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Upcoming Events in the College of Natural Science

**University Closed for
Thanksgiving**
Thurs-Fri, November 24-25

U of M Pharmacy Visit
Tuesday, November 29
203C Nat Sci Bldg, 1-3pm

Final Exams
Mon-Fri, December 12-16



Featured Professional School: University of California, San Francisco School of Pharmacy

Founded in 1872 as the first pharmacy school in the West, the University of California, San Francisco (UCSF) School of Pharmacy is currently the top-ranked pharmacy school in the nation. The school has been on the forefront of innovation from the biology of drug dosing to the application of computers in drug design. UCSF is comprised of three departments that are leaders in their field: the Department of Pharmaceutical Chemistry, the Department of Bioengineering and Therapeutic Sciences, and the Department of Clinical Pharmacy.



Several PharmD professional programs are housed under the

School of Pharmacy, including the PharmD, PharmD/MPH (Master of Public Health), PharmD/MSCR (Master of Science in Clinical Research), and PharmD/PhD programs, with PhD programs in Biological & Medical Informatics (BMI), Biophysics, Chemistry and Chemical Biology (CCB), and Pharmaceutical Sciences & Pharmacogenomics (PSPG). These programs provide a wide variety of scientific expertise on topics in bioinformatics, molecular targeting, pharmaceutical technology, structural variety, and toxicology, just to name a few. *(Continued on page two)*

UCSF 2011 Statistics:

- * Class size: 122
- * Avg. GPA: 3.60
- * Avg. pre-pharm GPA: 3.55

Preparing for Professional School Interviews

The interview is a very important part of the application process—for both the school and for yourself! Professional schools use the interview stage to assess your personal characteristics beyond what they learn from your application. This is your chance to show the school that you are more than your GPA or MCAT score and to ask any of your own questions about the school! So how can you prepare yourself?

Although you will not know the questions ahead of time, it is still important to prepare for your interview. Have 'realistic' conversations with family or friends; this will give you a chance to practice your answers aloud beforehand. Additionally, review your application and personal statement. This will help you be ready to discuss your personal attributes, accomplishments, and abilities that make you a great candidate. *(Continued on page three)*

Interview Quick Tips:

- ⇒ Make eye contact
- ⇒ Answer the question honestly and to the best of your ability
- ⇒ Be yourself
- ⇒ Ask questions
- ⇒ Write thank-you notes
- ⇒ Dress professionally

Meet the Faculty! Q&A with Dr. Heidemann

Q: How did you get involved in teaching?

I found that I enjoyed teaching as a graduate student. I was initially hired at MSU in 1978 to teach introductory biology which at that time the class was so large that it was offered on cable TV! As for physiology, I found that it was surprisingly 'old fashioned' compared to other biology disciplines, and I want/wanted to contribute to its modernization.

Q: What is your favorite part about teaching?

Interacting with interested students; learning new things for myself and being able to share it with the students.

Q: What was your major in college and did it change? Biology, as an undergrad and it never changed. In grad school, it changed from biochemistry to biology and then back to biochemistry.

(Continued on page two)



CNS Pre-Professional Newsletter

Meet the Faculty! Q&A with Dr. Heidemann



Dr. Steven Heidemann
Professor of Physiology
and Microbiology and
Molecular Genetics

“There is more to life than a career... Take the time to make the best use of your college education.”

(Continued from page one)

Q: Where did you attend undergraduate/graduate school? I got a great undergraduate education from Stony Brook University in New York. I then went to Princeton University for graduate school where I received my PhD and met my wife.

Q: Were you always interested in the sciences? Yes, my mother said I fastened on to science in kindergarten and never wavered.

Q: What was your favorite class in college? Oddly, probably physical chemistry. It opened my eyes to mathematics that 'meant something to me,' and to the idea of harnessing physical laws (not just physical objects) to get things done. (Nernst equation anyone?)

Q: How has college changed since you were in school? Intellectually, there was a much greater emphasis on language skills back then than now. Socially, it's 'the rise of women.' Most women at Stony Brook seemed to have gone to college to 'find a husband.' Now, women are probably as career focused as men.

