

It was great to see so many of you at our *Pop-Up Advising*. Our tent will be back up again this Spring for Fall 2023 registration! It has been a busy few weeks for us with registration and HPWeek thanks for participating. And we appreciate your patience as we try to catch up on our email!

Podcast Episode 41: [Genetic Counseling](#)

Learn more about this great field- the prerequisite requirements, how to gain experience and the application process. Hannah Banks, 2020 grad, currently in her 2nd year at The Ohio State University shares her experience and expertise. Listen [Here](#)

Heather Banks & Heidi Selzler-Bahr

Service Opportunity
Spring Break Trips 2023- *Gustavus Habitat for Humanity*
[Spring Break Home-Building Trip](#) - April 1-8, 2023

The 5 Locations

Winston-Salem, North Carolina

Taos, New Mexico

Thibodaux, Louisiana

Elizabethtown, Kentucky

Houston, Texas

YouTube video

Applications available in the Community Engagement Center, applications due **Monday, November 28th**.

Current Event Session: *Abortion Rights*
Friday, Nov. 18 @ 12:30-1:20pm, St. Peter Room

In June 2022, the Supreme Court overturned the 1973 decision that declared the right to an abortion as a Constitutionally-protected right. Dr. Jill Locke, Professor of Political Science, will explain the *Dobbs* decision and what it means for abortion rights and their place in Minnesota and the United States as a whole.

January Interim Career Exploration local opportunities available for credit
(30 hrs per week, total of 100+ hours for the January Interim in:

- Optometry
- Veterinary Medicine
- Dentistry

Or Create your own January Career Exploration

Qualifications: SO, JR, SR status and in good academic standing
Email hbanks@gustavus.edu if you are interested to learn more.

Mayo Clinic SURF Program
Summer 2023 Research Funded Opportunity
Deadline November 30, 2023

Gilyard Peterson Scholarship for the Mayo Clinic SURF Program
Gustavus has partnered with the Mayo Clinic thanks to a generous donor to offer the Gilyard Peterson Scholarship. This scholarship (\$6,000) will provide funding to selected students to participate in the Mayo Clinic SURF program. **Last summer 2022 seven Gusties received the scholarship and completed the SURF program.*

To be considered for the Gilyard Peterson Scholarship you need to complete the Mayo Clinic SURF application by November 30th at 11:45 pm and submit this [form](#).

Mayo Clinic SURF Program Information

The Mayo Clinic SURF program website can be found [here](#). The SURF program runs from Tuesday, May 30, 2023 - Friday, August 4, 2023.

If you have any questions, please contact Jill VanOsdol '10 at jvanosdo@gustavus.edu

Find A [Certified Nursing Assistant class](#) in MN

To register for free nursing assistant training, visit the [Minnesota State website](#) for open courses. This page is regularly updated as new courses are made available, so if you do not see a program that works for you, please check back.

Have a relaxing and restful Thanksgiving!

We have included a healthy recipe for you to try if you are so inclined.

Fall Harvest Salad Recipe

By [Aysegul Sanford](#)

Yields: [6](#) servings

Prep Time: 20 mins **Total Time:** 20 mins This Fall Harvest Salad recipe is a healthy kale-based salad packed with apples, figs, and pecans and brought together with a homemade maple balsamic dressing.

Ingredients

For The Dressing:

- ¼ cup extra virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 small shallot chopped
- 2 tablespoons maple syrup agave or honey would also work
- 2 tablespoons lemon juice freshly squeezed
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper

For The Salad:

- 1 large bunch kale washed, stemmed and shredded (6 cups)
- 1 apple sliced thinly
- 1 cup dried California figs cut into small pieces
- ½ cup pomegranate arils
- 1 cup pecans lightly toasted
- ½ cup goat feta, or blue cheese, crumbled

Instructions

- **To make the dressing:** Place all dressing ingredients in a jar, put the lid on and give it a vigorous shake. Set it aside.
- **To make the salad:** Drizzle the bottom of a large salad bowl with half of the dressing. Add in the kale and give it a toss.* Make sure that all the kale leaves are coated with the dressing.
- Add in the sliced apple, figs, pomegranate arils, and pecans. Drizzle it with the rest of the dressing and give it a gentle toss.
- Top it off with the cheese and serve immediately.

Notes

*Alternatively, you can massage the kale with clean hands to soften the leaves and make sure that the dressing is fully coated all the leaves.

Nutrition

Calories: 493kcal | Carbohydrates: 50g | Protein: 6g | Fat: 33g | Saturated Fat: 4g | Cholesterol: 3mg | Sodium: 611mg | Potassium: 636mg | Fiber: 8g | Sugar: 36g | Vitamin A: 1522IU | Vitamin C: 26mg | Calcium: 154mg | Iron: 2mg