

Pre-Health Professions Advising Syllabus

Pre-Health Advisors

Vision

Vacant

As academic advisors in the College of Science our mission is to invest in students throughout their undergraduate academic career so they can realize their potential and achieve their life goals. We believe in an educational partnership with the student to facilitate professionalism, competent decision making, and leadership. A strong relationship with an academic advisor is crucial for a student's success.

The advisors in the College of Science's Health Professions Information Office are a special resource for students interested in careers in dentistry, medicine, optometry, pharmacy, physical therapy, physician assistant, podiatry and veterinary medicine; or in various therapy, laboratory or other health careers. Along with offering guidance concerning requirements of and application procedures to the various schools, this office compiles the preprofessional files of students who will be applying to medical (including osteopathic medical), podiatry, optometry and dental school and works with the Health Preprofessional Committee in recommending those applicants.

Phone

618- 536-5537

Scheduling Appointments

Office Location

Neckers A185

Appointments must be scheduled by either coming to Neckers A185 or by calling the College of Science Advisement Office at 618-536-5537. Pre-Health Professions students should only make appointments with a Health Professions Advisor. Do not email your advisor to schedule an appointment. Appointments should be scheduled a minimum of 48 hours in advance. If you need to see an advisor quickly, utilize the walk-in hours. During peak times of the year (i.e. right before registration opens) make appointments several days in advance. If you need to cancel your appointment, please call **24 hours in advance**. If you do not show up to your appointment, you will not be able to schedule appointments for the remainder of the semester and will only be able to utilize walk-in hours.

Walk-In Hours

Call the office for walk in hours.

Communication

You should use your SIU email account when communicating with advisors. Include your DAWG tag number in all communications. You should subscribe to the College of Science Advisement and Pre-Health listservs. Important information about classes, new policies, upcoming events and opportunities will be communicated through this way. Send an email to: listserv@siu.edu. The subject line can be ignored. The text of the note should contain the following command for the Advisement listserv: SUB SCIENCE-NEWS-L firstname lastname or the following command for the Pre-Health listserv: SUB PREHEALTH-L firstname lastname

Resources

Resources you can utilize to prepare for an advising appointment, to assist you in long-term academic planning, and to gain access to various services available on campus.

- Pre-Health Professions Advising: http://science.siu.edu/advisement/health_advisement/index.html
- Pre-Health Professions Information: http://science.siu.edu/advisement/health_advisement/information/index.html
 - Note: The Request for Evaluation form is on the respective health professions pages.
- Pre-Health Professions Association: <http://www.ppa.siu.edu/>
- Undergraduate Catalog: <http://registrar.siu.edu/pdf/ugradcatalog1415.pdf>
- Registration Calendar: <http://registrar.siu.edu/calendars/registration.html>
- Saluki Research Rookies: <http://cssr.siu.edu/>
- Saluki Volunteer Corps: <http://www.cslv.siu.edu/students/svc/index.html>

Academic advising requires participation by both the advisor and the student. Active involvement by both parties will ensure students achieve the expected learning outcomes in order to develop a clear educational plan. Advising is used as a means to teach students the necessary components to successfully attain their educational goals while at SIUC. Advising should not be viewed as a one-time encounter, but as an ongoing process that helps the student develop both academically and personally throughout their academic career. Throughout this process, both the student and the advisor will have specific responsibilities.¹

¹Adapted from Texas State University –San Marcos' College of Health Professions Academic Advising Syllabus

Responsibilities of College of Science Advisors

- Maintain a respectful, welcoming, and confidential environment where you can easily discuss your academic, career, and personal goals, concerns, and questions.
- Listen to and respect your concerns, interests, values, and questions.
- Keep your file up to date and accurate.
- Be knowledgeable in the College of Science degree requirements, university policies and procedures, graduation requirements and resources available to you.
- Refer you to university resources, departments, or materials as needed.
- Have daily office hours to meet with you.
- Provide guidance in your decision making process, encouragement, and support, realistic decisions and goal making, but also to address unrealistic decisions and goals and discuss alternative possibilities.

