



# UA Health Professions Advising Office Newsletter

## October 2017

### Spring 2018 Course Registration Advising

The Health Professions Advising Office is your resource and your guide to mapping out your pre-health aspirations. During peak advising times, we modify our appointment schedules in order to accommodate the needs of our students. As a standing practice *we do not lift advising pins for upper classmen* (sophomores, juniors, and seniors). You will have to see your major/departments advisors for this. AFTER you have met with your MAJOR advisor, schedule an appointment with your pre-health advisor to review your pre-health program requirements.

**Express Advising Sessions** are available for Arts & Sciences First Year students only, who arrive with an already constructed schedule for the Spring semester. This option is designed for students to be advised in 5 to 7 minutes. Express Advising Session times are listed below.

Date	Day	Time	Location	For
October 17	Tuesday	2:00 - 4:00 p.m.	205 Gorgas	A&S First Year Students
November 20	Monday	2:00 - 4:00 p.m.	205 Gorgas	A&S First Year Students

All other questions, such as career path or change of major should be discussed in a traditional advising appointment. To schedule an appointment for pre-health advising, please visit: <http://appointment.as.ua.edu>.



Instagram:  
[@bamaprehealth](https://www.instagram.com/bamaprehealth)



Twitter:  
[@bamaprehealth](https://twitter.com/bamaprehealth)



Email:  
[prehealth@ua.edu](mailto:prehealth@ua.edu)



[Join our listserv!](#)

This is how we send out  
important info to pre-health  
students

## Student Organizations

There are more than 35 health focused student organizations on campus. Looking to get involved in more than just your pre-health society? Visit [the Source](#) for a directory of student organizations, and search with the key word “health”.



### AHRSA

The Alabama Student Rural Health Association aims to educate students and Alabamians regarding rural health issues through speakers and volunteering. We welcome all majors and pre-health students who care about rural populations.

ASRHA typically meets on the first Monday of the month at 6:30 p.m. in Lloyd Hall. Please follow AHRSA on Instagram [@bama\\_asrha](#) for up to date information.



### Healthcare Analytics Club

The Health Care Analytics Society (HCAS) is a student organization dedicated to enhancing student professional development. HCAS hosts monthly gatherings and exposes members to a variety of learning and growth opportunities via industry guest speakers, networking events, professional workshops, and facility tours.

Contact [HCAS@cba.ua.edu](mailto:HCAS@cba.ua.edu) for more information.



### Tri-Beta

Tri-Beta is a biology honor society dedicated to improving student academic outcomes, facilitating meaningful service that is science-informed and socially conscientious, and preparing biology students for their professional and academic futures.

Meetings are every Thursday, at 7:00 p.m. in North Lawn 2007.



### Bettering Bama

Bettering Bama exists to provide service in the health and wellness field around the Tuscaloosa area, while providing Pre-Med students opportunities to further their experiences.

Contact [betteringbama@sa.ua.edu](mailto:betteringbama@sa.ua.edu) for more information.



### Bama Active Minds

The University of Alabama chapter of Active Minds is dedicated to eradicating the negative mental health stigma present on college campuses. Meetings are every first and third Thursday.

See attached flyer for more information.



### HOSA

Future Health Professionals is a pre-health organization dedicated to promoting career opportunities in the health care industry. We also work to provide students with additional knowledge about health care and community service opportunities in the Tuscaloosa community.

Meetings are on the first Monday of every month at 7:00 p.m. in Lloyd 120. **Tonight, Mrs. Dorothy Cunturso, Admissions Coordinator at GA Campus of Philadelphia College of Osteopathic Medicine will be the guest speaker.**



### Diabetes Education Team

D.I.E.T.'s goal is to start a discussion about healthy living within underserved communities in the state of Alabama in Greene, Hale, Perry and Marengo counties as well as the greater Tuscaloosa area.

Contact [uadiabtesedu@gmail.com](mailto:uadiabtesedu@gmail.com) for more information.

## Pre-Health Student Organizations

### Pre-Dental Society

Wednesdays @ 7 p.m.

Lloyd 235

[predentatua@gmail.com](mailto:predentatua@gmail.com)

### Alpha Epsilon Delta (AED)

Tuesdays @ 7 p.m.

Lloyd 38

[bamaaedpresident@gmail.com](mailto:bamaaedpresident@gmail.com)

### S.W.I.M.

Every 2nd Wednesday

@ 7 p.m.

