Dear CNU Community,

We hope you enjoy this second issue of the CNU SCOPE University E-Newsletter. Our team enjoyed working together to embrace the unique aspects of the many wonderful programs here at CNU, bringing them together into one cohesive unit to share with you.

As this university grows we hope to serve as role models as we are committed to one another, to a common goal and to a common vision for CNU. Team success depends on the work of every member and University success depends on the success of every program.

In order to assure the success of this University we must function as a single organism. Members must complement and support one another and work together towards a common goal so that our work seems effortless. This University E-Newsletter is our way of displaying this unity.

Respectfully yours,

The CNU Scope E-Newsletter Team

Mission
To advance the art and science of healthcare

Vision
To provide innovative education and healthcare delivery systems

Core Values
Working as a team
Embracing diversity and workplace excellence
Caring about our students, our staff, our faculty, and our profession
Advancing our university, our goals, and our discipline
Responding to challenges that may impede Mission
Enhancing communication and partnership
Student Achievements: HPV Research
By Brendan Kim, College of Medicine

My research focuses on health disparities in the Korean American community. With just under 2 million Koreans living in America, we represent a tiny fraction of the population. It comes as no surprise that suffering in this group goes largely unnoticed. In addition to our small numbers, the public perception of Koreans as well to do model minority citizens is a deceptive façade. A surge of successful Korean professionals living in large cities, the emergence of Korean companies like Samsung and Hyundai becoming household names, and presence in American pop culture such as the recent hit song “Gangnam Style” which portrays the modern and trendy lifestyle in the Gangnam district of South Korea all lead one to believe that Korean Americans are well off. However, this is far from the truth. Recent data shows that Koreans hold one of the highest poverty rates among subgroups of Asians living in America. Data shows that 15.1% of Koreans live impoverished, which trumps the national poverty rate at 12.8%.

The numbers also show that Koreans are disproportionately affected by diseases such as, gastric and cervical cancer. Our group chose to study cervical cancer, due to the sparsity of literature on this topic, pertaining to Korean Americans. In summary, we found that vaccination rates amongst Korean American women are low in comparison to the general American population, and also one of the lowest among other subgroups of Asians. Some reasons for low vaccination rates included lack of access to healthcare, cultural taboos against a sexually transmitted agent, and also a lack of education on the disease given by Korean healthcare providers. In one of our studies, we found that the vast majority of primary care physicians serving Koreatown in Los Angeles did not carry the vaccine in their offices.

Our group is continuing to investigate this problem, and is active in producing new research. We are also avid about sharing our findings with the medical community at large. Our research has been presented at several regional, national, and international conferences. I had the honor of presenting an abstract at the 2015 American Congress of Obstetricians and Gynecologists (ACOG) in San Francisco as well as in Seoul, South Korea at a conference hosted by the Korean American Medical Association.
“Students at CNU must demonstrate a commitment to the highest standards of professional responsibility and adhere to ethical principles. Students should display the personal attributes of compassion, honesty, integrity, and cultural empathy in all interactions with patients, families, and the medical community.”

Student Achievements: HPV Research (continued)

Through my role as a research assistant, I became part of the Korean American Graduate Medical Association (KAGMA). The group was founded by Korean American physicians with a vision of improving the health care of the Korean American community by supporting health care providers, improving health education, access, advocacy, and also by forging partnerships with other organizations serving the Korean American community.

KAGMA successfully held its very first health conference in Los Angeles this past January. It was amazing to see that many Korean American physicians at academic institutions across Southern California conduct research on diseases that burden our people. KAGMA’s efforts have captured the attention of several municipal and county politicians who also attended the event and support our cause.

My research is important to me because it is a way that I can give back to my people. My identity as an ethnic Korean has defined my character, values, and is something that I am very proud of. The experience of impacting the community I come from through medicine has given my desire to become a physician an added dimension. I now realize that medicine is not only a profession that heals, but can also act as a vehicle for social change. I am eager and humbled to begin my journey as a physician, and have chosen to set no limit on how much the craft will allow me to touch others.
College of Pharmacy Student SPOTLIGHT

As a child, what did you want to be when you “grew up”? Aside from wanting to be Ducky from The Land Before Time (which clearly didn’t work out)... My dad is a doctor and my mom is a teacher. I knew I was either going to be something in the medical field or something in education.

