

Pre-Health 101

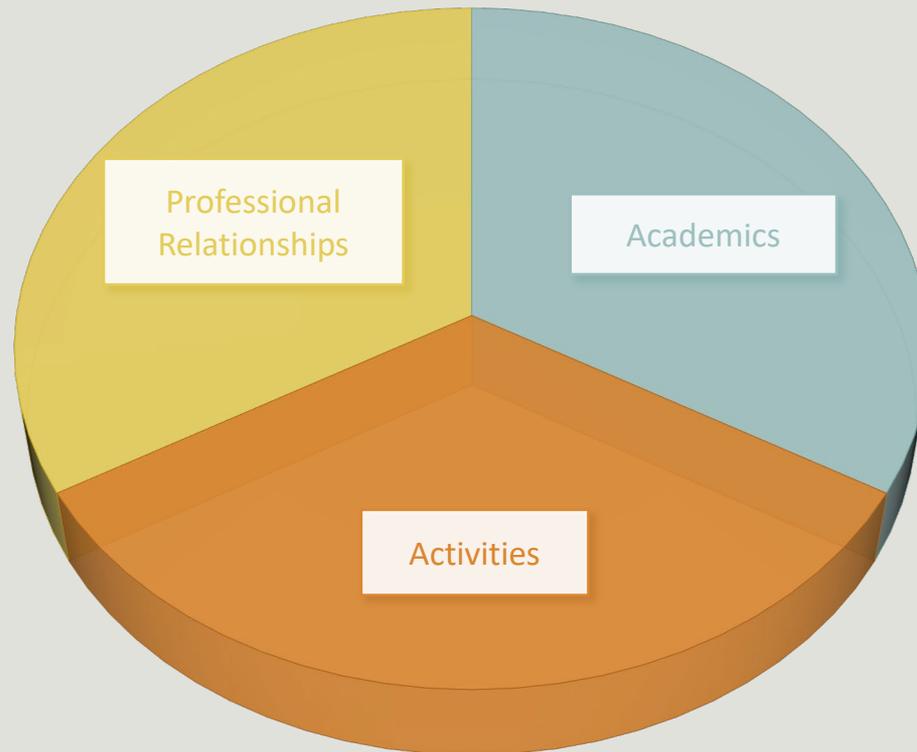
Essentials
for your
First
Semester

IOWA

Academic
Advising Center

Purpose of Tonight's Meeting

- ✓ Pre-Health areas
- ✓ Components of a strong profile



Pre-Health Areas

Pre-Chiropractic

Pre-Dentistry

Pre-Medicine

Pre-Occupational Therapy

Pre-Optometry

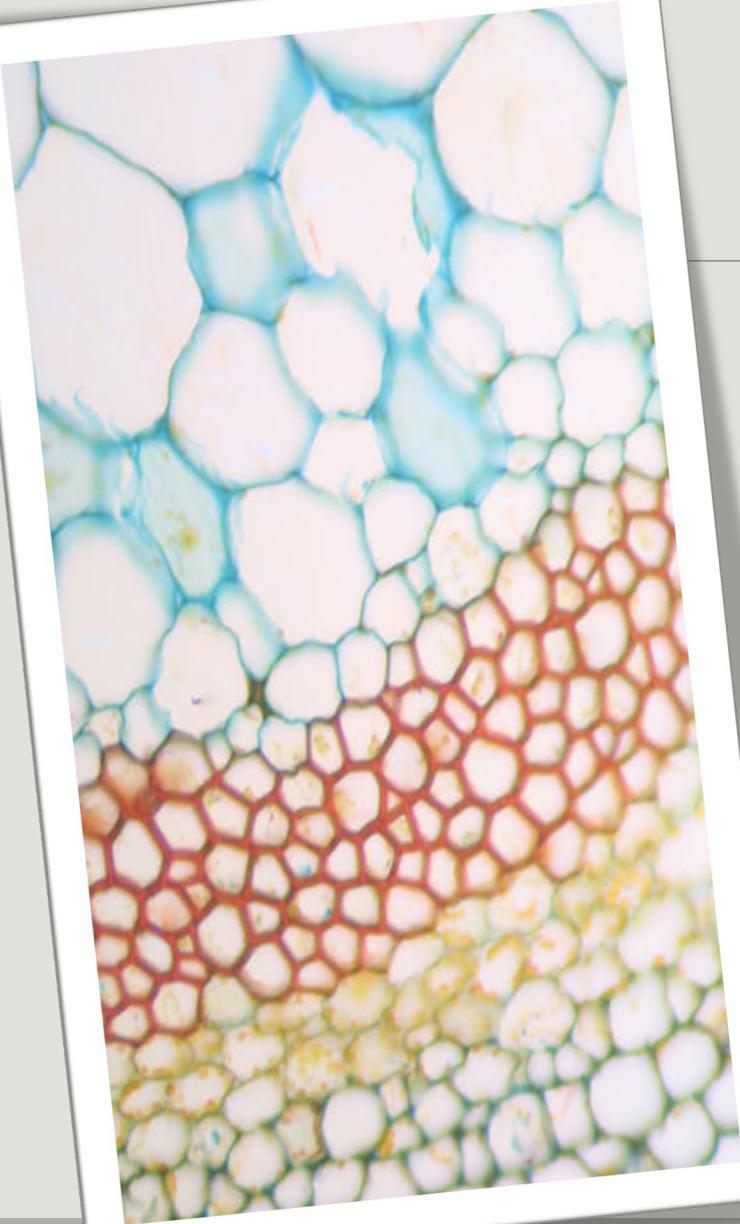
Pre-Pharmacy

Pre-Physical Therapy

Pre-Physician Assistant

Pre-Podiatry

Pre-Veterinary Medicine



Professionalism

Demonstrate your commitment to your future career **NOW** by developing:

- **ETHICAL** behavior
- Openness to **ADMIT MISTAKES** and learn from them
- Good **COMMUNICATION** Skills
- **RESILIENCY** (long hours & stressful conditions)
- Lifelong **LEARNING** & Curiosity

This is a marathon, not a sprint.

Focus on the here-and-now.

**first
year**



Adjust to College

control your time
learn to study
prioritize your commitments
gauge your interest-level
get involved



How to be Successful

ACADEMICS



Academic Preparation

General understanding

- Benchmark for “C” grade
- Moderate exposure of material: can remember with prompts
- Can explain the gist of the material, but not how it relates to other concepts
- Can apply knowledge in limited or no new situations
- Can explain to others, but needs help or study aids

MASTERY OF MATERIAL

Benchmark for “A” grade

Repeated exposure of material: ingrained in memory

Understands knowledge as it applies to wider concepts

Can apply knowledge in new situation

Can teach to others easily

How to learn challenging material

Spaced practice

Real-life application & examples

Self-test

Teach others what you know

Go back and review

Show up!

Take notes in your own words

Embrace struggle (that's how you learn)

Ask for help

Growth mindset

Know what to prioritize

Take care of yourself



Start Consulting the Experts

Successful students,

like successful healthcare professionals,

seek help!



