



HONORS PRE-HEALTH NEWSLETTER



**DID YOU MISS THE MCAT PREP INFO
SESSION, BUT STILL WANT TO HEAR
WHAT WAS TALKED ABOUT?**

Email Ms. Coco DiMauro to get the audio recording
(coco_dimauro@baylor.edu)

Research & Internships

Oak Ridge Institute for Science and Education (ORISE): Various paid internship and fellowship opportunities at U.S. Department of Defense Research facilities across the nation. Application requirements and deadlines vary.

Other Biomedical Research Internships: A catalog of biomedical research internships offered nationwide for high school, undergraduate, post-baccalaureate, graduate, and first-year medical students. (Please note, this link is password protected to maintain confidentiality). ****Link recently updated; click on "this spreadsheet" under "Summer 2023 Internships"****

PreHealth Research Programs: A variety of internships and research opportunities found on the PreHealth Office's website.

PreHealth Particulars Podcast

Faculty Spotlight: Dr. Jason Whitt **A Discussion on Faith & Moral Formation in** **the Healthcare Professions**



Why is moral/faith formation important to consider when pursuing healthcare? What are some ways one can develop in these areas? What does it mean to be formed spiritually and morally, and how does it effect one's future patients?

Please take a moment to consider these questions with Dr. Whitt.

[This episode](#) is available on [Apple Podcasts](#).

Article of the Week



Case 31-2023: A 79-Year-Old Man with Involuntary Movements and Unresponsiveness
(from the New England Journal of Medicine)

DID YOU KNOW?

It's important to log not only your hours, but also what you have learned from your experiences when shadowing, volunteering, working, etc. Click [HERE](#) for a handy activity log template. Remember to save a back up copy online too!



STUDENT SPOTLIGHT:

Carolyn Rausch

A blue rectangular banner with a dark blue background. On the left and right sides, there are stylized spotlights with rays of light and small stars. The text "STUDENT SPOTLIGHT:" is in bold black font, and "Carolyn Rausch" is in a larger, bold black font below it.

Carolyn is a Senior Pre-Med student majoring in Health Science Studies.

She has worked as a Certified Nursing Assistant (CNA) for the past several years. Please take a moment to learn how this experience has helped on her pre-med journey, and how you might also get involved!

If after reading this interview you have further questions for Carolyn, please reach out to [Coco DiMauro@baylor.edu](mailto:Coco_DiMauro@baylor.edu) to get connected.



1. What is a CNA? How did you get certified? What is required for certification?

A CNA, or Certified Nursing Assistant, is a crucial member of the healthcare team, focused on providing hands-on care to patients. I became a CNA when I was sixteen and obtained certification through my local community college. Typically, the certification process involves about a month of classroom training followed by a week or so of clinical rotations, although the exact requirements can vary by state. This training provides with the skills and knowledge needed to provide compassionate care, including assisting with personal tasks like dressing, feeding, ambulating, etc.

2. What does a CNA do? What does a typical shift look like for you?

As a CNA, I do a variety of tasks, and my days never look the same. I start my typical 12.5-hour shift by taking report from the previous team and communicating with the nurses about any changes in patient care plans or conditions. Then, I dive into the day by introducing myself to patients and checking their vital signs and blood glucose levels. Throughout my shift, I'm

there to assist with whatever patients need such as feeding, bathing, toileting, or dressing. I respond promptly to their call lights, ensuring that they're comfortable and cared for. As my shift winds down, I share the day's highlights with the next CNA on duty, making sure they're up to speed on any important changes.

3. Don't CNAs do "gross" work? How do you get used to this type of work?

While it's true that CNAs handle tasks that some might consider "gross," like assisting with toileting and bathing, these responsibilities are vital for patients' well-being. We play a crucial role in helping patients recover and maintain their dignity and independence. Getting accustomed to this type of work comes naturally when you recognize its significance. Plus, it's a reminder that, someday, you or a loved one might rely on someone to provide the same level of respectful and dignified care during a hospital stay. It's all about compassion and understanding the fundamental importance of what we do.

