NSU’s Pre-Health Day

Saturday, February 13, 2016
Carl DeSantis Building

Brought to you by the
Halmos College of Natural Sciences
and Oceanography in collaboration
with Career Development

NOVA SOUTHEASTERN UNIVERSITY
Pre-Health Day Program Schedule

8:00 – 9:00 a.m. ................................................................. Mock Interviews
Huizenga Sales Institute

8:00 – 9:00 a.m. ................................................................. Graduate School Programs Tabling and Information
Huizenga Sales Institute

9:05 – 9:25 a.m. ................................................................. Keynote Speaker
Richard E. Dodge, Dean of College of Halmos College of Natural Sciences and Oceanography
Huizenga Sales Institute

9:30 – 11:40 a.m. ................................................................. Breakout Sessions

8:00 – 9:00 a.m. ................................................................. Mock Interviews

2:20 – 3:00 p.m. ................................................................. HPD Admissions Presentation

1:30 – 2:15 p.m. ................................................................. HPD Student Panel

12:20 – 1:20 p.m. ................................................................. Healthcare Related Panel
Panalist: Genetic Researcher, Genetic Counselor, Peace Corps, and Bio Medical Informatics Professionals
Huizenga Sales Institute

11:45 a.m.–12:20 p.m. ................................................................. Lunch & Roundtable Discussions

 Bracket Number and Color | 9:30–9:50 a.m. | 9:55–10:15 a.m. | 10:20–10:40 a.m. | 10:50–11:10 a.m. | 11:20–11:40 a.m. |
---|---|---|---|---|---|
1—Yellow | Doctor | Dentist | Pharmacist | OT | Research Coordinator and Medical Intern |
| Marta Van Straten, D.O. | Katherine Lorenzo, D.M.D. | Alexis Jurick, PharmD, CPh | Kaitlin Dudziec, MOT | David Cevallos |
| Huizenga Sales Institute | Huizenga Sales Institute | Huizenga Sales Institute | Huizenga Sales Institute | Huizenga Sales Institute |

2—Blue | Doctor | Dentist | Pharmacist | Scribe |
| Zaki Dorajat, D.O. | Claudia Harrisehasen, D.M.D. | Nick Carris, Pharm D, BCPS | Monica Perez, |
| Room 2060 | Room 2060 | Room 2060 | Room 2060 |

3—Green | Pharmacist | Optometrist | Doctor | Public Health |
| Daven Sawh, PharmD | Mari Holderby, O.D. | Luke Williams, M.D. | Crystal Romero, M.P.H. |
| Room 2056 | Room 2056 | Room 2056 | Room 2056 |

4—Orange | Pharmacist | Audiologist | Doctor | Dentist |
| Daven Sawh, Pharm. D. | Ashley Lawrence, Au.D | Regenerative Sports Medicine Specialist | Yani Cox, D.M.D. |
| Room 2056 | Room 2057 | Daveda Majara, D.O. | Room 2057 |

5—Red | Doctor | Post Doctoral Fellow and Molecular Researcher | Optometrist | Nutritionist | Pharmacist and Medical Reviewer |
| Marta Van Straten, D.O. | Ivan Jozic, Ph.D. | Michael Baacigalupi, O.D., MS, FAAO | Viktoriya Yudovina, MPH | Jennifer Gershman, Pharm. D. |
| Huizenga Sales Institute | Room 2056 | Room 2067 | Room 2067 | Room 2067 |
Changing careers takes a lot of guts regardless of what career you had initially and the decision to embark on the journey of becoming a physician is a long one. I will discuss some factors that one should consider before making this leap. Medical school was not easy but it is definitely a rewarding career and I wouldn’t be happy doing anything else. However, I have colleagues who 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.
I consider myself fortunate to pursue a career whose steps were laid out before me. The umbrella of medicine is broad, however, and many major life events occur between the time a young person starts college and a career truly materializes. Looking back on the past fifteen years since graduating high school, I’ve learned more about people and the world around me than any single topic taught in a classroom.