Lloyd 119

[hnsmith3@crimson.ua.edu](mailto:hnsmith3@crimson.ua.edu)

### Pre-Pharmacy Society

Wednesdays @ 6 p.m.

Lloyd 337

[uaprepharm@crimson.ua.edu](mailto:uaprepharm@crimson.ua.edu)

**GET INVOLVED**

**CONNECT**

**WITH YOUR PRE-PROFESSIONAL  
STUDENT ORGANIZATION**

### Pre-Optometry Society

Contact Brook Hubbard for  
meeting dates & locations:

[bahubbard@crimson.ua.edu](mailto:bahubbard@crimson.ua.edu)

### Students United with America's Toothfairy

Tuesdays @ 6:30 p.m.

Lloyd 235

[uatoothfairy@gmail.com](mailto:uatoothfairy@gmail.com)

### Pre-Occupational Therapy Society

Tuesdays, bi-weekly

@ 6:30 p.m.

Lloyd 226

[uapreot@gmail.com](mailto:uapreot@gmail.com)

### Pre-Physician Assistant Society

Tuesdays, bi-weekly @ 6 p.m.

Lloyd 123

[ppas.alabama@gmail.com](mailto:ppas.alabama@gmail.com)

### Pre-Physical Therapy Society

Tuesdays @ 6 p.m., Lloyd 337

[preptsocietyua@gmail.com](mailto:preptsocietyua@gmail.com)

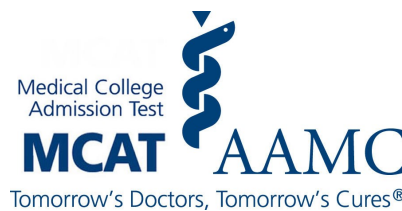
### Pre-Veterinary Society

Contact for meeting  
information:

[prevetalabama@gmail.com](mailto:prevetalabama@gmail.com)

## MCAT Dates Announced

2018 MCAT test dates are now available at [AAMC.com](http://AAMC.com). Visit [AAMC.com](http://AAMC.com) for a list of testing locations, test dates and registration information. Five new test dates have been added to the calendar so students now have 30 test dates to choose from. Registration for January—June test dates will open in late October. Please see the attached flyer for more information.



## Mandatory Meetings

Juniors and Seniors applying to medical, dental, or optometry school for the entering class of 2019 are required to attend a **Mandatory Meeting** in order to learn more about the application process and be considered eligible to participate in the committee letter process. Students who do not attend one of the mandatory meetings will not be eligible to receive a committee interview and composite letter. Mandatory Meetings will be held on Tuesday, November 7<sup>th</sup> at 5:00 p.m. in 38 Lloyd and Wednesday, November 15<sup>th</sup> at 5:00 p.m. in 205 Gorgas. Information on how to R.S.V.P. will be sent out via the pre-health listserv.



## Senior Session #2: Open Forum Discussion

Our first senior session was a great success! The next Senior Session will be held on Tuesday, October 24<sup>th</sup> at 12 Noon in 205 Gorgas. We will discuss any questions you have about interviews, application updates, acceptance and rejection, gap year experiences, and graduate programs. Seniors who have applied to a health professional school and have general questions are welcome to attend.

No R.S.V.P. required.



## Sophomore Mock Interview



Aaron Hux from Samford's McWhorter School of Pharmacy will be conducting Sophomore Mock Interviews on **Wednesday and Thursday, October 18<sup>th</sup> and 19<sup>th</sup>** in 200 Clark Hall. Interviews will begin at 10:00 a.m.

Sign-up sheets will be available at the front desk of 200 Clark Hall one week prior to interview date.





## Announcements & Important Dates

- Mrs. Dorothy Cunturso, Admissions Coordinator at GA Campus of Philadelphia College of Osteopathic Medicine will be the guest speaker at HOSA's meeting tonight, October 2<sup>nd</sup>, at 7 p.m. in Lloyd 120.
- Dr. Steven Filler from UAB School of Dentistry will speak at the Pre-Dental Society Meeting on Wednesday, October 4<sup>th</sup> at 6:30 p.m. in North Lawn 1011.
- Free tutoring and study skills workshops are available through the Center for Academic Success. Visit [cas.ua.edu](http://cas.ua.edu) for more information.

**October 4<sup>th</sup>:** Sophomore Workshop, R.S.V.P. at 200 Clark Hall.

**October 5<sup>th</sup>:** UA Majors Fair, 10 a.m. to 3:00 p.m. at Ferguson Ballroom.

**October 5<sup>th</sup>:** 2017 William Darden Lecture, 5:00 p.m. at 1000 North Lawn Hall.

**October 9<sup>th</sup>:** Application deadline to UA Global Health Case Competition. See attached flyer for more information.

