some Scale Back on Medications”

The New York Times
By Stephanie Saul

This article discusses the conflict faced by most Americans in deciding whether to continue purchasing prescription drugs in this time of economic crisis. Many patients are cutting back on potentially life-saving drugs for conditions like hypertension, osteoporosis, and Alzheimer’s in order to get by. While reading this article, keep in mind that drug patents prevent production of more affordable generic alternatives until expiration, which varies by drug. Also, over-the-counter medica-



tion administration is usually regulated by the FDA. The major implications posed in this article are profound: Many of these drugs’ effects are often unnoticed, making people think they don’t work; senior citizens on pensions often pick and choose between pain medications versus these silent saviors. Keep in tune for the next issue, when we will begin discussing the details of Medicare.

http://www.nytimes.com/2008/10/22/business/22drug.html?_r=1&ref=health&oref=slogin

“Market-Based Failure—A Second Opinion on U.S. Healthcare Costs”

The New England Journal of Medicine
By Robert Kuttner

Kuttner exhaustively outlined the various problems faced by our health care system that lead to massively increased spending over the past few years. He links these problems to the over-commercialization of health care in the United States. The article focuses on how doctors, in order to make a profit in a free-market system, often practice hierarchical medicine,

preferring to treat the affluent over the underprivileged. The possible benefits of socialized medicine are proposed, including government-regulated cost containment, universal coverage, and adjusted incentives to meet doctors’ and patients’ needs and expectations.

“A universal system suffers far less of the feast-or-famine misallocation of resources driven by profit maximization.”

<http://content.nejm.org/cgi/content/full/358/6/549>

Pre-Medical/Pre-Dental Question of the Week

What should my GPA be?

The average GPA for students accepted to Allopathic medical schools is 3.65 overall and 3.55 in biology, chemistry, physics and math courses. For Osteopathic medical schools, the average overall GPA is 3.4, and for dental school, it is 3.45. Students who are below these averages may still be accepted, especially if their GPA is very close to these averages. However, students whose GPA is more than a few tenths below these averages have a much more difficult time being accepted. Each applicant is unique and questions about GPA and other concerns should be discussed with the premedical advisor. For example, if you have a period of time when you did not perform well academically but there is an explanation for the poor performance and an established record of success, a poorer GPA may be less troublesome to admissions committees.

Allied Health Question of the Week

How do I obtain a degree in Nursing?

The Traditional Baccalaureate degree program for a Bachelor's of Science in Nursing (BSN) is a 2+2 program. Students complete 2 years of prerequisite courses at an accredited college or university and then apply for admission into a professional nursing school to complete 2 years of coursework that includes classroom, laboratory, and clinical education. Admission to professional schools is competitive and is not guaranteed by the University of Maryland (UM). Please see the Pre-Nursing Pre-Requirement sheet at <http://www.prehealth.umd.edu/nursing.html>.

GW Early Assurance Program Student: Amir Manoochehri

Q: What was your motivation to apply through the GWEA program over the traditional process?

A: I was interested in this program because I wanted the opportunity to spend a lot of time and energy volunteering in the medical field. Since I would not have to take the MCAT, the time I saved from not studying for this test allowed me to volunteer full time at a local hospital.

Q: Did you feel restricted applying through a program with a binding agreement?

A: No, GW was my number one choice, and I know I want to go there for sure.

Q: How competitive was the application process?

A: It was very competitive; GW wants to make sure they select the best applicants possible, since the program does not take a very large amount of people per year. The atmosphere of the GW medical center during my interview was relaxed; I was expecting it to be very competitive and stressful. During my interview, everyone was very calm and nice.

Q: What preparations did the process entail?

A: I went through a lot of work to ensure that my application essay was fully complete. I also read two books about the interview process, which were extremely helpful. The most helpful part of the process was talking to Wendy Loughlin, who answered all my questions and told me about what to expect. I would recommend talking to Wendy as much as possible, she is a great help.

Q: What did you feel were the most important components of your application? In retrospect, how could you have strengthened your application?

A: The most important part of the application was the essay about why I wanted to go to medical school. This is the part of the application that requires some creativity. If I were to do it all over again, I would take a lot of time to think out the topic of my essay, so that my essay would truly reflect my opinions about medical school.

Q: Were there scholarship opportunities available to GWEA-accepted students?

A: There was a meeting that I was informed about that was all about the scholarship or loan process. They provide you with all of the information. There are definitely a number of scholarships available.