What were your fears going into Pharmacy school? I came to pharmacy school when I was 27 so I didn’t have any of the fears of going off to school and living alone for the first time, being away from my family, etc. especially since I had lived on the east coast for seven years away from everyone (I’m from Southern California). I think I was more worried about going back to school and getting back into the swing of studying every day (I graduated undergrad in 2008) and had been working at a High School for the past three years before coming to CNU.

“Being here gives me the opportunity to be close to my family and friends, while pursuing my degree. The TBL program also has afforded me the opportunity to get to know my fellow classmates and become very active within school; which fits my personality.”

What are your plans after Pharmacy school? After graduating next year, I plan on returning to the South San Jose area to live. My plans are to work towards opening an independent pharmacy within the next few years, and I hope to become a preceptor for future students.

Describe any research, extra-curricular activities or volunteer work you have participated in: I am the Class Co-President for the Class of 2017 and will continue to hold the office through APPEs until I graduate. I have previously held offices (treasurer and P1 rep) for SCCP and am a member of APhA/CPhA-ASP and DWP. Outside of school, I am an active member of the Sac. Valley Pharmacists Association and also work as an Intern Pharmacist at CVS/Pharmacy inside Target.

What is an interesting fact about you that many people may not know? My goal for “30” is to complete the Spartan Trifecta.
As a child, what did you want to be when you “grew up?”

When I was 5, I told my mom I was going to be a doctor. Somewhere along the way, I think I lost interest. In high school, I was considering becoming a lawyer or pursuing a job as a secret service agent with the CIA/FBI. During my first year at the University of Wisconsin – Madison, I decided to major in Biochemistry and Political Science and considered pursuing fields as diverse as writing and political philosophy. I ended up taking both the MCAT and LSAT and decided during the middle of my third year that I was going to pursue a career in medicine and eventually write a novel (with philosophical themes) on the side.

What were your fears going into medical school?

Medicine is a competitive field. For a while I was afraid I wouldn’t be able to stand abreast such high achieving individuals. This phase was brief, however. When I set my mind to the pursuit of medicine, I knew that whatever happened I was going to make it.

Why is CNUCOM the right fit for you?

Being a member of an inaugural medical school class at the first for-profit MD school since the Flexner Report was released, and getting to be among such an incredible group of students and faculty is an indescribable honor. What we do here on a day to day basis – simultaneously shaping the school’s future and our own future – is nothing short of humbling. I wouldn’t want to be anywhere else.

What are your plans after medical school?

I’ve accepted a three-year Army Health Professions Scholarship Program. My goal is to pursue a psychiatry residency at either Walter Reed National Military Medical Center in Bethesda, Maryland or at the Tripler Army Medical Center in Honolulu, Hawaii. I will then serve in the US Army for a minimum of three years on active duty, and then I will probably pursue a child and adolescent psychiatry fellowship. After finishing the fellowship, I hope to enter independent practice. While working in an independent practice, I hope to lay out the rudiments of my novel. Finally, a career in national politics is not out of the question either.

From your days at CNU so far, what memory stands out?

There are so many moments that will stick with me for the rest of my life, but what immediately comes to mind is the first day of school when our class walked into our classroom to the sounds of school?

Science Fiction: *Ender’s Game* (Card)
Non-Fiction: *The Wright Brothers* (McCoulough)
Poetry: *Hamlet* (Shakespeare)
Philosophy: *The Ego and Its Own* (Stirner)
Guilty Pleasure Reading: *The Bobby Pendragon Series*

Best Overall: *The Fountainhead* (Rand) “This is an extraordinarily dangerous book; I would not recommend reading it.

Favorite movie: While I appreciate the *Star Wars* series and the *Lord of the Rings* series like many in our society, I want to recommend a few other films that I love. They are all unique in tone and content, and many people probably haven’t seen them. In no particular order:
1. *A Most Violent Year* (Oscar Isaac, Jessica Chastain)
2. *Place Beyond the Pines* (Ryan Gosling, Bradley Cooper)
3. *Whiplash* (Miles Teller, J.K. Simmons)
4. *Still Mine* (James Cromwell)
5. *Mud* (Matthew McConaughey, Reese Witherspoon)
7. *Far From the Madding Crowd* (Carey Mulligan, Matthias Schoenaerts)

Describe any research, extra-curricular activities or volunteer work you have participated in?


Other: Various publications in laryngeal physiology, personal research in health care policy. Intent to pursue eating disorders research after the M1 year at Stanford University.

