

# SMDEP UPDATE

OCTOBER 2011

GREETINGS SMDEP ALUMNIIII

## Welcome back to school: Fall 2011

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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 any-time.

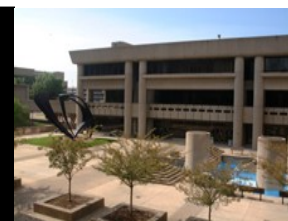
### GETTING ACADEMIC ASSISTANCE

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 you professor during his/her office hours.

### KEEP A PORTFOLIO

The application process for medical and dental school is a demanding one. You have to provide a lot of information and having this information on hand when you apply will make the process so much smoother. Instead of spending time trying to recall what, where, when, I encourage all of you to keep a portfolio that includes business cards from various medical/dental school staff, faculty, administrators you've met; medical and dental school information; MCAT/DAT information; an updated resume, an extra-curricular resume listing your shadowing and community service, etc.

Good luck this semester!



The courtyard at University of Louisville Health Science Center.

SMDEP is a national program funded by the Robert Wood Johnson Foundation with direction and technical assistance provided by the Association of American Medical Colleges and the American Dental Education Association.

# ALUMNI SPOTLIGHT: TRAVIS WHEELER

## 1. Please describe your academic background.

I attended Eastern Kentucky University in Richmond, Kentucky from 2006 until 2010. While there I obtained a Bachelor of Science Degree with a major in Biological Sciences and a minor in Chemistry. Additionally I participated in and completed the Honors Program and graduated with the distinction of Summa Cum Laude. In addition to my course work at EKU I also served as President of the Phi Sigma Biological Sciences National Honor Society for the 2008-2009 and 2009-2010 academic years and worked as a Research Assistant in the Cellular and Molecular Systems Lab. After graduating from Eastern Kentucky University I completed the Medical Education Development Program at the University of Louisville School of Medicine during the 2010-2011 academic year and am currently a first year medical student at UofLSOM.

## 2. What led you to want to become a physician, dentist, pharmacist, etc?

I have always had a strong interest in pursuing a career in healthcare. Many members of my family, including my mother and multiple aunts are nurses, so in many ways, medicine has always been a significant part of my life. I am also simply fascinated with the mystery that is the human body and love the idea of

learning all that I can about it. In addition, I simply love people and want to do all that I can to ensure that they have not only a longer life, but also one filled with the greatest level of quality they can achieve.

## 3. What advice do you have for undergraduates or those in the process of applying?

Work hard and do the best you can in your course work. Not only will a solid GPA look impressive to medical school admissions committees, but the knowledge you gain during your undergraduate education will create a very solid foundation for materials you will be presented with in medical school. Additionally, make sure you give yourself adequate time to fully prepare for the MCAT, PCAT, DAT, or other admissions test. Your score is a pretty significant component of your application and the test is something you really have to prepare for. Finally, take the time to explore the career you are about to pursue; shadow professionals and gain any experience or advice you can take from them.

## 4. How do you stay motivated?

To stay motivated I do my best to focus on the bigger picture, the overall goal of becoming a physician and to remember that medical school is just another leg of the journey. It is easy to get wrapped up in the chaos

of exams and other medical school obligations and forget why you started this path. I have also found that shadowing and volunteering are excellent ways to boost motivation, as they offer the chance to experience a more clinical setting and to remind me of what being a physician will be like. Perhaps more than anything though, I stay motivated by maintaining a strong network of friends and family, especially fellow medicals students, who understand the rigorous and demanding nature of medical education and maintain utmost confidence in my ability to successfully complete medical school.

## 5. Please share any advice you have for those reading this article right now?

The best advice I can give is to simply never give up. No matter what it is you want to be; be it a physician, a dentist, or anything else, if it is truly what you want, never stop until you have obtained your dream. Obstacles will come and roadblocks will happen, you simply have to work hard and overcome them for the greater goal. During my time at Eastern I often heard my research mentor repeating the same phrase, and while at the time I shrugged it off and went on with my day, I have come to realize many times when things get a little overwhelming I tend to remind myself that I must "make it happen, failure is not an option".

# Career Spotlight: Physician Assistant

## 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 physicians 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

To Practice as a Physician Assistant individuals must pass a national PA certification exam administered by the National Commission on Certification of Physician Assistants (for graduates of accredited PA programs only) and obtain state authorization (license, registration or certification).

To Maintain Certification PAs must complete 100 hours of

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.paeaonline.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 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.

### MINORITY & RURAL AFFAIRS —SPECIAL PROGRAMS OFFICE

Call us for advice/assistance.

