Welcome back! We have a few things to share with you about health professions advising as you start your second year. Please read this carefully as there is a lot of information.

First, we hope you heard that Professor Futterman has left the college, and Professor Miles Cahill has been appointed to replace him Health Professions Advisor. You have likely met or have at least seen each other at an event, and he is looking forward to continuing working with you. Professor Jumi Hayaki from the Psychology Department has been appointed to replace Professor Cahill as Associate Health Professions Advisor, and is looking forward to her primary role of guiding students on forming academic plans, choosing co-curricular activities, evaluating progress, considering different health professions, etc. She has served on the health professions advising committee for several years and is very much looking forward to her new expanded role. We do not see any major changes happening this year – we plan to continue to work in much the same way we have been, except the health professions advisor will not be wearing a St. Louis Cardinals hat. If you would like to meet with Professor Hayaki or Professor Cahill, please call Ms. Casello at x2533 or stop by Stein 129A.

Second, this year is an important one for you. Students often do all kinds of interesting things in their third year – study abroad, Washington semester, internships, research, etc., and applications for these opportunities come throughout the second year, and start early. You also have to decide on a major – if you have not already, this is really the most critical decision for you to make. Remember that medical and other health professional schools value all majors – you do not have to major in a science, and indeed shouldn’t, unless this is what you really want to do. With careful planning, it is usually possible to fit in any major with health professional school requirements. After getting settled your first year, you may be ready to take on more extracurricular activities, and this is good – medical and other health professional schools value volunteering, leadership, and community engagement. However, beware of the “sophomore slump”: don’t take on too much, or get complacent and see your grades slide as a result. Now is the time to set your strong foundation for your last two years at Holy Cross.

Third, take advantage of the opportunities available to you. The 2YO academic extravaganza Wednesday evening in the ballroom is a terrific place to talk to a lot of departments and programs (we will be there!). Look for opportunities through the Chaplains Office/SPUD for volunteering, etc. Look to get involved with SGA groups if that is your interest. The Power of Presence volunteer program will expand this year. The most important thing for you to do is to engage in something that is important to you. There is no one perfect academic plan, volunteer experience, etc. for an applicant: health professional schools like to see that you have done something to help people, and have engaged in substantial activities that you like. We also encourage you to speak to Career Planning, now called Career Development. They have contacts with dozens of alumni working in an array of health professions fields and can provide contacts for shadowing, and will host events. They can also help you think about what short and long term career is right for you. The summer internship program (SIP) is also run through Career Development, and will have a different application process this year. Please get to know them!

Fourth, some students are interested in “early assurance” programs where second year students apply to medical school. There are very few of these programs, and few students get in. Indeed, the second year of college is usually far too early to commit to a particular medical school. However, if you are interested, we will help you with your application. Some possibilities are the FlexMed program at The Icahn School of Medicine at Mount Sinai (http://icahn.mssm.edu/education/medical/admissions/flexmed), which is the largest in the country. New York residents may also want to look at the programs at the University of Buffalo and Upstate Medical College.

A couple of other notes:
- Health professional schools strongly value a rigorous academic program. Taking three classes or choosing a major just because you think it will boost your GPA is not a good idea. (This is true for athletes as well!)
• You cannot transfer a summer class to Holy Cross unless it counts towards your major, minor or concentration; makes up for a deficiency; or meets a common requirement. However, you can submit transcripts from summer classes to medical and health professional schools when you apply. At the same time, if you do take summer classes make sure they will be accepted by your target graduate schools. For example, some programs accept community college credit and some do not and some accept online courses and some do not. If you plan to take a summer class at some point, to be safe please try to take a course as rigorous as a Holy Cross course. And, don’t take a summer class unless you have an identifiable need: you don’t want to do this just to make your load lighter at Holy Cross. It’s a good idea to talk to one of us before you decide to take a summer class that is a health professional school requirement.

• If you plan to study abroad or away – and we strongly encourage you to do so – you should meet with a health professions advisor to talk about the courses you will take. Unfortunately, it is usually not a good idea to take required medical courses while abroad, and certainly not basic sciences. It is a good opportunity to take college common requirements and major courses. Study abroad also means it will almost certainly not be possible to apply to attend medical or health professional schools right after college. However, we believe that the benefits of study abroad/away far outweigh these costs and strongly encourage you to study abroad/away if you have an interest in doing so.

• If you are unable to take a course at Holy Cross during a semester, you make take it at another Worcester-area college as part of your Holy Cross tuition and have it appear on your Holy Cross transcript. Good reasons to do this are because the Holy Cross class is full (e.g. anatomy and physiology) or because we do not offer it here (e.g. nutrition). See the HECCMA website for details: http://www.heccma.org/crossregistration

• It is very difficult for non-US residents/citizens to gain acceptance to US medical schools. If you are not a permanent US resident or US citizen and plan to apply to US medical schools, please make an appointment to see Professor Cahill as soon as possible.

• Our web page contains a wealth of information and links that will help you with course planning, finding programs, etc. Check it out! http://www.holycross.edu/academics/programs/health-professions-advising

We hope you have a great second year at Holy Cross and look forward to working with you! Remember to make an appointment to see us call Ms. Casello at the office at x2533 or stop by Stein 129A.

Professor Miles Cahill
Professor Jumi Hayaki