

PREPROFESSIONAL NEWSLETTER

College of Liberal Arts & Sciences
Academic Advising Center

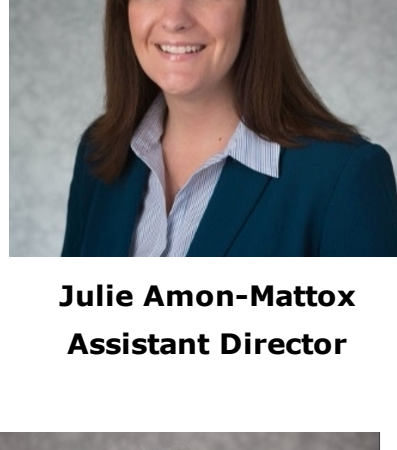
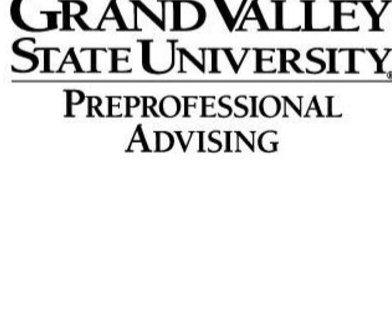
September 2020 | Welcome Back



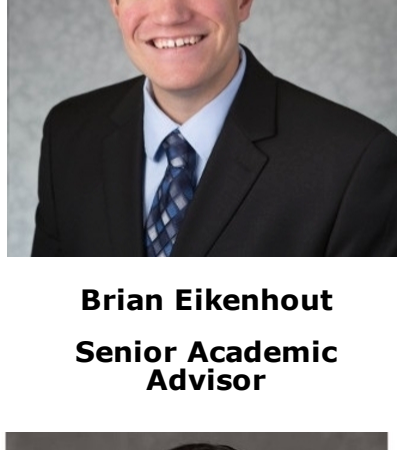
Welcome Back

Welcome new and returning Grand Valley students to the start of an amazing fall semester! From all of us at the CLAS Advising Center, we are excited to interact with each and every one of you. We are thrilled to provide this monthly newsletter to help act as a guide for pre-professional students.

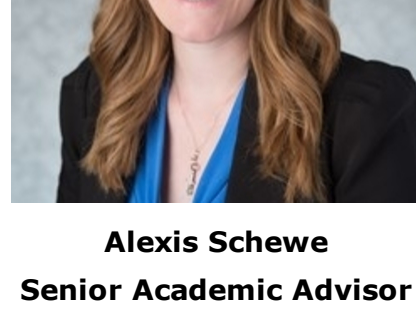
The goal of this series is to make sure students have information readily available in a multitude of subjects that will enhance their undergraduate careers, professional school journey, and beyond.



Julie Amon-Mattox
Assistant Director



Brian Eikenhout
Senior Academic Advisor



Alexis Schewe
Senior Academic Advisor



Dani Lauer
Academic Advisor



Andrea Bazan
Graduate Assistant



Marlene Hall
Office Coordinator



Alison Slusarczyk
Advising Assistant

Advice from Advisors

Words of Wisdom from our Pre-Professional Advisors

Alexis Schewe: "'Don't sacrifice the present for the perceived future' is one of my favorite quotes. When preparing for a competitive career field it is tempting to compare yourself to others or participate in activities that you think will "look good" on a later application. All that does is cause stress and cheat you out of your college experience. Allow yourself to discover new things, get involved with things you are passionate about, and take healthy risks. Enjoy the journey and don't sacrifice the present."

Julie Amon-Mattox: "Welcome to the Fall 2020 semester! I know this semester is very different than what you were expecting a year ago. As pre-professional students, we know there will be challenges, but you are encouraged to see this as an opportunity to demonstrate your resilience, adaptability to change, and determination. Be sure to reach out to our office and know that we are still here for you to help you plan your pre-professional journey, even in the midst of the pandemic. We wish you the best this semester and beyond and can't wait to connect with you this year!"

Dani Lauer: "Now more than ever, it is so important to build in a healthy self care routine. The path to professional school can be exhausting and its easy to forget to care for yourself along the way. However, developing a good routine now will only benefit you in the long run and help prevent burnout! Challenge yourself to do one thing for yourself each week to manage your stress and to relax. Know we are here for you and are always willing to provide you with support."

