

Beth Krautscheid '12 shares memories and enthusiasm for preparing for future medical career

Chapel choir road trips, emergency dance parties in Mehling, Zumbathons, and tent sleepovers in Tyson, are among some of former University of Portland student Beth Krautscheid's best memories. Now, after graduating from UP in 2012, she is a second year medical student at Oregon Health and Science University (OHSU), and hopes to someday be a pediatrician.

A desire to "spend every day healing people physically, mentally, emotionally, and spiritually" led Krautscheid to choose a career in the medical field.

Although currently uncertain as to if she wants to specialize, Krautscheid is also interested in helping developmentally disabled

children and/or domestic violence victims.

"Thinking about the kids I'm going to help is what keeps me going, I just can't wait to be there!" says Krautscheid.

While Krautscheid briefly questioned her choice to stay in Portland as her best friend headed to the Midwest, ultimately with her family here, and being given the opportunity to see patients the first week at OHSU solidified her decision to stay close to home.

After all, as Krautscheid says "what pre-med student from Portland hasn't looked up at the hill with a little hopeful 'sigh,' right?"

So far, Krautscheid is "loving it," despite that each week in medical school is

essentially like finals week in undergrad, except it doesn't end.

The most enjoyable part of medical school so far has been the classmates she has met and had the chance to not only study with, but also do things such as go to Sunriver to socialize and ski.

Krautscheid has also greatly appreciated the preceptors OHSU set her up with who, she says "let me play doctor in the most real way and it's taught me so many things I could never learn in the classroom."

Krautscheid advises pre-med students take advantage of challenging science classes now, as the pace just picks up as you move forward.



However, she also suggests having real life experiences that can help you connect with future patients.

"Go have experiences that will challenge you and make sure some are outside of medicine," says Krautscheid. "I relate to more patients over TV shows and local hiking spots than I do over that detail I learned from my gen chem book."



Former Pre-Dental Club President Thien-Y Hoang '13 moves on to OHSU

in achieving her goals.

"A personal inclination toward aesthetic and dexterity combined with a desire to fulfill the motto 'be the change you wish to see in the world' inspired me to pursue a career in dentistry," said Hoang.

The decision to go to OHSU was the easy part for Hoang, as OHSU ranks as one of the best health institutes in the country, and sees Portland as her home. Although the transition proved to be a bit challenging at first as she was surrounded by new people and was faced with the "insurmountable" workload that comes with 12 classes, Hoang remains positive about her schooling.

"OHSU is one of the best health institutions in the country, the frontier of many scientific researches and discoveries,

and I am learning great things! I am super excited for the journey that lies ahead of me, how much I will learn and where I will be," says Hoang.

Looking back at her time at the University of Portland, Hoang reminisces about the wonderful community and advises students to cherish their time here. Surrounding herself with other people with similar goals helped Hoang stay focused, but she also found time to make memories that included being involved in the Chapel Choir, attending and leading Encounter retreats, and participating in Redefine Purple Pride.

Years of hard work and determination driven by a dream of becoming a dentist are paying off for Thien-Y Hoang, a first year dental student at OHSU.

Former President of University of Portland's Pre-Dental Club, Hoang felt well-prepared for dental school academically, and is grateful for her former professor's, including Dr. Hoffman, Dr. Flann, Dr. Cantrell, and the late Dr. Alexander's encouragement and support

Randy Reid '13 gives advice in planning for medical school

"If college is drinking from a water fountain, then medical school is drinking from a fire hydrant," says former University of Portland student Randy Reid, who is now in his first year of medical school at University of Southern California (USC).

While the pace, and stress of medical school has been challenging for Reid, he also describes this as a time of excitement as he is getting closer to his ultimate goal.

Someday Reid wants to specialize and is currently interested in orthopedics, hoping to get into an orthopedic, concussion, or neurology research program.

One of the reasons Reid chose USC is due to the fact that many of their doctors specialize. He also found the private and county hospitals on campus intriguing as it allowed him to have diverse patient contact.

"I am passionate about teaching and was involved in teaching workshops and

being a teacher's aid at UP," says Reid. "I find the doctor patient relationship fairly similar to student teacher and am excited about the opportunity to be in a field where I am not only constantly learning, but also passing that information onto someone to hopefully make a difference in the quality of their life."

In preparation for medical school, Reid suggests taking advantage of the smallness of University of Portland by getting to know your professors to not only perform better academically, but also so that you may ask them later on for quality letters of recommendation.

Before applying to medical school, he also advises that pre-med students invest in themselves early, as even if one ultimately decides not to go to medical school, a strong academic background will help regardless of where one ends up.

Finally, Reid says "You will be asked

multiple times, "why medicine?" and a bad answer is enough to cause you to reapply. Make sure that it is a field that you can truly be enthusiastic about and confirm it through shadowing and volunteering. The commitment it takes to get to the finish line is much too large to be anything less than absolutely sure about and schools will want to see that you have demonstrated this understanding."



Pre-Med students Coe and Pederson win Kaplan Preparation Course

By attending pre-med events throughout their freshman to junior year, University of Portland's Pre-Med students have the opportunity to accumulate raffle tickets that are eventually put into a drawing for a half-priced Kaplan MCAT course. This year's winners are juniors Ian Coe and Travis Pederson.



