



# NSU's Pre-Health Day



**Saturday, March 21, 2015**  
**Horvitz Administration Building**

## Pre-Health Day Program Schedule

8:00 –8:30 a.m..... Check-in, Coffee and Light Breakfast  
 .....*Horvitz Administration Building, Atrium*

8:30–9:55 a.m..... Panel Mock Interviews  
 .....*Horvitz Administration Building, Various Rooms*  
 ..... Ten Panels doing two interviews each (40 minutes each interview)

8:30–9:55 a.m..... Interview and Career Guidance Discussions  
 ..... *Horvitz Administration Building, First Floor Rotunda*

10:00–11:45 a.m.....Professional Breakout Sessions

Bracket Number and Color	10:00–10:20 a.m.	10:25–10:45 a.m.	10:50–11:10 a.m.	11:15–11:35 a.m.
<b>1 – Yellow</b>	Andrew Kelso, Dentist <i>Admissions Presentation Room</i>	Ashley Richie, Audiologist <i>President’s Dining Hall, Second Floor</i>	Michael Christiansen, S&C Coach <i>Career Development Library, First Floor</i>	Raquel Appa Falcao, Medical Doctor <i>Virtual – Conference Room 161</i>
<b>2 – Blue</b>	Matthew S. Hartwig Pharmacy <i>Career Development Library, First Floor</i>	Aimee Azua STEM Coach <i>Career Development Library, First Floor</i>	Meisha Graham, Medical Doctor <i>Virtual – Conference Room 161</i>	Monica Perez, Medical Scribe <i>Career Development Library, First Floor</i>
<b>3 – Green</b>	Hannah Bromberg, Family Practice Medicine <i>President’s Dining Hall, Second Floor</i>	Nicholas Carris, Pharmacy <i>Virtual – Conference Room 161</i>	Maria Behnam- Terneus, Pediatric Residency Program Coordinator <i>President’s Dining Hall, Second Floor</i>	Crystal Romero, Public Health Epidemiologist <i>Virtual – Admissions Presentation Room</i>
<b>4 – Red</b>	Chilla Wiersema Pharm. D. <i>Virtual – Conference Room 161</i>	Jill (Collins) Gorsuch, Surgeon <i>Virtual – Admissions Presentation Room</i>	Michelle Luis, Dentist <i>Admissions Presentation Room</i>	David Cevallos, Research Coordinator <i>President’s Dining Hall, Second Floor</i>

11:45 a.m.–noon.....Lunch (get food and move to panel location)  
 ..... *Horvitz Administration Building, First Floor Rotunda*

Noon–1:15 p.m..... Healthy Lunch and HPD Student Panel: Dental, Medical, Pharmacy, and Optometry  
 ..... *Horvitz Administration Building, First Floor Rotunda*

1:30–2:15 p.m..... HPD Admissions Workshop  
 .....*Presented by Monica Sanchez*  
 .....*Horvitz Administration Building, Admissions Presentation Room*

2:25–2:35 p.m..... Professional School Application Process Support Services Available  
 .....*Horvitz Administration Building, Admissions Presentation Room*

# Professional Breakout Sessions

10:00–10:20 a.m.

## BREAKOUT SESSION 1

### My Journey From Farquhar College of Arts and Science To The Field Of Dentistry

Presenter: Andrew Kelso

Farquhar College Graduate of 2005  
D.M.D., 2010; Nova Southeastern University College of Dental Medicine  
Orthodontics and Dentofacial Orthopedics Resident; Montefiore Medical Center, Bronx, NY

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Pursuing advanced education leading to a professional degree of any kind is a long and challenging endeavor, yielding great reward and fulfillment. As a dentist and current orthodontic resident, I have experienced this firsthand. Before any of that was possible, however, I needed an educational foundation that I could utilize and build upon at the next level. I am a proud alumnus of the Farquhar College of Arts and Sciences, where I received my undergraduate degree in biology. It was here that I was given the opportunity and provided with the essential tools to succeed at the next level. This presentation will highlight some insights and experiences I have had on my journey from biology major to dental professional and key lessons I learned along the way to reaching my career goals.

I majored in biology with the sole intent of entry into a graduate program in the medical field. After shadowing different healthcare professionals and holding a number of related jobs, I narrowed my decision to dentistry. This was the career that felt like the best match and one that I was genuinely excited about.