What is an interesting fact about you that many people may not know about you?

“I am an amateur sailor— I earned ratings on a few different boats through the fleet at the University of Wisconsin, which is larger than every fleet in the nation except the Naval Academy.”

Extra-curricular Activities: Tuba, soccer/ultimate Frisbee, amateur gun shooting.

Volunteer Work: Variety of national and international service trips to Jaibon, Dominican Republic, New Orleans, Louisiana. Local service events in Madison, WI and Sacramento, CA. Primary school science outreach in Madison, WI. Emergency department volunteering in Madison, WI. Physical exams and screening services at a free clinic in Cincinnati, OH.

What advice would you give to a potential student?

The only people who don’t get into medical school are those who give up somewhere along the way. Also, stay off SDN. That website is a cesspit.
College of Health Sciences Student SPOTLIGHT

As a child, what did you want to be when you “grew up”? I always dreamed of becoming a police officer and doctor so I decided to pursue both!

What were your fears going into college? My main fear was being able to financially support myself and my education after quitting my full time job in San Diego to go back to school and pursue my goal of entering the medical career field.

Why is CHS the right fit for you? CHS is conveniently located in my hometown of Sacramento, has small class sizes, and the professors’ are always available to help me.

What are your plans after undergrad? My plan is to hopefully gain acceptance to and attend medical school! I also hope to join the Army Reserve Medical Corps if accepted into medical school!

From your days at CNU so far, what memory stands out: During orientation, we participated in a team building activity with the professors and CHS staff. We did a lot of silly activities and it was so much fun!

How do you balance the demands of college with your personal time? I keep a detailed calendar and checklist which includes time dedicated to homework, studying, work shifts, volunteering, and having fun!

"Luck is what happens when preparation meets opportunity."

Favorite book: Unbroken: A World War II Story of Survival, Resilience, and Redemption by Laura Hillenbrand

Favorite movie: Forrest Gump

What advice would you give to a potential student: Always be goal oriented. Any of your life goals and dreams can be accomplished if you put in the time and effort to prepare yourself.

Describe any research, extra-curricular activities or volunteer work you have participated in? I recently helped co-author and present a research poster at the American College of Foot and Ankle Surgery scientific convention in Austin, Texas.

What is an interesting fact about you that many people may not know? I’ve had a variety of odd jobs. I held jobs as a poultry farmer, carpet cleaner, janitor, law firm legal assistant, university campus security, aquarium interpreter, police officer, and emergency room medical scribe.

Thomas Nguyen served as a police officer with the San Diego Police Department.
CNUCOM Students Attend the Region VIII APAMSA Conference

FACING THE PAST, SHAPING THE FUTURE

By Jessica Tran

FEBRUARY 27, 2016 | “Don’t be too comfortable in your role as a diagnostician; but be an advocate for what you are passionate about.” This motivational and thought-provoking advice for medical students voiced by Dr. Christopher Bautista, an assistant clinical professor of Internal Medicine at the UCSF School of Medicine, set the tone for this year’s Region VIII APAMSA (Asian American Pacific Medical Student Association) Conference. The annual regional conference, held at the UC Davis medical campus, provides a frank forum for medical students from California, Oregon, Washington, and Nevada to discuss present-day healthcare topics concerning the Asian and Pacific Islander (API) population. This year’s conference was based on the theme of “Inclusion Excellence: The Past Shaping Our Future,” with panel discussions addressing the role of history and various conflicts in shaping the health of Asian minority communities, from first generation immigrants to the current generation.

Several medical students, including myself, from California Northstate University College of Medicine’s APAMSA chapter, attended the conference in hopes of gaining insight into prevalent health issues in the API community. Little did we know that our bright-eyed, optimistic selves would embark on a journey back in time, through the colonization of Asian countries and the harsh civil wars, to understand why certain diseases or health conditions more predominantly affect certain API groups. Looking through a history lens enabled us to take a step back and have a global perspective on the huge diversity of Asians, particularly the Southeast Asian minorities—such as the Hmong, Laotians, and Cambodians—that have been overlooked in the “model minority” Asian community. One of the speakers for the “Know History, Know Self” panel, Dr. Jessica Guh astounded the audience with her honest delivery of the dangers of lumping all Asians into one category of people. This lack of differentiation between Asians greatly exacerbates the diverse health disparities affecting different Asian patient populations, especially when disadvantaged Asian minority groups like the Hmong go unnoticed and cannot get the adequate help they need. Consequently, both Dr. Guh and Dr. Bautista urged students to build our knowledge of history, starting with our own history and cultural roots. That way, when we interact with our future patients, we can fathom the uniqueness of their history and the patterns that influence their health, to provide our future patients with truly comprehensive care.