From one detour after finishing my undergraduate degree, to another after graduating medical school, my path to becoming a pathologist was not the direct one I envisioned. Since graduating from NSU, I am at the cusp of my career in pathology, am married, and have started a family. I’m in the middle of my first fellowship in cytology, and anticipating the start of my second fellowship in breast pathology across the country at Mayo Clinic in Minnesota. I’m due with my second child any day, and as a practicing general dentist and what that entails in the real world. Dentistry is a field that is constantly advancing and challenging you, and requires not only mental but also technical expertise, but you can make a difference everyday by giving patients a healthy, stable mouth and restoring confidence in their smile.
either with other majors/minors, or extracurricular activities. Due to this, I received my Bachelors in Biology as well as minors in Psychology and Literature.

By 2010 I was accepted into NSU’s Optometry school. The first semester was very tough, although the material first year is pretty much repeating the general science classes I had taken during undergraduate year. However, Farquhar is a sprint and Optometry school is a marathon. This is when I realized that I needed to change the ways that I studied in order to do better, and by the time second semester rolled around I had changed a lot of things about myself. My main tips on transitioning from undergraduate programs to graduate programs are:

1) Change your studying skills if you need to
2) Make lots of friends
3) Balance your life
4) Say yes to as many opportunities as you can

Once I graduated in 2014 I felt like I could accomplish anything. I love what I do, and I have no regrets about choosing the path that I did. I am working at the Community Health Center now, treating an underserved population of patients who come in from all different walks of life. I feel like I am making a difference, and that is what I’ve always wanted to accomplish.

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

Presenter: Ashley Lawrence
Farquhar College Graduate of 2006
Doctor of Audiology, 2010, Nova Southeastern University
Clinical Audiologist, West Palm Beach VA Medical Center
richie.ashley@gmail.com

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 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 years, 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.

**From Undergrad to Ph. D., My Lessons**

Presenter: Ivan Jozic, Ph.D.
Farquhar College Graduate, Class of 2006
Adjunct Professor, 2013, Nova Southeastern University
Post-Doctoral Fellow, 2013, University of Miami Miller School of Medicine
jozic@nova.edu

Although the road to becoming a scientist is often riddled with many hurdles, the rewards of self-discovery and potential to revolutionize the world, are priceless. It is said that a PhD is pursued by those who are driven to do something original and those who have the passion to discover the unknown; but also those that have dedication, persistence and resilience.

My journey began at the intersection of College Ave and SW 30th St back in 2004. As with many other Biology majors, I was unsure where my career path should lead to, but I knew it had to center around science. The turning point came in 2005, when I was challenged by an outstanding professor and mentor in Dr. Emily Schmitt to present a poster at the NSU Undergraduate Research Symposium. It served to awaken my appetite and passion for acquiring knowledge. Today I am a post-doctoral fellow in the Dermatology department of University of Miami Miller School of Medicine trying to understand the molecular mechanisms underlying wound healing and I am also an adjunct professor in the Halmos College of Natural Sciences. But on my road to acquiring a PhD, I’ve learned that a PhD is one of the toughest things to accomplish in the world (in educational terms); it is intellectually challenging, emotionally taxing and physically tiring. So then why do it? During my presentation, I will share some highlights of my profession as well as give you some answers to this question.

**Becoming A Pharmacist: Advice to my Undergraduate Self**

Presenter: Alexis Jurick
Farquhar College Graduate of 2007
PharmD, CPh, 2011; Nova Southeastern University College of Pharmacy
Ambulatory Pharmacist, Lee Memorial Health System
At Gulf Coast Medical Center, Fort Myers, FL
alexisj40@gmail.com