Shortly after acceptance into NSU CDM, I explored ways to fund my education. I discovered the Armed Forces Health Professions Scholarship. This seemed like a great opportunity to serve the country, travel, and hone my skills as a dentist. And so I joined the Navy.

After graduating dental school, I was off to Naval Officer Development School in Newport, Rhode Island for 6 weeks of indoctrination. From there, I was permanently stationed with the 1st Marine Logistics Group at Camp Pendleton in San Diego, CA. Here I continued to develop my aptitude as a dentist and Naval Officer. My interest grew in specialization and once again, I found a profession that I was elated about. This time it was orthodontics. Upon fulfilling my contractual obligation with the Navy, I applied to orthodontics and dentofacial orthopedics and matched at Montefiore Medical Center in the Bronx, NY. I am currently finishing up the first of a three-year residency at MMC.

## BREAKOUT SESSION 2

### The Path I Took from Farquhar College of Arts and Science to the Field of Pharmacy and Business

Presenter: Matthew S. Hartwig

Farquhar College Graduate of 2011  
Pharm. D., M,B,A., 2015; Nova Southeastern University  
CVS Pharmacy Intern; Broward County, FL  
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The road to becoming a pharmacist has been a rewarding experience. The challenges that I have encountered along the way have made me a better person and a better healthcare professional. I am about to finish my last clinical rotation and will graduate with both my Doctorate of Pharmacy and Masters of Business Administration in May 2015. It seems like yesterday

that I was in the Farquhar College of Arts and Sciences, pursuing a degree in biology. This presentation will highlight some insights and stories I had on the path to becoming a pharmacist and dual enrolling in the H. Wayne Huizenga School of Business and Entrepreneurship for my MBA. I will also discuss key lessons I learned along the way to reaching my career goals some of which will include:

- Don't let your grades or your peers grades prevent you from applying to grad schools
- Show interest in your desired field
- Scheduling will save your life
- Librarians are your best friend

## BREAKOUT SESSION 3

### From NSU-FCAS to NSU-COM: A Dual Admission Student's Journey

Presenter: Hannah Bromberg

Farquhar College Graduate of 2011  
D.O., 2015, Nova Southeastern University  
Family Practice Intern  
[bromberg@nova.edu](mailto:bromberg@nova.edu)

As I reflect upon my time at NSU, I feel privileged to share my own story and advice. Eight years ago, I embarked upon the journey to become an osteopathic physician. Aspiring to become a doctor since I was a child, I was fortunate enough to be accepted into NSU's dual admission program and graduated from FCAS in 2011. While interviewing for medical school, I would often be asked to expound upon my research and extracurricular activities. This often took me by surprise because I naturally assumed that the interview would be strictly academics when in fact, it was quite the contrary. Often my grades seemed to be more of an afterthought.

Upon entering medical school, I felt incredibly intimidated. I would like to stress the importance of understanding that medical school is a professional school. I was (and am) one of the youngest in my class. Most of my classmates held PhD's or had previous careers. Sitting in a 250 person lecture hall was overwhelming enough, but realizing that you were responsible for successfully completing 30 credit hours was even more daunting. Here's the silver lining: you don't have to go it alone. Your medical school friends can personally relate to the struggle. Don't be afraid to reach out for help, whether it be academic or personal, and most importantly, never lose sight of your goal. It's worth it in the end

## BREAKOUT SESSION 4

### My Path To Pharmacy

Presenter: Chilla Wiersema, PharmD  
Farquhar College Graduate of 2006  
Doctor of Pharmacy, 2010, NSU College of Pharmacy  
Emergency Dept Clinical Pharmacist- Santa Clara Valley Medical Center, San Jose, CA  
[chilla@chilla.me](mailto:chilla@chilla.me)

Do you like action? Do you enjoy problem-solving? Would it intrigue you to be a part of a field where you will be learning throughout your entire life? I'm an emergency room pharmacist and I love my job.

I always knew that I wanted to be a pharmacist. I made my decision freshman year of high school when I did community service in the pharmacy at the local hospital. After graduating high school in 2001, I nurtured my interest by working as a

pharmacy tech for years while i was an undergrad. Life after high school... is always full of surprises. I was almost derailed a couple of times (I will give you advice on how to avoid this) but I graduated from NSU in 2006 with my B.S. in Biology, then went on to pharmacy school.