**October 11<sup>th</sup>:** Sophomore Workshop, R.S.V.P. at 200 Clark Hall.

**October 13<sup>th</sup>:** UAB's Biomedical Health Sciences Open House. See attached flyer for more information.

**October 16<sup>th</sup>:** Experiential Learning presents Landing Internships, 12 Noon at 3400 Ferguson Center.

**October 18<sup>th</sup>:** Sophomore Workshop, R.S.V.P. at 200 Clark Hall.

**October 24<sup>th</sup>:** Senior Session, 12 Noon at 205 Gorgas.

**October 25<sup>th</sup>:** Final Sophomore Workshop, R.S.V.P. at 200 Clark Hall.

**October 30<sup>th</sup>:** Registration begins for spring 2018.

**November 1<sup>st</sup>:** Last day to drop a course with a "W".

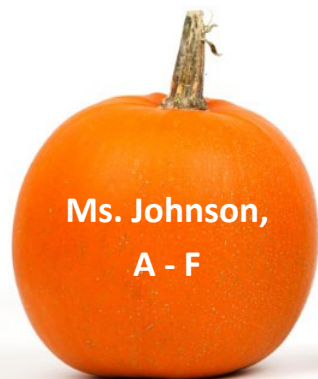
**Remember to visit [prehealth.ua.edu](http://prehealth.ua.edu) often for the most up-to-date announcements.**

## Updated Website!

**Our website is changing! Same great information, new look.  
Check out [prehealth.ua.edu](http://prehealth.ua.edu) later this month!**

**Happy Fall Y'all!!**

***Find your pre-health advisor below by the first letter of your last name.***



# Mandatory Meeting

## Attention Juniors and Seniors

All students planning to apply to Medical, Dental, or Optometry school for the entering class of 2019 **MUST** attend one of the following mandatory meetings:

Tuesday, November 7th at 5:00 pm  
38 Lloyd Hall

Wednesday, November 15th at 5:00 pm  
205 Gorgas Library

Applicants who fail to attend one of these meetings **WILL NOT** be eligible for a Committee Composite Interview.  
Attendance will be taken. **NO EXCEPTIONS!**

More information about meeting registration will be sent out via the pre-health listserv.

THE UNIVERSITY OF  
**ALABAMA**

College of  
Arts & Sciences

Office of Health Professions Advising

# University of Alabama Chapter



MEETING: Monday October 2 at 7:00 pm

in Lloyd Hall 120

We are excited to announce that our guest speaker for our second meeting is Dorothy Cunturso—the **Admissions Coordinator/ Recruiter at Admissions at GA Campus-Philadelphia College of Osteopathic Medicine (PCOM)**. She recruits for the School of Pharmacy and Physician Assistant Studies. She will be able to answer questions about the College of Osteopathic Medicine as well, and is a great resource for all pre-health majors. We will also have a sign-up sheet for those interested in mentoring TCTAs high school HOSA program. This will be a great presentation, and we hope to see you all there!