Q: If you could go back and change something, what would it be? Not a heck of a lot! I could read music before I could read English, and I should have stuck with piano lessons.

Q: What area of research are you most interested in? Development of neurons, particularly the role of mechanical tension. If someone would have told me in ten years I would have over 60 publications, I wouldn't have believed them. I have had a much more successful research career than I ever expected.

Q: What would be your advice to undergraduate CNS students? Don't be in such a hurry to get into a career. There is more to life than a career, even an exceptionally rewarding one such as mine. Take the time to make the best use of your college education. For example, if you're pre-med, realize that you will have lots of time in the future to pursue almost anything related to medicine, but this is your 'last opportunity to easily and cheaply learn Shakespeare, art history, or theater etc., in some depth from an expert.

University of California, San Francisco School of Pharmacy

(Continued from page one)

UCSF's School of Pharmacy is a 4-year program that provides a foundation for students in their future careers. The faculty members at UCSF are worldwide leaders in education and research. Out of a pool of about 1,500 applicants, only 122 students are accepted each year. With classes this size, students receive more one-on-one attention. UCSF also places a huge emphasis on diversity and recruits faculty members, staff and students of any gender, race, ethnicity, religion, sexual orientation, and socioeconomic status.

UCSF's School of Pharmacy is dedicated to:

- Discovering answers to important questions about pharmaceutical-related research
- Educating PharmD and PhD students, postdoctoral scholars, and others
- Developing and delivering exceptional pharmaceutical care to patients
- Sharing expertise with the public, industry leaders, and policy makers

As one of the leading pharmacy schools in research, UCSF's most recent accomplishment is the development and use of robotic technology behind the counter. Since its most recent phase in, not a single error has occurred in the 350,000 doses of medication prepared. This automated system streamlines medication delivery to patients and frees up the pharmacy staff to focus on direct patient care. This new pharmacy is currently serving the UCSF's hospitals at Parnassus and Mount Zion, with another scheduled to open in 2014 for the new UCSF Medical Center in Mission Bay.

For more information about UCSF's School of Pharmacy, go to <http://pharmacy.ucsf.edu/>.



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Student Spotlight: Raeuf Roushangar



Raeuf Roushangar

Year: Junior

Major: Human Biology

Expected Date of

Graduation: Spring 2013

What are your plans after graduation?

I hope I get into medical school for Fall 2013. I want to do an MD/PhD in Biochemistry or related sciences, otherwise I want to do an MD/Masters in something related to Public Health or International Policies.

What are you involved in at MSU?

I work as an undergraduate lab assistant in the Microbiology and Molecular Genetics Department in Dr. Shutte's lab. I am the President and Founder of Generate Help 2 Heal Generations non-profit organization, in which we collect

medical supplies from hospitals in the US to send to developing countries. I am also the President of the Baha'i Faith Organization.

What has been your favorite class/professor at MSU?

I am taking a Master's degree class from the Public Health program called Poverty and Public Health (HM 837) and I really like Dr. Hasoun.

What do you do in your spare time?

I just got married, so I don't really have spare time. I mostly study, do lab work and plan future projects for GH2HG, which is my greatest concern now.

What is your most memorable experience at MSU?

My first day at my lab work, I dissected 20 mice. Also, I will never forget the moment we were presenting the medical supply donations to the Mexican officials at the College of Osteopathic Medicine.

What are some of your favorite things to do on campus?

I like to walk by the Red Cedar River, as well as studying at the Law Library.

Preparing for Professional School Interviews

(Continued from page one)

Commonly asked questions to prepare for:

- **Why do you want to be a _____ ?**
(Here's your chance to show the interviewer your motivation, enthusiasm, and commitment to this profession!)
- **Why is this program a good fit for you?**
(Show that you have taken time to get to know the school and that you are interested in their particular program.)
- **Tell us three of your strengths and weaknesses.**
(Do not let this one intimidate you! This is your chance to emphasize your attributes and give concrete examples. The best way to assess your weaknesses is to select a trait and then either offer a solution or describe what you're doing to overcome it.)
- **Health-care or current events related questions**
(Be familiar with and prepared to discuss topics such as: the health care system, government reforms of health-care, universal health care, and controversial issues like abortion, stem cell research, etc.)

