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EDITOR:

TAMMY WELCHERT

Letter from the President

As you read this many of you are already dealing with snow and ice, and for the rest of us it is soon on its way. The CAAHP Board met in central Ohio just as the leaves on the trees were reaching their full fall colors, and as they now fall to the ground to continue the cycle of life, we also continue the yearly cycle of helping our students progress toward their health career goals.

The past six months have been filled with activity. In April we had an outstanding CAAHP meeting in Cincinnati. The meeting theme was Building a Strong Foundation for Advising, and the workshops and keynote speakers really helped us understand how to be stronger advisors. Our off-site trip to the University of Cincinnati College of Medicine was well received, and many of our advisors had an opportunity to participate in a session of the multiple-mini interviews (MMIs). We raised money from a silent auction for Cincinnati Children's Hospital fund, gave awards for outstanding advising, and elected new officers.

Joining the Board or transitioning to new positions on the Board this year are Suzette Combs (President-Elect), Michael Deibel (Treasurer), Gail Robinson (Secretary), James Johnson (At-Large Rep), Tammy Welchert (At-Large Rep), and Marikay Dobbins (At-Large Rep). These fine advisors have joined the existing Board members in a variety of committee assignments and tasks on your behalf, and they have been hard at work since being elected in April.

Let me remind you of the NAAHP meeting coming next June in Atlanta. Many schools have cut back on travel funds, and you may be in that boat. However, let me reassure you that this meeting will be as uplifting and full of information as past meetings have, and each of you should make every effort to be in attendance. Please remember that there are travel grants available (see the article in this newsletter), and apply early if having a grant will make the difference in your ability to come to the meeting. I understand the difficulties that many of us face – I often pay much of the cost to attend these meetings out of my own pocket. I do so because I know the incredible value of these meetings, and know that I could not be an outstanding advisor for my students without attending. Please find a way to join me in Atlanta this coming June in spite of cutbacks and a bad economy.

Finally, let me rejoice in our increasing membership numbers in CAAHP. The membership committee has done a wonderful job this past year and has laid out plans for a continuing drive this coming year. Of course, there are advisors at schools near each of us who are not members of NAAHP and CAAHP. Please take a moment to reach out to one of them and encourage them to join. They'll be glad they did, and so will their students!

Kerry L. Cheesman, CAAHP President



Father Joseph L. Walter

Award Winners:
William Harvey
and Judith Baxter

Look for more information including requirements and the nomination process for the Father Joseph L. Walter award in the February 2010 CAAHP Chronicle

Father Joseph L. Walter Award

CAAHP named William Harvey of Earlham College and Judith Baxter of the University of Illinois-Chicago as the 2009 recipients of the Father Joseph L. Walter Award for Outstanding Advising. Bill and Judy have both been long-time pre-health professions advisors and members of CAAHP.

Bill Harvey, a biology professor and Chief Health Professions Advisor, taught courses ranging from General Biology to Genetics and Immunology. He was instrumental in finding ways to address the issue of underrepresented minorities in medicine and directed the Howard Hughes Medical Institute summer program that brought underrepresented students to Earlham for an intensive 3-week experience in the sciences, emphasizing topics relevant to health-related careers.

An outstanding leader in both CAAHP and NAAHP, Bill was CAAHP Program Chair for the very successful St. Louis meeting 2001, and he also served as CAAHP President. Bill was also a member of the NAAHP Board of Directors, and he continues to represent NAAHP as the liaison to the Schools of Public Health, where he has played a key role in the development of the SOPHAS, the Schools of Public Health Application Service. Bill has published articles in *The Advisor* on topics ranging from foreign medical school admission to public health issues.

Since retiring from teaching, Bill has engaged in numerous consulting activities, both related to health careers advising and medical education. His work on international medical education has involved both evaluating/revising medical school curricula (such as Karol Marcinkowski School of Medicine) as well as helping students prepare for the USMLE's.

“(Bill’s) wisdom, experience and expertise are of enormous value to me and to our students. His continued dedication to our students and generosity with his time are inspiring.”

Father Joseph I. Walter Award (cont)

Judy Baxter was the Director of Academic Advising in the College of Liberal Arts and Sciences and the Chief Health Professions Advisor for the University of Illinois- Chicago prior to her retirement this past December. As a student-centered advisor, Judy's work has been outstanding. At her home campus, she developed a series of workshops to assist students in becoming more informed about the application process and their chosen professions. She was an exemplary mentor to colleagues both at her home campus and within the CAAHP and NAAHP organizations.

A long-time member of the CAAHP Board, Judy served as Membership Chair, where her initiative, support, and follow-through with two membership campaigns were instrumental in fostering one of the largest membership increases in CAAHP history.

