The Purpose of the Pre-Health Advising & Mentoring

How Can I Become a Pre-Health Student?

The Office of Pre-Health Advising and Mentoring assists students in the development of a competitive and comprehensive portfolio for the health professional school of their choice.

We aid students through the application process by providing information sessions, strategic advising, a committee letter or cover letter (the university’s formal endorsement of a student’s application), various workshops and professional development events through the student’s academic lifecycle.

Did You Know?

Pre-Health is a track not a major. Students can choose any major of their choice.

Come Visit Us At

1365 Memorial Drive
Ungar 103
Coral Gables, FL. 33146

Phone Number:
(305) 284-5176

Email
prehealth@miami.edu
Advisers’ Corner
We Are Here to Guide You to your Goals

Dr. Michael Gaines, PHAM’s Director
Deidre Campbell, PHAM’s Assistant Director

The Office of Pre-Health Advising and Mentoring has created a Pre-Health Student Guide to provide our students with all the information needed to successfully complete their Pre-Health track. We advise our students to read this guide closely and familiarize themselves with the policies and procedures of our office. This preparation will allow appointments to focus more on them and their specific needs.

The goal for our students is to create a comprehensive pre-health file. The contents of each student’s file will reflect their growth as a student and serve as the basis for their letter packet. This letter packet will be sent to the health professional schools to which they will eventually apply.

Dr. Gaines advises on the procedure to become a Pre-Health Student: “First, every student needs to attend a 101 information session during the fall or spring semester. Next, they will need to open a Pre-Health file. Finally, they can schedule a meeting to meet with me or Mrs. Campbell. We encourage all of our pre-health students to develop an individual development plan, meet with advisors regularly, maintain a competitive grade point average, and prepare for a standardized test based on the type of health care field they would like to pursue”.

“A Pre-Health student is anyone interested in a professional career in the medical, dental, veterinary, optometry, podiatry, chiropractic or physician assistant health field.” Mrs. Campbell comments on what it truly means to be Pre-Health at UM.

Students are welcome to visit us in the Ungar building, suite 103, Monday - Friday between 8:30 a.m. and 5:00 p.m. to meet with a Pre-Health advisor. We welcome walk-ins and appointments.

Pre-Health Information Sessions

The Office of Pre-Health Advising & Mentoring hosts information sessions for ‘Canes interested in pursuing pre-health tracks. 101 sessions outline pre-health curriculum and assist first-year students in opening a pre-health file. 201 sessions prepare second-year students to expand their portfolio to become competitive applicants. 301 sessions dive into the professional school application.
What is the Goal for Our HPM Students?

Third Cohort

The HPM Program was created to prepare our students to be competitive applicants to any medical school of their choice upon completion of their bachelor’s degree. The Health Professions Mentoring (HPM) program is in full swing with our third cohort. All freshman are engaged in the Howard Hughes Medical Institute (HHMI) integrated labs; sophomores in the Clinical Medicine course with the Miller School of Medicine faculty; and juniors are preparing for the MCAT. HPM has a series of guest lectures (Mr. Richard Weisman, Associate Dean of Admissions and Dr. Stephen Symes, Associate Dean for Diversity and Inclusion at UM’s Miller School of Medicine) lined up for all HPM students. Recruiting for the Fall 2020 cohort is in full effect thanks to our Ambassadors.

Meet Our New HPM Coordinator: Mrs. Sahar Khan

Mrs. Khan was born and raised in the quiet suburbs of Suwanee, Georgia, and attended the University of Georgia for her undergraduate degree. During her fourth year at the university, she decided to apply to Vanderbilt University’s Peabody College to earn a Master’s in Higher Education Administration and graduated this past May. It was during her time at Vanderbilt where she met a University of Miami alumna who encouraged her to look into UM and eventually visit this beautiful campus. Mrs. Khan comments, “It’s always a busy time in the Office of Pre-Health Advising and Mentoring, but we wouldn’t have it any other way.”

What is an HPM Ambassador?

Ambassadors are outstanding student leaders that serve as mentors, tutors, and tour guides for incoming and current HPM students. This year they will be spearheading two special projects through the “Day in the Life of an Ambassador” Instagram series, along with a podcast focusing on shadowing experiences.
During this academic year, Paul is conducting research on retinitis pigmentosa at the Laboratory for Retinal Degenerations & Vascular Disorders at the Bascom Palmer Eye Institute twice a week. Under the guidance of his mentor Rong Wen, M.D., Ph.D., they are testing the effects of gene manipulation on the retina of mice with retinitis pigmentosa. Also, Paul shadows the neuro-ophthalmologists Byron Lam, M.D., and Joshua Pasol, M.D., every week at the Bascom Palmer Eye Institute. Twice a week, Paul volunteers at the neurology department at Baptist Hospital. On campus, Paul is involved in the Microbiology club, is a member of AMSA, and is an HPM Ambassador.

**Student Spotlight**

**Paul Ledon**

*HPM Ambassador*  
*Pre-Health Student*

Paul Ledon is a sophomore from Long Island, New York, studying at the University of Miami in the Health Professions Mentoring Program. He is a microbiology and immunology major minoring in chemistry and health sector management and policy. His goal is to become a physician.