4. Why should pre-health students consider becoming a CNA?

There are several reasons why pre-health students should consider working as a CNA. First, it's a sneak peek into healthcare, helping you decide if it's calling. Second, it greatly enhances your interpersonal skills. While CNAs are not the ones diagnosing patients or administering medications, we're at holistic patient care, including emotional support. We're the cheerleaders during tough times, the empathetic listeners, and the steadfast support system. These interpersonal skills are golden in healthcare, and they're hard to pick up in formal training. So, it might be valuable to consider becoming a CNA to build clinical experience and boost these skills!

5. Are you able to balance your schoolwork with your CNA work? How?

Juggling schoolwork and my role as a CNA been very doable. Right now, I am working PRN (Per Diem), which means that I work every other weekend. This leaves me with enough time to tackle school assignments and keep up with my other activities. Plus, I work the night shift, which has its perks – I get a bit of downtime to crack open my laptop and work on some homework!

6. Is there anything else you'd like students to know about CNA opportunities?

I'd say to all pre-health students out there, give being a CNA a shot. It might not be everyone's cup of tea, but it's a fantastic window into the healthcare world. Plus, you're surrounded by doctors, nurses, and therapists, so you get a real feel for all the different roles in healthcare. You also get a front-row seat to a lot of medical situations, which can really boost your understanding of medicine and medical lingo. So, dive in and explore a CNA opportunity – it's a gateway to a world of healthcare insights!



SAVE THE DATE!

WONDER WHAT MED SCHOOLS WANT IN AN APPLICANT??

MED SCHOOLS USE THESE
AAMC CORE COMPETENCIES TO
EVALUATE CANDIDATES →



**COME DIALOGUE WITH LOCAL PHYSICIANS
ABOUT THESE IMPORTANT
CHARACTERISTICS! GREAT OPPORTUNITY
TO NETWORK!**

**PRE-PROFESSIONAL
COMPETENCIES (PART 1)**

OCTOBER 16

5:30 - 6:30 PM

LOCATION: MORRISON 104

**PRE-PROFESSIONAL
COMPETENCIES (PART 2)**

OCTOBER 30

5:30 - 6:30 PM

LOCATION: CASHION 502

REGISTRATION REQUIRED.

EMAIL COCO_DIMAURO@BAYLOR.EDU TO RSVP

PreHealth Office Workshops

Picnic with PreHealth covering various topics, including:

- Planning and registering for classes (Oct. 18 @ 12:30 pm, Earle Hall classrooms)
- How to fit in extracurriculars (Nov 15 @ 12:30 pm, Earle Hall classrooms)

Must register [here](#) by 5 pm the Monday prior to the workshop.

Registration is limited to 40 seats.

Answering the Big Questions with PreHealth, covering the following topics:

- How do I prepare for the MCAT? (Oct 24 @ 3:30 pm, Earle Hall classrooms)
- How do I know I'm ready to apply to medical school? (Nov 7 @ 3:30 pm, Earle Hall classrooms)
- What did I miss? (question & answer opportunity) (Nov 28 @ 3:30 pm, Earle Hall classrooms)

Must register [here](#) by 5 pm the Monday prior to the workshop. Registration is limited to 40 seats.

CURE BU: PHILIPPINES

Medical-Ministry Mission

**HEALING THE SICK
PROCLAIMING THE
KINGDOM OF GOD**



What? Where?

We will spend two weeks during the May Minimester 2024 in Batac, Philippines. We will visit a multispecialty teaching hospital and shadow physicians, surgeons, and nurses. We will also visit a local orphanage and have the opportunity to work with and minister to children, acting as the hands and feet of Christ.



Why?

Our goal is to provide students pursuing careers in healthcare with the opportunity to experience the intersections between medicine and Christian ministry, grow in their faith and calling, and appreciate the practice of medicine in a different culture.



Who?