Judy also served as the Local Organizer during the very successful NAAHP National Meeting in Chicago in June 2009. Her attention to detail and organizational ability were key elements in the success of the largest NAAHP meeting ever. Judy also served as the CAAHP representative to the NAAHP Board prior to her retirement. -Peggy Abels, At-Large Representative and Recognition Chair

“(Judy’s) commitment to our students was exemplary in every way. She has always been honest and open in helping students assess their career goals and assuring that they were following the most productive paths. . . It was not at all unusual for students to stop by my office to tell me how much Judy has done for them.”

CAAHP: Opportunities to Serve

CAAHP has many opportunities to serve in a leadership capacity, including as a member of the Board of Directors or as a member of a CAAHP Committee.

The CAAHP Board of Directors consists of six Members-At-Large. Members are elected to a three-year term. The terms are staggered so that only one-third of the Members-At-Large are elected in a given year.

Board members attend two board meetings each year (in the fall and again in late spring or early summer). Members also communicate in early spring via a conference call. Other communication is via phone or e-mail, as needed. We will be electing two Board Members-At-Large during the CAAHP Business Meeting held in conjunction with the NAAHP National Meeting in Atlanta this coming June. If you would like more information on these and other opportunities, please contact Chuck Hauck, Chair, Nominating Committee: charles-hauck@uiowa.edu

The CAAHP Mentoring Program



Julie Barnes, Cornell College, Mt. Vernon, Iowa

“I literally have a notepad that I use to jot down questions that I’ll pose during our monthly phone conversations. I would strongly encourage new advisors to utilize the mentoring program. It’s been an invaluable resource.”

Sometimes there’s no one in your institution who knows the answer, and you’d like to have someone else to turn to. Sometimes it simply helps to get another opinion.

The CAAHP Mentoring Program connects new advisors to experienced advisor partners in another institution, so that you can get another opinion. Each learns from the other.

The questions vary.

Simple ones: Where can I find this or that information? Who do I talk with about this or that?

More complex ones: How do I get this student to recognize the gaps in his preparation, or to address a marginal academic record? Sometimes a simple question leads to a more comprehensive series of inquiries.

Programmatic ones: How do I get access to community institutions and professionals? How do I put together an evening (or a day-long) program for pre-meds.

Sometimes, after dealing with a difficult situation, where you think you know what to do, it helps to get validation from a colleague.

Sometimes a long conversation is far better than an exchange of emails or an inquiry on the list-serve. Sometimes it helps to enlarge the narrow inquiry in order to consider larger questions. Not just facts, but conversation about what can go wrong and how to avoid the pitfalls. The opportunity to explore the question, “What am I doing that I would like to do better?”

And sometimes it just helps to get another opinion and point of view.

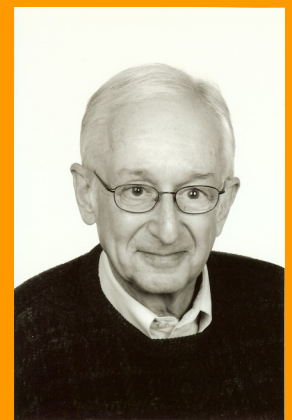
There are various mentoring arrangements, ranging from contact only as problems arise, to regular, biweekly or monthly meetings by phone to share stories related to our work as advisors, discuss dilemmas and problems, and consider alternate solutions. Like the arrangement we share: Julie Barnes, the new health professions advisor at Cornell College in Iowa, and Larry Savett, an experienced advisor at the University of St. Thomas in St. Paul. In the few months we have been connected, we have developed a relationship of mutual trust, honesty and respect.

Julie was delighted to learn of CAAHP’s mentoring program. “I changed careers when I took the position as Cornell’s Dimensions Coordinator this summer, so I lacked much of the practical knowledge needed to do effective advising.” Julie read everything she could get her hands on and immediately subscribed to the Health Professions Advising Forum. However, the monthly phone calls with Larry were extraordinarily helpful in getting up to speed before students returned for fall classes.

In all of these mentoring connections, we are teaching, and learning from, each other. It’s rewarding for both of us.

It never hurts to get another opinion.

-Laurence Savett and Julie Barnes



Laurence Savett, University of St. Thomas, St. Paul,

**Unless we
think of
others and
do
something
for them, we
miss one of
the greatest
sources of
happiness.**

~ Ray

Lyman

Wilbur

CAAHP Memberships & Mentoring

Greetings from your Membership and Mentoring Committee! Celebratory news of the moment – we reached our goal of 300 members; 301 to be exact! Thanks to ALL of you who continue to renew your membership AND also spread the word to fellow advisors about the importance and benefits of membership in NAAHP/CAAHP.

