

Fall Break is right around the corner and it is Digital Wellbeing Week! We encourage you to put down your phone at meal time, bedtime, and see if a few small changes can improve your digital wellbeing and overall wellness.

[Podcast #56](#) Speech and Language Pathologist Isabel St. Dennis '22. Learn how she transitioned directly out of Gustavus into the University of Minnesota's SLP Master's three year program. Listen [HERE](#)

Heather & Heidi

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Tomorrow, Thursday, Oct. 19th  
Mayo Clinic Open House ROAD Trip  
Leaves Three Flags @ 3:30pm -10pm  
Looking forward to a great trip, there are a few open spots on the bus. Contact Heidi asap if interested. [hselzlerbahr@gustavus.edu](mailto:hselzlerbahr@gustavus.edu)

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Thursday, Oct. 19 @ 7-9pm Virtual Athletic Training Open House  
Interested in learning more about the Master of Athletic Training at Gustavus? Have questions about admission requirements? Need help with the application? Attend the Virtual Open House [RSVP to receive the Google Meet link](#)

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AAMC Virtual Medical School Fair  
TODAY Wednesday, October 17- Thursday, Oct. 18, 2023

The AAMC Virtual Medical School Fair enables aspiring applicants and premeds to connect with medical schools and admissions experts from around the U.S. and Canada. In addition, you can attend information sessions led by admissions officers, current medical students, and other experts. **Some attendees have been offered interviews based on their conversations during the fair.**

Additional information [HERE](#)

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MCAT scheduling **will be OPEN** for the January and March-June 2024 test dates on October 24 or 25, depending on your preferred test center location. See additional information [HERE](#)

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### **POP-UP Advising Dates: January & Spring Registration**

Stop by to see us at Pop-Up Advising next week. We will have our tent up and ready to answer your questions about January and Spring registration in regards to prerequisite planning. Registration is a busy time, so mark down a time to stop by and get your questions answered.

- Friday, October 27 @11am-1pm, Nobel Hall
- Monday, October 30 @ 11am-1pm, Campus Center Entrance
- Wednesday, November 1 @ 11am-1pm, Beck Hall

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**Summer  
Health  
Professions  
Education  
Program**

The [Summer Health Professions Education Program](#) (SHPEP) is a FREE transformative six-week summer experience for students interested in the health professions. SHPEP scholars have a legacy of success: over 65% of scholars who apply to medical or dental school are accepted. Applications open November 1st!

Students who participate in SHPEP will receive:

- Housing, meals, a stipend, and travel assistance.
- Guidance from current admissions deans, health professionals, students, and SHPEP alumni about how to pursue their profession of interest.

To be eligible for SHPEP, students must:

- Currently enrolled as a first- or second-year college student.
- Have a minimum overall college GPA of 2.5.
- Be a U.S. citizen, a permanent resident, or an individual in the Deferred Action for Childhood Arrivals (DACA) program.
- Have not previously participated in SHPEP.

Please [visit our website](#) to learn more about the program. If you or your applicants have additional questions, please contact [shpep@aamc.org](mailto:shpep@aamc.org) or (866) 587-6337 (toll-free).

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Wednesday, November 1st @ 5-6pm Gustavus Health Professions Club is hosting [Dr. Heather Zwicky](#), from [National University of Natural Medicine](#), Portland, OR

Dr. Zwicky has her PhD in immunologist/microbiologist. She runs a research institute at NUNM focused on nutrition for Parkinson's Disease patients. She will talk about both alternative medicine approaches, and the ways that we can make a medical impact via academia. Free food will be provided.

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Saturday, November 4th @ 9 a.m. to 2 p.m

Northwestern Health Sciences University (NWSU) Discover Day, Bloomington, MN  
**You are invited to join our [on-campus Discovery Day](#)**, November 4th from 9 a.m. to 2 p.m. At Discovery Day, we welcome prospective students to learn how NWSU's healthcare programs are designed to prepare them for a successful careers in a number of programs such as chiropractic, acupuncture and Chinese medicine, and post-baccalaureate pre-health. [Register HERE](#)

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Create your own January Career Exploration 2024

If you have a site in mind and are interested in **creating your own** January Interim Health Career Exploration the registration deadline is **December 14, 2023**. Requirement is 30 hours per week. Dates: Wednesday, Jan. 3-Friday, Jan.26, 2024.

Contact Heather or Heidi to schedule a time to meet to talk through the registration process. We are happy to help! Additional Information [HERE](#)

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**Loan Forgiveness, Repayment Assistance Programs, and Scholarships**[Learn about programs](#) that can help reduce debt after medical school.

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Opportunities:

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[Resolute Care LLC](#)

**Direct Support Professional**

Mankato, MN

\$14-\$16 Part-time

Responsibilities include assisting with hygiene needs, light housekeeping and errands, dispensing medication, and other tasks that improve the client's living environment and standards.

[State of Minnesota](#)

**Chemical Dependency Program Assistant**

\$22.74-\$29.12 Part-time

Community Addiction Recovery Enterprise (CARE) in St. Peter, MN specializes in providing residential treatment services for adults with substance use and co-occurring disorders. All services are person-centered, building on the individual's interests and capacity for growth, leading to a lifelong process of recovery.

[Care Planning Institute, Inc.](#)

**Home Care Aide, Male Veteran, Lake Crystal, MN**

\$35.00 per hour, part-time

Personal Care Aide to assist client who is an elderly Veteran and needs help with showering, dressing, and walking. This is a long term position, 10-20 hours per week. The schedule is flexible but must stick to the schedule once it is agreed upon.

The position will be hired as an independent contractor.

[Minnesota Autism Center](#)

**Behavior Therapist**

\$18 per hour, part-time

\*Part time opportunities: Monday-Friday 8:30AM-12:00PM or 1:00PM-4:30PM

Provide direct 1:1 therapy to children and adults affected by Autism Spectrum Disorders (ASD). Behavioral Therapist/ Mental Health Practitioner/DSP will be trained on the job.

Opportunities for professional growth are available.

[Ecumen Praire Hill & Ecumen Sand Prairie](#)

**Resident Assistant and Caregiver**

\$16.71, Part-time, Evening or Overnight shift

St. Peter, MN

There is no experience or certification needed for this position. We will provide you with a robust training program onsite!

The RA/caregiver is responsible for providing personal care and delegated health-related services designed to maintain the resident's physical and emotional well-being. The RA/caregiver follows the service schedule for each resident and correctly documents services provided.

[AmeriCorps Casa de esperanza](#)

Hands of Hope AmeriCorps Member

\$23,000 annual living allowance, \$6,895 education award, Housing paid

Provide direct care and supervision to children birth through six years old who are in foster care because of abuse, neglect, and/or the effects of HIV. You will serve these vulnerable children throughout your 12-month commitment to live and work in community in the Casa Neighborhood, Houston, TX.

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Gusties Will Shine  
Featured Gustavus Physician Assistant Student

[Katelyn McCabe '23](#)

Enrolled Summer 2023 @ Des Moines University  
Master of Physician Assistant Studies program