I graduated from NSU COP in 2010, finished a year of residency with a focus on emergency medicine and was hired as an emergency department pharmacist. I then worked on a clinical toxicology certificate through the University of Florida for a couple of years so I can be more helpful in drug overdoses and poisonings.

I moved to California a couple of years ago and here I am, I really feel like I am living the dream, working a job that puts a silly smile on my face pretty much every single day. When I think about going to work, I actually get super excited. If you think about it, pretty much every situation in the emergency room is treated with medications and I am thus a part of every single patient that comes through our doors.

From therapeutic recommendations to dose adjustments to helping determine how to best give a medication and what to look out for, I can say that I help save lives, every day. Selecting, dosing and giving medications can be incredibly stressful to non-pharmacists. It's really great to be part of the emergency department and the emergency room staff is always so appreciative to have us there. If you have a thirst for action, can keep your calm in stressful situations and enjoy solving problems with an enthusiastic, diverse team of people, think about being an emergency department pharmacist. You'll never be bored, I promise.

**10:20–10:35 a.m.**

## **BREAKOUT SESSION 1**

### **From Undergrad to Audiologist, The Road Less Traveled**

Presenter: Ashley Richie

Farquhar College Graduate of 2006

Doctor of Audiology, 2010, Nova Southeastern University

Clinical Audiologist, West Palm Beach VA Medical Center

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College is a challenging yet rewarding time in life and if you stay motivated and keep your eyes on your long-term goals, you will be successful regardless of your career choice. I learned about who I was as a person throughout my college years, and I can offer some guidance on both the good choices and mistakes I made on my path to becoming a medical professional.

I began undergrad at NSU in 2002, long before the days of the University Center and when the NSU mascot was still a Knight. I majored in Biology and graduated in 2006 with my Bachelor's in Science. I was very involved during my undergrad days, including sorority life, student government, and being a student employee for Residential Life and Housing. I believe that extracurricular activities and the life skills you develop during your time in undergrad are just as essential as your textbook education.

In my 3rd year at NSU, I came to a point where I was undecided on my future profession. I researched many professions and was offered frequent advice from friends, family and professors. In the end, I decided on a profession that I could enjoy every single day and that would make my life rewarding.

I truly love my job as an Audiologist. I diagnose and treat hearing loss and other hearing-related disabilities. I work for the West Palm Beach VA Medical Center and I get to positively impact the lives of our veterans and their families on a daily basis. Audiology is a relatively small field, but is one of the largest growing medical professions out there. I will be happy to share some highlights of my profession during my presentation, as well as the road that led me there.

## **BREAKOUT SESSION 2**

### **The path I took from Farquhar College of Arts and Science to the field of S.T.E.M. Coaching**

Presenter: Aimee Rivera-Azua

Farquhar College Graduate of 2007

Masters of Science in Human Anatomy and Physiology Instruction,

2014: New York Chiropractic College

STEM Coach; Broward County Public Schools

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After graduating from NSU with a Bachelors in Biology, I began my first Master's Degree in 2007 with an online institution as a simultaneously taught Science courses at the high school level within Broward County Public Schools. I never thought I would end up teaching, but I was capable of getting accredited in the State of Florida due to my background and the "Alternative Teacher's Certification Program". I began teaching more like a hobby than anything else, and in that a passion flourished. I loved developing curriculum and exposing students to the plethora of opportunities that existed within STEM fields. I became specialized in my delivery of courses in 2009, when I attained a Professional Certification in the State of FL. Through it all I had pursued a Masters of Science in Psychology with a specialty in learning disabilities, as well as working towards my Masters in Education: Administration & Supervision degree to be certified in Educational Leadership. I managed to accomplish both degrees by 2011; at which time I began an internship in leadership in the school system, and served in a variety of leadership roles. These roles along with my successes in the classroom lead to being promoted to STEM Coach at another school in the District, where I now supervise Science Instructors and design curriculum to improve STEM exposure. I finished my final degree this past year (Human Anatomy), and have also had the pleasure of teaching College Nursing students while I serve in my current position.