Best,

Rebecca Denson



## Follow Us!

Instagram: @uahosa

Twitter: @UA\_HOSA



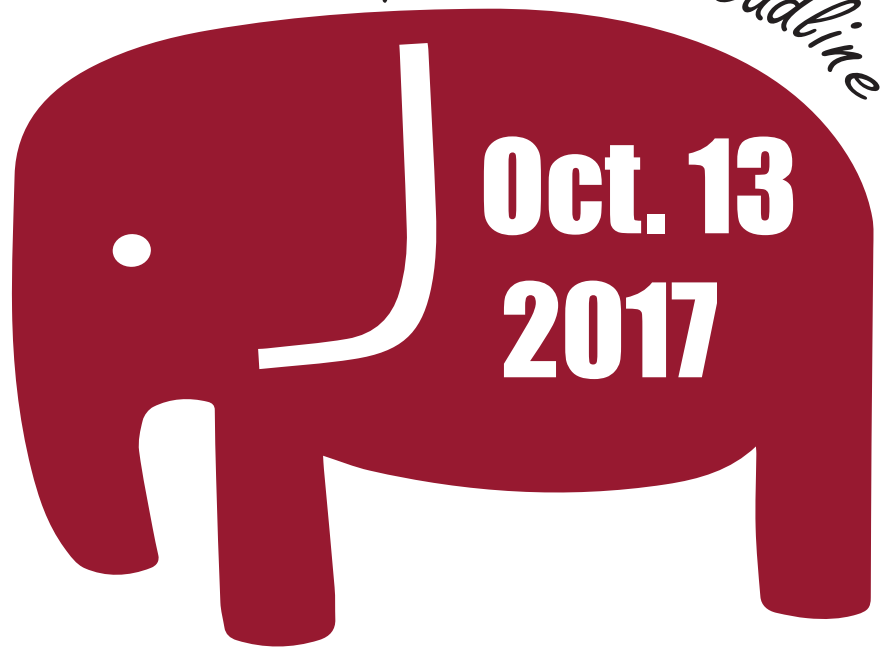


# *The College of Arts & Sciences* **OUTSTANDING SOPHOMORE AND JUNIOR SCHOLARSHIPS**

## **Requirements**

- **3.5 Minimum GPA**
- **30-90 Credit Hours**
- **Full-Time Arts and Sciences Student**
- **350-Word Essay**
- **Resume**

*Application Deadline*



## **Scholarship Recipients Receive \$500 to \$2,500**

Email Kevin Reid at [krreid@ua.edu](mailto:krreid@ua.edu) or visit [as.ua.edu/outstanding-sophomore-and-junior-awards/](http://as.ua.edu/outstanding-sophomore-and-junior-awards/) for more details.



# 2018 Schedule for the Medical College Admission Test® (MCAT®)\*



AAMC

Medical College Admission Test

JAN							FEB							MAR						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6					1	2	3					1	2	3
7	8	9	10	11	12	13								4	5	6	7	8	9	10
14	15	16	17	18	19	20		4	5	6	7	8	9	11	12	13	14	15	16	17
21	22	23	24	25	26	27		11	12	13	14	15	16	18	19	20	21	22	23	24
28	29	30	31					18	19	20	21	22	23	25	26	27	28	29		
								25	26	27	28									

APR							MAY							JUN						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7					1	2	3						1	2
8	9	10	11	12	13	14		6	7	8	9	10	11	3	4	5	6	7	8	9
15	16	17	18	19	20	21		13	14	15	16	17	18	10	11	12	13	14	15	16
22	23	24	25	26	27	28		20	21	22	23	24	25	17	18	19	20	21	22	23
29	30							27	28	29	30	31		24	25	26	27	28	29	30

JUL							AUG							SEP						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7					1	2	3							1
8	9	10	11	12	13	14		5	6	7	8	9	10	2	3	4	5	6	7	8
15	16	17	18	19	20	21		12	13	14	15	16	17	9	10	11	12	13	14	15
22	23	24	25	26	27	28		19	20	21	22	23	24	16	17	18	19	20	21	22
29	30	31						26	27	28	29	30	31	23	24	25	26	27	28	29

MCAT Admin	Score Release
January 19	February 23
January 20	February 23
January 25	February 27
March 24	May 1
April 6	May 8
April 20	May 22
April 21	May 22
May 5	June 5
May 18	June 19
May 19	June 19
May 24	June 26
June 1	July 3
June 2	July 3
June 16	July 17
June 29	July 31
June 30	July 31
July 7	August 7
July 20	August 21
July 21	August 21
July 24	August 23
August 3	September 5
August 4	September 5
August 9	September 11
August 10	September 11
August 18	September 18
August 31	October 2
September 1	October 2
September 8	October 9
September 18	October 23
September 19	October 23

\*The above dates indicate the U.S. MCAT test dates.  
For Canadian and international test dates, please visit [students-residents.aamc.org/mcatregister](https://students-residents.aamc.org/mcatregister).

Note: The MCAT exam is not offered in February or October–December 2018.

All exams start at 8:00 a.m. local time.



MCAT® is a program of the Association of American Medical Colleges

[www.aamc.org/mcat](https://www.aamc.org/mcat)

# Meetings:

Every First and  
Third Thursday

## First Meeting

Thurs Sept. 7  
Lloyd - Room 123

## Find Out More!

Facebook : activemindsbama

Instagram : @bamaactiveminds

Twitter: bamaactiveminds

Primary Email :  
bamaactiveminds@gmail.com

Presidents :  
Bryan Covington  
bcovington@crimson.ua.edu  
Katherine Nordstrom  
ktnordstrom@crimson.ua.edu

Treasurer :  
John Burke  
jaburke@crimson.ua.edu

Secretary :  
Lara Cuomo  
lacuomo@crison.ua.edu

# BAMA ACTIVE MINDS

Mental Health  
Awareness  
and Advocacy



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## What?

