

The sun is out and we hope you are enjoying the crisp fresh air! Tomorrow we have our second workshop for those of you getting ready for application:

- **Thursday, March 7, 2024 @ 3-4pm, Personal Statement Workshop, Office of Health Professions**

Not sure how to get started with your personal statement? This workshop will help you brainstorm and give you some tips on how to make your statement stand out. Do's and Don'ts will be covered and example statements will be shared and discussed.

[RSVP HERE](#)

**Podcast #65:** In today's episode we speak with Eric Van Hecke. He is a very enthusiastic guest and loves his career working as a Physician Assistant (PA). He has recently been named as the Founding PA Program Director, at Concordia University - St. Paul. He offers so much great PA and life advice, as well as all the exciting things about a new PA program underway at Concordia University, St. Paul. Listen [HERE](#)

Heather & Heidi

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**NWHSU Post-Bachelor Pre-Health program  
TODAY, Wednesday, March 6 @ 6pm  
Pre-Health Club, Beck 111**

Dr. Sara Fier from Northwestern Health Science University (NWHSU) is speaking to the Pre-Health Club about their Post-Bachelor program and what Northwestern Health Science University has to offer.

This is a great opportunity to learn about other healthcare professions and gap year options if you do not plan to go into graduate school right away.

Mark your calendars and we hope to see many of you there!!

Zoom Link [HERE](#) if you can't attend in person.

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**Sports Psychology: Creating your inner Grit  
THIS, Friday, March 8 @ 4:30 - 6:00 p.m., Wallenburg Auditorium  
Dr. Cindra Kamphoff**

Dr. Cindra Kamphoff will be on campus to share her expertise on grit and resilience. Her interactive workshop is to celebrate International Women's Day. The event is for everyone! **RSVP [HERE](#)** to attend. We will see you there!

There will be FREE appetizers and beverages afterward in the Steamery. Flyer with additional details attached below.

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**Oakland University William Beaumont School of Medicine  
Friday, March 8 at 11:00 am central time  
ADMISSIONS WEBINAR**

This is an opportunity to learn about their holistic admissions review process, curriculum, clinical experiences, and the OUWB culture. You will gain insight into how they develop medical students into skillful, ethical, and compassionate physicians. At the conclusion of the webinar, there will be an opportunity to ask questions to current OUWB students.

**REGISTRATION IS NOT REQUIRED. Instructions for joining the webinar are listed on our [website](#) or by using the button below.**

If you have any questions, please contact via email at [medadmit@oakland.edu](mailto:medadmit@oakland.edu) or call us at (248) 370-2769.

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**Successful Applicant Workshop: Interview Like a Ninja  
Thursday, March 14, 2024 @ 3-4pm**

This interactive workshop will help you learn what to expect and how to prepare for in-person and virtual interviews. Multiple Mini (MMI) interviews and traditional interview formats will be reviewed. If you are looking for tips, strategies, and resources to help prepare and improve your interviewing skills, this is the workshop! **[RSVP HERE](#)**

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**Cruise on by...the Community Engagement Center  
Wednesday, March 20 @ 11am-1pm  
Chat with Heather & Heidi  
Location: Lower Level Johnson Student Union**

In honor of the NCAA Final Four we will be providing FREE Gatorade, Popcorn and other fun giveaways! Learn about the on-going service opportunities offered through the Community

Engagement Center and ones that you may be interested in be involved next year! We will also have application information for our volunteer programs:

- Mayo Clinic Caring Hands program 2024-2025
- Parkinson Exercise & Kickboxing program 2024-2025
- Ecumen Hospice program 2024-2025

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**Northwestern Health Sciences University Discovery Day  
Saturday, March 23 @ 9:00 - 2:00pm  
Bloomington, MN**

**You are invited to NWHSU for our on-campus Discovery Day .** We welcome prospective students to learn how NWHSU's healthcare programs are designed to prepare them for a successful career in a number of programs such as Chiropractic, Acupuncture and Chinese Medicine, and Post-Baccalaureate Pre-Health.

At Discovery Day, you will meet current NWHSU students, faculty, and admissions staff and get all their questions answered. The best way for them to know if NWHSU is the right fit is to visit.

**Register [HERE](#)**

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**Happy National Athletic Training Month  
March 1 - April 5, 2024**

The Gustavus Athletic Training Association is hosting a used equipment drive to [clean out for a cause!](#)

Join the athletic training program in collecting gently used items. Anything from old sports apparel, baseball gloves, shin guards, hockey gear, etc. We are willing to take it off your hands! Those who choose to participate will receive a raffle ticket and be entered to win a massage with Flourishing Life Massage. You can drop off items in the athletic training room in Lund (Room 120).

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**Career Expo!  
Friday, April 19, 2024 @ 10:00 – 11:00am  
Upper Hallway of the Campus Center**

Career Expo! is a poster presentation of career and study away experiences

A poster presentation means that you create a poster or slides about your experience and talk with attendees individually or in small groups. NOT TO WORRY – [here are directions on how to create your “poster” or slides.](#)

Presenters are asked to [register to present](#), present on April 19 to be included in a drawing for cash prizes:

- One - \$200
- Two - \$100
- Three - \$50
- Four - \$25

Contact Cynthia ([cfavre@gustavus.edu](mailto:cfavre@gustavus.edu)) if you have questions.

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### **Centralized Applications open for 2024-2025**

Veterinary Medicine [VMCAS](#): Opens late January  
Physician Assistant [CASPA](#) Opens Late April  
Medicine MD [AMCAS](#): Opens Early May/ Submit Early June  
Medicine DO [AACOMAS](#): Opens Early May  
Dentistry [ADEA AADSAS](#): Opens June 1  
Optometry [OptomCAS](#): Opens late June  
Physical Therapy [PTCAS](#): Opens early July  
Occupational Therapy [OTCAS](#): Opens mid July  
Pharmacy [PharmCAS](#): Opens mid July  
Podiatric Medicine [AACPMAS](#): Opens early August

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### **FREE Professional Headshot Wednesday mornings, 8:30am-12:30pm, Schedule photo time [HERE](#)**

This semester, professional photos (i.e., headshots) will be offered in the Gustavus Marketing and Communication Office (Lundgren House) every Wednesday mornings between 8:30 a.m.– 12:30 p.m. Appointments must be made in advance, and you can sign up [HERE](#).

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### **Calling All Aspiring Pre dental Writers and Bloggers!**

Are you a pre dental student with knowledge or advice that might benefit our readers? **Here's your chance to shine and motivate the next generation!** We encourage your writing submissions. [Contact us today](#) for submission guidelines to ADEA GoDental.

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**MDA Summer Camp at True Friends Camp Courage**  
**Maple Lake, MN**  
**June 15-21, 2024**

Muscular Dystrophy Association (MDA) Summer Camp is a week-long residential programs that gives kids ages 8-17 the freedom to be kids with others who are just like them- at no cost to their families. Volunteer Counselors are by Campers' sides day and night so that they can do all the fun activities that summer camp offers.

Volunteers gain high-quality, field-based experience in physical therapy, occupational therapy, medical professions, education, recreation, and family social sciences, as well as earning them extensive volunteer hours. MDA Summer Camp locations are available across the nation.

Attached below is the flyer. Contact: Better Gaertner, Specialist, Recreation Programs, [egaertner@mdausa.org](mailto:egaertner@mdausa.org), 440-368-0746

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**Gusties Will Shine**  
**Innovation Scholars Team Spring 2024**

Nana Akua Boakye Agyemang '25  
Cecilia Gerlach '25  
Ally Regenold '24  
Tyler Teichmiller '24