Embarking upon a path to becoming a pharmacist is arduous but very fulfilling. The profession requires hard work, life-long learning, and the understanding that the work is about the patient first, not the business. There are several directions an individual can pursue as a pharmacist making the career choice extremely rewarding. Currently, I am an Ambulatory Outpatient Retail Pharmacist at Gulf Coast Medical Center. My journey began at a local community college and continued at Farquhar College of Arts and Sciences where I pursued a degree in biology. This degree provided me with an advantage as I was sure where my career path should lead to, but I knew it had to center around science. The turning point came in 2005, when I was challenged by an outstanding professor and mentor in Dr. Emily Schmitt to present a poster at the NSU Undergraduate Research Symposium. It served to awaken my appetite and passion for acquiring knowledge. Today I am a post-doctoral fellow in the Dermatology department of University of Miami Miller School of Medicine trying to understand the molecular mechanisms underlying wound healing and I am also an adjunct professor in the Halmos College of Natural Sciences. But on my road to acquiring a PhD, I’ve learned that a PhD is one of the toughest things to accomplish in the world (in educational terms); it is intellectually challenging, emotionally taxing and physically tiring. So then why do it? During my presentation, I will share some highlights of my profession as well as give you some answers to this question.
they could never give up addiction now see a new outlook on who don’t have to see a love one suffer or a patient who thought The amount of people I have been able to help quit smoking became a Certified Tobacco Treatment Specialist. about it. I began training with the Florida Certification Board and by tobacco use. I saw a problem and wanted to do something Tobacco is the leading cause of preventable death in the United States. Car Accidents, Gun Violence, infections, illicit drug use, and STDs combined do not reach the number of deaths caused by tobacco use. I saw a problem and wanted to do something about it. I began training with the Florida Certification Board and became a Certified Tobacco Treatment Specialist. The amount of people I have been able to help quit smoking easily has changed hundreds if not thousands of lives. Families who don’t have to see a love one suffer or a patient who thought they could never give up addiction now see a new outlook on life. I am proud to be a part of Tobacco Free Florida. When deciding what your career should be you should feel two things. If you are happy doing it and if you feel you are making a positive difference in the world.
Dr. Bacigalupi was appointed Assistant Dean for Student Affairs of the College of Optometry in 2008. He is a lecturer for the 4th practice management course entitled “Current Topics in Practice Management” and lab instructor for “Optometric Theory and Methods.” Dr. Bacigalupi is a frequent author and lecturer in the areas of practice management, student affairs, and admissions.

10:50–11:10 a.m.

BREAKOUT SESSION 4

From a B.A. in Speech Language Pathology to Becoming an Occupational Therapist; Change is Good!

Presenter: Kaitkin Dudziec
University of Iowa Graduate 2010
Master of Occupational Therapy, 2013, Nova Southeastern University
Pediatric Occupational Therapist, Baudhuin Preschool
kaitlinebrooks@gmail.com

Everyone thinks college is a time for you to pick a career and decide what you are going to do with the rest of your life. This is true in a way, but it is also a time for you to find yourself and decide who you want to be as a person in the future. Day 1 of my undergrad career consisted of my switching majors from elementary education to speech-language pathology.

Going through some of the pre-requisite psychology classes, I also decided I wanted to be a psychology major, so I added that in my second year of undergrad. In addition, I added on a certification in Deaf Studies. I didn’t know what I wanted to be, so I was just going to do everything. During my last year of undergrad, I applied to 7 different graduate schools in order to be a speech-language pathologist. When graduation day came in 2010, I was not accepted to any of the graduate schools, despite my good grades and great GRE score. This turned out to be the best thing that could have happened to me.

I never really felt 100% committed to speech pathology, so not being accepted to grad school was a blessing in disguise.

I found Occupational Therapy while observing a speech pathologist and decided that is what I was meant to do. I loved all of my graduate classes and I truly enjoy going to work every day and helping those get back to their everyday activities (i.e. occupations). I am excited and happy to share my experiences and my journey to becoming an Occupational Therapist during this presentation.

Journey to Internal Medicine

Presenter: Luke C. Williams, MD
Valdosta State University, 2002-2006
St. Matthews University School of Medicine, 2008-2011
Mercer University Internal Medicine, 2012-2015
Board Certified Internal Medicine, 2015
ekul_5@yahoo.com

My name is Dr. Williams, or as most people call me Dr. Luke. Currently, I work in South Georgia as an ED physician. The road to wear I’m currently sitting and to where I started has been long, trying but mostly fun!