- Mental Health Awareness,
- Advocacy, and Policy Change
- Reduce Stigma around Mental Health

## How?

- Stress Less Week
- Suicide Awareness Month
- National Day Without Stigma

## Why?

- Over 40% of college students have a mental health problem
  - Resources are not easily accessible
  - Negative stigma
-



Department of Biological Sciences, University of Alabama

**2017 William Darden Lecture**

***Brain Gut Microbiome Interactions – Clinical Implications?***

**Dr. Emeran A. Mayer**

**Departments of Medicine, Physiology, and Psychiatry  
David Geffen School of Medicine, UCLA**

**October 5, 2017, 5:00pm**

**North Lawn Hall – Room 1000**

**Reception & book signing to follow**



Dr. Emeran A. Mayer is a Gastroenterologist, Neuroscientist and Professor in the Departments of Medicine, Physiology and Psychiatry at the David Geffen School of Medicine at UCLA. He is the Executive Director of the G. Oppenheimer Center for Neurobiology of Stress & Resilience and the co-director of the CURE: Digestive Diseases Research Center at UCLA. As a pioneer and leading researcher in the role of mind-brain-gut interactions in health and chronic disease, he has made major scientific contributions to the area of basic and translational enteric neurobiology with wide-ranging applications in clinical GI diseases and disorders. He has published more than 300 scientific papers and co-edited 3 books. He is the recipient of the 2016 Paul D. McLean award from the American Psychosomatic Society and the Distinguished Mentor Award from the American Gastroenterological Association. In addition to his research in chronic visceral pain, his recent work on brain gut interactions has focused on the role of the gut microbiota in influencing the brain gut axis, including inflammatory bowel disorders, food addiction in obesity, autism spectrum disorders, and gastrointestinal symptoms in Irritable Bowel Syndrome. Dr. Mayer has been interviewed on National Public Radio, PBS and by many national and international media outlets including the Los Angeles Times, and Atlantic, Time, and Newsweek magazines. He has spoken at UCLA TEDx on the Mysterious Origins of Gut Feelings in 2015, and his book *The Mind Gut Connection* published by Harper & Collins in July of 2016 and has been translated into 10 languages.



## Global Health Case Competition: Application Deadline Mon 10/9

Dear UA Undergraduates: We would like to offer you the opportunity to participate in an exciting academic team competition, the “UA Global Health Case Competition,” to be held in January. For this event, teams of 4-6 students, from different academic areas, will receive a case scenario 5 days before the competition, reflecting a real-life global health-related issue.

The winning team will go on to compete in a statewide competition, on Saturday February 24th at the University of Alabama-Birmingham.

You do not need to be a health expert to participate, since the details and context of the case will be provided to all competitors. You and your team will have five days to “develop feasible and culturally appropriate innovations incorporating education and/or policy strategies that would involve important stakeholders from local government, the community, NGOs, and other partners you might propose.” The teams will then present their solution to a panel of judges. Your total investment of time is minimal, but the gains can be great! Modest cash prizes will be awarded to UA’s top 3 teams; and the winning team, which will go on to statewide competition, will compete for additional prize money there.

These academic competitions are unique and exciting ways to apply all that you are learning in your academic program. They also provide an important experience that you can discuss in future professional-school applications, job interviews, or whatever the next step in your career might involve. Interdisciplinary and intercultural problem-solving is an enormous focus across the social sciences, law, and healthcare fields, and this competition offers you a chance to experience it first-hand. If you are interested in participating, please fill out a brief application form at the following link: [https://universityofalabama.az1.qualtrics.com/jfe/form/SV\\_6WIDBSxLzgOpDi5](https://universityofalabama.az1.qualtrics.com/jfe/form/SV_6WIDBSxLzgOpDi5)

The application consists of basic information plus three short essay questions. The deadline to receive applications is Monday, October 9th, 2017. We will then put the teams together, reflecting as wide an array of academic specializations as possible.

We will contact you if you are selected to participate, and then we will have two orientation/training meetings during the month of November, to make sure your team is ready to compete and win!

If you have any questions, please contact Ross Bryan, Assistant Dean of Honors College, [wbryan@ua.edu](mailto:wbryan@ua.edu).

Sincerely,  
Organizing Committee  
UA Global Health Case Competition