What are the interviewing styles schools may use?

- **I:I**
- **Panel:** Applicant is interviewed by a couple of people and generally with other applicants as well
- **Blind:** Interviewer doesn't know any information about the applicant ahead of time
- **Partial blind:** Interviewer has reviewed some application information, but does not know GPA or MCAT scores
- **Open:** Interviewer has all information given on application
- **Behavior-based:** Questions revolve around real-world situations and answers should provide an example of the questions asked
- **Multi Mini Interview:** students go through stations and are assessed based on different scenarios that focus on issues such as communication, ethics, teamwork, and critical thinking

Advice from a student accepted to medical school:

"Practice interviewing with someone who doesn't know you very well. The more you practice talking about who you are, what you've done and why, and why you want to be a _____, the better your interview will be!"

CNS Pre-Professional Newsletter

MCAT Confusion?

The MCAT is the admissions exam required by most allopathic, osteopathic and podiatric medical schools. Its topics cover Physical Sciences, Verbal Reasoning, and Biological Sciences.

How can I prepare for the MCAT?

There is no single way to prepare for the MCAT, but your study plan should begin at least three to twelve months prior to the test date.

When should I take the MCAT?

You are advised to take the test in the calendar year prior to the year in which you plan to begin medical school. Test dates are available September-April.

When will I receive my scores?

Official scores will be released 30-35 days after the test date.

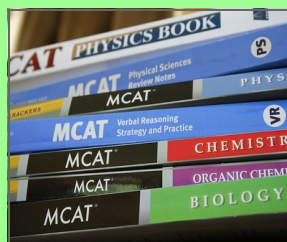
If I do not do well, can I re-take it?

Yes. Examinees may take the MCAT up to three times a year.

Where can I get more information?

www.aamc.org/students/mcat

www.testingoffice.msu.edu



Featured Student Group: Spartans Fighting Cancer

Spartans Fighting Cancer is Michigan State University's chapter of the American Cancer Society's Colleges Against Cancer nationwide program. The chapter here at MSU is a leader and one of the largest in the country. The goal of this organization is to bring people together to fight cancer, while spreading awareness throughout the community and supporting cancer survivors. One of their largest fundraisers is Relay for Life, an event that takes place every spring on campus. The chapter at MSU is unique because it is the only chapter in the country that has two relays; one for the Greek community and another for the Lansing residents and MSU campus. Last year \$390,000 was raised from these two events, making MSU the third largest college donor in the country.

Relay for Life is a huge fundraiser for this group, but it is only one aspect of the entire organization. SFC actively promotes cancer awareness and supports cancer survivors throughout the entire year. In October, to support breast cancer awareness, SFC has their annual "Bra Crawl." They also put on an event called "Breast Fest" which focuses on educating the community through various activities. These activities include info booths, ways to self-diagnose, bra bedazzling and even a red carpet fashion show featuring men dressed in the bedazzled bras. This event is tailored to make women

with breast cancer feel confident and beautiful as the money raised from this event helps them purchase head wraps, bra stuffers, and makeup that is cancer-friendly and healthy for their skin. "Breast Fest" was founded at MSU and because of its success, this past summer there was an event held in downtown Chicago.

During the month of November, SFC supports an event called the Great American

Upcoming SFC Events:
Great American Smoke Out :
Lung Cancer Advocacy Event
November 17th
MSU Auditorium

Smoke Out which is held outside the MSU Auditorium on November 17th. This event spreads awareness about lung cancer and advocates smoking rules in the hopes of MSU becoming a smoke free campus. SFC passes out "quit kits" that

have information explaining why smoking is bad for your health and ways to help individuals quit. Last year's event was a huge success as over 3,000 people participated.

