Don’t Quit

When things go wrong as they sometimes will;  
When the road you’re trudging seems all uphill;  
When the funds are low, and the debts are high;  
And you want to smile, but you have to sigh;  
When care is pressing you down a bit

Rest if you must, but don’t you quit.  
Success is failure turned inside out;  
The silver tint of the clouds of doubt;  
And you can never tell how close you are;  
It may be near when it seems afar.  
So, stick to the fight when you’re hardest hit

It’s when things go wrong that you mustn’t quit.

Unknown

The application process for SMDEP 2013 is in full swing and we have received many applications from all over the country, including Puerto Rico. Do you know of anyone who would be interested in applying? The deadline is March 1, 2013. Please share your experiences here at the University of Louisville with others who may be interested in becoming a physician or dentist in the future. As always, applications are available at [www.smdep.org](http://www.smdep.org).
Alumni Spotlight

The University of Louisville’s 2012 graduates achieved a milestone. This class contained the first SMDEP alumni to graduate from the Schools of Medicine and Dentistry at U of L. This group of eight students participated in our summer program in 2006. A reception was held in their honor on April 27, 2012 in the Abell Administration building. Laura Spragens, Devin Hall, Tiffany Garrison-Jeter and Emma Arterburn were among the graduates at the School of Dentistry. Those graduating from the School of Medicine included Reaford Blackburn, Jr., Tiya Johnson, Osarumen Nomamiukor and Carmen Young. We are so proud to have been there to encourage them along their journey of success.

“SMDEP gave me the confidence to come to dental school feeling prepared for what was ahead. The program allowed me to feel comfortable at ULSD prior to becoming a student.”

Devin Hall, D.M.D.
Public Health is “the science and art of promoting and improving the health of communities through education, promotion of healthy lifestyles, and research for disease and injury prevention.”

The focus of public health intervention is to improve health and quality of life through the prevention and treatment of disease and other physical and mental health conditions, through surveillance of cases and the promotion of healthy behaviors. For example, promoting hand washing to prevent the spread of bacteria, delivery of vaccinations, and distribution of condoms to control the spread of sexually transmitted diseases are common public health measures. Modern public health practice requires multidisciplinary teams of professionals including physicians, epidemiologists, biostatisticians, public health nurses, medical microbiologists, environmental health officers, dental hygienists, dieticians and nutritionists, health inspectors, veterinarians, public health engineers, public health lawyers, sociologists, community development workers, communications officers and others.

Education and Training

Schools of public health offer a variety of degrees. The most well known is the Master of Public Health (MPH). Some schools also offer a Master of Science in Public Health (MSPH), or the Master of Health Care Administration. Doctoral studies in this field include Doctor of Public Health (DrPH) and Doctor of Philosophy (PhD). Some schools may offer the Doctor of Science (ScD) or a Doctor of Health Science (DHSc). The MPH, DrPH, and MHA are professional degrees geared toward those who want careers as practitioners of public health in health departments, managed care and community-based organizations, hospitals and consulting or other setting, where as the MSPH, PhD, ScD and DHSc are geared toward those seeking careers in research, university teaching in graduate programs, policy analysis and development, etc. For more information on schools of public health, degree programs, concentrations and admission requirements go to

Sources: www.apha.org; www.whatispublichealth.org; www.asph.org

Possible Careers in Public Health

Health Policy and management
- Academic Policy Advisor
- Legislative Policy Advisor

Epidemiology
- State Epidemiologist
- Pharmacoepidemiologist

Behavioral Science and Health Education
- Behavior scientist
- Health Educator
- Mental Health Researcher

Health Communications
- Communication Specialist
- Journalist

Occupational Safety and Health
- Corporate Medical Director

Environmental Health Sciences
- State/Federal Environmentalist

International and Global Health
- Reproductive Health Specialist
- International HIV Specialist
- Tropical Disease Specialist

Public Health Preparedness and Function
- State Epidemiologist
- Laboratory Director
- Public Health Lawyer

Oral Health
- Public Health Dentist

Family Health
- Local Health Officer
- Nurse Educator
- Nutritionist

Source: www.whatispublichealth.org

Also check out 101 Careers in Public Health by Beth Seltzer, MD, MPH
The Do’s and Don’ts of Interviewing

The medical/dental school interview inspires anxiety and anticipation in many applicants. It is a test of poise and communication skills, and a key component of the school application package. They already know your credentials, now they want to know what kind of person you are and how you relate to others. Since most schools have a concrete reason for extending invitations to interview, it’s to your advantage to put serious thought and prepare for the meeting. With that in mind, here are some helpful tips.

- Dress appropriately. You should look professional and polished. First impressions matter.
- Arrive on time. Lateness suggests poor time management skills--arrive early instead.
- Turn your phone off before entering the interview. Your phone can be a distraction and if it rings, it would be disruptive and suggest to the interviewer that getting into school is not a priority.
- Research the institution. Check their website to find out about new initiatives, developments and expansions that have taken place at the school.
- Stay calm, relax, sit up straight and take your time when answering questions (listen to the entire question before answering).
- Maintain eye contact. Poor eye contact gives the appearance of dishonesty or low self-esteem.
- Arrogance is not appropriate. You don’t have to downplay any of your significant accomplishments, but remember to be respectful and sincere.
- **DO NOT LIE** under any circumstances!
- If the interviewer asks the same question more than once, there is a reason for it.
- This is your chance to restate your answer with additional information, if appropriate.
- Sample interview questions can be found at these websites:
  - [http://www.futuredoctor.net/questions_and_answers1.shtml](http://www.futuredoctor.net/questions_and_answers1.shtml)

Sources: [web.jhu.edu/sebin/o/y/InterviewingTips.Capers.OSU.pdf](http://web.jhu.edu/sebin/o/y/InterviewingTips.Capers.OSU.pdf)

The University of Louisville SMDEP Program is pleased to have on board Ms. Sharon Gordon as our new SMDEP Program Coordinator, Sr. You may reach her at 502-852-7159 or by email at sayoun01@louisville.edu