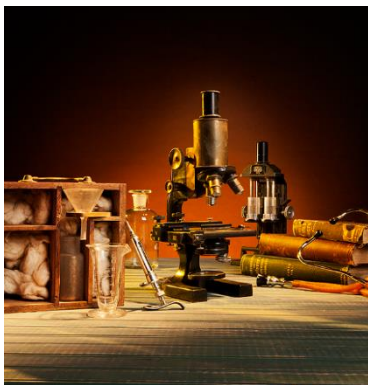




Pre-Professional Academic Support Services



DECEMBER NEWSLETTER

12.1.2018

Pre-Health Events

Health Careers Day

- 11/30/18 from 9 a.m. to noon at Southwestern Oklahoma State University. Open for any prospective healthcare career student. Learn about majors available through SWOSU and attend classroom presentations by SWOSU health career programs. Register [here](#).

OSU PAC Applications

- PAC applications are due on December 7th at 4:00PM for pre-medical and pre-dental students intending to apply for the 2019 application cycle/2020 program entry. More information on our [website](#).

MCAT Preparation

- For those applying to medical school in the 2019 cycle, the MCAT is right around the corner. Check out our

Professionalism Events

Mental Health Series

- 12/03/18 - Relaxation Skills. 4-5 PM in 320 Student Union. Free, no sign up needed, and all students welcome! More information [here](#).

Become a Peer Health Educator – OSU W.E.A.L.T.H.

- Share the W.E.A.L.T.H. is a peer health education program established in response to OSU student’s health issues. Applications are due 12/21/18 for spring 2019 consideration. Additional resources [here](#) and [here](#).

Stressed? Learn How It Impacts Your Health & How to Cope.

- 12/11/18 @ 12:00-1:00 pm EST. An online presentation from AANMC over the body’s natural response to stress, how to find ways to minimize school stress, and the impact of naturopathic medicine. Click [here](#) for full information.

Pre-Law Events

LSAT Changes

- Starting in July 2019, LSAT will transition from paper exams to a digital exam. The format of the test will remain the same, but the method will be on an electronic tablet. If you are planning to take the LSAT soon this may impact when you want to test. For more information refer to the [LSAT website](#).

CLEO's Pre-Law Summer Institute

- This summer program is designed to prepare participants to be more competitive law school students. Graduating seniors who plan to attend law school in the fall of 2020 may apply for a spot in CLEO's Pre-Law Summer Institute. Applications are due on November 30th or March 31st. More information can be found [here](#) on their website.

[website](#) for more information regarding all professional school exam study materials.

Pre-Law Events Continued

Donald J. Weidner Summer for Undergraduates at Florida State. Freshmen, sophomores and juniors that are interested in law may begin applying for Donald J. Weidner Summer for Undergraduates Program. Applications are due April 1, 2019. Find more information [here](#).

FLORIDA STATE LAW
2019 SUMMER FOR UNDERGRADUATES PROGRAM

THE WINDOW IS OPEN
OCTOBER 1-APRIL 1

APPLICATIONS CONSIDERED ON A ROLLING BASIS
WWW.LAW.FSU.EDU/SUG

COST OF ATTENDANCE \$0	1250+ PROGRAM ALUM	MORE THAN 1,250 STUDENTS HAVE PARTICIPATED IN THIS PROGRAM SINCE ITS INCEPTION IN 1992
60 PARTICIPANTS	4 WEEK PROGRAM JUNE 12th- JULY 10th	
50 STATES REPRESENTED	70% ENROLLED IN LAW SCHOOL	
APRIL 1 APPLICATION DEADLINE	25+ YEARS	\$500 STIPEND
		OLDEST AND LARGEST IN THE NATION

PRE-HEALTH WALK IN HOURS

Tuesday, December 4th 8:30AM - 11:30AM

Thursday, December 13th 1:30PM - 4:30PM

Monday, December 17th 8:30AM - 11:30AM

Appointments are preferred. To make a healthcare or law appointment:
preprofessional.okstate.edu

Professionalism Events Continued

STUDENT WELLNESS COUNCIL



The Student Wellness Council is designed to improve the health and wellness of members of the OSU community. Our mission is to strengthen the student voice in regards to campus health. We want your ideas & concerns!

The council meets on the first Tuesday of each month at the **Seretean Wellness Center** from **6:00 – 7:00 p.m.** We are currently accepting new council members so if you are interested in becoming an excellent addition to the council, please contact Kari Pratt at kari.pratt@okstate.edu.

Meeting dates for Fall 2018:
September 4, October 2, November 6, & December 4
Meeting dates for Spring 2019:
February 5, March 5, April 2, & May 7

- Benefits for joining the council include:**
- Improving campus wellness
 - Enhancing wellness programs, policies, and processes
 - Excellent leadership opportunity and resume builder
 - Gain meaningful experiences

- Membership Requirements for the Student Wellness Council include:**
- Minimum 2.75 GPA
 - Attend monthly meetings
 - Have a strong interest in health and wellness, and living a healthy lifestyle
 - All majors are welcome