What is the first step, then, to resolving health disparities? Encouraging and training medical students to not only raise awareness of these issues, but as future leading health professionals, to have a greater sense of cultural competency to combat prevalent problems in specific patient populations. And beyond providing healthcare, we as future physicians, should advocate for our patients and actively reach out to those needing care.

*CNUCOM APAMSA is a nationally registered medical student organization that strives to address Asian Pacific American health issues in the community by participating in related community outreach and volunteering events, as well as to provide medical students with resources and experiences to enrich their knowledge in medicine.

“We as future physicians, should advocate for our patients and actively reach out to those needing care.”

-Jessica Tran
Dr. Jennifer Renee Courtney PharmD.

As a child, what did you want be when you “grew up”: When I first started college I thought I wanted to be a computer programmer. I took a typing class and a DOS class my first semester. The typing class has proven to be one of the best investments I've made. I used it in every class I have taken since, and it was a great asset in a community pharmacy. But after I took the DOS class and I saw that it was definitely not for me I chose another path.

What were your fears going into the working world: I have been working in pharmacy for 19+ years. I started as a pharmacy clerk at Rite Aid and then became a pharmacy technician with Albertsons. Albertson stores were sold off to many different companies. In our area they were bought by SaveMart Supermarkets, which owned the Lucky Supermarket name. I have worked for them since the change, first as a pharmacy technician, then as an intern pharmacist, grad intern pharmacist, and finally a pharmacist. My fear going into the role of a pharmacist was that I still had the pharmacy technician mentality. I had to change my focus from knowing that someone else would check my work before it went out, and I was now the final check before the medication was given to the patient.

Why was COP the right fit for you: I knew the day of the interview that CNU-COP was the right fit for me. First, the educational style was a great fit for me. In undergrad I was not a great student, mostly B's and C's. I thrived at CNU-COP due to the team-based-learning (TBL) style of learning, and the exceptional faculty and staff. It really makes a difference when each professor knows you by name, and recognizes your potential.

Tell us a little about what you have been doing after completing your PharmD: I am now the pharmacy manager at the Luckys in Vacaville. I have also been invited and attended both the P4 interviews and the job fair by my district manager to represent SaveMart/Lucky Pharmacy. I am also officially back with the college as faculty. I look forward teaching future pharmacists at our university, and I hope to make a difference in their academic lives just as my professors at CNU-COP did before me.

From your days at CNU, what memory stands out: I had so many memories from CNU-COP. I'm not sure I can just pick one. Two that stand out, the first is winning the patient counseling competition and being able to represent my school nationally at APhA and CPhA. The second would be running and holding a position as class co-president with Perri Ann. Both were a lot of work, but I learned so much from each situation.

How do you balance the demands of being a Pharmacist with your personal time? I'm not sure I have learned how to do this yet. As a new pharmacist I am eager to work, especially since I am the manager I have a lot of extra tasks on a daily basis. I love working with my patients and educating them, I also love being active in the community, with my fellow pharmacists, and pharmacy students. But, above all, I love being with my little family, my 4 dogs and husband. Now that I don’t have so much studying to do, my time off is spent with them, on trips or just at home. I have found that a balance is hard to do.

“I knew the day of the interview that CNU-COP was the right fit for me.”
Michael Bradbury, PhD

Title (What do you teach): Professor of Biochemistry, Molecular Biology and Genetics. I teach these areas to the medical students at CNUCOM.

What made you decide to pursue the field you are in currently? I wanted to be a scientist, so I pursued graduate work in biology.

Hometown: Milbridge, Maine. We lived in several small towns before this, and moved to Milbridge just as I was about to start school. My parents never left, and one of my sisters still lives there.

What do you like to do in your free time? I watch way too much TV, read science fiction and fantasy novels, which I do outside when the weather is nice.


Favorite Movie: That seems to change with time, different movies have been favorites at different times of my life. *Star Trek II, The Wrath of Khan* is one of the big ones for me, with action, brains, revenge, and sacrifice all playing a role.