In summer 2019, Paul participated in a Global Brigades mission trip to Ghana to provide filtration systems for latrines to limit open defecation in the community Ekumfi Ekumoano. Upon arriving back home from the trip, he worked as a medical scribe and translator in a pain clinic in New York. Finally, in June, Paul volunteered at a week-long sleepaway summer camp for children with Muscular Dystrophy; there, he provided 24-hour care to a 16-year-old boy and his service dog.

Paul is the founder of the soon-to-be nonprofit: “The PJ Children’s Foundation.” Its goal is to provide aid for underserved and underprivileged children in the Miami area. During the early stages of the organization, the majority of the donations will be given to locations in Miami. The Holtz Children’s Hospital, South Miami Children’s Clinic, the Miami Lighthouse for the Blind, and Miami Children’s Smiles have currently been chosen to receive donations. They will receive educational toys and school supplies to help improve their education. Money that can be used to purchase medical equipment and supplies will be donated as well. Once the organization is well established, the goal is to provide donations to Global Brigades Ghana.

The PJ Children’s Foundation intends to focus on one community in Ghana named Ekumfi Ekumoano. Paul visited this community during his Global Brigades Public Health trip in May 2019. The community lacks clean water and sanitation facilities. The organization will donate money to Global Brigades to help build filtration systems for latrines to help the community prevent the spread of disease. The organization is website [www.pjchildrens.org](http://www.pjchildrens.org), provides a detailed description of its goals. After receiving its non-profit status from the IRS, the organization will begin to fundraise and attend health fairs.
Office Operations

Arnose Byfield, PHAM’s Office Manager
Dwayne Robinson, PHAM’s Sr. Admin. Assistant

We feel functioning with proficiency is essential to serving our pre-health students. This 2019-2020 school year we will expand our “Go Paperless Initiative”, moving all forms, student accounts, and files online. Mrs. Byfield comments, “We have purchased a kiosk to capture student attendance to pre-health events and for registering attendance in the office. Therefore, we can digitally keep record within our database.”

Also, we have officially launched our Instagram page in August 2019. This platform will allow students to obtain up-to-date information on pre-health programs, activities and announcements. Mr. Robinson comments, “It will be an interactive platform for current and prospective students and office staff. It will highlight high achieving pre-health students, new pre-health policies, programs and resources available to students at the university.”

Follow Us on Instagram @UMiamiPHAM

To improve our services, we are developing an electronic survey instrument for students to give us feedback.

PHAM has a “Peer Mentoring Program” that matches first and second-year students with advanced undergraduate pre-health students to build a culture of belonging and maximizing student participation in pre-health activities.

Lastly, the Pre-Health Office advises a number of student-led organizations; Alpha Epsilon Delta (AED), American Medical Student Association (AMSA), Medicine Education and Development for Low Income Families Everywhere (MEDLIFE), Minority Women in Medicine, Optom-Eyes, Pre-Vet Club, Health Occupations Students of America (HOSA), and Pre-Dental Club. Coming soon is the new student organization known as 100 Strong. Stop by or email the pre-health office at prehealth@miami.edu.

Committee Letter Season

Congratulations to all the students and alumni that applied for the 2020 cycle. We wish you all the best during the application process. As the 2020 cycle comes to an end, the Pre-Health Office is preparing for the 2021 cycle of the committee letter season. Committee letter procedures and forms for the 2021 cycle will be posted on our Blackboard and website prehealth.miami.edu this December.
Once coded as a pre-health student, you will able to communicate and connect with fellow ‘Canes on the pre-health track. The Office of Pre-Health Advising and Mentoring is proud of all our students. We celebrate and embrace cultural diversity, and encourage all our pre-health students to be active on campus and make UM a better place for all of us.
Pre-Health Clubs

Alpha Epsilon Delta (AED)
@UMiamiAED

American Medical Student Association
@AMSAUMhs

Minority Women in Medicine (MWM)
@UMiami_MWM

American Society of Pre-Dental Students
@UMPreDental

‘Canes Always Stay Connected

Find clubs on Engage, check out our Instagram page’s highlights for our pre-health clubs, or email them directly. Figure out which club you would like to get involved with on campus and attend their meetings. Finding the right club can lead you into networking opportunities, developing leadership skills, forming friendships, and making your difference in this world.
Pre-Health Clubs

Phi Delta Epsilon
@UMPhide

Pre-Vet Society
@UMiamiprevets

Optom-Eyes Pre-Optometry Club
@UMiami_Optomeyes

Discover the Power of Research

The Office of Undergraduate Research & Community Outreach arranges mentored research experiences for undergraduates in all disciplines. The community provides outreach through support of research at Miami Dade College and in K-12 Schools. Our sister office is located right next door to us in Ungar 101. Email: ugrinfo@miami.edu, Instagram @UMiamiUGR, office hours Monday to Friday 8:30 A.M.-5:00 P.M.