University Of Louisville

323 E. Chestnut Street

502 Abell Administration Building

Louisville, KY 40202

Phone: 502.852.7159

Fax: 502.852.8866

E-mail: [specprog@gwise.louisville.edu](mailto:specprog@gwise.louisville.edu)

## 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 Arterburn - SMDEP '06  
Chelsea Bond—SMDEP '07  
Dustin Clevidence—SMDEP '07  
Brittany (French) Clevidence —SMDEP '07  
Alissa Ellis—SMDEP '09  
Lindsey Elmore—SMDEP '09  
Morgan Finchbaugh—SMDEP '09  
Tiffany Garrison—SMDEP '06  
Ashley Gunnell—SMDEP '06  
Devin Hall—SMDEP '06  
Derek Hayes—SMDEP '09  
Laura Hayman—SMDEP '07  
Marcell Lesueur—SMDEP '06  
Jacob Masters—SMDEP '06  
Vinita Patel—SMDEP '07  
Jerrica Payton—SMDEP '09  
Melba Ross—SMDEP '07  
Whitney Schultz—SMDEP '07  
Laura Spragens—SMDEP '06  
Kelly Standish—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 Gast—SMDEP '09  
Kelly Goodpaster—SMDEP '08  
Amy Hazelwood—SMDEP '08  
Manpreet Kaur—SMDEP '06  
Melinda Landwerlen—SMDEP '08  
Lindsey Lonneman—SMDEP '07  
Lindsey Moore—SMDEP '08  
Minththu Phan—SMDEP '06  
April Powers—SMDEP '06  
Boonyapa Purn—SMDEP '09  
Kimberly Roberts—SMDEP '08  
Chelsea (Leichardt) Rupp – SMDEP '07  
Briana Taylor—SMDEP '08  
Kaisha Thomas—SMDEP '07

James Williams—SMDEP '08  
Brittany Wills—SMDEP '06  
Cara Wimpy—SMDEP '08

#### U of L School of Medicine

Erin Adams—SMDEP '09  
Anita (Allison) McNutt—SMDEP '08  
Brittany Badal—SMDEP '09  
Mayurika Banerjee—SMDEP '06  
RJ Blackburn—SMDEP '06  
Evelena Cousin-Peterson—SMDEP '06  
Tiffani Dean—SMDEP '07  
Kelly (Murphy) DeAtley—SMDEP '07  
Marie Dennison—SMDEP '07  
Feneisha Fervil - SMDEP '06  
Janel Gordon—SMDEP '06  
Emily Gregory—SMDEP '09  
Vandya Harris—SMDEP '08  
Emily Hayman—SMDEP '08  
Seth Haywood—SMDEP '07  
Ashley Hitchen—SMDEP '07  
Scott Howard—SMDEP '06  
John Jeffries—SMDEP '06  
Tiya Johnson—SMDEP '06  
Veronica Jones—SMDEP '08  
Huy Mai—SMDEP '06  
Terri Mason—SMDEP '07  
Michael Miao—SMDEP '07  
Taku Mkorombindo—SMDEP '08  
Patience Ngwang - SMDEP '06  
Nicole Nomamuikor—SMDEP '06  
Neesha Patel—SMDEP '06  
Trisha Patel—SMDEP '08  
Francesca Pribble—SMDEP '06  
Daniel Ontenient— SMDEP '08  
Savanna Smith—SMDEP '06  
Garrett Roney—SMDEP '06  
Andrew Vaughn—SMDEP '09  
Travis Wheeler—SMDEP '08  
Matthew Whitaker—SMDEP '07  
Carmen Young—SMDEP '06

#### Other School of Medicine

Dominique Allen - SMDEP '06  
Adjoa Andoh— SMDEP '08  
Rose Archemetre—SMDEP '09  
Matthew Banks—SMDEP '06  
Lauren Bartholmew—SMDEP '06

Jean-Edson Belcourt—SMDEP '07  
Ashundra Castle— SMDEP '06  
Weston Childers—SMDEP '06  
Ashley Clevenger—SMDEP '07  
Corey Coles—SMDEP '08  
Tiffany Doan—SMDEP '08  
Christine Duncan—SMDEP '09  
Jessica Edwards—SMDEP '07  
Eseosa Eguae—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  
Eseosa Ighodaro—SMDEP '08  
David Kays—SMDEP '08  
Sandhya Kumar—SMDEP '08  
Korsica Lassiter—SMDEP '07  
Rasheed Lawal—SMDEP '06  
Ashley Loan—SMDEP '07  
Van Luong—SMDEP '07  
Emily (Helton) Lynch—SMDEP '07  
Saneliso Masuku—SMDEP '08  
Anesha Maxwell—SMDEP '06  
Joi Moore—SMDEP '06  
Lindsay Norton—SMDEP '08  
Jennifer Nwankwo—SMDEP '08  
Katy O'Neal—SMDEP '09  
James Philip—SMDEP '08  
Brittany Richardson—SMDEP '07  
Brooke Robinson—SMDEP '06  
Shelly Ross—SMDEP '07  
John Ruggiero—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 Willis—SMDEP '06

#### Other Professional School

Christopher Arnette—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 Feltnr—SMDEP '06, Ohio College of Podiatric Medicine  
Bruce Harris—SMDEP '06, Samford 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 Rucker—SMDEP '06, MBA Healthcare  
Jessica Simpson— SMDEP '07, MPH  
Jennifer Strang—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