Why did you choose to work for CNU? I was looking to move on from my last job and heard about the position here when I was called as a reference. I knew a couple people here, and they seemed interested in having me apply. When I interviewed it was very welcoming, there was a research lab which was lacking at my old job, and I was familiar with the challenges of starting a new school and curriculum. I felt I could make a difference here, and it would be a good fit for me, so I took the job.

What do you feel is your greatest achievement in life, thus far? Probably getting my NSF Fellowship, as that was a national competition for students hoping to go to graduate school in the sciences. A kid from the coast of Maine, whose parents never went to college, and needed scholarships to afford any type of education, gets a nationally competitive fellowship to pay your way for three years to any school in the country. It made me that much more attractive to several schools, and I chose Yale because of the opportunity to work with a specific mentor in the field of my choice.

Medical school is hard, and it is supposed to be hard. Going to class, studying, eating, sleeping and paying the bills (not working to do it, just writing the checks) should be 95% of your life right now. If they are not, you are either a freaking genius, or you are doing it wrong. It is not supposed to be easy, you do not have to be happy about every part of it, and the faculty is not here to give you what you want. The outside world sets the standard for what a physician needs to know and how they should act. We would rather you were happy and got what you want, but we need to make you prepared and give you what you need to be a good physician. That is the whole point of the process. We won’t deliberately make you unhappy, that is just a side-effect sometimes. Medical school is different than anything you ever did, and you adapt to survive and thrive, or you don’t do either.
**College of Pharmacy Faculty SPOTLIGHT**

**Olivia Phung, PharmD**

**Title** (what you teach): Assistant Professor in the Department of Clinical and Administrative Sciences

**Why did you want to become a pharmacist:** I went to pharmacy school because it was a great integration of sciences that can improve patient health. Now, I hope to positively impact patient health by teaching students and by publishing relevant research.

**Hometown:** Fremont, CA

**What do you like to do in your free time?** Fall down a Pinterest wormhole and attempt the arts and crafts I see there.

**Favorite Book:** Harry Potter series.

**Favorite Movie:** Disney Pixar classics, like *Up.*

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**College of Health Sciences Faculty SPOTLIGHT**

**Name:** Heather Brown

**Title:** Assistant Professor of Molecular and Cellular Biology; Director of Student Research and Scholarly Projects. I teach introductory and advanced Molecular Biology and Neuroscience

**Hometown:** Placerville, CA. (a.k.a Pit stop on the way to South Lake Tahoe)

**What do you like to do in your free time?** Running, Yoga, Snowboarding, Hanging out with my two beautiful boys, August (7) and River (4).

**Favorite Book:** *The Secret Life of Bees*

**Favorite Movie:** *Fried Green Tomatoes*

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“**The first time I looked through the microscope and saw a cell divide, I was hooked! From that point on, I knew I would be a research scientist and spent the rest of my academic education path working to that end.”**

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**What do you feel is your greatest achievement in life, thus far?** Well, first I would have to say birth of my two boys – they amaze me on a daily basis (my greatest science experiment yet)! And after that, I would say that I am extremely proud of the education outreach project that I run, Biology Education to Careers (BETC) and of all of the interns that have worked with my program – my greatest reward is seeing the students that I work with succeed!

**What advice would you give CNU students?** Be willing to work hard and focus, but don’t forget to enjoy the ride too! Go to office hours and don’t be afraid of your professor’s! We really enjoy it when you come to our office and ask questions!

**What is an interesting fact about you that many people may not know?** My favorite class in college, was welding!
Over the past several centuries, Western women’s roles in medicine have come a long way. In 1540, women in England were officially barred from practicing medicine due to the charter for the Company of Barber Surgeons by Henry VIII. However, women continued to practice medicine in secrecy. A fundamental change for women wishing to practice medicine did not come until the 1970s, during the time of the women’s rights movement. The Public Health Service Act of 1975 effectively banned gender discrimination in medicine, and the Title IX of Higher Education Act Amendments of 1972 removed restrictions for women to be medical professionals.

The struggle for Western women to enter medicine was historically a slow, but gradual change. In 1969, only 9% of the total U.S. medical school enrollment was made up of women, and 14% in 1985. More recently, according to AAMC, in 2013/2014 women comprised 47% of medical students in the United States.