Q: As an applying medical student, what advice would you give both incoming and potential medical school applicants?

A: The most important thing is to have experience in the medical field, so that you know that it is the field that you want to go into. I learned so much by working in a doctor's office. You see first hand what it is like, and these experiences will help you in the application and interview process.

Q: Would you recommend the GWEA program to prospective students?

A: Yes, this program has allowed me to explore the medical field more than other students who are currently studying for the MCAT. This program has allowed me to learn first hand exactly what the medical profession is like. These experiences will be very helpful when I enter medical school.

Meet the Reed-Yorke HPAO Staff



Left: Nick Celedón, Wendy Loughlin, Jenete St. Clair, Michael Grünberg

Wendy Loughlin

I am the Director of the Reed-Yorke Health Professions Advising Office and have been the pre-medical advisor for the campus for two and a half years. I have worked at Maryland, though, for almost 12 years in a variety of roles, including Assistant to the Dean for Admissions and Recruitment, Academic Advisor and Director of New Student Programs, all in the College of Chemical and Life Sciences, and the Assistant Director of Orientation.

I am originally from New York State's Hudson Valley region and lived there until I was 25. I did my BA at Union College in Schenectady, NY and my MA at Columbia University. I have lived all around the area – Virginia, DC and Maryland - but have lived for the past 10 years in Ellicott City, MD with my husband, two daughters, ages 11 and 8, and my standard poodle, Charlie. I love to read, play tennis, entertain and I have recently taken up running – although I am not very good at it. I did a team triathlon with two friends at Dewey Beach in September; I ran the 5K.

Juniors, Seniors, Alums, Post-Baccs – come in and meet me!

Nick Celedón

Nick is the Pre-Health Advisor in the Health Professions Advising Office, who occupies the tiny office. I am a graduate of Texas Christian University for both my Bachelors and Masters Degrees. I am a very laid-back individual who loves sports- football, baseball, and basketball. I moved to Maryland in June 2007 from the great state of Texas aka the Lone Star State, where I was born and raised for the vast majority of my life. Living in Maryland has been a unique and interesting experience. I've also lived in California, so making such a large move was not uncommon. Some of my favorite pastimes are eating and music. Being Mexican-American, I love my Mexican food and enjoy Caribbean food. If you were to listen to my MP3 player, you would enjoy some of the best music in the world... Rap, R&B- new school and old school, and Dancehall.

Bios Continued...

Jenete St. Clair

Jenete is the 'gatekeeper' of the office as the Administrative Assistant. As students enter the posh lair of the Health Professions Office in the stairwell of the Chemistry building they are greeted by Jenete at the front desk. After graduating from Utah State University in May 2008 in Music Performance, I joined the eclectic staff at the Health Professions Advising Office in August. I am originally an Idahoan and grew up on my grandparents' cattle farm in Twin Falls, where I raised pigs, sheep, and a few bottle calves. Growing up, I never considered myself to be a 'country girl' until my husband, Jeff, and I relocated to Maryland. Jeff and I have known each other since Junior High and have been married since 2005. We came to UMD so Jeff could pursue a Masters degree in Aerospace Engineering while working as a Research Assistant. We have enjoyed our time in Maryland thus far but could do without the traffic congestion. Some of my favorite pastimes include singing and playing the cello (not simultaneously), cooking, swimming, digital scrapbooking & blogging.

Michael Grünberg

Michael the Credentials Clerk aka the keeper of things. I was born in Germany, in a small city outside Hannover and went to tradeschool, learning Dispatching and Warehouse keeping in a Trucking Company. I spent 6 years in the German Army. After the Army, I went back to Tradeschool to learn the Roofing Profession. I moved to the US in 1985, married an American citizen, and I have 3 children. I was a stay-at-home parent for 3 years and started working at the University 10 years ago. I practice the Sport of Judo twice a week with the family at a Club in College Park. My other hobbies are watching trains, taking pictures and videos, mainly of freight trains and Judo. I have more toys than my children combined, and in the office you find me usually in a Judo Shirt and in socks.

Please e-mail us with any comments or questions
you would like to see addressed in the HPAO
Newsletter!

Prehealth7805@gmail.com

Find us online!

<http://prehealth.umd.edu>

Health Professions Advising Office Mission

The mission of the undergraduate Health Professions Advising Office supports the overall objectives of the University of Maryland, particularly its commitment to health care education and the training of health care professionals for the 21st century and beyond.

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