Rest up, Huskies!

SELF-CARE CHECKLIST
- Good sleep
- Meditate
- Exercise
- Read book
- Eat healthy
- Drink more water
Q: I haven't finished my Health Professions Applicant Portfolio (HPAP) yet. Is it too late?

A: No, it's not too late but be sure to finish your HPAP by this **Monday, August 1st** if you want a personalized cover letter written by one of our advisors for your letter packet. These personalized cover letters highlight strengths of your candidacy and your journey to medicine.

Q: I won't have all of my letters in my August 1st. Is that okay?!

A: Yes, that's completely okay! The August 1st deadline mentioned above refers to your HPAP, not your HPLP. In other words, it's okay if not all of your letters are in by Monday. Be sure to give your writers a gentle nudge to get those letters in as soon as they can though if you haven't already.

Q: All of my letters are in Quest. What happens next??

A: Be sure to press "**Mark As Complete**" so that we know all of your letters are in! After that, we'll review your letters for formatting details and move you to the "ID submission" stage (you'll receive an email). At that point, you'll submit your IDs to us.
In terms of Health Professions Applicant Portfolios (HPAPs):
- 279 HPAPs have been submitted
- 273 Coaching Sessions have been held
- 1 Coaching Session is scheduled to happen
- 73 HPAPs are in progress

In terms of Health Professions Letter Packets (HPLPs):
- 181 HPLPs have been submitted
- 165 Letter Packets have been submitted (26 dental, 139 medical)
- 0 Letter Packets are in the "final check" stage
- 16 Letter Packets are currently being compiled
- 145 HPLPs are in progress

Writing my secondaries:

Sometimes I'll start a sentence and I don't even know where it's going.

I just hope I find it along the way.

When you're just waiting on one (1) letter of rec to come in and you've already written three (3) reminder emails:

We need an American Girl doll that knows she has to mark her HLP as "complete" to let the Pre-Med/Pre-Dental Office know that all of her letters have been received and that she's ready for her letters to be reviewed.

MARK AS COMPLETE
NEURODIVERSITY IN STEM COURSE

Incoming students in STEM fields who identify as neurodiverse are invited to join the Neurodiversity in STEM Learning Community by enrolling for the respective UNIV 1810 First Year Experience (FYE) course (UNIV 1810 - section 078).

Explore issues relevant to students in STEM of any discipline who identify as neurodivergent, including, but not limited to, students with ADHD, autism, anxiety, dyslexia, or learning differences.

- Learn about your strengths
- Cultivate creativity
- Build self-advocacy skills
- Develop self-awareness
- Learn how to use campus resources

POV: You learning about accommodations and resources on campus so that you can reach your full potential in STEM:

More detailed information can be found at: https://neurodiversity.engr.uconn.edu/community/

If you would like to register, please reach out to Connie Syharat (connie.syharat@uconn.edu) for a permission number. A formal diagnosis is not necessary to enroll in this course.
Are you a first or second year LGBTQ+ student looking for a mentor?

The Rainbow Center's FAMILEE Mentoring Program is gearing up for the 2022-2023 Academic Year! The application to be matched is https://forms.gle/sdhQCdoZ3dWaJzBu8.it.

Please feel free to email any questions to Sarah Abbey at Saa21012work@uconn.edu.

UPCOMING WEBINAR

Hearts for Health (H4H) is a nonprofit organization promoting accessible, engaging opportunities for pre-health students. H4H brings forward virtual shadowing opportunities as a solution, where students can learn and interact with healthcare professionals of various specialties.

Mike Roberts, PA-C
MONDAY AUGUST 1ST
8-9PM EST

Mike Roberts is a navy corpsman veteran who is now a pulmonary/critical care PA.
The Liao Laboratory is seeking a research tech for a minimum of a 2-year commitment beginning Sept. 1, 2022. Looking for a highly motivated individual to join a research program in craniofacial development and neural crest stem cell biology that strives to make a transformative impact on craniofacial malformations. This position is ideal for candidates interested in working at the interface of basic and translational biomedical research and is a unique opportunity for scientific growth, interacting in a highly collaborative and dynamic environment, and for training in a variety of sophisticated experimental approaches.

Minimum degree and field of knowledge: B.S./B.A. in Biology, Cell Biology or Molecular Biology or related field or equivalent combination of education and experience.
Recommended research experience: 1-year experience or more. Prior experiences with molecular biology and genetic models are preferred.

To learn more about the position & to apply, please visit:
https://careers.chop.edu/job/philadelphia-research-tech-ii-center-for-craniofacial-innovation-pa-19038/903041900

www.research.chop.edu/craniofacial-research-laboratory
The Biomedical Science Careers Program (BSCP) was founded in 1991 with the aim of increasing the representation of underrepresented minority and disadvantaged individuals in all facets of science and medicine while helping health care institutions, biopharma/biotechnology firms, educational institutions, professional organizations and private industry members meet their need for a diverse workforce.