Although there have been significant developments in the role of women in medicine, it is also important to note the lack of gender diversity in certain medical specialties. Surgery, for example has historically been male dominated while pediatrics, family medicine, and OBGYN have been female dominated. Interestingly enough, the role of women in nursing is overwhelmingly contrary to that of physicians. In 2009, 94.6% of registered nurses in the U.S. were women. Some examples of influential women in medicine both historically and currently, include Elizabeth Blackwell, the first woman to earn an M.D. in 1849, and Regina Benjamin, the 18th U.S. Surgeon general.

As the role of women in medicine continues to make advances in the West, I look forward to the continued progress in the future.

Science Olympiad

By Kirsten Lung

With continuing efforts to build and strengthen its relationship with the Elk Grove community, medical student volunteers from California Northstate University College of Medicine are working with students from Pinkerton Middle School on behalf of the Science Olympiad Middle School Outreach program. With over 28 high schools and middle schools represented in the annual event, each team of fifteen Olympians compete in 23 scientific-related events. Serving as academic mentors and motivational leaders, the medical students actively engage with the young Olympiad participants, helping them to both understand and enjoy advanced scientific subjects including Anatomy and Physiology. In particular, the interactive learning sessions focuses on human anatomy and physiology with emphasis on skeletal, muscular and integumentary systems. Applying many of the interactive hands-on-learning techniques, used at the College of Medicine, the Olympians participate as “Disease Detectives,” whereby investigative skills are used together with scientific data to study disease, injury, health and disabilities in high growth populations.

As competition day drew near, Pinkerton Middle School students and medical student volunteers alike, put in the extra hours to ensure that the upcoming event would be a success. Spirits were high and smiles were seen all around as Pinkerton Middle School placed 3rd in the Elk Grove Unified School District and 12th overall in Northern California.

Connecting and working with the community of Elk Grove is an important mission and a fundamental value to the California Northstate University College of Medicine. As ambassadors of higher education and community service, the program builds knowledge and strengthens the bond between both the University and the community of Elk Grove.
UC Davis Pre-Health Event

On Thursday, February 18, 2016, California Northstate University’s Admissions and Outreach office, led by Dr. Xiaodong Feng, invited prospective students to a presentation of the programs offered at the College of Health Sciences, College of Medicine, and the College of Pharmacy.

Student representatives from the College of Medicine and the College of Health Sciences also joined to answer any questions and give feedback to any potential applicants.

Dr. Joanne Snapp, Director of Health Professions Advising for the University of California, Davis graciously hosted this event at the UC Davis campus. For more information on future outreach events and programs offered at California Northstate University, please call: 916-686-7300 or visit us at www.cn-su.edu.

-Anji Khan

CNU in the News

After receiving the assignment of contacting a government official regarding a Bill on health care, Zohra Ismail, a P3 Student, took the initiative to contact the Mayor of Elk Grove, Gary Davis. Ms. Ismail discussed her assignment. The project was a success and Mayor Davis shared with her information on youth development and the “Death with Dignity” bill that was signed into California law recently and how it helps support the youth by reducing access to drugs and alcohol. Mayor Davis is presenting his State of the City address in March and asked if Ms. Ismail would like to be a part of the interview with other individuals from Elk Grove. The filming of the clip took place in front of CNU where Ms. Ismail answered questions about CNU and explained about CNU’s new flourishing programs and opportunities. The interview will be posted to CNUCOP website as soon as it is available. To see a copy of the Mayor’s speech and the video clips, please visit the City’s web site at:

http://www.elkgrovecity.org/city_hall/city_government/2016_state_of_the_city_address/

-Natalie Vachalek
Congratulations to our Pre-Med Post-Bacc Students who have been accepted to the Colleges of Medicine and Pharmacy (Class of 2020)!

Pre-Med Post Baccalaureate Programs offered at CNU:

Program I: The length of study is one year and suited for students interested in enhancing their science GPAs and MCAT scores. Typical Program I students have already completed all pre-requisites for admissions to a professional health school (Medicine, Pharmacy, etc.).

Program II: This course of study is suited for students who have completed few or no lower-division science courses. Depending on students’ science backgrounds, the length of their study may be longer than a year. Students will take a hybrid of introductory and upper-division science courses based on their needs.

In both programs, each student will create an individualized program of study after consultation with an academic/career advisor of the College of Health Sciences (CHS).

By Heather Cohen

As, I walk into the classroom, I am surrounded by excellent students who are a part of California Northstate University’s College of Health Science’s Pre-Medical Post-Baccalaureate program. These students are the hardest working group of people I know and have dedicated their year to a rigorous course load, along with a commitment to taking the MCAT, which is a requirement for medical school admissions.

