Study Tips for a Successful Semester

✓ **SET GOALS.** Map out ways to reach your goals and monitor your goal progress. Setting achievable long and short term goals help you to stay motivated.

✓ **PREPARE.** Read your syllabus, textbooks and other course materials and become familiar with each class’ lesson before class. It will make for better retention and application of the lesson content.

✓ **STUDY.** Review your planner and set times to study throughout the day in a place where you can focus on your coursework with no distractions.

✓ **GET SERIOUS.** Treat school like a full-time job. Use the 9-5 schedule during the day to get work done.

✓ **SEEK HELP.** Use campus resources such as the Capstone Center for Student Success free tutoring sessions. Departments may also have tutors that are available. See your professors for more information.

✓ **REST.** Make sure to schedule down time and recreational time into your planner. Plan a balanced schedule which includes at least 8 hours of sleep each night. Your body and mind will thank you.
Mock Interviews

For Pre-Pharmacy Students

Mock Interviews for Auburn’s Harrison School of Pharmacy will be held on Wednesday, September 11th in 200 Clark Hall. R.S.V.P. at 200 Clark Hall starting on Wednesday, September 4th. All interested pre-pharmacy students are encouraged to sign-up.

Mock Interviews for Samford’s McWhorter School of Pharmacy will be held on Wednesday, September 18th in 200 Clark Hall. R.S.V.P. at 200 Clark Hall starting on Wednesday, September 11th. All interested pre-pharmacy students are encouraged to sign-up.

For Pre-Medical Students

Mock Interviews for Edward Via College of Osteopathic Medicine – Auburn will be held on Thursday, September 26th in the Career Center. R.S.V.P. at 200 Clark Hall starting on Thursday, September 19th. Interview times are available for pre-medical students of sophomore class standing.

What are Mock Interviews?

OHPA Mock Interviews are one-on-one, 30-minute sessions. These interviews provide you the opportunity to practice your interview skills, ask questions related to your pre-health track and receive feedback on your strengths and weaknesses as a future applicant.

Sign-ups begin one week prior to interview date at the front desk of 200 Clark Hall.

OHPA Cycle 2021 Student Survey

If you are pre-medical, pre-dental, or pre-optometry and will apply to a health professional school during the summer of 2020, please click here.
Announcements & Important Dates

- The University Medical Center’s application for shadowing is now closed. Accepted students will be notified via e-mail by the UMC. If you are not contacted, you may reapply at prehealth.ua.edu in December for the spring semester.

- The Rural Medical Scholars Program (RMSP) is based in Tuscaloosa and conducted by College of Community Health Science, a branch of the University of Alabama School of Medicine. The Rural Medicine Program (RMP) is a jointly sponsored program between the University of Alabama School of Medicine & the College of Sciences & Mathematics at Auburn University. The 2021 Rural Medical Program Application will open around November 1st. Visit https://cchs.ua.edu/rural-programs/medical-scholars/ for more information.

- The Southeastern Medical Scientist Symposium (SEMSS) conference will be in Birmingham, AL on October 12–13th. SEMSS is hosted by Vanderbilt, Emory & UAB for interested MD/PhD and MD candidates as well as undergraduate students. Please visit http://www.southeasternmdphd.org/ for more information.

- Free Biology, Chemistry, Math and Organic Chemistry Tutoring is offered at the Capstone Center for Student Success. Visit https://success.ua.edu/ for tutoring times.

**MARK YOUR CALENDAR**

- **September 11**th: Pre-Pharmacy Mock Interviews with Harrison School of Pharmacy at Auburn University
- **September 17**th: Experiential Learning Overview for A&S Students at 3:30 p.m. in Woods 115
- **September 18**th: Pre-Pharmacy Mock Interviews with McWhorter School of Pharmacy at Samford University
- **September 26**th: Pre-Medical Sophomore Mock Interviews with VCOM – Auburn
- **September 27**th: Biology Career Fair at 12 Noon in Ferguson Ballroom.
- **October 1**st: Undergraduate Research Opportunities for A&S Students at 12:30 p.m. in Woods 115
- **October 3**nd: Majors Fair in Ferguson Ballroom, time TBA

*Items in RED are UA OHPA Events.*

**Congrats UA Alumni on earning your white coat!**
Your path to an allied health career
At Program Focus Day, find out what steps lead to an allied health career. Attend small group sessions, led by program faculty, to learn about programs, the curriculum, and the application process. Each session will have a question and answer period, and current students may also be available to visit with guests.

