Welcome back to school: Fall 2011

The Fall, 2011 semester is underway. Here are a few tips to help you stay on track and motivated.

MANAGING YOUR TIME
Using your time efficiently will help you be successful this semester. It is important to implement good time management in order to balance school, work, friends and family, as well as, extracurricular activities that are important to you. Having time to relax is just as important as time to study. Everyone needs time to relax and regroup, whether it is hanging out with loved ones, reading a book, or getting much needed rest. We want to see all of you succeed and that means finding a balance between work and play. If you find that you have too much on your plate and are feeling burnt out, you need to decide if you need to cut back and/or reprioritize your time commitments. Remember, there are only 24 hours in a day make sure you are using your time wisely.

HAVE A SUPPORT SYSTEM
Having someone there to help you stay focused and encouraged can help when you start to feel overwhelmed. This may be your family, friends, or classmate, but you may also gain additional support from your fellow SMDEP alumni. All of you are striving to be physicians, dentist, pharmacist, or other career paths use that common bond to support one another. You can also contact us at anytime.

GETTING ACADEMIC ASSISTANCE
If you encounter some academic difficulty, don’t allow your pride to keep you from seeking the help. As soon as you recognize that you need help in a class take action. Join or start a study group to help hold you accountable. Seek assistance from your classmates or tutoring center on campus. Attend any supplemental instruction that is available. Also, go and talk to your professor during his/her office hours.

Good luck this semester!
What is a PA?
A physician assistant is a graduate of an accredited PA educational program who is authorized by the state to practice medicine with the supervision of a licensed physician. PAs are invaluable members of the health care team and work in concert with physicians to ensure the highest quality of care for patients.

Where Do PAs Practice?
More than 73,000 physician assistants work in virtually every medical and surgical setting across the country. More than one-third practice in hospital settings and more than 44 percent indicate that their primary work setting is a group practice or solo-physician office. The remaining PAs work in a variety of settings, including rural and community health centers, freestanding surgical facilities, nursing homes, school- or college-based facilities, industrial settings and correctional institutions. PAs also work in virtually all areas of surgery and medicine.

What Can a PA Legally Do?
Physicians may delegate to PAs medical duties that are within the physician’s scope of practice, the PA’s training and experience and that are allowed by law. These duties include performing physical examinations, diagnosing and treating illnesses, ordering and interpreting lab tests, assisting in surgery, providing patient education and counseling, and making rounds in nursing homes and hospitals. All states, and the District of Columbia, authorize physician assistants to delegate prescriptive privileges to the PAs they supervise.

To Become a Physician Assistant
You must attend an accredited PA program. The typical entering student has a bachelor’s degree and approximately four years of health care experience.

The average program takes 27 months to complete.
...With class/lab instruction
PA students take more than 400 hours in basic sciences (with more than 75 hours in pharmacology) plus approximately 175 hours in behavioral sciences and nearly 580 hours of clinical medicine. Subjects include: Anatomy Pathology Pharmacology Biochemistry Clinical laboratory sciences Microbiology Physical diagnosis Differential diagnosis Pathophysiology Medical ethics Behavioral sciences Physiology ...And clinical rotations
PAs participate in more than 2,000 hours of clinical rotations, with an emphasis on primary care in ambulatory clinics, physicians’ offices and acute/long-term care facilities. Rotations include: Family medicine General surgery Pediatrics Psychiatry Emergency medicine Obstetrics/gynecology Internal medicine

Continuing medical education over a two-year cycle. PAs must pass a recertification exam every six years.

For more information and a list of accredited PA programs go to: http://www.paeaoonline.org/. Source: www.aapa.org
MCAT/DAT Summer Review

Students, after completion of two years of college, may participate in a summer residential program to assist them in preparation for the MCAT or DAT. Students participate in small group, interactive sessions focusing on MCAT or DAT preparation. Weekly supervised practice test sessions are conducted. In addition, a library of preparation materials is available from the Office for Minority & Rural Affairs. Special instructions in essay writing, application preparation, and interview techniques are also provided. Tours, demonstrations, and lectures are arranged at the medical and dental schools. Participants are also assisted with volunteer and research opportunities.

This year's MCAT Review Summer Workshop will be held May 29, 2012 - June 27, 2012. All application materials must be received by March 1, 2012. Applications are available at http://louisville.edu/medschool/diversity/undergrad. These applications are a PDF file. Please print them and complete the application.