Due to the heavy medical nature of this visit, students in pre-health and allied health (pre-med, pre-PA, pre-PT, pre-dent, pre-nursing, public health, health sciences, dietitian, etc) will be prioritized. Further priority is given to active CURE BU members, but everyone is able to apply.
Deadline: November 8th

CONTACT



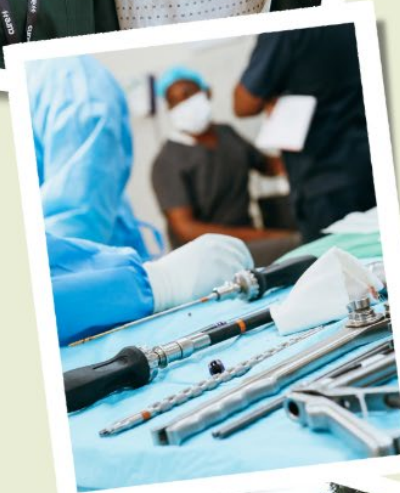
maria_de_mesa@baylor.edu



leilani_mercado@baylor.edu



elizabeth_john1@baylor.edu



CURE BU Medical-Ministry Mission to the Philippines

CURE BU is a Christian organization at Baylor that explores the intersections of health, service, faith, and Christianity in a small, close-knit club. This mission trip will take place at a multispecialty teaching hospital and a local orphanage in Batac, Philippines, from May 16-30th, 2024. Students will have the unique opportunity to shadow doctors, surgeons, and nurses in different fields of medicine, as well as serve and minister to children in a local orphanage. We hope that students will gain a holistic cultural experience that combines medicine, mission, and faith. **The**

application deadline is November 8th. Please contact Elizabeth John (elizabeth_john1@baylor.edu) for more details. [BUMissions Application Link](#)



MCAT & PRE-MED RESOURCES

AAMC Webinars: Other Resources:

- [How to Create a Study Plan for the MCAT Exam](#)
 - [Khan Academy](#) video tutorials and review questions
 - [Plan to Make the Most of Your Summer--Now](#)
 - [Paying for Medical School](#)
-

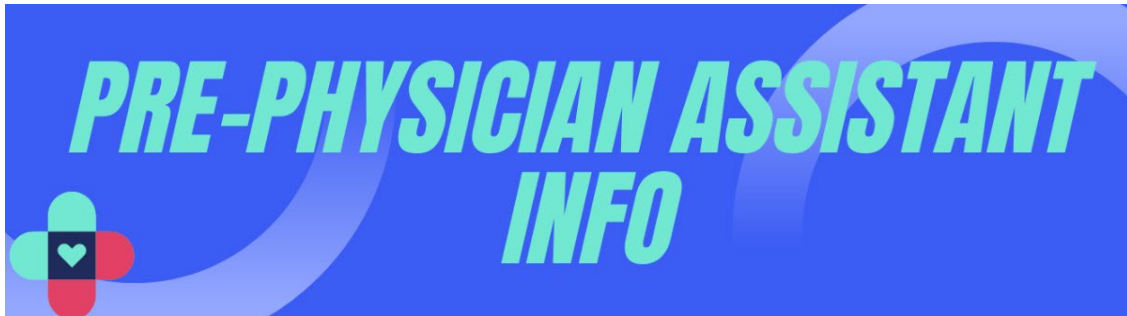


PRE-DENTISTRY INFO

Resources from the American Dental Education Association (ADEA)

- [ADEA Enrichment Programs](#)
- [Preparing for Dental School](#)
- [The Admissions Process](#)
- [Dental Admissions Test \(DAT\)](#)
- [Virtual Interviews Do's & Don'ts](#)

- [Shadowing](#)
-



**Resources from the American Academy of Physician Associates (AAPA)
and PA Education Association (PAEA)**

- [What is a PA?](#)
- [How to Become a PA](#)
- [Applying to a PA Program](#)
- [Information for Pre-PA Students](#)
- [What is CASPA?](#)

Other Resources

- Baylor PreHealth Particulars Podcast - [Pre-PA Episode](#)
- [Pre-PA Info \(Workshops, Student Organizations, etc\)](#)





CHRISTIAN WOMEN'S JOB CORPS | McLENNAN COUNTY

Nurturing Women, Transforming Lives

VOLUNTEERS NEEDED

- TEACHERS
- TUTORS
- CLASSROOM AIDES
- CREATIVE PROBLEM SOLVERS
- MENTORS (ENCOURAGERS/FRIENDS)
- EXAM PROCTORS
- SPANISH SPEAKERS



APPLY ONLINE: CWJCO.ORG
TRAINING PROVIDED

Ascension Providence

Volunteers Needed!

Serving those in need with love and compassion

Support our healthcare providers, patients, and community by becoming a Providence Volunteer.



