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Notes from the HPAO Staff

In this issue, we will highlight summer programs. Summer programs provide students with a number of key exposure experiences and skill development activities in a structured format. Most of these programs have deadlines in the late fall or early spring semester, so it is important to research these opportunities early. Browse professional school websites for any other possible opportunities. We feature programs that we have received information about in recent weeks. There are also numerous programs listed on our website at



<http://www.prehealth.umd.edu/Web%20Documents/SummerPrograms10.29.pdf>

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AspiringDocs.org Video Contest!

Getting into medical school is challenging enough without having to sweat the costs. Submit a 2-minute video telling why you are an aspiring doc and you could be one of 10 winners to receive \$1,000 toward medical school application costs.* Just think—your video camera could be the first tool in your doctor's bag!

Give it a shot:

- Record a video, no longer than 2 minutes, telling why you are an aspiring doctor.
- Upload your video to YouTube at www.youtube.com/aamcvideo and send the URL, along with the [required entry form](#) by December 1, 2008.
- Find out more at www.AspiringDocs.org

*Each winner will receive a \$1,000 credit redeemable for AAMC products and services that may be applied toward: registration fees for the MCAT® exam (Medical College Admission Test), application fees for AMCAS® (American Medical College Application Service), or the purchase of publications such as "The Official Guide to the MCAT Exam" or the "Medical School Admissions Requirements" handbook

Important Dates:

- Next AMSA meeting, Nov. 25, 6 p.m. (Benjamin Banneker Room B, Stamp)
- JR/SR Pre-med/Pre-dental workshop on Dec. 3, 3-4p.m. (HBK 0115)
- FR/SO Pre-med/Pre-dental workshop on Dec. 10, 1-2 p.m. (EGR 3114)
- AspiringDoc.org Video Contest deadline: December 1st

Upcoming HPAO Events

Pre-Med/Pre-Dental Workshop: FR/SO “So, You Want to Be a Doctor or a Dentist?” (Wednesday, Dec 10, 1-2 p.m., EGR 3114)

- 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, Dec 3, 3-4 p.m., HBK 0115)

- 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!

Introduction to Medicare

Medicare was started in 1965 as part of then-President Lyndon B. Johnson’s Great Society program. The program was started because generally, retirees were ineligible for health insurance benefits, they could not benefit from group insurance, and they demonstrated a greater need for health insurance than other demographics – private health insurances denied coverage. That’s where Medicare came in, as a defined-benefit program that provides health coverage to senior citizens, now defined as citizens 65 and older.

“Medicare...a defined-benefit program that provides health coverage to senior citizens, now defined as citizens 65 and older.”

The program is also open to disabled citizens on Social Security and end-stage renal disease (ESRD) patients. The three main demographics total up to approximately 44.8 million people enrolled in Medicare, as of 2006 reports by the Center for Medicare and Medicaid Services – 36.1 million senior citizens, 6.9 million disabled and ESRD citizens. The Medicare population is expected to rise to 77 million by 2031, once all the baby boomers have enrolled. The past year’s federal spending on Medicare was around \$374 billion, approximated to be about 3.2% of the economy’s GDP. Medicare consists of four parts, creatively named Part A, Part B, Part C (now known as Medicare Advantage) and Part D. We’ll be spacing out further details on each of these parts over the next few issues.

“Time for Medicare patients to think about open enrollment options”

The Houston Chronicle

By Cindy George

In this article, you’ll find a quick down-and-dirty of the Medicare program, in its full four-part glory. We’ll have more details on the other three parts of the program over the next three issues, but this is a good, brief introduction to the topic. For even more information, you can visit the Center for Medicare and Medicaid Services’ website at: <http://www.cms.hhs.gov>

<http://www.chron.com/disp/story.mpl/health/6117144.html>

Summer Programs Highlight: Summer Medical & Dental Education Program (SMDEP)

Summer Medical and Dental Education Program (SMDEP) is a FREE (full tuition, housing, meals, plus an included stipend) six-week summer academic enrichment program that offers freshmen and sophomore college students intensive and personalized medical and dental school preparation. The program gives students the opportunity for academic enrichment in basic sciences, it allows for career development, it specializes in learning-skills seminars, allows clinical exposure, and contains financial-planning workshops. General information can be found at: <http://www.smdep.org/>

The Program: SMDEP is a six-week summer medical and dental education enrichment program. It is offered at 12 institutions around the U.S. including the David Geffen School of Medicine at UCLA and UCLA School of Dentistry, Columbia University College of Physicians and Surgeons and College of Dental Medicine, Duke University School of Medicine, and Howard University Colleges of Arts and Sciences, Dentistry and Medicine among other locations. For a full list, click the link below. Each location will vary slightly in how the material is delivered, but the core values across the programs are the same.