## **BREAKOUT SESSION 3**

### **Freshman at Farquhar to Pharmacy Fellow: The Reality of the Journey and Tips for Success**

Presenter: Nicholas Carris, PharmD, BCPS

Farquhar College Graduate of 2008

Pharm. D, University of Florida, 2012

Postdoctoral Fellow

Department of Community Health and Family Medicine

Department of Pharmacotherapy and Translational Research

Colleges of Medicine and Pharmacy, University of Florida, Gainesville, FL

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The path to becoming a healthcare provider is a commitment to lifelong learning, constant hard work, and a career that is not about you. Every class you take, everything you learn, every experience you engage in is preparing you to be a competent and compassionate healthcare provider, so that one day you can walk into the room of a desperate human being and help them. The pay is average at best especially considering the years of training. People will be angry at you when you are doing your best to help them. People will be angry when you do not want to work for free, and you can expect to burn out if you are doing it for the money. However, if truly want this for whatever your one or many reasons are; it is worth it every day.

For those of you who want to pursue this I will be happy to call you a colleague one day. Tips for success:

- Know what experiences you cannot get back
  - You can work and make money later
  - You only get one chance to make a good grade in General Chemistry 1
- Be focused but flexible
  - If interested in pharmacy – pursue it!
  - Take all prerequisites to qualify for medical, dental, PA, etc. programs as well
- Exercise reduces stress
  - The less time you have for it, the more you need it
- Be social and stay in touch with your classmates
  - They'll be doctors one day too

## BREAKOUT SESSION 4

### Journey to Becoming a Surgeon

Jill (Collins) Gorsuch, DO, MPH

College of Osteopathic Medicine

D.O., M.P.H., 2009, Nova Southeastern University

Bariatric Fellow, General Surgeon, Gilbert, Arizona

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I began my path to become General and Bariatric Surgeon at the University of Florida earning my B.S. in Microbiology and Cell Science. I then spent a year at the University of Miami, Diabetes Research Institute studying islet cell transplantation. In 2005, I began medical school at NSU, College of Osteopathic Medicine where I earned both my D.O. and M.P.H. I then completed my general surgery residency at Michigan State's Botsford Hospital in Farmington Hills, Michigan. While in residency I decided I wanted to advance my general surgery skills and pursue a career in Bariatric surgery. I am currently completing my fellowship in Bariatric and Advanced Minimally Invasive Surgery at Banner Gateway in Gilbert, Arizona.

This has been a very long road, but I love what I do. NSU was such an integral part of my education and training. I appreciate the many lessons I learned and the connections I have made along the way. Becoming a physician, especially a surgeon is not an easy path, and is definitely time consuming.

Here is some advice to make the most of your education and life. I have found that education and work is all about finding the right fit. You have to find what graduate/medical school and especially residency is right for you. You must be self-motivated to study and perform your best. When it comes to residency, finding the correct "fit" is most important. You will spend more time with your co-residents and attendings than your family members through this time in your life. You must like the education you will receive in your residency, but more importantly, you must like or learn to like the people you work with. This is a life skill that is invaluable. Work should not become a chore. You should wake up every day and enjoy what you do. Find a career in medicine that fits your personality, lifestyle and long-term goals. The rest will fall into place.

10:50–11:10 a.m.

## BREAKOUT SESSION 1

### What Every Coach Should Know Before Graduation

Presenter: Michael Christiansen

Farquhar College Graduate 2012

B.S., Exercise Science and Sport 2012, NSU

Owner, FL

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Becoming a successful Strength and Conditioning Coach is a rewarding career in which you will improve the physical and

mental strength of your clients. The path it takes to become a successful coach requires dedication, hard work, and sacrifice. My Professor's at Farquhar helped me become the professional I am today by challenging me to work hard. There are many facets of building a successful Strength and Conditioning facility and I will share what I have learned from my success and failures. I will also present a road map to improve success as a coach.

## BREAKOUT SESSION 2

### My Journey to become Assistant Program Director of a Pediatric Residency Program

Presenter: Meisha Graham M.D., M.P.H.