**Scan this code
to apply!**



Ascension Providence
6901 Medical Pkwy
Waco, TX



We need volunteers for:

- Reception: Welcome & Wayfinding
- Golf Cart Drivers
- Administrative Tasks
- Healthcare Provider Appreciation
- Patient Welcome & Support
- Veteran Recognition
- Special Projects


For more information: Erica Ballard, RN, Director of Volunteer & Guest Services
Erica.Ballard@Ascension.org (254)-751-4104

Volunteer & shadow at Baylor Scott & White
Waco! Click here to learn more. For
shadowing opportunities, please call 254-202-
6200 or email
HBMCStudents@BSWHealth.org

SHADOW with Texas AHEC East/Waco Family Medicine. Click here for more info!

SHADOW at Ascension Providence! Click here to access the application

VOLUNTEER at Ascension Providence. Applications now open, click here!



**What's Happening:
Pre-Health Office**

UPCOMING EVENTS

Ask PreHealth:

Virtual one-on-one advising sessions. Mondays & Thursdays @ 1-3 pm

Zoom Meeting ID: 831 8097 6015 Passcode: Prehealth

Starts

Aug
28th

Ask Prehealth

Every
Monday &
Thursday

1-3 p.m.
on zoom

Zoom
meeting ID:
831 8097 6015

Passcode:
Prehealth



Come with questions for a 1 on 1
meeting with pre-health advisors, no
appointment necessary!

PreHealth Scholarships:

Various scholarships available [here](#).

PreHealth Particulars Podcast:

A Baylor pre-health podcast...pre-health advising on the go! Check out the Pre-Health Office's website [here](#) to listen on a wide variety of topics. Also available on Apple Podcasts. Stay tuned for more episodes!

Bear Tracks:

A new mentoring program aiming to connect on campus Baylor students with shadowing opportunities in the Waco area. Click [here](#) for eligibility criteria.

Baylor Bridges:

An organization within the pre-health student programs aiming to create a network for Baylor alumni to interact with current pre-health students. Click [here](#) for more info.

Committee Letter Process & Workshops

Eligible students are highly encouraged to begin this process during ***the fall semester of the year prior*** to applying to professional schools. Click [here](#) to learn more!

- **MCAT/DAT Strategy Session: Oct 18 & 19 @ 4 pm**
 - Zoom Meeting ID 681 609 2559 (Passcode 366832)
- **Personal Statement Session: Nov 8 & 9 @ 4 pm**
 - Zoom Meeting ID 681 609 2559 (Passcode 366832)
- **Interview Session: Dec 5 & 6 @ 4 pm**
 - Zoom Meeting ID 681 609 2559 (Passcode 366832)
- **Medical/Dental School Application Session: May 1 & 2, 2024 @ 4 pm**
 - Zoom Meeting ID 681 609 2559 (Passcode 366832)

Pre-Health Studies Office

Click [here](#) to get stay connected and up to date on news, research opportunities, events, and more!

PRE-NURSING



COFFEE AND COOKIES



NURSING PANEL

OCTOBER 17TH , 2023
4:00 P.M.
TEAL LIBRARY ROOM 107

Pre-Nursing students, come and hear from nurses that are currently working in the field of nursing. Various backgrounds, career paths, & more.
Also, come hear about Honor's College from our honor's advisor.



Have an Idea?

Are you or someone you know doing interesting research? Internship? Service? We want to know! [Send us an email](#) to see if it can be featured in the newsletter!



UNIVERSITY SCHOLARS Weekly Newsletter



Interested in all-things University Scholars related? Click [here](#) to subscribe to the newsletter!

Other Resources

[Honors Program](#)

[PreHealth Office & Student Organizations](#)

[Baylor Counseling Center & Pastoral Care](#)

[Tutoring & Academic Coaching](#)

[The Store \(free food pantry\)](#)

[Baylor Writing Center](#)

[Thesis Abstracts](#)

[Office of Engaged Learning](#)

[Texas Medical & Dental Schools Application Services \(TMDSAS\)](#)

[Association of American Medical Colleges \(AAMC\)](#)

AAMC 2021 Official Guide Medical School Admissions: How to Prepare for and Apply to
Medical School



Baylor University

HONORS COLLEGE
Honors Program

Connect with us!

