SMDEP Update

Just One

One song can spark a moment, one flower can wake the dream.
One tree can start a forest, one bird can herald spring.
One smile begins a friendship, one handclasp lifts a soul.
One star can guide a ship at sea, one word can frame the goal
One vote can change a nation, one sunbeam lights a room
One candle wipes out darkness, one laugh will conquer gloom.
One step must start each journey., one word must start each prayer.
One hope will raise our spirits, one touch can show you care.
One voice can speak with wisdom, one heart can know what’s true,
One life can make a difference, you see, it’s up to you!

Author unknown

We have just completed another SUCCESSful year of SMDEP at the University of Louisville. Applications for SMDEP 2014 will be available Friday, November 1, 2013 at www.smdep.org. The deadline for applications is March 1, 2014. Please apply early!

If you have ever wondered if SMDEP really helps students succeed, here is your proof. Introducing the 2013 class of SMDEP Alumni graduates from the schools of Medicine and Dentistry at UofL.

Mayurika Bartenstein, MD          Dustin Clevinced, DMD
Brittany French Clevinced, DMD    Evelena Cousin-Peterson, MD
Savanna Smith Dincman, MD         Feneisha Fervil, MD
Brian Freeman, MD                 Janel Gordon, MD
Ashley Gunnell, DMD               Douglas Scott Howard, MD
John Jeffries, MD                 Marcell Lesuer, DMD
Jacob Masters, DMD                Jay Morgan, MD
Patience Ngwang, MD               Garrett Roney, MD
Whitney Shultz Wilson, DMD        Kelly Standish, DMD

CONGRATULATIONS TO ALL OF OUR 2013 GRADUATES
"I believe that SMDEP contributed to my success in dental school because it opened my eyes to the potential I had as well as giving me a taste of what challenges would lie before me. I was more able to prepare for dental school in undergrad by having this foresight. I also believe that because I attended SMDEP at the University of Louisville, specifically, I was drawn back to ULSD and received an excellent dental education here! I would suggest SMDEP to any undergrad student who is considering an education in the medical field."

Whitney Shultz Wilson, DMD
Christian Med Clinic, Nashville, TN

"Yes, I feel as though SMDEP very much contributed to me graduating from medical school. The program allowed me to be in the presence of many like-minded people from similar backgrounds. That was so important as I was one of the few pre-med students in my school at the University of Virginia (School of Engineering). In addition, the medical student mentorship I received during my time at Case Western was very helpful in navigating the long road that is medicine. I still keep in contact with the medical students (now residents and attendings), and college students (now residents or medical students) I met during the program. The faculty were dedicated to student success and really instilled in me the drive to continue pursuing my medical aspirations."

Brian Freeman, M.D.
Tulane University, Pediatrics

"Participating in SMDEP 2006 led to my acceptance to and successful completion of medical school and created an infinite positive ripple effect in my life. Without SMDEP and Mrs. Mary Joshua, I would not have known about the outstanding experience awaiting me at the University of Louisville School of Medicine. SMDEP gave me the tools, confidence, and support that I needed to succeed. In addition to guiding my life academically, SMDEP introduced me to lifelong best friends and I even met my husband as a medical student at U of L! I will always be grateful for the opportunity I had to be a part of SMDEP, a six week summer program that permanently altered the course of my life."

Savanna Smith Dincman, M.D.
Medical University of SC, Pediatrics

"I truly do feel that SMDEP did have a positive impact on my life. Not only did it open my eyes to various cultures and races, but it helped validate my passion for the dental field.

Upon completion of the program, I felt even more compelled to work hard in order to reach my goals.

In addition, SMDEP helped me to discover confidence, friendship, and self-fulfillment. I would highly recommend it to any aspiring student scholar."

Ashley Gunnell, DMD
Associateship in Eastern KY
PRE-MEDICAL SCHOLARS

INTERVIEWING 101

(Presenting the art of presenting yourself, speaking what you know and making a case for securing an admission offer)

Presenting Yourself: Transitioning from paper to person

Attire - Dress for the position you want not the one you currently have.

Address - Put a handle on it [use Mr., Mrs., Dr.]; lose the familiarity and adopt formality

Attributes - Describe yourself in 3 words; how are those descriptors manifested in your life

Attention - Be attentive during the interchange; turn off the phone

Speak What You Know: Remember you’re giving expert testimony

Truth in advertising - think about the things you’ve done and what you’ve learned from them; even if you learned nothing;

Speak who you are - not who you think an admissions interviewer wants you to be.

Pause to consider your thoughts - answer the question you’re being asked

There are no “Yes or No” questions - be ready to expound upon your achievements, experiences and trials, etc.