office hours

Supplemental Instruction

help labs

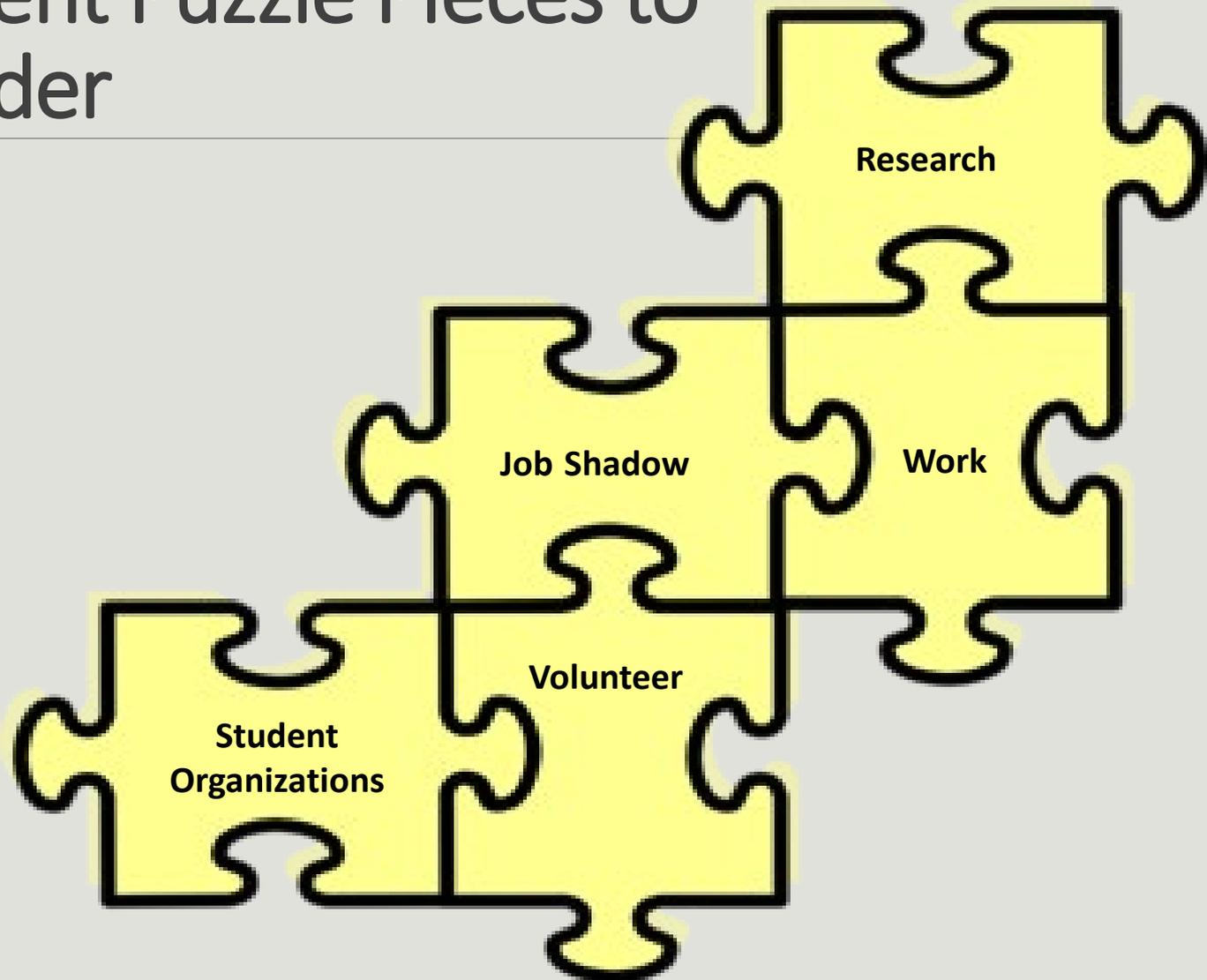
Tutor Iowa

Student Perspectives:

Ana and Jenna



Different Puzzle Pieces to Consider



Volunteer at the hospital

IOWA
HEALTH CARE

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College Student Volunteers

College student volunteers support patients, visitors, and staff across a wide range of world-class care units and clinics at University of Iowa Health Care. We offer diverse placement options to match the varied interests and comfort levels of our student volunteers.

Many students discover a passion for health care through volunteering, while others find it complements their chosen career path in other fields. Volunteer Services also sponsors businesses that generate funds for scholarships awarded to outstanding college student volunteers. Students from all colleges and universities are welcome to apply.

Research!