One of our newest membership projects includes indentifying colleges and universities in our region that do not have representation in CAAHP. Sadly, we have many advising colleagues operating solo who have not yet heard about CAAHP/NAAHP. We plan to identify those schools, and more importantly the advisors, to share about our organization and invite them to membership. Using a list of all current CAAHP members, I will begin to identify the schools and may call upon many of our members to help me follow up with those schools. Secondly, we are also working to identify additional Patron Members (professional schools/colleges) within our region who currently do not have membership with NAAHP and encourage them to join as well.

As for our mentoring program, we had a successful April 2009 conference resulting in the pairing of 22 mentors with 25 mentees! This program is designed to provide a fun, easy way to welcome new advisors into our midst. While many new advisors have folks on their respective campuses that can serve as a resource, others are operating solo. ALL new advisors can benefit from having a more experienced person to approach with questions or suggestions – thanks to all the mentors who welcomed this opportunity to serve! Larry Savett and I led the New Advisor Workshop at the 2009 conference, and we were delighted to welcome so many new advisors into our midst and to see so many of them take advantage of the mentoring program. Be sure to read the reflection articles from Larry Savett on his role as a mentor as well as that from Juan Flores on being a mentee.

It has been a joy to Chair the CAAHP Membership and Mentoring Committees. I welcome volunteers to assist with the ongoing projects at anytime – drop me an email if you would like to serve!

Heidi Lang, M.A., L.P.C., langhe@msu.edu

CAAHP Membership and Mentoring Chair, Michigan State University

Mentors Make a Difference

**Are you a new or experienced adviser? Share your experiences, questions, and build a better you in the process!
Contact Heidi Lang langhemsu.edu to request a mentor or offer to be one today.**

**“The
Health
Professions
Journey:
Keeping our
Students on
Track”**

NAAHP Board Meeting June 2009

The NAAHP Board of Directors met this past June at the Atlanta, GA Marriott Marquis, site of the upcoming 2010 National Meeting (June 16 – 20). The meeting agenda incorporated not only national but regional considerations as well, as many overlap.

The National Meeting was of course a major topic of discussion. The Board was provided an overview of the meeting program, the theme of which is “The Health Professions Journey: Keeping our Students on Track”, as well as a tour of the facilities and a brief tour of the surrounding neighborhood. I’m pleased to let you all know that CAAHP’s Travel Grant program has been adopted at the national level, and the Board has once again approved funds to assist eligible advisor members who do not have full financial support from their institution to attend the National Meeting. The other regions are considering Travel Grants as well.

In addition to discussion of the National Meeting, two agenda items of note pertain to NAAHP’s national office in Champaign, IL. The recent sale of the building that housed the NAAHP national headquarters prompted a move to new office space that is much appreciated by the staff. The Board also approved the purchase of new membership software, again appreciated by staff. Our membership database has long been in need of updating, and this new software will streamline data retrieval and membership renewal.

-Cassandra S. Flambouras, NAAHP Representative



CAAHP also has committees that work on Membership, Mentoring, Communications, Travel Grants and Regional and National Meeting Planning.

If you are interested in leadership through your CAAHP organization in any of the above capacities, please contact us!

Send an e-mail with your area of interest to Chuck Hauck, Chair, Nominating Committee

charles-hauck@uiowa.edu

Reflections from a New Adviser

One of the primary reasons that I chose to enter the field of academic advising was the opportunity to work with students in a direct capacity.

Prior to stepping on board as a pre-professional advisor, I felt very comfortable as a ‘major’ advisor. I knew the structure of coursework, the rules and regulations of applying to the university, how many credits needed to graduation and at times through brief conversation could pick out the type of student who pursued the ‘major’ I advised.

Over the past ten months, much of how I advise students has changed. Not because the previous methodology I employed was wrong, but a pre-professional advisor has pushed me to look at advising through a different scope.

To set the stage of how I decided to pursue advising as a career, I revert back to a to my second year of graduate study, when I took on an assistantship in academic advising. This assistantship seemed to fill the void that I was experiencing in my previous work. Academic advising gave me the opportunity to build relationships with students as they came to my office whether it was to review their schedule or to discuss an issue or problem or to just say hello. The more connections I made, the more I knew the student and the more I became vested in their success.

My desire to choose a career in higher education stems from the mentorship I received from my undergraduate advisor. The advisee and advisor relationship was key to my success—having someone to talk to, encourage me, push me, and challenge me to try new things-- turned out to provide a firm undergraduate experience.

