



IT'S FEBRUARY WHICH MEANS
HAPPY 2ND SEMESTER!

We hope you had a refreshing break and are ready to dive into another exciting semester! Whether you're gearing up for challenging coursework, gaining clinical experience, or preparing for applications, we're here to support you every step of the way. This semester, stay focused on your goals, take care of your well-being, and make the most of the opportunities ahead. Keep an eye out for upcoming events, workshops, and resources to help you succeed in your pre-health journey!

To help with time management this semester, you can adopt the Eisenhower Matrix technique.

Sort tasks into four categories:

- **Urgent & Important:** Do these immediately (e.g., studying for an exam tomorrow).
- **Important but Not Urgent:** Plan and schedule these (e.g., preparing for the MCAT).
- **Urgent but Not Important:** Delegate if possible (e.g., club meeting logistics).
- **Neither Urgent nor Important:** Eliminate or limit (e.g., excessive social media use).



Dual Degree Spotlight



Medical College of Wisconsin: Master of Public Health

Carthage students may enroll in the Medical College of Wisconsin's online graduate public health program prior to graduation from Carthage. Up to 15 credits of this graduate work may count toward both the undergraduate and graduate degrees. After graduation from Carthage, these students continue as graduate students at MCW for approximately one additional year until they complete the Master of Public Health program.

Want to learn more about Public Health OR the MCW 4+1 MPH degree, Attend this **virtual information session on**

February 19 at 5:30 pm.

Register here.



FOLLOW US

Pre-Health Advising is now on Instagram!

Do anything fun over break? Tag us and we will post your experience on our page!
@Carthage_prehealth_advising

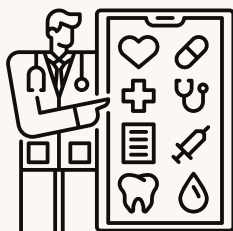
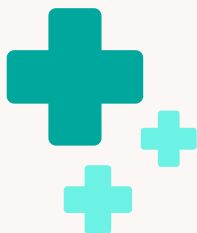


Pre-Health Upcoming Events & Community Service

Professional School Application Deadlines

Application deadlines for pre-health professional programs vary depending on the specific profession and application service. It is extremely important to meet with your pre-health directors to discuss your application in depth. *Do NOT wait* until the deadline to apply to your program. Below is a general guide for common pre-health programs:

- **AMCAS (MD Programs)**
 - Opens: Early May
 - Submission Begins: Late May/Early June
- **AACOMAS (DO Programs)**
 - Opens: Early May
 - Submission Begins: Early June
- **AADSAS (Dental)**
 - Opens: Early May
 - Submission Begins: Early June
- **CASPA (Physician Assistant)**
 - Opens: Late April
- **PharmCAS (Pharmacy)**
 - Opens: Mid-July
- **OptomCAS (Optometry)**
 - Opens: Late June
- **PTCAS (Physical Therapy)**
 - Opens: Early July
- **OTCAS (Occupational Therapy)**
 - Opens: Mid-July
- **VMCAS (Veterinary)**
 - Opens: Mid-January



Did you complete any shadowing this winter and j-term?

We created a shadowing log for all pre-health students to track their experiences in their MAP. This allows students to revisit experiences from previous years! Log your hours today!



Community Service

Community service is essential for future healthcare professionals as it cultivates empathy, communication skills, and a commitment to serving others—qualities crucial for patient-centered care. Engaging in service opportunities helps students develop cultural competence, teamwork, and leadership while gaining real-world experience in addressing health disparities. If you do not have transportation, you can still participate! Fill out the form below to sign up. *These opportunities are open to all Carthage students.*

Feed My Starving Children in Libertyville, IL

February 15 11:30a-1:15p

March 22 2p-3:45p

April 26 11:30a-1:15p

HALO (Homeless Assistance Leadership Organization) in Racine, WI

Sunday, February 16 2p-4p

Saturday, March 1 10a-12p

Sunday, March 23 2p-4p

Saturday, April 19 10a-12p

Sunday, April 27 2p-4p

Sunday, May 11 2p-4p

Westosha Senior Center in Bristol, WI

TBD, check the link for further detail

The Sharing Center in Kenosha, WI

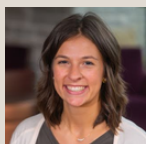
February 15 8:45a-11:45a

April 6 12p-2:30p

MAY 10 10A-4P



Need Pre-Health Support?? Connect with the Pre-Health Advising team!



Mandy Long, M.Ed
along3@carthage.edu

Aspire Center
Schedule Meeting via [Navigate](#)



Ashley Greenwood, MS, LAT
agreenwood@carthage.edu
TARC 2010 E
Schedule Meeting via Email