Additional Responsibilities of a Pre-Health Professions Advisor:

- Offer information on the requirements, preparation and training needed for various health professions.
- Assist in making an informed choice of a major and career.
- Evaluate your strengths.
- Identify gaps in your preparation.
- Offer guidance concerning requirements of and application procedures to various professional schools.
- Assist in making the professional school application as good as possible.
- Gain access to more information.
- Connect with community resources, health care professionals and institutions.

Your Responsibilities as a Pre-Health Professions Student:

You are responsible for understanding and completing all requirements necessary for your degree. You are expected to participate in the advisement process in order to have a productive and efficient advising experience.

- Schedule and attend an academic advisement appointment once a semester.
- Arrive for your scheduled appointment in a timely manner and check in at the front desk or cancel or reschedule your appointment if needed.
- Silence your phone before meeting with the advisor.
- Come prepared to discuss your educational and career goals (courses for next semester, degree progress report, questions over major, minor, etc.).
- Bring and keep personal copies of all vital documents applicable to your degree.
- Know and understand the undergraduate catalogue, College of Science and major-specific academic policies, academic registration deadlines (add or drop dates), and Registrar's policies.
- Notify the advisor of any special needs, problems, personal circumstances, or difficulties that could impact your academic performance.
- Be willing to accept and consider advice given in the appointment.
- Take responsibility for your academic progress.
- Choose a primary degree program.
- Explore your chosen profession to verify it thorough shadowing and perhaps participating in the Extern Program or SCI 201, Career Prep Seminar for the Health Professions.
- Get to know your professors so they can write letters for you.
- If going through the Health Preprofessional Committee process, become familiar with the guidelines for obtaining a committee letter.

Additional Information on Partnering with Your Health Professions Advisor

Despite the availability of health professions advisors, many students don't take advantage of all they offer!

Advisors are your advocates, who can help you:

- Make an informed choice of career
- Evaluate your strengths
- Identify gaps in your preparation
- Clarify the entrance exam and application process
- Gain access to more information
- Connect with community resources, health care professionals and institutions
- Make your application as good as it can be

Health professions advisors can help you answer many questions.

Questions about Career

- Is the career I'm considering the best choice for me?
- Have I narrowed my career choices too soon?
- What is the career *really* like? Am I idealizing it?
- What are the various opportunities in the career? Can one combine practice, research and teaching?
- How do I make time for family? How do I have a personal life outside of my career?
- If I am having trouble with math/science, what other careers where I can help people should I consider?

Questions about Preparation

- What do I need to focus on as I prepare for a career in health care?
- Do I have the intellectual capacity to be successful in professional school and the career that follow?
- What major should I pick? Biology? Chemistry? History? Music?
- What are good volunteer opportunities?
- What are the best ways to use my summers?

Questions about the Admission Process

- How do professional schools select candidates for admission? How do I make myself a strong candidate?
- What are my chances of getting in?
- How important is my GPA? Score on the entrance exam (MCAT, DAT, GRE)? Personal statement?
- How many schools should I apply to? How do I decide which schools to apply to?
- How am I going to pay for my education?

Questions about training for the career

- What is professional school and post-graduate training really like?
- Can I have a personal life as a student and resident?
- When is the best time to think about starting a family?

Questions about not getting accepted

- Why wasn't I accepted? Was it my grades? My scores? Something else?
- What can (should) I do next year?
- How can I add to my preparation, improve the quality of my application, and enhance my future chances of acceptance?
- Should I re-evaluate whether I have made the right career choice?

AND YET...some students don't ever consult health professions advisors, or consult them late in the course of the career considerations! Why not?

- Some students are simply unaware of what their advisors can offer.
- Some stay away because they are embarrassed.
- Some decide to become a health care professional late in the course of their studies.
- Some students don't consider health careers because of invalid perceptions.

For all these students, a health professions advisor can help!

Better than the web or an exchange of emails, an engaged, in-depth conversation with an advisor can provide new information and insights, help to validate (or invalidate) prior information and conclusions, and identify knowledge. Like any thorough health professional, a pre-health professions student should never be reluctant to get a second opinion.

**Have you taken the first step?
It's never too late to talk to a health professions advisor!**