IOWA

Office of the Vice President for Research

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How to be
Successful

**BUILDING
RELATIONSHIPS**



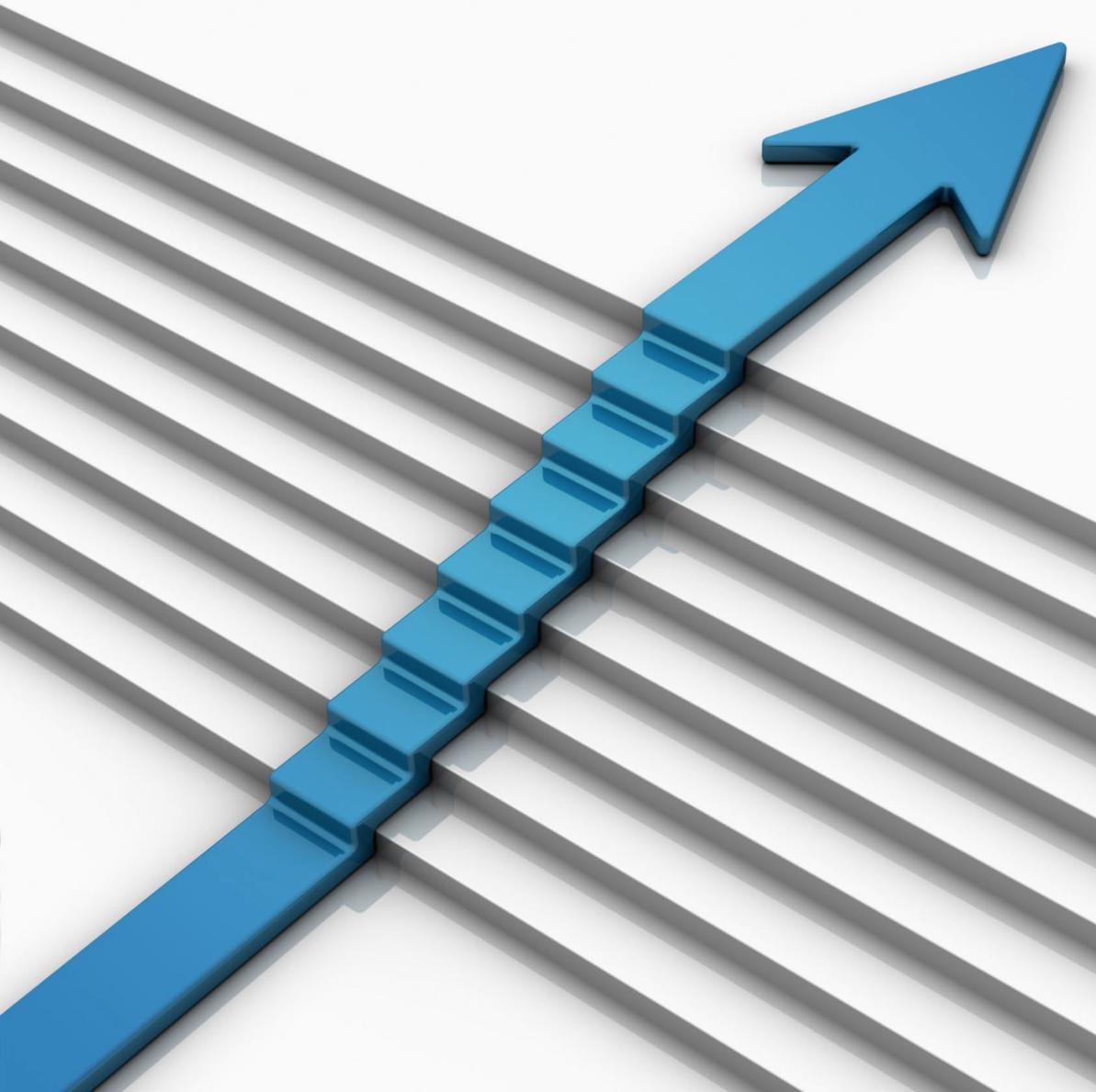
You Have to Make Your own Connections

- Professors
- Advisors
- Supervisors
- Co-workers
- Classmates
- People where you job-shadow & volunteer
- *Who else?*