One of the unique aspects of SFC is that they "focus on the people." They always try to incorporate survivors into everything they do. This is why SFC also supports Hope Lodge, a facility in Grand Rapids where cancer patients receive lifesaving treatment. SFC sponsors a trip to Hope Lodge where the participants get to interact with the patients and their families.

For more information on SFC and ways you can get involved please visit their website at <http://www.msu.edu/~sfcmcs/sfcindex.html>.



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What Holiday(s) Do You Celebrate?

November 27: *Islamic New Year*

December 6: *Saint Nicholas Day*

December 8th: *Buddhist Bodhi Day (Day of Enlightenment)*

December 20-28: *Jewish Hanukkah*

December 21: *Persian Yalda*

December 21-22: *Celtic Winter Solstice*

December 21-25: *Hindu Pancha Ganapati*

December 25: *Christmas*

December 25-January 6: *Christian 12 Days of Christmas*

December 25: *Roman Day of the birth of the Unconquered Son*

December 26: *Boxing Day*

December 26 -January 1: *Pan-African Kwanzaa*



Student Poll:

Last month's poll: What do you think is the most common cancer in men and women?

2/3 of respondents said **colon cancer**

1/3 of respondents said **prostate/breast cancer**

Answer: prostate/breast cancer

This month's poll: What is your favorite Thanksgiving side dish?

- A. Green Bean Casserole
- B. Stuffing
- C. Candied Yams
- D. Mashed Potatoes
- E. Other

To vote, go to : [http://](http://www.surveymonkey.com/s/N3PWVYZ)

www.surveymonkey.com/s/N3PWVYZ

Scholarship Opportunity Awarded by the Big Ten Network!

Giving back to the community through volunteering can be a priceless experience that benefits others and also positively impacts your future. Fortunately, there has never been a better time to be a student volunteer at MSU as giving back definitely has its rewards!

The Michigan State University Center for Service Learning and Civic Engagement is partnering with the Big Ten Network LiveBIG initiative, a program that highlights university students engaged in service. The Big Ten Network is awarding a \$1,000 Scholarship for outstanding service to one student from Michigan State University. The LiveBIG initiative hopes to promote additional voluntary engagement with community non-profit organizations, schools, and health-care facilities.

To be eligible, students must serve a minimum of 10 hours (unpaid) between now and December 9th with a not-for-profit community partner. Each scholarship applicant must submit a 500-1,000 word essay telling us about his/her volunteer community engagement experience. Five finalists will be selected and profiled on www.BTNLiveBIG.com and fans will vote for the student they think is most deserving of the scholarship. The winner will be announced at the last home men's basketball game of the season and will be featured on the Big Ten Network LiveBIG webpage. Scholarship applications and essays will be accepted electronically between November 14 and December 9, 2011, at <http://www.btnlivebig.com/scholarship/>. For more information, please contact the CSLCE at 517-353-4400.



Michigan Fun Facts!

- ⇒ Michigan is the only place in the world with a floating post office. The J.W. Westcott II is the only boat in the world that delivers mail to ships while they are still underway. They have been operating for 125 years!
- ⇒ Our state's reptile is the painted turtle!
- ⇒ Michigan may be called the "Wolverine State" but wolverines do not actually live here anymore. (Perhaps the Spartans ran them out!)
- ⇒ In 1929, the Michigan State Police established the first state police radio system in the world!
- ⇒ The 19 chandeliers in the Capitol in Lansing are one of a kind

and designed especially for the building by Tiffany's of New York. Each chandelier weighs between eight and nine hundred pounds and are made of copper, iron, and pewter.

- ⇒ Michigan State University has the largest single campus student body and is the largest institution of higher learning in the state!
- ⇒ The shores of Lake Superior have recorded up to 350 inches of snow in a single year.
- ⇒ The lowest winter temperature in Michigan was -51 degrees on February 4, 1934!
- ⇒ Michigan has the longest freshwater shoreline in the world.



Meet the Advisors! Heidi Purdy, Human Biology

Q: What was your favorite college experience?

