

Three days left before Spring Break! Keep working hard, the break is near.

TODAY, Heidi & I are out and about on campus for **Cruise on by** so come stop by and say hello.

We will be on the lower level of the campus center outside the Community Engagement Center (look for our Cruiser bikes). In honor of *March Madness*, we will be giving out FREE gatorade and popcorn. AND today our Volunteer program applications are available (see links below), volunteering is a great way to get patient care experience. Come find out more today about these programs and about the on-going service opportunities offered through the Community Engagement Center.

[Podcast #66](#): Pre-medical student, Amelia Qualey, '25 and Pre-Physical Therapy student, Owen Johnson, '24 share their experience working as volunteers with the Mayo Caring Hands program and the Parkinson Exercise class. Listen [HERE](#)

Heather & Heidi

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**Creighton University**  
**Today, Wednesday, March 20 11am-1pm**

Location: Lower Level Johnson Student Union

Come talk with the Admission representative from Creighton about their Pharmacy, Physical Therapy or Occupational Therapy Program.

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**Cruise on by... TODAY, Wednesday, March 20 @ 11am-2pm**

*Cruise by to chat with Heather & Heidi and enjoy **FREE Gatorade & Popcorn***

Location: Community Engagement Center, Lower Level Johnson Student Union

At our *Cruise on by* event we will have application information for our volunteer programs and answer questions. Also learn about the on-going service opportunities offered through the Community Engagement Center.

- Mayo Clinic Caring Hands program 2024-2025, Apply [HERE](#)
  
- Parkinson Exercise & Kickboxing program 2024-2025, Apply [HERE](#)

- Ecumen Hospice program 2024-2025, Apply [HERE](#)

**Volunteer applications due May 1, 2024 by midnight.**

In honor of the NCAA Final Four we will be providing FREE Gatorade and Popcorn. Enter into a drawing for a fun prize by guessing the winner of the men's NCAA Division I basketball tournament! We look forward to seeing you later today.

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**LAST CALL...ROAD TRIP with Heather & Heidi to Health Summit**  
**Register [HERE](#) by THIS Friday, March 22 by midnight**

You are invited to join Heather & Heidi on a Road Trip for the Health Summit

**It is FREE for you to attend:** transportation, registration and lunch will be provided.

**Event Date: Wednesday, April 3 @ 8:15 am - 3:00 pm**

Location: MSU, Mankato

Van leaving from three flags @ 8:00am, returning to three flags @ 3:30pm

**REGISTER for the Road Trip [HERE](#) by THIS Friday, March 22 by midnight.**

**2024 Health Summit at Minnesota State University, Mankato**  
**Wednesday, April 3 @ 8:15 am - 3:00 pm**

The topic this year is **Creating Community Wellbeing** and is focused on the **impact of social connections on health.**

**SCHEDULE**

**8:15 a.m:** Registration and check-in

**9:15 -10:15 a.m** Welcome & Keynote Speaker - Dr. Sarah Vinson

**10:15 a.m:** Coffee/treats & Posters, sponsor visits, and networking

**10:45 a.m:** Breakout Session

**11:15 a.m:** Breakout Session

**11:45 a.m. - 1:00 p.m:** Lunch

"Family Connection": Macy & Brad Schipper, Posters, sponsor visits, and networking

**1:00-2:00 p.m:** Breakout Sessions

**2:00-3:00 p.m:** Featured Speaker: Annie Frisoli, Closing

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**MCAT**

**All 2024 MCAT Dates Now Open for Registration**

Registration for July-September 2024 MCAT test dates are open. All March-September 2024 MCAT test dates are available for scheduling. [Please visit the MCAT Registration System to register.](#)

### **MCAT Top Ten Tips for Test Day**

Getting ready to take the MCAT exam? As you prepare for your upcoming exam, check out these [tips to help your test day go smoothly](#). Be sure to read through the [MCAT Essentials](#) and your [Examinee Agreement](#) to know what you can and can't discuss after completing your exam.

### **Webinar: Start your MCAT Prep Right with Proven Learning Strategies**

**Tuesday, March 12 @ 2pm CT**

Join Shavonia Wynn, PhD, a medical education learning specialist, and the AAMC MCAT Prep team for an engaging webinar where we'll explore crucial aspects of effective MCAT preparation. The session will provide you with evidence-based active learning techniques to help improve your scores. [Register now!](#)

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### **MD/DO and the PREview® Exam?**

If you are applying to medical school for the 2025 cycle, you may need to take the PREview® professional readiness exam. Registration for April – September 2024 exam dates is open, but note that registration for April exam dates will close on Wednesday, April 3. Starting this year, examinees will be able to retake the PREview exam within the same testing year. If you think you'll want to retest, [visit our website](#) to find the earliest possible date that you can based on your initial test date. [Please visit our website for information on the testing calendar, registration deadlines, and more.](#)

Be sure to check the [list of schools that require or recommend](#) that you take the exam. [Visit our website to learn more](#) about how the PREview exam can help you show medical schools your understanding of effective professional behaviors that are important for entering students.

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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](#). Presenters are asked to [register](#) 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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**Gusties Will Shine  
Podcast #66 guests**

Amelia Qualey, '25, Mayo Clinic Caring Hands Volunteer  
Owen Johnson, '24, Parkinson Exercise class Volunteer