Xavier University, 2004

Doctor of Medicine, 2008; Tulane University School of Medicine

Assistant Professor, Department of Pediatrics, Morehouse School of Medicine

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I took the conventional path and chose to attend medical school immediately after receiving my undergraduate degree. I obtained a Masters of Public Health with a concentration in Health Systems Management concurrent to my medical degree to gain a better understanding of hospital administration and to foster my leadership skills. I completed a pediatric residency at University of Tennessee-Memphis, where I served one year as chief resident. Upon completion of training, I immediately entered academic medicine and am currently the Assistant Program Director of the Pediatric Residency Program at Morehouse School of Medicine. In addition to seeing patients, I also serve as a clinical teacher, participate in some clinical research, and hold several leadership positions on institutional and hospital committees.

My recommendation for students interested in pursuing a career in medicine is to familiarize yourself with the requirements for medical school admission, early. It is never too early to prepare your personal statement, curriculum vitae, or to cultivate your interviewing skills. Enroll in extra-curricular activities that will set you apart but remember that strong grades and test scores are paramount. I have the opportunity to interview medical students and residents regularly and look for colleagues that are team players, personable, and hard workers.

## BREAKOUT SESSION 3

### A Physician's Growth Chart: From Undergraduate Studies Through Completing Residency/Fellowship And Beyond

Presenter: Maria Behnam-Terneus, D. O., F.A.A.P., F.A.C.O.P.

Bachelor of Science, Farquhar College of Arts and Science Graduate of 2005

Doctor of Osteopathic Medicine, 2009, Nova Southeastern University College of Osteopathic Medicine (NSUCOM)

Pediatric Hospitalist and Pediatric Residency Associate Program Director; Miami Children's Hospital, FL

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The personal and professional journey from undergraduate studies through medical school, residency, fellowship, and attending physician is a considerable endeavor. I am currently a pediatric Hospitalist and a pediatric residency Associate Program Director at Miami Children's Hospital and continue to help mentor residents, medical students, and undergraduates to pursue their dream of becoming a doctor. The road to becoming a practicing physician is long and requires unwavering personal dedication to succeed through many mental, physical, and emotional challenges. Through these experiences you will grow as an individual into a well-rounded clinician. My goal is to tell

you my story and highlight the various steps it takes to pursue this profession. This interactive presentation will use the analogy of a "Physician's Growth Chart" which will give practical advice as well as the essential steps to succeed in your own journey as a physician.

## BREAKOUT SESSION 4

### My Non-Traditional Path to Becoming a Dentist

Presenter: Michelle Luis D.M.D., M.S

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I graduated from NSU Farquhar College of Arts and Sciences in 2005. My initial interest in the medical field began with Veterinary medicine. As an undergraduate student at NSU I was planning on going to medical school. It was not until I spent a summer studying in Spain, that I started to think of other career options like Dental medicine. My path to becoming a Dentist was not a straight-line path. I took time off to travel, I applied multiple times, and I got a Masters in Biomedical sciences, and completed my doctorate degree in May of 2014. I am currently a practicing dentist here in Miami, Florida. This presentation will highlight some insights and stories I had on my non-traditional path to becoming a Dentist, and some of the key lessons I learned along the way to reaching my career goals.

11:15–11:35 a.m.

## BREAKOUT SESSION 1

### My Journey From Farquhar College of Arts and Science To becoming a Medical Doctor

Presenter: Raquel Appa Falcao, MD

Farquhar College Graduate of 2005

Medical Doctor, 2011; University of Miami Miller School of Medicine

Internal Medicine Chief Medical Resident, Virginia Commonwealth University Medical Center of Virginia

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The privilege of becoming an internist was a long journey with many hardships and gratifying moments. I am currently a physician at VCU Medical Center in Richmond, Virginia. I remember my first day at Farquhar College of Arts, studying to obtain a Biology degree with the ultimate goal of attending medical school. My presentation will highlight the journey from Farquhar to practicing medicine. I will share the challenges, gratifying stories, and secrets I learned to succeed in this journey. My goal is to help students have a greater understanding of the path to becoming a physician.

## BREAKOUT SESSION 2

### Being a Medical Scribe from the Perspective of an Undergraduate Student

Presenter: Monica Perez

Barry University Class of 2016

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Getting into graduate school can be a very tough and exciting experience all at the same time. Part of this long and challenging process is gaining a great education and also the valuable clinical hours that will help to become a more competitive applicant. I am currently an undergraduate student with a major in biology at Barry University planning on going to PA school. I was given the opportunity to become a Medical Scribe

with PhysAssist Scribes about 2 years ago and this is what has helped me become more confident about my journey to graduate school. This break out session will highlight some of my experiences as a Medical Scribe and how it has influenced my journey as an undergraduate student.