Participate in up to two sessions among the following programs:
- Doctor of Health Administration
- Health Informatics and Information Management
- Health Sciences
- Histotechnology
- Magnetic Resonance Imaging
- Medical Laboratory Science
- Nuclear Medicine Technology
- Occupational Therapy
- Physical Therapy
- Radiologic Sciences

Friday, November 1 | 1 – 2:30 pm
Check-in begins at 12:30 pm with the first session starting at 1 pm.

Location: School of Health Related Professions, University of Mississippi Medical Center in Jackson

Registration: RSVP is requested. Register online at umc.edu/SHRP

Parking: Free parking is available at Veterans Memorial Stadium located off North State Street across from UMMC. Shuttle service is available to SHRP via the Gold Line.
Costa Rica Pre-Med Class

Hacienda Baru
Dec. 14 - 23, 2019

Early Bird Discount Ends 10/31

- Learn Wilderness and Emergency Medicine
- Experience Whitewater Rafting, Jungle Treks, Treetop Canopy Tours, Surfing Lessons, and More
- Practice Authentic Medical Scenarios
- Earn CPR & Wilderness Responder Certifications

Register Now

coloradowm.org

More Information:
Contact: Breanna McKercher (EMEDWilderness@ucdenver.edu)
Colorado January Pre-Health Course

Denver & Golden, CO
January 2 - 13, 2020
Early Bird Discount Ends 10/31

- ED SHADOWING
- EARN THREE ACADEMIC CREDITS
- MED SCHOOL LABS (ULTRASOUND, SUTURE, CARDIAC DISSECTION)
  - EARN CPR & WILDERNESS RESPONDER CERTIFICATIONS
  - PARTICIPATE IN AUTHENTIC, SCENARIO-BASED LEARNING

REGISTER NOW
COLORADOWM.ORG

More Information
Contact: EMEDWilderness@ucdenver.edu
Dr. Todd Miner- Todd.Minern@cuanschutz.edu
## Fall 2019 Study-Skills Sessions Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Study-Skills Session</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td><strong>August</strong></td>
<td></td>
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<tr>
<td>August 27 (Tue)</td>
<td>11:00 AM</td>
<td>Surviving your Freshman Year</td>
<td>214 Russell Hall</td>
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<tr>
<td>August 27 (Tue)</td>
<td>1:00 PM</td>
<td>Surviving your Freshman Year</td>
<td>214 Russell Hall</td>
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<tr>
<td>August 28 (Wed)</td>
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<td>Houser Hall (Suite 1000)</td>
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<td>August 28 (Wed)</td>
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<tr>
<td><strong>September</strong></td>
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<tr>
<td>September 4 (Wed)</td>
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<td>Success in BSC 116</td>
<td>356 Russell Hall</td>
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<td>September 5 (Thurs)</td>
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<td>Time Management w/ Test Preparation</td>
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<tr>
<td>September 9 (Mon)</td>
<td>2:30 PM</td>
<td>Success in BSC 108/109</td>
<td>356 Russell Hall</td>
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<tr>
<td>September 10 (Tue)</td>
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<td>Studying and Note-taking strategies</td>
<td>Houser Hall (Suite 1000)</td>
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<tr>
<td>September 10 (Tue)</td>
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<td>Success in BSC 116</td>
<td>356 Russell Hall</td>
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<tr>
<td>September 11 (Wed)</td>
<td>11:00 AM</td>
<td>Success in BSC 114</td>
<td>356 Russell Hall</td>
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<tr>
<td>September 12 (Thurs)</td>
<td>3:00 PM</td>
<td>Studying and Note-taking strategies</td>
<td>214 Russell Hall</td>
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<td>214 Russell Hall</td>
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<td>September 24 (Tue)</td>
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<td>Studying for Multi-Choice &amp; Essay Tests</td>
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<tr>
<td>September 25 (Wed)</td>
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<td>Reading College Textbooks</td>
<td>214 Russell Hall</td>
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<tr>
<td>September 26 (Thurs)</td>
<td>4:00 PM</td>
<td>Time Management w/ Test Preparation</td>
<td>Houser Hall (Suite 1000)</td>
</tr>
</tbody>
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*8/9/2019*