PLEASE MAIL ALL MCAT APPLICATION MATERIALS TO:
University of Louisville School of Medicine
Office of Minority & Rural Affairs
Abell Administration Building, Room 502
323 E. Chestnut St., Louisville Kentucky 40202
Attn: MCAT-DAT Review Summer Workshop

Commitment leads to action. Action brings your dream closer.”
- Marcia Wieder
ATTENTION:
SMDEP UPDATE

The SMDEP National Program Office (NPO) and the Robert Wood Johnson Foundation are interested in keeping in touch with you and learning about your progress toward your career goals. Whether you decided to continue your pre-medical and pre-dental studies, or pursue another profession, we want to hear about it! Please take a moment to update the NPO on your career progress by logging in to and completing the SMDEP Tracking Survey. For the continued success of the program, your response to the tracking survey is extremely important!

Wondering what other SMDEP alumni are doing? Log in to the Alumni Directory to reconnect or get the scoop on the career status of other SMDEP alumni. If you want to include your information in the directory, you will need to complete the SMDEP Tracking Survey. Please be advised that the SMDEP Tracking Survey has functions that depend on your Web browser. Internet Explorer or Netscape is required to submit the tracking survey.

To access the SMDEP Tracking Survey, enter your SMDEP username and password. If you do not recall your username and/or password, please reply to this email or call us directly at 1-866-587-6337.

ANNOUNCEMENTS & AWARDS

PLEASE KEEP US UPDATED ON THE GOOD THINGS THAT ARE GOING ON IN YOUR LIFE. IF YOU WON AN AWARD, WERE ACCEPTED INTO PROFESSIONAL SCHOOL, STUDIED ABROAD, OR ANYTHING ELSE THAT YOU WANT TO SHARE, SO THAT WE CAN MENTION IT IN THE NEXT EDITION OF THE U OF L SMDEP UPDATE. LET YOUR PEERS KNOW WHAT YOU ARE UP TO AND HELP TO KEEP EACH OTHER MOTIVATED.

Former U of L SMDEP Scholars Who are in Professional School:

U of L School of Dentistry
Emma Arturbern – SMDEP ’06
Chelsea Bond – SMDEP ’06
Dustin Clevendence – SMDEP ’07
Brittany (French) Clevidence – SMDEP ’07
Alissa Ellis – SMDEP ’09
Lindsay Emlor – SMDEP ’09
Morgan Fitchbaugh – SMDEP ’09
Tiffanie Garrison – SMDEP ’09
Ashley Gunnell – SMDEP ’06
Devin Hall – SMDEP ’06
Derek Hayes – SMDEP ’09
Laura Hayman – SMDEP ’09
Melba Ross – SMDEP ’07
Whitney Schultz – SMDEP ’07
Laura Spragins – SMDEP ’06
Kelly Stendish – SMDEP ’07
Jared Stewart – SMDEP ’09
Monique Trice – SMDEP ’08
Marcella Trombley – SMDEP ’08

Other School Of Dentistry
Benjamin Bell – SMDEP ’06
Andrew Byrnes – SMDEP ’06
Elizabeth Cheng – SMDEP ’07
Kelsey Fleener – SMDEP ’09
Katie Gat – SMDEP ’09
Kelly Goodpastor – SMDEP ’09
Amy Hazeloowood – SMDEP ’08
Manpreet Kaur – SMDEP ’08
Melinda Landweber – SMDEP ’08
Lindsey Lonneeman – SMDEP ’07
Lindsey Moore – SMDEP ’08
Minh Thu Phan – SMDEP ’06
April Powers – SMDEP ’07
Boonyapa Purt – SMDEP ’09
Kimberly Roberts – SMDEP ’08
Chelsea (Leichardt) Rupp – SMDEP ’07
Briana Taylor – SMDEP ’08
Kaisha Thomas – SMDEP ’07

James Williams – SMDEP ’06
Brittany Willis – SMDEP ’06
Cara Wimpy – SMDEP ’08

U of L School of Medicine
Erin Adams – SMDEP ’09
Anita (Allison) McNutt – SMDEP ’08
Brittany Baudal – SMDEP ’09
Mayurika Banerjee – SMDEP ’09
RJ Blackburn – SMDEP ’09
Evelina Cousins-Peterson – SMDEP ’06
Tiffani Dean – SMDEP ’07
Kelly (Murphy) Dealley – SMDEP ’07
Marie Dennison – SMDEP ’07
Fenisha Fervil – SMDEP ’06
Janel Gordon – SMDEP ’06
Emily Gregory – SMDEP ’09
Vandra Harris – SMDEP ’08
Emily Hayman – SMDEP ’08
Seth Haywood – SMDEP ’07
Ashley Hinchen – SMDEP ’07
Scott Howard – SMDEP ’06
John Jeffries – SMDEP ’06
Tiya Johnson – SMDEP ’06
Veronica Jones – SMDEP ’08
Huy Mai – SMDEP ’09