I started my undergraduate at Valdosta State University; to say the least I was completely lost. My hometown has about 5000 people in the entire county so being at a bigger city seemed overwhelming. I had no friends really and my social life was subpar, I started out as a premed major but quickly realized that these college professors were in the businesses of “weeding” out subpar. I started out as a premed major but quickly realized that these college professors were in the businesses of “weeding” out subpar.

I realized that if my dreams were to become reality it was going to take more dedication, time, and discipline. The first tool I can give you in regards to discipline is found in the book The Road Less Traveled. There is a chapter in the book that talks about “Delaying Gratification” or as in movie I watched a few years ago when the father told his son, “we do what we have to so we can do what we want to”. Just think about this for a while. Are you willing to say no to going out in order to study, miss family functions and events, and basically willing to accumulate more debt that most people make in their lifetime of working? I was.

Undergraduate, I applied to many “state” medical schools. My GPA was really good but MCAT was not so good. I did all of the Kaplan courses but just could not get my MCAT score up. I got wait listed but decided I did not want to take off an entire year. I applied to St. Matthews School of Medicine. This school is located in Grand Cayman! (small island located southwest of Cuba). My medical school changed my life. I had the opportunity to meet all types of people. We all came here with one goal and that was to become a medical doctor. While studying was strenuous and classes were grueling, I had the best time of my life.

After graduating medical school, I applied to internal medicine residency. Being from Georgia, I wanted to stay close to home.
I was accepted into Mercer IM, located in Macon, GA. I spent the next 3 years of my life in the hospital. Hours were strenuous in the hospital but as I grew in my residency, I realized there is no short cut to medicine. There is always something to learn; whether this pertains directly to the patient and their diagnosis and treatment plans to breaking difficult news to family members. Each step along the way was a building block to where I am now.

My goal for us, is for you to ask as many questions as possible and we can learn from each other. I look forward to speaking to you soon.

**BREAKOUT SESSION 4**

*Advice to My Undegraduate Self About Pursuing a Carrer in Medicine*

**Presenter:** Daveda Maharaj, D.O.

**Farquhar College Graduate of 2005**

**Doctorate of Osteopathic Medicine, 2010 NSU College of Osteopathic Medicine**

**General Anesthesiologist, Per Diem (as needed) in Broward with anesthesia groups Anesco and Sheridan**

davedamaharaj@gmail.com

The journey I’ve traveled, literally and figuratively, to become an anesthesiologist has been both challenging and rewarding. When I was a student at Farquhar College of Arts and Sciences, I hit the ground running with ambition and goals to achieve. A minor detour teaching high school in between undergrad and med school was a huge learning experience, and I still fulfilled my career goals of becoming a physician. I’m not sure I ever imagined that this is what the “real world” would be like for a practicing anesthesiologist, but I’ve come to learn some of the best and worst ways to manage my personal life and career. Medicine is a career filled with fantastic rewards and the ability to impact the lives of many people in a big way, but it is important not to lose sight of life’s little gifts in the process. These are some bits of advice, lessons I’ve learned, and things I wish my undergraduate self knew before beginning the journey to a career in medicine.

**BREAKOUT SESSION 4**

*How a Biology Major Lead Me into Public Health and Working For a Non-Profit Organization*

**Presenter:** Viktoriya Yudovina

**Farquhar College Graduate of (2008)**

**Master in Public Health (M.P.H.), 2013; Nova Southeastern University**

**Food and Nutrition Program Manager; Florida Introduces Physical Activity and Nutrition to Youth (FLIPANY), FL**

vyudovina@flipany.org

In the beginning, I wanted to be a physician, a scholar of everything medicine. And while my greatest passion is still medical science and research, my path has taken me in a slightly different direction. Currently, I manage the Afterschool Meal Program and Summer Food Service Program for FLIPANY, a non-profit organization, whose “mission is to empower youth and their families through physical activity and nutrition education programs while raising awareness and creating policies for a healthier community”. Working in an arena of health and wellness, I am able to touch base on both my undergraduate days of biology in the Farquhar College of Arts and Sciences, and incorporate community outreach in underserved areas. I attended The College of Osteopathic Medicine to obtain a Master in Public Health degree, often sitting side by side with medical students taking a dual graduation track.