California Northstate University offers a Pre-Medical Post-Baccalaureate program which allows students who haven’t given up on their dreams to go into medicine, to prepare for admission to professional health schools. It takes commitment and drive to keep working towards goals, and the support and curriculum is offered here.

There is a lot of talent among this tight knit group. I am so grateful to be a part of this inaugural group because of the way we are able to support and inspire each other everyday.

*Heather Cohen is one of the accepted students for the College of Medicine, Class of 2020, and will continue her journey here at California Northstate University.

*It is an honor to announce that The College of Health Sciences Pre-Medical Post-Baccalaureate Program has been awarded a $100,000 grant by the State of California Health and Human Services Agency. This grant will help support the programs continuous outreach effort of promoting health careers for the underserved community.
On Friday, February 5, 2016 California Northstate University celebrated National Wear Red Day. This day is celebrated to create awareness that heart disease and stroke cause one in three deaths among women each year. If you would like to learn more about Go Red for Women, please visit: https://www.goredforwomen.org/home/get-involved/national-wear-red-day/. 

CNU STUDENTS TEACH LOCAL BOY SCOUTS CPR

On Friday, January 22, 2016 California Northstate University hosted a CPR training for a local Boy Scout troop.

Students’ volunteered their time to teach these youth the necessary first aid treatment in case of an accident or emergency.

Among the student volunteers were, Brendan Kim from the College of Medicine and Shermila Pia, also from the College of Medicine.

“Teaching CPR to a local boy scout troop was both fun and fulfilling. It was refreshing to see so much positive energy emanating from the group as we walked up to the mannequins spread out on the floor. The boys were bright and worked great in their respective teams. I am grateful to have had the opportunity to teach and impact the character of these fine young men.”

-Brendan Kim
TRUE OR FALSE...

By Ruby Akinsanya

Have more people died from shark attacks than selfies in 2015?

FALSE, according to an article written by Brittny Robins, “Snapping a selfie proved to be more lethal than getting mauled by a shark in 2015, according to a recent report.”

Many tourists quickly forget about the dangers associated with taking the “perfect selfie” and may risk their lives to get some attention on social media.

What will you prescribe for a patient with this addictive disorder? Something to think about.

TOP 10 TIPS FOR BUILDING YOUR CAREER GOALS

1. Have a clear goal(s)

⇒ Write down the goal, find the gap, fill the gap
⇒ Work hard to achieve your goal, quitting is not an option

2. Find a mentor

⇒ Never underestimate the value of a mentor
⇒ A mentor can teach you new skills and help you make new connections

3. Do lots of informational interviews to find where your passion lies

4. Learn to Network

⇒ Attend conferences
⇒ Present at conferences
⇒ Follow up with business cards
⇒ Recommended Readings: Susan RoAne’s, The Secrets of Savvy Networking and How to Work a Room
⇒ Remember, it’s not who you know, but who knows YOU

5. Build a great reputation among colleagues or peers

⇒ Professionalism
⇒ Etiquette; if you want to be respected, you must respect others
⇒ Recommended Reading: David D’ Alessandro’s, Career Warfare

6. Always work on maintaining your writing skills

⇒ E-mail communication is very important in this day and age
⇒ Take caution when responding to emails when under stress

7. Learn to manage conflict

⇒ Listen carefully, agree to disagree, model neutral language

8. Develop expertise in a particular area

⇒ Research projects
⇒ Learn new languages
⇒ Cultural competency

9. Vary References when submitting resumes

⇒ Make sure your references know you are using them

10. Think about an advanced degree or specialty

Anji Khan
Admissions and Career Services Advisor, College of Medicine
References: NAFSA Region XII Northern District Spring Conference Workshop, Wesley Young, Director, UC Davis International students and scholars
“Quote of the Quarter”

“PROFESSORS Deserve your RESPECT... Most of them graduated without Wikipedia, Google or WebMD.”

Congratualtions to:

Min Ji Cho, Class of 2019, COM

the winner from our last issues, “Guess Who” contest.

Kabob Palace, in Elk Grove, CA. has generously donated a free lunch of up to $15 for you to enjoy.

Please claim your prize from COM Admissions and Student Affairs Office, Room #160 at California Northstate University, 9700 West Taron Drive, Elk Grove, CA. 95757.