Other Medical Programs
Michael Miao – SMDEP ’07
Taku Mikromboendo – SMDEP ’08
Patience Ngwag – SMDEP ’06
Nicole Nomakumvukor – SMDEP ’06
Neessha Patel – SMDEP ’06
Trisha Patel – SMDEP ’08
Francesca Pribilo – SMDEP ’08
Daniel Onientient – SMDEP ’08
Savanna Smith – SMDEP ’06
Garrett Roney – SMDEP ’07
Andrew Vaughan – SMDEP ’09
Travis Wheeler – SMDEP ’08
Matthew Whittaker – SMDEP ’07
Carmen Young – SMDEP ’06

Other School of Medicine
Dominique Allen – SMDEP ’06
Adjoa Andoh – SMDEP ’08
Rose Archemont – SMDEP ’09
Matthew Banks – SMDEP ’06
Lauren Bartholomew – SMDEP ’06
Jean-Edson Belcourt – SMDEP ’07
Asundha Castle – SMDEP ’06
Weston Childers – SMDEP ’06
Ashley Clevenier – SMDEP ’07
Corey Coles – SMDEP ’06
Tiffiny Doan – SMDEP ’08
Christine Duncan – SMDEP ’09
Jessica Edwards – SMDEP ’07
Essa Egua – SMDEP ’06
James Freeman – SMDEP ’07
Georgina Giffin – SMDEP ’06
April Glenn – SMDEP ’07
Angela Green – SMDEP ’07
Kathleen Hamrick – SMDEP ’08
Ryan Hendrix – SMDEP ’09
Melia Hernandez – SMDEP ’08
Jonathan Hill, Jr – SMDEP ’08
Essoa Ighodaro – SMDEP ’08
David Kays – SMDEP ’08
Sandhya Kumar – SMDEP ’08
Korissa Lassiter – SMDEP ’07
Rasheed Lawal – SMDEP ’06
Ashley Loan – SMDEP ’07
Van Luong – SMDEP ’07
Emily (Helton) Lynch – SMDEP ’07
Sanello Masuku – SMDEP ’06
Anesha Maxwell – SMDEP ’06
Joi Moore – SMDEP ’06
Lindsay Norton – SMDEP ’08
Jennifer Nwakworo – SMDEP ’08
Kat Y’Neal – SMDEP ’09
James Phillips – SMDEP ’08
Brittany Richardson – SMDEP ’07
Brooke Robinson – SMDEP ’08
Shelly Ross – SMDEP ’07
John Ruggero – SMDEP ’06
Kenny Smith – SMDEP ’07
Staceyann Smith – SMDEP ’08
Davon Thomas – SMDEP ’09
Richard Uribe – SMDEP ’09
Jerecia Watson – SMDEP ’06
Kimberly Williams – SMDEP ’07
Kenisha Webb – SMDEP ’09
Paige Wilks – SMDEP ’06

Other Professional School
Christopher Annette – SMDEP ’06, PhD Program
Sarah Bishop – SMDEP ’09, UK Physician Assistant Program
Paul Ciero – SMDEP ’07, MS Oral Biology, U of L
Maleka Embry – SMDEP ’07, Wright State University-MPH
Matthew Feltman – SMDEP ’06, Ohio College of Podiatric Medicine
Bruce Harris – SMDEP ’06, Sanford Pharmacy School
Dustin Hatfield – SMDEP ’06, OSU Law
Deshawn Industrious – SMDEP ’06, Mercer University-MPH
Areia Johnson – SMDEP ’06, Columbia University Mailman Sch of Public Hlth
Stephanie Kramer – SMDEP ’07, UNC Chapel Hill, Chemistry
Jamar Mitchell – SMDEP ’06, Baylor University, Masters of Divinity
Laura Riley – SMDEP ’09, Emory Univ., Rollins Sch of Public Health
Kristin Tucker – SMDEP ’06, MBA Healthcare Management
Jennifer Simpson – SMDEP ’07, MPH
Jennifer Strange – SMDEP ’06, National University of Hlth Science-Chiropractic Medicine
Sarah Todd – SMDEP ’06, Univ. Cumberlands, Physician Assistant Program
Stewart Voit – SMDEP ’07, Masters in Chemistry
George Yeh – SMDEP ’08, Univ. Maryland, Pharmacy