<http://www.smdep.org/progsites/start.htm>

Who's Eligible?

- College freshmen and sophomores with a minimum GPA of 3.0 (2.75 science)
- Must be a U.S. citizen or hold a permanent resident visa
- Must not have participated in SMDEP previously

What factors are considered in Admissions?

- Must have a combined math and verbal SAT score of 950 or a 20 on the ACT
- Individuals identify with a group that is racially/ethnically underrepresented in medicine and dentistry
- Economic or educational disadvantages

How do I apply?

- Apply online at: <http://www.smdep.org/apply.htm>
- APPLY EARLY! The admissions process is on a rolling basis, so applying early is advantageous.
- Application Deadline: March 1, 2009

**Summer Medical and Dental
Education Program**

Summer Programs!

◇ National Institutes of Health: Summer Internship Program in Biomedical Research

- ⇒ The Summer Internship Program (SIP) at the NIH provides an opportunity to spend the summer working side-by-side with some of the leading scientists in the world in an environment devoted exclusively to biomedical research.
- ⇒ The application is available from mid-November to March 1. It requires submission of a curriculum vitae or resume, coursework and grades, a cover letter describing the applicant's research interests and career goals, and the names and contact information for two references. Candidates may also specify the scientific methodologies or disease/organ systems that interest them. The application is online and can be found at:
<https://www.training.nih.gov/apps/publicForms/sip/forms/sipApp.aspx>
- ⇒ There is a stipend starting at \$2,000 per month!
- ⇒ The best way to ensure that your application is reviewed is to find a list of the faculty at NIH and e-mail many of them. Let them know who you are, and why you want to work in their lab. Remember to keep your message brief, though — researchers are busy enough already.

◇ Case Western Reserve University: School of Medicine

- ⇒ Numerous Summer 2009 programs are available both at Case Western Reserve University and at their school of medicine. These are compensated positions.
- ⇒ Some of the topics include Pediatrics, Research in Biophysics and Physiology, Research in Biomedical Engineering, among others.
- ⇒ Click here for detailed information: <http://casemed.case.edu/admissions/undergradresearch.cfm>

◇ Vanderbilt University: Vanderbilt Summer Science Academy

- ⇒ The Vanderbilt Summer Science Academy (VSSA) offers biomedical research opportunities to undergraduates who want to pursue a career in the biomedical sciences. Although each participating program operates independently, the academy unites students and provides them with opportunities for academic and social interaction. There are two major tracks within the VSSA; the **Basic Science Programs** for undergraduates interested in careers in research, and the **Undergraduate Clinical Research Internship Program** for undergraduates who wish to pursue a career in medicine. Participation in any one of the Summer Science Academy programs is a valuable learning experience that enhances a student's skills and makes him or her more competitive for acceptance to frontline graduate programs. Click here for detailed information:
<https://medschool.mc.vanderbilt.edu/ssa/>

◇ Mabelle Arole Fellowship (Med-School bound Seniors, this is for you!)

- ⇒ The Mabelle Arole Fellowship supports a year at one of the best community-based primary health projects in the world. The med student-to-be will work and learn what it is involved in implementing a health program in villages at the Jamshed Comprehensive Rural Health Project in central India (Maharashtra State). The student must be admitted to a medical school to qualify for the Fellowship. The Fellowship (\$8,000) covers all transportation, room & board and travel in the region. Applications are due in mid-January and the Fellowship runs from mid-August 2009 until approximately June 2010. Click here for more information: <http://www.amsa.org/resource/mabelle.cfm>

Summer Programs Continued:

◇ Virginia Commonwealth University

- ⇒ Virginia Commonwealth University offers three summer programs for students interested in the health professions. Each of these programs offers ten paid weeks of research, regularly scheduled research and career development seminars, and opportunities to interact with current VCU faculty and graduate students. The goal of these programs is to introduce students to biomedical research and to ultimately diversify the workforce in this important area.
- ⇒ **Step Up Program:** The National Institute of Diabetes and Digestive and Kidney Disease's (NIDDK's) STEP-UP Program provides undergraduate students an opportunity to work with VCU faculty on research projects in the areas of diabetes, endocrinology, metabolism, nutrition, obesity, digestive, liver, urologic, kidney, and/or hematologic diseases. Students from racial and ethnic minority or disadvantaged backgrounds are encouraged to apply. Visit the website at: <http://stepup.niddk.nih.gov/ug.htm> for more information.
- ⇒ **Hero Program:** This National Institute of Heart, Lung, and Blood (NHLBI) sponsored program provides research opportunity for undergraduate students, and first-year medical and dental students. Students will work with VCU faculty on research projects in areas in diseases of the heart, blood vessels, lung, and blood; blood resources; and sleep disorders. Students from racial and ethnic minorities or disadvantaged backgrounds are encouraged to apply.
- ⇒ **Alliance Program:** The VCU Alliance Program provides a "hands-on" research experience for undergraduate sophomores and juniors from racial and ethnic minority or disadvantaged backgrounds. Students spend the summer working on research projects in VCU labs selected according to their research interest.
- ⇒ For more information about VCU's programs, follow this link or e-mail murphyma2@vcu.edu: <http://www.vcuhealthsciences.vcu.edu/sassdss/programs/index.html>

General Announcements

◇ Wake Forest: Master of Arts in Bioethics

- ⇒ The Master's Program in Bioethics will equip graduates to practice, teach, or conduct research about bioethics as integral to the work of health care, biotechnology, and the basic sciences. This Program provides an educational opportunity in bioethics at the graduate level for current and future professionals and others throughout the country, including health care providers, researchers in biomedicine and the life sciences, lawyers, and professionals in religion, health and research administration, and the biotechnology industry.
- ⇒ The program takes about one year and one summer term to complete and culminates with a thesis. For more information about this program, click: <http://www1.wfubmc.edu/bioethicsma>

◇ Temple University: Open House

- ⇒ The Temple University School of Podiatric Medicine will host its annual Fall Pre Health Open House for Premedical Students on Saturday, November 22, 2008 from 10:00 a.m. to 1:00 p.m. at Temple's campus located at 8th and Race Streets in Philadelphia, PA. They will have representatives present from the following Temple University Programs: Podiatry, Pharmacy, Dentistry as well as the College of the Health Professions.
- ⇒ The Open House will begin with registration at 9:30 a.m. As in the past, the official program will begin at 10:00 a.m. and include talks on Podiatry, Pharmacy, Dentistry, and majors within their College of the Health Professions, tour of Temple's facilities, admissions and financial-aid information, information on their curriculum, post graduate opportunities and a question and answer session with a panel of students. The event will conclude with a luncheon and a mini recruitment fair at 1:00 p.m. During the reception, Temple will have representatives available at each table, to allow for continued discussion.

November-December 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>November:</i>	<i>15</i>
<i>16 Hunger and Homelessness Awareness Week</i>	<i>17</i>	<i>18</i>	<i>19 Hunger Banquet</i>	<i>20 AMSA Meeting</i>	<i>21</i>	<i>22 Temple Open House</i>
<i>23</i>	<i>24</i>	<i>25 AMSA Meeting; Canned Food Drive ends</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>
<i>30 Hill Haven event</i>	<i>1 Dec. Video Contest Deadline</i>	<i>2 AMSA Meeting</i>	<i>3 FR/SO Workshop</i>	<i>4</i>	<i>5 America Reads/Counts App DUE</i>	<i>6</i>
<i>7</i>	<i>8</i>	<i>9</i>	<i>10 JR/SR Workshop</i>	<i>11</i>	<i>12</i>	<i>13</i>

Volunteer Events and AMSA Meetings



- Tuesday, November 25th, 6pm— Benjamin Banneker Room B of Stamp: Topic TBD
- Tuesday, November 25th—Last day of the UMD Pre-Med Society-sponsored Canned Food drive. To participate in this event, you will need to donate a minimum of 5 cans (like Campbell’s soup) to the premedical office by this day. The premedical office is located in 0208E, Stamp Student Union. Drop-off hours are this Friday, Monday, and Tuesday from 11 am – 3 pm. Any questions should be directed to umdpremedcs@gmail.com
- Tuesday, December 2nd, 6pm— LAST MEETING of the semester. Free food and social. Learn the in’s and out’s of college, science classes, MCAT, etc. from upperclassmen as well as make new friends. (Tentative movie showing)
- Friday, December 5th—Application deadline! Interested in becoming an America Reads or America Counts mentor? Fill out an application today at this link: http://www.arac.umd.edu/become_mentor.shtml . Applications are due by December 5th.
- Sunday, November 30th, 2:30-5pm—Hill Haven event, sponsored by the UMD Pre-Med Society. There are a couple of spots left for the event. It will last from around 2:30 – 5 pm at Hill Haven Nursing Home. Please sign up by sending an email with “Hill Haven” in the subject line, as well as including your name and phone number in the body to: umdpremedcs@gmail.com.

