



# HEALTH PROFESSIONS

December 2017

*Happenings*

## WELCOME LILLY!

We'd like to officially announce and welcome Lilly Dethier as our new Assistant Director of Health Professions Advising! Lilly joins us from the Department of Biology where she worked with students as an Academic Success Coordinator and brings both years of experience and a great perspective on working collaboratively with students to help them maximize their learning experience and get the most out of their college education. Lilly is available for pre-health advising. To schedule an advising appointment with her call the front desk. We are grateful for Lilly and all that she brings to Health Professions Advising in the Collaborative for Student Achievement! Please join us in wishing Lilly a heartfelt welcome!!!

## HAPPY DECEMBER

Wow! December is here already! As the semester comes to a close, we wanted to wish you all the best as you prepare for finals. Study hard and do your best to wrap up another successful semester at CSU. A special congratulations to those of you that are graduating this month! We are proud of you and all that you've done and accomplished at CSU! We hope that everyone is able to enjoy the winter break and that you all take some much needed time to rest and enjoy your family and friends while you recharge for the next semester ahead!

## DID YOU KNOW??

There is a great Pre-Health Colorado: Emergency Medicine Wilderness First Responder training course offered at various times throughout the year in Denver. At the completion of the nine to thirteen day program, students will have gained invaluable exposure to emergency and wilderness medicine. The deadline to apply for scholarships for the March session is December 31st. For more information about the course and potential scholarships, visit [www.coloradowm.org](http://www.coloradowm.org) and select the course from the drop down menu.

## CONTACT

Email us at [advising\\_HP@mail.colostate.edu](mailto:advising_HP@mail.colostate.edu)

To schedule an appointment with a Health Professions Advisor, call the Collaborative for Student Achievement at 970-491-7095.

Check out our website at: [hp.casa.colostate.edu](http://hp.casa.colostate.edu)

## SUMMER CAMPS

Even though we're all looking forward to starting WINTER break, now is the time to start thinking ahead and making SUMMER plans! Summer is a great time to invest yourself in meaningful, hands-on experiences outside of the classroom. Whether you are able to find an internship, complete job shadowing hours, observe different health professions in action or even volunteer at a summer camp or other program, we strongly recommend you take advantage of the summer! Many volunteer camps and internship programs begin planning for summer and post applications as early as January. A few Colorado camps many of our students recommend include Camp Wapiyapi, Adam's Camp Colorado, and Easterseals day camps. These camps all serve various populations with differing needs and not only give you the opportunity to make a difference in someone else's life, but are life changing for volunteers as well! Check out the program websites for more information about each camp and how to get involved to volunteer this summer.

## CSU ALUMNI SPOTLIGHT: TATE



*CSU Class of 2011*

*Major: Biological Sciences*

*Currently a medical student at Rocky Vista University College of Medicine*

*What she wants current students to know: Time will fly by. What feels impossible to you now will eventually be a distant memory. You're capable of much more than you realize!*

After graduation, I had the opportunity to study with Patch Adams to learn more about becoming a compassionate health care provider and then served in the Peace Corps in Botswana before applying to med schools. Now that I am in my third year of school, I get to do clinical rotations in all different specialties. I am also participating in the global health honors program through my school and will take a trip to India in February to learn about chronic disease and medicine in a rural village. Looking back on my time at CSU, I really value the time I spent in PreMedica and volunteering in the community. You do not have to be a perfect student to get into med school, so be sure to give yourself time to relax, sleep, and enjoy your life during college! Try not to take everything so seriously! Only volunteer with organizations that are meaningful to you because the way you talk about your experiences really paints a picture of whether or not you enjoyed your time. No one wants to hear about the quantity of time you spent doing something - it's the quality of time that really matters the most. Take classes that you are interested in! If I could go back to my undergraduate days, I would have taken more of a variety of classes that interested me. You'll have plenty of science to learn in your graduate degree. Take advantage of your resources and advisors - mine really helped me along my path and answered so many questions. CSU prepared me well for everything I've done so far and I'm looking forward to the bright future ahead!