

# Pre-Health Advising Syllabus, 2010-2011

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364 Oregon Hall, (541-346-3211)

Advising (by appt.): MTRF 9:00-4:30; W 10:00-4:30

Website: [advising.uoregon.edu](http://advising.uoregon.edu) (click "Pre-Professional")

Email: [health@uoregon.edu](mailto:health@uoregon.edu)

Mailing list: email [health@uoregon.edu](mailto:health@uoregon.edu) to subscribe

My advisor is: \_\_\_\_\_

Blog: [uoprehealth.wordpress.com](http://uoprehealth.wordpress.com)

Facebook: Uo PreHealth

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## Welcome to Pre-Health Advising at the University of Oregon!

The UO offers advising for students interested in health careers. Whether you are just starting to consider a health career or are about to submit your application to a graduate health program, pre-health advisors can help you with planning, procedures, and information. We advise for the following fields: medicine, dentistry, nursing, physical therapy, occupational therapy, optometry, pharmacy, physician assistant, public health, veterinary medicine, and medical technology. We also have information on other health careers.

### Your pre-health advisor will:

- \* Provide a safe, respectful, and confidential space to ask questions, discuss your interests, and express your concerns;
- \* Provide information, materials, and/or referrals to answer your pre-health preparation questions;
- \* Give you an honest assessment of your competitiveness as a health program applicant;
- \* Help you with your pre-health planning, including contingency planning for various career options.

### Your pre-health advisor expects that you will:

- \* Be proactive and self-motivated in researching and planning your health career preparation (online, through student clubs, etc.);
- \* Come to appointments prepared with specific questions and/or topics to discuss;
- \* Be realistic about the competitiveness of many health programs, even for excellent students.
- \* Read pre-health emails from the UO for important information.

### How do I contact my pre-health advisor?

You can make an appointment by calling Academic Advising at (541) 346-3211. If you have quick question, you can email your advisor at the address provided on the pre-health web pages. Advisors cannot schedule their own appointments via email. If your assigned advisor is not available for an appointment at a time you can make, you can request an appointment with another pre-health advisor.

# Pre-Health Check List

Every term, you should take active steps to pursue your pre-health career goals. Below is a list of common considerations.

- *See your pre-health advisor.* This will help with all the areas below. Call 541-346-3211 for an appointment. Do this by week 7 to get help with planning courses for the next term.
- *Register for the correct courses.* This includes knowing which courses you need to take and which term they're offered, having the right prerequisites for them, and selecting a reasonable number of credits.
- *Promote your academic success.* Budget your time well; make use of instructors' office hours, tutors, and study groups as needed; seek additional help as needed. The UO has many resources.
- *Do health-related volunteering.* Getting health-related experience should be a part of your pre-health preparation most, if not all, terms. See [advising.uoregon.edu](http://advising.uoregon.edu) → [Pre-Professional Advising](#) → [Pre-Health Preparation](#) → [Volunteering](#) for ways to get started.
- *Stay active in other areas of interest.* Good health care professionals are well-rounded people with good people skills and an interest in serving others. Pursue interests you already have or would like to develop, for example: sports, tutoring, mentoring, art, political activism, music, whatever is authentically *you*.
- *Stay informed!* Read the UO pre-health web pages, join our mailing list (and read it), read our blog, attend pre-health club meetings and workshops. Use non-UO resources too: keep up with current events, read health blogs, journals, books, etc. Attend local events.
- *Be aware of scholarships and their deadlines.* Health education is expensive! Search the web (including UO Financial Aid, [financialaid.uoregon.edu](http://financialaid.uoregon.edu)) for funding opportunities. The UO General Scholarship Application is due in February. Work on it over winter break.
- *Take care of yourself.* Last but certainly not least, promote your own health. Get sleep, eat right, exercise, leave time for fun and relaxation. If life seems overwhelming, seek help sooner rather than later. If you don't know where to start, talk to your advisor.

## Summer

- *Stay active.* Summer is a great time to get health-related experience, do coursework, or study/intern abroad. There's no recipe for what you should do, but you should keep active and involved in areas that will enhance your health-related knowledge and/or life experience.