

Kevin Klee '14 prepares to enter medical school this fall

Growing up with parents who work as physicians, senior Kevin Klee has always been surrounded by the medical field. But when starting out at the University of Portland, Klee originally intended on being an engineer before quickly realizing a career in medicine was better fit for him.

Throughout the past three years this decision has been solidified by Klee's time spent shadowing physicians, and volunteering in pediatric oncology.

Now Klee is looking forward to taking one step closer to his ultimate goal as he enters medical school this fall. Although already accepted to Creighton University, Klee still awaits a decision from OHSU, University of Washington, and University of Colorado.

"If I am accepted to OHSU I will accept their offer. I would love to stay in the Portland area and OHSU has a fantastic medical school," says Klee.

Entering medical school, Klee especially looks forward to the third and fourth years where he can finally put all of his knowledge to use when working with physicians to make a difference for people in the real world.

Regarding his future in the medical field Klee says "I have made a conscious effort to try and enter medical school with an open mind and see where my interests take me, but I find cardiology very interesting and could see that as one possibility for my future."

In retrospect, Klee says University of Portland has given him and other students a solid academic foundation for whatever they choose to do following graduation by having "passionate professors" who are willing to put a great deal of time and energy into helping students succeed.

The biggest piece of advice Klee gives those aiming for medical school is to keep up with grades from the very beginning as it is challenging to raise your GPA enough to be competitive when applying after just one or two bad semesters.



Nina Tran '14 looks ahead to future at OHSU Dental School



After growing up watching her mom be ashamed of her teeth and as a result never smile in public due to the lack of oral hygiene education in Vietnam, Nina Tran was inspired to pursue

a career in dentistry. Now, already accepted and planning on attending OHSU's dental school, Tran hopes to help people in similar situations as her mom and do anything she can to "make sure [her] patients love their smiles."

Her passion was further developed through a BIO 379 internship credit at UP, in which she performed a case study on the relationship between gum disease and diabetes. Tran has also worked as a dental assistant, and volunteered at Creston Children's Dental Clinic.

"It's made me love what I'm getting into more and more and I can't wait to start dental school to become a dentist!" says Tran.

While Tran has immensely enjoyed all of her experiences at UP, including making lifelong friends and

dancing in the luau, she now looks forward to all the challenges she will encounter so that she can research and put her education to use in determining a treatment plan and bettering herself as a health care provider.

As President of the University of Portland's Pre-Dental Club, Tran has helped create a partnership with Kaplan, and taken the club out into the community through volunteering at health fairs and elementary classrooms.

"All of this has helped me gain networking, social, and leadership skills, and it's taught me that a little effort can go a long way when it comes to making a positive impact in the community."

Kaplan representative, Melissa Pruitt guides Pre-Med students

Applying to medical school is at the very least a grueling process that can be daunting to every pre-med student. In the face of low medical school acceptance rates, the pressure to get high grades, and top MCAT scores mean students often need support in achieving their goals.

On February 21st, Kaplan representative Melissa Pruitt came to the University to Portland to present on how students should approach this very process, and how Kaplan can be a useful study tool.

“I found the job after moving to Oregon and was intrigued by the idea of working on campus and helping students. Now I give presentations for med school, graduate school (including for PT or PA school as well as Masters and PhD), optometry school, dental school, and pharmacy school,” said Pruitt.

In her presentations, Pruitt focuses

on how Kaplan can help students through the testing and application process as it provides a wide variety of tools students can use so that every student can find what method works best for them.

According to Pruitt, one of the biggest things that sets Kaplan apart from other study tools is Smart Reports, which tracks a student’s progress on practice tests and gives suggestions as to where that individual student could use improvement and how to go about that.

“We want to provide all the resources possible so that students have everything at their fingertips,” says Pruitt. “Then they can take all of those resources and use them in the most effective and efficient way possible for them on an individual level.”

As the MCAT changes in 2015, with one of the changes being that it

will include Biochemistry, Psychology, and Sociology, students now more than ever should find a support team, such as reaching out to people like Pruitt to help them be successful.



Pre-Vet Students explore future veterinary school options



On March 28th, seven pre-veterinary students drove down to Oregon State to see one of their future school opportunities. While there, one of the reviewers for vet school applications gave a break down of the schools expectations and interview process. They group was also able to tour the small and large animal hospital.

Cardenas and Speers travel abroad to provide preventative care

This semester, two University of Portland pre-dental students, Angel Cardenas and Lauren Speers, had the opportunity of a lifetime to travel to Guatemala to work as dental assistants and gain hands-on experience.