Student Perspectives

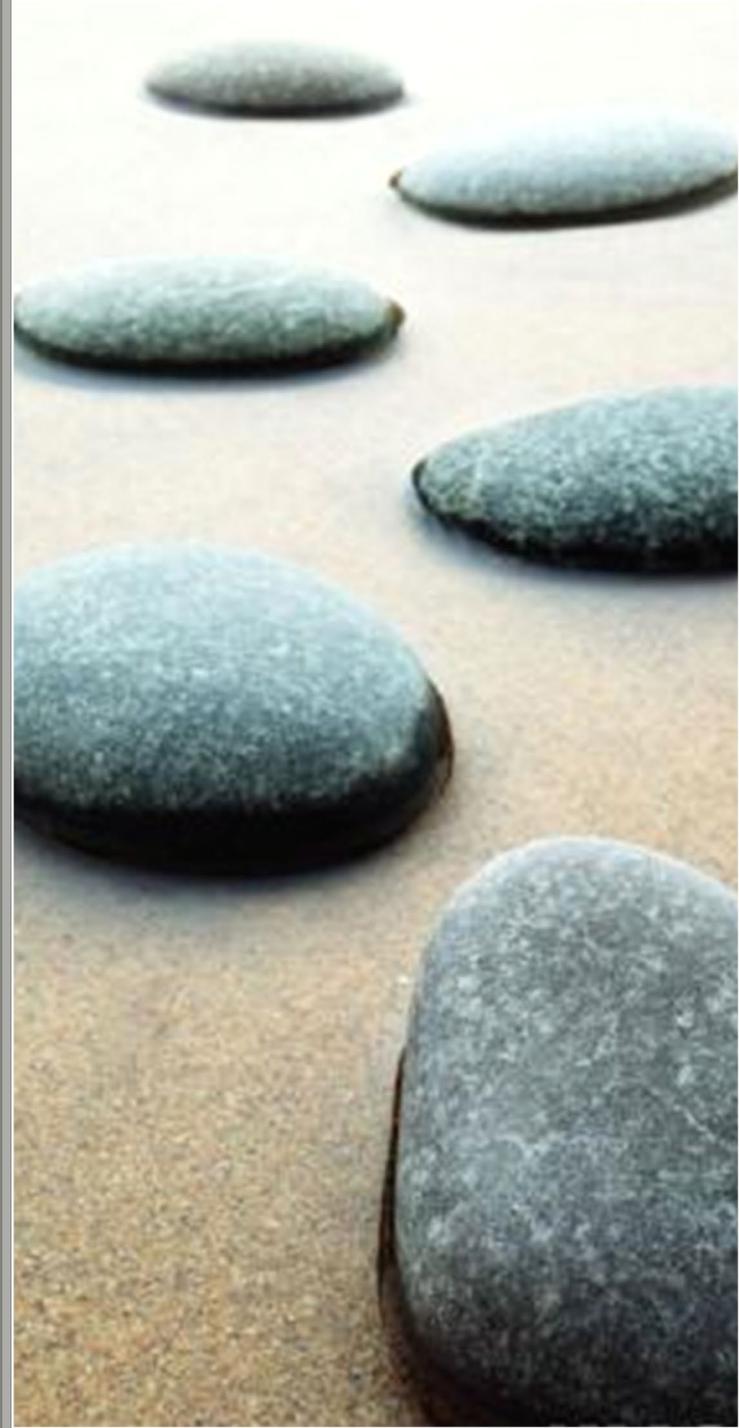
JENNA AND ANA



NEXT
STEPS
for this
semester



- **Planning Appointment**
 - with advisor
- **Explore student organizations & volunteering opportunities**
- **Practice professionalism**
- **Get to know instructors in office hours**
- <https://advisingcenter.uiowa.edu/>



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Academic
Advising Center



QUESTIONS