Ian Coe: "The Kaplan course will provide me with strategies and guided practice to help me tackle the MCAT this spring. I think it will help me score well on the MCAT, giving me a better chance of medical school admission and I am sure that the critical thinking skills I learn through this course will benefit me in medical school."

- He hopes to someday be a physician in Emergency Medicine, Internal Medicine, or rural Primary Care.
- Coe's current top choices for Medical school are OHSU, COMP-NW, UW, and UC Davis



Travis Pederson: "The Kaplan course will help me focus in on what I need to study, and how to do so. Instead of going through all my old notebooks in an unorganized fashion, I will now have structure to help guide me through the process."

- Pederson hopes to do something involving surgery in the future, and is currently most interested in orthopedics, saying "I would love to help athletes get healthy and back onto the playing field."
- His top medical school choices are OHSU and University of Colorado.

Did You Know?

- According to "Consumer's Report," Dentists are among the five most trusted professionals in the U.S.
- George Washington University is the most selective medical school, with an acceptance rate of 2.1%;¹ OHSU has an acceptance rate of 2.9%.³²
- The average overall undergraduate GPA for accepted Physical Therapy Centralized Application Service applicants in 2011-2012 was 3.52.³
- The average acceptance rate for veterinary schools in 2013 was 13.24%. The average GPA for admitted students was 3.61, while the average GRE was 1200.⁴
- Pre-ophthalmology student applicants with an overall score and a science score of at least 330 on the OAT receive more promising consideration.⁵

Facts retrieved from:

¹usnews.com

²medical-schools.findthebest.com

³ptcas.org

⁴veterinary-schools.findthebest.com

⁵umsl.edu/~optometry

Calendar of Upcoming Events

- **February 13: Careers in Biotechnology- 6:00pm-7:30pm/BC 163**
Hear from Alumni who work in this exciting career field! Alumni who work at OHSU, Rev Medx, Inc., and Genentech will be on hand to give advice and answer your questions.
- **February 20: MCAT 2015- 6:30pm-7:30pm/Shiley 301**
Kaplan representative, Melissa Pruitt will present on the changes/format of the new MCAT exam.
- **February 21: 2014 Science & Engineering Career Fair- 1:00pm-4:00pm/Shiley Hall**
Recruiters from Siltronic, Acumed, BIOTRONIK, Electro Scientific Industries (ESI), Healthsparq and more
- **February 21 and March 21: Pre-Dental Club Volunteering at St. Andres- 6:00pm-9:00pm**
Contact Nina Tran: tran14@up.edu for more information
- **March 3: Western U COMP-Northwest- 6:30pm-7:30pm/Shiley 319**
Admissions Counselors from WesternU Comp will come talk about their school and programs offered in Lebanon, OR.
- **March 5: Applying to Dental School- 8:40pm-9:10pm/Franz 26**
Specifics on the dental school application process
- **March 6: Current Medical Student Panel- 6:30pm-7:30pm/BC 310**
Current OHSU and Western U medical school students will discuss their experience and answer questions.
- **March 19: Applying to Medical School- 8:40pm-9:10pm/Franz 26**
Specifics on medical school application process
- **Mid March: Current Dental Student Panel- Time and Location TBA**
Current OHSU dental school students will discuss their experience and answer questions.
- **March 28: OSU Veterinary School Tour- Leave UP at 9:30 am/OSU**
Travel to OSU to tour the Veterinary facilities and talk with admissions, current students and current faculty.
- **April 14: Pacific Northwest University of Health Sciences- 6:30pm-7:30pm/Shiley 319**
Admissions Counselors from PNU will come talk about their school and programs offered in Yakima, WA.
- **April 22: KGI School of Pharmacy- 6:30pm-7:30pm/BC 314**
Director of Admissions from KGI School of Pharmacy in Claremont, CA will present on the school and the Pharmacy school application process in general.
- **Mid April: Back up plans- Time and Location TBA**
Information and planning for the possibility of not getting in including: summer internships, post-bac health care programs, and volunteer/job opportunities.

First Semester Highlights

- **September 2013:**
 - **Introduction to Health Professions Workshop-** Introductions, overview of upcoming workshops, and general Q/A
 - **Pre-Medical and Pre- Dental Overview-** Overview of the application process including timelines, necessary classwork, letters of rec, getting clinical experience, etc.
 - **Dental and Medical Mock Interviews-** Given by faculty and staff, then shown to local dentists/physicians for helpful written and video feedback
- **OHSU Medical Admissions Talk-** Representative from OHSU admissions visited and answered questions regarding OHSU medical school program
- **October 2013:**
 - **Exploring Health Care Professions-** Information on various aspects of health care including job descriptions, salary, educational requirements, etc.
 - **DAT/OAT/MCAT Prep-Kaplan-** Presentation by KAPLAN representative including detail on changes to MCAT 2015.
- **Pacific University Admissions Talk-** Representative from Pacific University admissions will answer questions regarding optometry, OT/PT, pharm, PA, speech path programs.
- **November 2013:**
 - **OHSU Dental School Tour/Admissions Talk** Tour by director of admissions, as well as meet/chat with current students
 - **SCRIBE Job Talk-** SCRIBE program on campus and spoke about program, benefits, hiring process, etc.



On November 13, 2013, pre-dental students had the opportunity to tour OHSU's Dental School led by the director of admissions Mark Mitchell. They were then given the chance to talk with current students, see where OHSU is building new medical and dental facilities by the waterfront, and attend OHSU's student vender fair.