A love of working with and helping children for Cardenas, and a desire to fulfill her dream of going on a mission trip to a Spanish-speaking country for Speers, made the offer through the pre-dental club an impossible one to resist.

With the goal of providing preventative dental treatment to children living in the small rural community of Santa Catarina Mita, they completed over 1500 sealants, a couple of fillings, and a few extractions all within five days.

“The trip has really confirmed that dentistry is the career for me. The trip was also very humbling, and has served as motivation to do whatever I possibly can to achieve my dream of becoming a dentist and doing volunteer work similar to this trip in the future,” says Cardenas.

Speers felt a similar sense of relief discovering that through this dental mission trip, she had been working towards the right career. Although she says she felt “extreme anxiety” when preparing to leave that she would

not end up liking dentistry, once the first patient arrived, she “realized [she] was exactly where [she] was supposed to be.”

“Providing a friendly face and positive experience (especially as a dentist- a career field that is not notoriously known as a happy place) to the kids was a memory I will never forget. Every time they left my chair and had a huge smile on their face my heart melted every single time,” said Speers. “I already can’t wait to go back next year.”

While they were there, although Cardenas and Speers remained stationary, “Los Romeritos Dental Team” also worked to provide fluoride treatments to nearby schools, and install solar panels on the schools roofs so schools could have electricity even when the bills were not paid.

The University of Portland pre-dental club students have been taking this trip with “Los Romeritos Dental Team” for the last couple of years. Although they didn’t have much time to sightsee or relax while there, to Cardenas and Speers, it was all well worth it.

“The trip was amazing!” said Cardenas. “It was one of those opportunities where if you turn it down, 10 years down the road you’re going to look back and regret not going.”



Basic Protocols for Applying to Medical School

We've held several workshops this year regarding the application process and the new MCAT. Below are some basics just in case.

Timeline:

- Late Spring: MCAT (5-8 weeks for results to come back)
- April 1: AMCAS resources released
- April-May: Start asking for Letters of Evaluation (See below)
- May 1: AMCAS, AACOMAS application opens
- June 4: Application Submission Begins
- June 28: Initial transmission of application data to med schools (sec apps)
- Aug 1: Early decision program deadline
- Sept-Dec: Application deadlines

Letter of Recommendation process is outlined below-

1. Complete the "student information sheet" (Available @ Swindells biology office).
2. Return the completed info sheet to the office to make copies & provide these for your Evaluators in assisting them in writing your letter of rec.
3. Approach potential Evaluator / Letter of Recommendation writer (in person with the "student info sheet") to ask for a letter of recommendation (~1 month prior to needing the letter).
4. Once the online application opens (AMCAS, AADSAS, etc.), you will input the evaluator's name and their contact info.
5. Once you submit your application (submission starts June 4 for Med/Dent) the evaluator will be able to submit the letter electronically.
6. More information can be found at AMCAS.org, ADEA.org, etc.

Dr. David Sheridan offers unique medical course at UP

OHSU pediatric emergency fellow, Dr. David Sheridan will be teaching "The Art of Science and Medicine" once again this coming fall semester. The course will look at the connection between biomedical science and the art of patient care, all while helping students prepare for the medical school admission process.

What is covered in 'The Art of Science and Medicine' course?

"Basically the course is divided into two sections. The first reviews the path to becoming a doctor, the medical school application, etc. and is lecture formatted. I also have the admission people from OHSU come to talk to the class. The second section is more thinking and discussion based."

What is the goal of this course for students?

"The goal is to start to see how doctors think, the challenges that come with the profession and patient situations to spark conversation and reflection. Throughout the semester, there are a few out of class assignments that include simulating taking medication so that you can understand the difficulties that patients go through."

What is your current job in the medical field?

"As far as me. I am a pediatric emergency medicine fellow at OHSU. Basically it means that I finished pediatric training and am board certified so I could be a general pediatrician. I decided I wanted to further specialize in the emergency care of pediatrics. So my job ranges from taking care of pneumonia, lacerations, broken bones, serious pediatric heart disease and level 1 traumas. In addition, I do a lot of clinical research focusing on pediatric headache in the emergency department. I am leading a clinical trial right now looking at a new medication for pediatric migraine in the ED. In addition, I do some research on pediatric mental health care in the ED and just had a paper accepted with a few students from UofP as co-authors!"