Know when to stop - when expounding becomes unintelligible

Making Your Case: Why should you be the chosen one?

Convey your vision - where do you want to go; how will what you’ve already done help take you there

Don’t make excuses - show your perseverance; drive and motivation

Do your homework - what do you like about each school & how you can contribute/achieve your goals

Special Considerations: The process isn’t “cookie cutter”

Be prepared for different interview formats (traditional, MMI, Skype, Phone)

Own up to your mistakes

Time gaps & other things we wonder about

How to make comparisons

Time management, leadership, humanity

PRE-DENTAL SCHOLARS

APPLICATION TIPS

- We advise applicants to take as many recommended upper level biology courses as possible.
- Knowledge gained in these undergraduate courses serves as a solid foundation for the advanced courses you will take in dental school.
- Your performance in these courses is one more assessment of your readiness for dental school.
- Consider applied arts courses to test/develop hand-eye coordination
- List all planned courses. This helps the committee see your complete program of study prior to admission, but be realistic- ULSD expects you to complete courses you list as planned
- Minimum of 40 hours of General Dentistry clinician shadowing/observation
- Specialty shadowing may vary
- Always include work experience on the AADSAS application
- Include research experience
- Include various types of volunteer experiences/service on the AADSAS application.
- Volunteer lab research experience
- January 1, 2014 is the deadline for all AADSAS applications

INTERVIEWING TIPS

- Know thyself.
- Know why ULSD is the best place for you.
- Research the school thoroughly, backwards and forwards.
- Above all, be humble and sincere.
- Honesty is the best policy.

PRE-REQUISITES

- BIOLOGY courses – 4 MINIMUM (7 biology courses - OPTIMAL)
- comparative anatomy or human anatomy (strongly recommended)
- physiology
- cellular biology
- histology
- microbiology
- immunology
- other upper level biology courses
- biochemistry is strongly recommended
- CHEMISTRY
  - 2 semesters general chemistry with labs
  - 2 semester organic chemistry with labs or one organic and one biochem with labs
- PHYSICS - 1 semester
Career Spotlight: Physician Assistant

What is a Physician Assistant?

A physician assistant (PA), is a healthcare professional who is licensed to practice medicine as part of a team with physicians. Physician assistants are concerned with preventing and treating human illness and injury by providing a broad range of health care services under the direction of a physician or surgeon. Physician assistants conduct physical exams, diagnose and treat illnesses, order and interpret tests, prescribe medications, counsel on preventive health care and may assist in surgery. PAs can also have managerial duties, order medical and lab supplies and equipment, or may supervise technicians and assistants. While PAs practice under the license of a physician, they may also be the principal care providers in many practices, where a physician may be present for only 1 or 2 days each week. In such cases, the PA confers with the supervising physician and other medical professionals as needed, or as required by law. PAs may also make house calls or go to hospitals and nursing homes to check on patients and report back to the physician.

Education and Training

The PA educational program is modeled on the medical school curriculum, a combination of classroom and clinical instruction. The PA course of study is rigorous and intense. The average length of a PA education program is 27 months. Admission to PA school is highly competitive. Applicants to PA programs must complete at least two years of college courses in basic science and behavioral science as prerequisites to PA school, analogous to premedical studies required of medical students. The majority of PA programs have the following prerequisites: chemistry, physiology, anatomy, microbiology and biology. Additionally, most PA programs require or prefer that applicants have prior healthcare experience. PA education includes instruction in core sciences: anatomy, physiology, biochemistry, pharmacology, physical diagnosis, pathophysiology, microbiology, clinical laboratory science, behavioral science and medical ethics. PAs also complete more than 2,000 hours of clinical rotations, with an emphasis on primary care in ambulatory clinics, physician offices and acute or long-term care facilities. Rotations include family medicine, internal medicine, obstetrics and gynecology, pediatrics, general surgery, emergency medicine and psychiatry.

There are currently 173 accredited PA programs in the United States. The vast majority award master’s degrees. PA education programs are represented by the Physician Assistant Education Association and accredited through the Accreditation Review Commission on Education for the Physician Assistant (ARC-PA).

Source: [http://explorehealthcareers.org/en/Career/19/Physician_Assistant](http://explorehealthcareers.org/en/Career/19/Physician_Assistant)

MCAT-DAT Review Summer Workshop

Thirty-five students from across the country participated in the University of Louisville’s MCAT-DAT Review Summer Workshop. (Seventeen of them were SMDEP alumni!) The review is offered each year. It is an intensive four-week FREE residential exam preparation and application development program. Applications for the 2014 MCAT-DAT Review Program will be available October 1 from our website: [http://louisville.edu/medschool/diversity/undergrad](http://louisville.edu/medschool/diversity/undergrad).

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