Evening of HOPE
TO BENEFIT THE BIO medical SCIENCE CAREERS PROGRAM
Monday, October 3, 2022 | The Westin Copley Place Boston

INTERVIEWING SKILLS WEBINAR

This webinar will cover the different types of interview formats, tips and tricks on how to master your interview, understanding what to expect for the application, and a live Q&A.

LIVE WEBINAR

MONDAY, AUGUST 1ST @ 7PM (ET)

Interviewing Master Class: How to Impress the Committee from Start to Finish

WITH DRS. MARINELLI & LIPSIT

CLICK HERE TO REGISTER!
FOR STUDENTS UNDERREPRESENTED IN MEDICINE

LOOK AT LARNER

An In-Person View of the UVM Larner College of Medicine
September 9 - 10, 2022

"Look at Larner" is an outreach program taking place September 9-10 at the Larner College of Medicine at the University of Vermont. It is designed for students from underrepresented backgrounds who have a strong interest in attending medical school. The program provides:

- An in-person opportunity for pre-medical students to shadow a current medical student
- A tour of the Larner campus and attendance at a special admissions forum
- Opportunity to attend faculty-led presentations on various medical specialties
- Opportunity to learn and practice clinical skills in the Clinical Simulation Laboratory
- Opportunity to attend a med school mixer and medical student Q&A panel
- Opportunity to explore the Burlington area with a host

Please note that application to the program will close on August 9. Participants will be notified of their acceptance by August 12.

Applicants are responsible for travel fees to Burlington, and will be housed with a medical student host. Meals throughout the programming schedule will also be provided.

Applicants need not be accepted students to participate in this program, and it is open to all underrepresented people in medicine who are applying to medical school and would like to take a “Look at Larner.”

Applications are now open at go.uvm.edu/lookatlarner

The AAMC defines Underrepresented in Medicine (URM) as racial and ethnic populations that are underrepresented in the medical profession relative to their numbers in the general population. URM groups include African-American/Caribbean-American, Mexican-American, Native Americans (American Indians, Alaska Natives, Native Hawaiians, Crow and South Americans, and Puerto Ricans. We are expanding this definition to include sex or gender as Transgender or Non-Binary.
APPLY FOR AMERICORPS!

Health360 is currently accepting applications for the CT Area Health Education Center (AHEC) Network HEALTHForward AmeriCorps program.

GROWTH YEAR OPPORTUNITY!

FULL TIME
10 MONTH COMMITMENT
STARTING SEPTEMBER 1

CLICK HERE FOR FULL JOB DESCRIPTION

AS OF JULY 14TH, THE FOLLOWING LOCATIONS ARE STILL SEEKING APPLICANTS:
- Farmington (UConn Health)
- Norwich (Health Education Center)
- Shelton (Southwestern AHEC)
- Waterbury (Health360)

Interested applicants should email their resumes to Jackie Nickolas at nickolas@health360.org.

For more information, contact: Ellen Ravens-Seger at 860-679-7969 or ravensseger@uchc.edu
"No matter how hard you study or how smart you are, you cannot know everything. Many medical students come from high-achieving backgrounds, and it can be difficult to let go of that need to feel 100% prepared 100% of the time. The truth is that even the smartest doctors who have been practicing for decades are not always right. This field is so incredibly humbling in that way, and over the past few years I have focused on reframing my mindset to strive for improvement rather than perfection."

To hear from more alum, visit: premed.uconn.edu/alumni-engagement/
"I'm going to be very honest. My mental health during my first two years of college were absolutely terrible. I did not eat well, I was always tired, stayed up until 2-3AM every night, worried about my grades. Over my junior and senior year, I was able to do significantly better. During my junior year, I took more time to improve my social life, meditate, love myself, and treat myself to nice things."
MISSED A WORKSHOP?

WE'VE GOT YOU COVERED. VISIT PREMED.UCONN.EDU/WORKSHOPS/!

Workshops

On this page you'll find all of the recordings from the Pre-Medical and Pre-Dental Advising Office's application workshops from the 2020 – 2022 academic years, as well as Husky Healthcare Foundation workshops from fall 2021. To view a calendar of the sessions for spring 2022, go to our Events page. All new events recordings will be posted on this page after each session.

Interview preparation workshops

(sessions held 2/13/22)

Navigating the Healthcare Admissions Interview Workshop

AAMC 15 Core Competencies

* The Core Competencies for Entering Medical Students
  * Real Stories Demonstrating Core
  * Anatomy of an Applicant - Self-Assessment
That's it for now!

Stay tuned for our next newsletter...

Until then, stay in the loop with us by following us on Instagram @UConn_Premed_Predental!

That's it for now!