In this presentation, I will discuss some important steps of my journey. There will be unexpected turns, lessons learned, and a new sense of flexibility, discovery and positive outlook on what comes next.

**BREAKOUT SESSION 5**

*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 Medical Intern, Manati Medical Center**

dacr1086@gmail.com

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.

I continued my path as a research coordinator at the Miami VA Healthcare System for one year. I was then accepted and I’m currently working as a medical intern at Manati Medical Center. I will be applying to residency programs to be able to complete the last step to specialize and earn my state licensure to practice medicine.

**BREAKOUT SESSION 5**

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

**Presenter:** Monica Perez

**Barry University Class of 2016**

monica.perez@iamscribe.com

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.

My Journey Through the Pharmacy Profession

Presenter: Jennifer Gershman, PharmD, CPh
Dual Admissions Pharmacy Program
Farquhar College Graduate 2004
Doctor of Pharmacy, 2006, Nova Southeastern University
Medical Reviewer, RxWiki
jennifergershman14@gmail.com

You can definitely say the pharmacy profession runs in my family, as both my father and sister are pharmacists. My father inspired me to pursue a career in pharmacy, through his dedication to the profession. Pharmacists play such an important role in patient care, and I wanted to make a positive impact on the community. I completed the Dual Admissions Pharmacy program and then went on to receive my Doctor of Pharmacy degree at NSU. Postdoctoral training was the path for me, so I completed a Drug Information Residency. This residency inspired me through my role as a teacher, mentor, and researcher.

I served as a professor at NSU College of Pharmacy for 6 years, and I truly enjoyed my experience. Through teaching, research, service, and scholarship I played an integral role in the education of student pharmacists. I managed the Drug Information Center where we answered medication questions from patients and healthcare professionals. I also had the opportunity to publish research in various scholarly journals.

Currently, I am a medical reviewer with RxWiki, which is an excellent online drug information resource for patients. It is a truly rewarding experience to work with pharmacists who review and write cutting edge drug information for patients. I’ve always believed that pharmacy is a lifelong learning profession, as new medications and research are always on the horizon. I am excited to share my journey through the pharmacy profession with you, so welcome aboard!

My Path from Undergrad To Dentistry

Presenter: Yanina Cox, DMD
Farquhar College Graduate 2006
Doctor of Dental Medicine, 2011, Nova Southeastern University
Dentist/Business Owner, Cox Dental Care, PA
ycdmd@gmail.com

Coming from a large family of dentists, I have always known that I wanted to be a dentist myself. It was important for me to attend a college where I would be able to have the education that would make me a competitive candidate for dental school.

I began undergrad at NSU in 2003, majoring in Biology, and graduated in 2006 with my Bachelor's in Science. I was involved in several extracurricular activities and had a student job on campus.

In 2007, I began my journey as a dental student at Nova Southeastern University College of Dental Medicine, where I obtained the latest and most advanced education among some great leaders and innovators in the dental field.

After graduating Dental School in 2011, I was an associate dentist in private practice and corporate dental offices, allowing me to continue to expand my knowledge in dentistry and in the dental business. My husband and I are now business owners of Cox Dental Care, PA. I love my job as a dentist, I get to know people and make an impact on their oral and systemic health. During my presentation I will share my path provide some tips that I have acquired during my career.

My Path From Farquhar Collefe of Arts and Science to the Field of Medicine

Presenter: Crystal Romero, MPH, MD
Farquhar College Graduate of (2005)
MPH-Epidemiology Concentration [Biostatistics Sub-concentration], 2011, Florida International University
MS1, George Washington University
crome007@fiu.edu

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 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.
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

www.nova.edu/career • career@nova.edu • (954) 262-7266