Pursuing a biology degree can lead to a wide variety of jobs in the medical field. You can become a PA, a doctor, a nurse practitioner, a veterinarian, a professor, etc. My goal has always been to help and treat people, but I was unsure of which route I wanted to take. Becoming a Medical Scribe exposed me to the different occupations in the medical field and it has helped me make my decision. I am now sure that I want to be a PA and know this is the best decision for me as I feel genuinely excited about it.

Apart from being a Medical Scribe in the hospital, I am also a Scribe Ambassador. This means that I visit universities in South Florida and speak to different students about the great opportunities that we have to offer. This position has also helped me become a more confident student, especially with my public speaking skills, and networking to gain more key contacts. This is another example on how being a Medical Scribe can open new opportunities and help you develop as a young adult. It is a great experience that I would recommend to any undergraduate student pursuing a career in medicine.

## BREAKOUT SESSION 3

### My Path From Farquhar College Of Arts And Science To The Field Of Medicine

Crystal Romero, M.P.H., M.D. Candidate Class of 2018

Farquhar College Graduate of 2005

MPH-Epidemiology Concentration [Biostatistics Sub-concentration], 2011, Florida International University

MS1, George Washington University

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As an undergraduate student in the Farquhar College of Arts and Sciences I was confident that I wanted to be a physician; however, I was also intrigued by the field of Public Health. Consequently, I pursued a Master's degree concentrating in Epidemiology and Biostatistics. Personally, I saw the attainment of this degree as a means of developing a skill set for future practice as a physician. Public health concentrates on community health needs, while medicine focuses more on the needs of an individual patient. During this time I worked on a project at the Broward County Health Department that allowed me to investigate the Descriptive Epidemiology of dengue fever. In 2012 I started medical school, where I became actively involved in health policy and took a leave of absence. During that time, among other things, I worked as an external candidate for the CDC/W policy office on Capitol Hill. Being a part of the dynamic interplay between politics and medicine was enthralling; finding a profession that ignites such passion should be the ultimate goal. One of the life lessons I have learned along the way is a willingness to adapt to change and the unexpected nature of life. The true goal in any profession is a balance that allows you to be your best self both on and off the job. This presentation will highlight pearls I have picked up along the way (i.e. passion, adaptability, and goal-setting).

## BREAKOUT SESSION 4

### The Path I took from the Farquhar College of Arts and Sciences to the Field of Medicine

Presenter: David Cevallos

Farquhar College Graduate of 2008

Doctor of Medicine, 2012; American University of the Caribbean

Research Coordinator, Miami VA Healthcare System

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The path to Medicine is a long journey with many twist and turns. It is a route that would test you physically, mentally, and socially, but knowing how to balance your life will help you reach your goals.

I was a former student of Nova Southeastern University already knowing what I needed to do to reach my goals. I was studying in the field of Biology to prepare myself to apply to Medical School. In addition, I attended various organizations like the Pre-Medical Society, while also volunteering at an Emergency Department. I then took the MCAT and applied to various hospitals, both MD and DO, in the United States and outside the United States. I was then accepted to American University of the Caribbean where my journey continued.

In that time in American University of the Caribbean, I spent my first 2 years at St. Maarten of the Netherland Antilles. I continued being active in various organizations. I then took the United States Medical Licensing Exam (USMLE), which enabled me to continue to my 3rd Year rotations at England and to my 4th year rotations in the United States. During my 4th year rotation I completed my USMLE 2 CK & CS and graduated. I then did several externship rotations and passed the USMLE 3.

As of now I'm a research coordinator at the Miami VA Healthcare System, and I'm applying to residency programs to be able to complete the last step to earn my state licensure to practice medicine.