Combined Pre-Med, Pre-Dent, and Allied Question of the Week

What is the difference between shadowing and volunteering? Is one better than the other?

Shadowing is an experience in which pre-health students get to observe patient-provider interactions in a clinical setting. During this time, students evaluate themselves and their desires to become doctors. If shadowing cultivates and excites their passion for medicine, then they can be more certain that they are on the right professional path. Shadowing is an indispensable activity for students planning to pursue a career in healthcare, and professional schools expect students to have had this experience.

Medical careers, unlike other careers, involve the direct contact with sick patients. This population can be uncomfortable, unhappy, frustrated, worried, unpleasant – it is important to observe the approach a seasoned professional brings to this work and it is important for students to assess whether this will be a fit for them. Life as a doctor is difficult to imagine unless students have clinicians in the family. This is why shadowing is essential; students gain a vicarious experience of the day-to-day activities of doctors.

Shadowing may be of short duration and is typically not hands on with patients. Students play a more observational role.

Volunteering in a clinical setting on a consistent basis and over an extended period of time is valued and often expected. There is no prescription for the type of setting in which this experience should occur and students often volunteer in traditional settings such as hospitals and private practices, clinics – especially in underserved areas, mobile medical centers, internationally in rural villages, nursing homes, pediatric child life programs, long term care facilities, domestic violence shelters, AIDS clinics and more. The objective with volunteering in these settings is to expand one's cultural competence and capacity for empathy and to engage with people in meaningful ways that are personally challenging but also fulfilling. These skills cannot be learned in the abstract but only through action. Fundraising activities in which there is no engagement with the recipient, for example, are less useful than time spent on location with the people the service is intended to benefit.

Community Service is another way in which to build the skills described above, but may not be in a clinical setting. Tutoring and mentoring in under-privileged communities and schools, Habitat for Humanity, Big Brother/Big Sister, homeless shelters, soup kitchens, DC Cares, etc. are all examples of this.

While all of the above may technically be considered volunteering, to the extent that each is frequently unpaid, the distinctions are mentioned to help students identify relevant and meaningful opportunities to build skills and competencies. In addition, there is often overlap between the groups. For example, EMT work spans clinical volunteering and community service.

Article Review

“Med School Enrollments Are Up, Applications Down”

Inside Higher Ed
By David Moltz

In 1998, 40,996 individuals applied for 16,170 medical school seats. By the year 2008, the number jumped to 42,231 students applying for 18,036 seats. Looking carefully at the years in between shows that the number of seats available for students has continued to grow; however, the number of applicants has actually dropped from the 2007 applications cycle.

In recent years, the American Association of Medical Colleges (AAMC), has vied to open up more seats to medical school students by accrediting new medical schools. A primary motive is to solve the impending problem the baby boomer generation will cause: more ailing elderly patients having to be cared for by the same number of doctors.

The AAMC's attempts to proactively thwart the problem is worthy of praise, but opening up more medical school seats will not solve all of the problems that are likely to be faced. For example, the number of resi-

dency candidacies receiving funding from the federal government remains capped by the 1997 Balanced Budget Act signed by former President Bill Clinton. Many teaching hospitals with residency programs have funded their own seats and have accepted foreign medical students to get around some of the financial barriers they have to face under the Balanced Budget Act.

The AAMC hopes that accreditation of new schools will balance the demographics of states with the demographics of the students accepted. Of the schools recently receiving accreditation, most are located close to many residency programs that will allow retention of doctors, thus expanding the pool of local doctors that match the demographics of the population.

Looking at the numbers of seats and medical school applicants, the AAMC is not worried that there will be a shortage of doctors, especially as the recent financial situation will have students looking towards worthwhile careers in healthcare. Being prepared to handle the demand is important, however, and the AAMC is doing what it can to ensure that there are enough doctors when the time comes.

“In times of uncertainty or turmoil, the enduring worth of careers in health care, especially as a physician, tends to stand out”

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

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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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