Each day I walk through the doors of my office, I meet with students who share what they are currently doing in their major, as well as how they plan to use that as a stepping stone to a professional career—such as a health profession or law school. For many of these students, they share how they want to become a physician or surgeon; or how they want to change the world of medicine; or help pass legislation as an attorney to better society.

On a daily basis, I meet with good and often great students—they are articulate, smart, hard working individuals. Yet this doesn’t always get them to their goal of getting into a professional program; this is the part that I struggle with the most. What I’ve learned over the past 10 months is to encourage students to reach out and explore other careers within the field. If shadowing a physician or dentist provides confirmation of the ‘right career’ that’s great. If the shadowing experience proves to cause a student to question the field, that’s great too—I share with students, “the more information you have about the goal you are trying to accomplish, the fewer the surprises you have down the road”.

As I continue my work as a pre-professional advisor, I constantly remind myself of the journey that my students walk. I try to modify my conversation to their current state of being, but without changing the message that I want to convey. My goal at the end of every day is to walk away knowing that I tried to provide a listening ear, to challenge those who are strong and to provide assistance as well as resources to those who are in need.

-Charlie Scruggs, University of Cincinnati

“the more information you have about the goal you are trying to accomplish, the fewer the surprises you have down the road”

Membership received a boost in recent months through a grant from the Robert Wood Johnson Foundation with support from the AAMC and ADEA.

NAAHP Membership, Database and Online Directory

NAAHP membership remains strong at 1,420 members, which is a gain of 80 members from the June reporting period. Membership received a boost in recent months through a grant from the Robert Wood Johnson Foundation with support from the AAMC and ADEA. The Robert Wood Johnson Grant funds new members from groups underrepresented in medicine. Through a coordinated effort, NAAHP identified prospective members from among advisors at Historically Black Colleges (HBC's), Hispanic-Serving Institutions, and Tribal Colleges, among others. NAAHP gained 66 new members to the organization through this effort.

The NAAHP Membership Committee has been instrumental in working with the NAAHP BOD and National office staff in an effort to upgrade the NAAHP database. As part of this effort, NAAHP recently contracted with Computility of Alliance Technologies to provide upgraded database services to the organization. The software solutions package will provide improved back-office database services as well as an eventual shift in website. The changes will allow office staff and users to more quickly access information related to membership joining and renewal, as well as provide options for on-line reporting, surveys and members-only areas.

Plans also include an on-line directory where members can quickly access and review membership information. The on-line directory is expected to replace the current printed directory, and will contain no advertising initially. Advertisers will still be able to promote their schools and organizations through *The Advisor*, as well as the NAAHP National Meeting program and direct mail and e-mail.

The changes will allow NAAHP to enhance the delivery of services, and provide room for expanding on-line services to better serve NAAHP members and constituents.

Chuck Hauck, Chair, NAAHP Membership Committee

NAAHP National Meeting, June 2010

Plan to attend the NAAHP National Meeting in Atlanta! The theme of the 2010 meeting will be “The Health Professions Journey: Keeping Our Students on Track.” Scott Wright from UT Dallas is the Program Chair. Highlights include a plenary AAMC/HHMI Committee Report session regarding pre-med competencies, health professions video vignette sessions, concurrent session focus areas on advising special student populations, and letters of recommendation as applied to focused areas and /or settings. In addition, sessions such as “The Millennium Generation”, “Uses

and Abuses of Social Networking Websites,” and “Students of Concern Panel” will be timely sessions you’ll not want to miss! Travel grants are available through our Central Association or National Association. Atlanta attractions include Stone Mountain State Park, Georgia Aquarium, World of Coca-Cola, Underground Atlanta, Atlanta Botanical Gardens, and much more.

-Gail Robinson, NAAHP 2010 Conference Planning Committee Member



A Peach of a Deal!

June in Atlanta is not only prime time for Georgia peaches, June 2010 in Atlanta is prime time for participating in the “The Pre-Health Professions Journey.”

The National Meeting is an excellent opportunity for professional development, reconnecting with colleagues from across the country, and building new working relationships. It is truly a highlight of the year. However, money is tight and travel budgets have been reduced at many colleges and universities. CAAHP has funding to provide a limited number of travel grants to help bridge the gap. Applicants are asked to request only enough funding to make up the difference between what their institutions will cover and the cost of attending the conference.



Please look for travel grant applications on the CAAHP website soon!

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NAAHP Representative

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Save the Date-2011 CAAHP Meeting

April 14-17, 2011

Cleveland Renaissance Hotel

www.marriott.com/hotels/travel/clebr-renaissance-cleveland-hotel/

24 Public Square, Cleveland, OH 44113

Room rate \$132