## Professional School Timeline for Juniors and Seniors

### Fall of Junior Year

- Start studying for professional tests like MCAT, DAT or PCAT. This is a high stakes exam that you must really prepare for to do well.
- Timing is an important factor with these professional tests. The field of applicants grows more crowded as the admissions season advances. Therefore, the earlier you sit for the test, the better off you'll be. Even if you complete the remainder of your application early, the vast majority of medical schools will not closely consider your candidacy until they have a copy of your test scores.
- Guess what? Testing Services, the other half of the Tutoring and Testing Center, has a Lending Library available to all students who are preparing for their graduate school examinations....and it's all FREE
- Create a schedule and game plan for yourself including setting time aside to study for test, taking practice exams and how you will fit this into your current schedule.
- Meet with your Career Adviser to discuss the application process including developing a strategic timeline to finish all the components of the application process
- Meet with your Academic Adviser to ensure you are on track for graduation and have taken or are in good standing to complete all necessary courses for professional school.
- Become familiar with the entire application process.
  - **Medical:** [www.aamc.org/students/applying](http://www.aamc.org/students/applying)
  - **Dental:** [www.adea.org/dental\\_education\\_pathways/aadsas/Applicants/Pages/default.aspx](http://www.adea.org/dental_education_pathways/aadsas/Applicants/Pages/default.aspx)
  - **Pharmacy:** [www.pharmcas.org](http://www.pharmcas.org)
  - **Optometry:** [www.optomcas.org](http://www.optomcas.org)
  - **Physical Therapy:** [www.ptcas.org/home.aspx](http://www.ptcas.org/home.aspx)
  - **Occupational Therapy:** <https://portal.otcas.org/>

### Late Winter/Early Spring of Junior Year

- Register for the MCAT at [aamc.org](http://aamc.org) or other application centralized systems shown above. Be prepared to pay a hefty fee.

### Spring of Junior Year

- Take the necessary professional test. If you are dissatisfied with your score, register for the next exam (while there is still time) and create a plan to get the score you need. Additionally, you should start doing research to find schools that are a good fit for you. Visit potential schools and be sure to talk to students.
- Begin meeting with your Career Adviser to work on your personal statement and other aspects of the application including requesting letters of recommendation.
  - Your personal statement provides an avenue to discuss your passion for the field, future goals, stories that showcase your fit for the program and experiences that have prepared you for the rigors of the program.

### Late Spring of Junior Year

- You'll need recommendations for your application. Identify and contact potential recommendations. It's not a bad idea to write a brief profile or bio about yourself to help them.
- Make sure your recommenders know the deadlines. (plug in link to request LOR) (link)
- Be prepared to provide your resume, personal statement or any other professional document that can help your recommender write a strong letter on your behalf.

### Summer of Senior Year

- Retake professional entrance exams such as the MCAT and DAT, if necessary.
- You should also decide which are your chosen schools and complete the online application for your program through websites like AMCAS .
- If you apply through the early decision program (EDP), the deadline is August 1. Regular deadlines stretch between now and December—stay on top of them!
- Medical school interviews may begin as early as August but are usually in the Fall and continue into early Spring. Prepare for interviews by considering what you may be asked and determining your own questions.
- Meet with your career adviser to set up a mock interview to help prepare for specific questions and also try and visit [studentdoctor.net](http://studentdoctor.net) which provides feedback from students who have gone through the interview process.

### Fall of Senior Year

- If a professional school thinks you may be a viable candidate, they will at times send you their own secondary application. You'll have some essays to write. Give yourself enough time to revise and to allow someone else (a good writer) to read them.
  - Meet with your career adviser to work on these supplemental essays.
- Send thank you notes to your recommenders—it's the perfect way to gently remind them of upcoming deadlines.
- Prepare for interviews.

### Winter/Spring of Senior Year

- Acceptances (and rejections) arrive. If you don't get in, reconsider your career options or prepare to apply again next year.
- Classes begin in August
- If you are not accepted to med school or your desired professional school, learn from your experience and consider your options and whether to apply again next year.
- If planning to apply next year, make yourself a stronger candidate by engaging in health related opportunities such as an EMT or engage in high level research with faculty.

**NOVA SOUTHEASTERN UNIVERSITY  
CAREER DEVELOPMENT**

**Hours of Operation**

Horvitz Office (1st Floor of the Horvitz Building, Room 152)

Mon.–Fri. 8:30 a.m.–5:00 p.m.

Sat.–Sun. Closed

DeSantis Office (Carl DeSantis Building, Room 1042)

Mon.–Fri. 8:30 a.m.–5:00 p.m.

Sat.–Sun. Closed

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