I was a Studio Art major as an undergraduate and we were expected to spend a significant amount of time in the studio working on projects. I spent a lot of days where I would go into the art building at about 8:30 or 9:00 am and not come out until 8:00 pm. It was fun to spend that much time immersed in art.

Q: How has college changed since you were in school?

Not a lot has changed in the past few years since I was an undergraduate. The convenience of things is different from when I attended MSU. I did not have my own computer until I was a junior and I spent a lot of time in the computer labs, saving papers on floppy disks. Luckily, printing in the labs was free! I also did not have a cell phone until I was a senior and I used to walk to class with my Discman. If I walked too fast, the CD would skip. There was Ethernet internet access in the residence halls but definitely no wireless. The Residence Halls also did not serve food beyond lunch on Sundays. It was always kind of fun, because I would gather up a group of friends and go out to eat.

Q: What was your proudest moment?

My proudest moment is becoming a mom. I have always enjoyed advising, working with students, creating art, and so many other things but when I became a mom, I realized how much I could not wait until I was able to share all of these things with my kids.

Q: If you could go back to college for a day, what would you do?

I would spend a whole day in the basement of the Kresge Art Center throwing pottery!

Q: What is your favorite part of your job?

I love meeting with new students all the time and helping them with whatever I can. Advising is like teaching but for one person at a time. My goal is to help ease the burden of every student that comes into my office.

Q: What was your favorite/hardest class?

One of my favorite classes was my upper level IAH. It was the history of Jazz with Dr. Newman. I learned a lot and the information really stuck with me. My hardest course was also one of my favorites; a sculpture course called Mixed Media and Installation. For this class we had to produce a new piece of completed art work every week according to a theme. The assignments came in the form of song lyrics or poetry or a newspaper article. This was creativity under pressure!

Q: If you could go back and change something, what would it be?

I really do not think that I would change much if anything. I have learned from my mistakes and my successes, although, I might reconsider some of my fashion choices in the early '90s...

Q: What is the best advice to give to students?

Make connections! Get to know everyone from your faculty, your advisors, and individuals who work in your chosen career field all the way to the custodians, secretaries, and waiters you encounter. Everyone has something they can teach you. My mentor once told me that if someone offers to show you how to dig a ditch, take the time to stop and learn. You never know when you will need that skill. The skills and network you build are essential to getting you to where you want to go!



How to Survive Finals Week

As we all know, finals week can be a very stressful time for students! Here are a few suggestions for your success; breathe easy, we have got you covered!

Preparing for finals:

- Give yourself plenty of time; spread studying out into smaller bits over several days instead of all at once.
- Prioritize. Some classes take more of your time than others.
- Use study guides provided by professors and attend all review sessions offered.
- Make study schedule. Plan out what you are going to study and when.

- Reduce your distractions. Turn off your cell phone and close out of Facebook while you are studying!
- Stay healthy! Finals week is no time to be sick; help prevent this by getting enough sleep and eating well.
- Take the breaks you need. You are only human, so remember to give yourself a few well deserved minutes of relaxation too.

The day of the exam:

- If you have an early exam, set two alarms to make sure you get up on time!
- Check and re-check the class syllabus for the time, date, and

location of your exam. It may be held in a different room than your regular class.

- Remember to bring extra pencils and your MSU ID.

After your exams:

- Re-visit study habits. If an exam did not go as well as you hoped, think about how or what you could have studied differently; this could help you be more successful in future exams.
- Keep things in perspective. No one can be perfect during final exams, so do your best and you'll make it through!

Making the Most of Your Winter Break

- * Sleep, relax, and unwind!
- * Build a snow man or go sledding. Everyday is a snow-day!
- * Exercise
- * Spend quality time with family and friends
- * Volunteer at a homeless shelter or soup kitchen
- * Read a book (and not a textbook!)
- * Visit a local zoo, museum, or theater
- * Go ice-skating
- * Make a gingerbread house
- * Have a movie marathon with friends
- * Spend time job-shadowing
- * Make paper snowflakes
- * Create a LinkedIn Profile and register for MySpartanCareer