Brian Eikenhout: "Select opportunities that you are passionate about. If you love working with the elderly, pick experiences that allow you to work with them. If you are analytical, try doing research with a faculty. Professional schools love to see a variety of experiences, but they mostly want to see that you chose things that are true to who you are. Share those passions with friends/family/advisors. You never know who in your network will get you connected to that next great opportunity. Be sure to talk to us about your goals and we'll try to help you achieve them!"

How to Connect

We use a scheduling system called Navigate. You can find resources about scheduling online and attending virtual appointments by going to the [Navigate Resources page](#).

We will be operating virtually for the foreseeable future but that doesn't mean that we aren't still just a phone call, email, or Zoom session away!

In fact, you can even stop by our virtual front desk by visiting our [CLAS Advising Reception Zoom Link](#). This will take you to a video session (via Zoom) with our front desk staff. As always, you can reach us by phone at (616) 331-8585 or by email at advstu@gvsu.edu.

Our front desk is open from 8:00 a.m. - 5:00 p.m., Monday – Friday.

To connect with your advisor, you can [schedule an appointment](#), or reach out to them [via email](#).

We are here to help and look forward to lots of great interactions with you!

Interview Prep

As we head into interviewing season the Pre-Professional team invites our applicants preparing to interview this year to our fall workshops:

Professional School Interview Workshop: Tuesday, Sept. 15 from 3:30-4:30pm

- Virtual event to be hosted via Zoom. Must [RSVP for the event](#), and the link will be provided before the event. For more information visit, www.gvsu.edu/clasadvising/interviewprep
- Topics to be covered: traditional interview techniques, virtual interviewing etiquette, multiple mini interviews and situational judgment tests, reflections from previous applicants

Mock MMI: Sept. 22, Sept. 30, Oct. 1, and Oct. 5 from 5:00-7:00pm

- By invitation only - please check your email for more information!

A few other interviewing-related topics...

- You can schedule individual mock interviews through the Career Center, and also find lots of helpful information on their [website](#). Note: Stephanie Dombrowski (Career Center staff) is familiar with the medical school interviewing process.
- More resources are on our [Interviewing Document](#) and the AACM's [MMI Fact Sheet](#). You can also search "MMI" on YouTube for some great examples.

Not interested with the class? We offer these events on an annual basis. Make sure to stay connected with the CLAS Pre-Professional Advising team to participate during your application cycle.

Upcoming Events

PROFESSIONAL SCHOOL INTERVIEW WORKSHOP

Sept. 15th 3:30p - 4:30p
Virtual Event via Zoom
RVSP

BLOOD DRIVE

Sept. 16th 10a -4p
GVSU Allendale Campus

MOCK MMI

Sept. 22nd 5p - 7p
Sept. 30th 5p - 7p
TBA

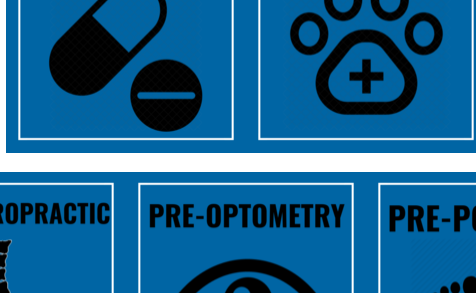
Looking for more opportunities in healthcare?

Check out our list of organizations that offer volunteer and paid opportunities. Virtual volunteer and healthcare options available.

[Healthcare Volunteering & Experience](#)

Google Groups

Don't forget to sign up for the Google Group relating to your pre-professional area. These are a great way to stay informed on the latest in your field and connect with one another!



Schedule an Appointment

WAYS TO SCHEDULE AN APPOINTMENT

1. Via Navigate - our online scheduling system
2. Call our office at: 616-331-8585
3. Visit our virtual front desk via Zoom
4. Emailing us at: advstu@gvsu.edu

Additional Resources & COVID-19 Information

Explore [additional](#) CLAS Advising Resources.

For updates on the COVID-19 pandemic, visit [Lakers Together](#).

Don't forget to follow us on social media!

