

# DECEMBER NEWSLETTER

## HEALTH CAREERS PROGRAM

### About Us

The Health Careers Program of Spelman College was initiated in 1971 to advance young women into the graduate, professional, and allied health professional schools of medicine, dentistry, osteopathy, optometry, podiatry, pharmacy, veterinary medicine, and other graduate health programs. Since its inception, the College has been successful in assisting students in gaining admission to many prestigious professional and allied health professional institutions.

### Core Values

RESILIENCY

CONFIDENCE

PROFESSIONALISM

INTEGRITY

### Contact Info

**Email:**

[Healthcareers@spelman.edu](mailto:Healthcareers@spelman.edu)

**Instagram:**

[spelmanhealthcareers](https://www.instagram.com/spelmanhealthcareers)



# TAKE A LOOK BACK

## NOVEMBER RECAP

### JUNIOR/SENIOR PRE-MED WORKSHOP

On [Saturday, November 2, 2025](#), the Health Careers Program hosted a Pre-Med Application Workshop for upperclassmen students. The session provided guidance on MCAT preparation, fee assistance programs, and navigating the AMCAS application process. Students also received tips for writing strong personal statements and presenting meaningful extracurricular experiences, helping them better prepare for the medical school admissions process.



### RESUME & PERSONAL STATEMENT WORKSHOP

On [Thursday, November 13, 2025](#), the Health Careers Program hosted a Resume and Personal Statement Workshop, led by Dr. Gardner. During the session, students learned how to craft clear, compelling resumes tailored to healthcare opportunities and received guidance on developing personal statements that effectively highlight their motivations, strengths, and experiences. Dr. Gardner also provided practical tips, examples, and individualized feedback to help students strengthen their application materials.



# LUNCH & LEARN RECAP

Thursday November 6, 2025

## LUNCH & LEARN: EMORY SCHOOL OF NURSING



Drawing in over 35 students, this session featured representatives from the Emory School of Nursing, who discussed their program's admissions process, academic expectations, and clinical training opportunities. They also highlighted the pipeline partnership between the School of Nursing and Spelman College, providing students with valuable insight into pathways for future advancement.

## LUNCH & LEARN: UNIVERSITY OF LOUISVILLE - SHPEP



Drawing in over 35 students, this session featured Ms. Tasia Chapman from the University of Louisville, who provided an in-depth overview of the Summer Health Professions Education Program (SHPEP) and the program's admissions process. Current Spelman students who had previously participated in SHPEP at Louisville also shared their experiences, offering valuable insights and tips for prospective applicants.

Thursday November 6, 2025

## LUNCH & LEARN: ALICE WALTON SCHOOL OF MEDICINE



Drawing in over 15 attendees, this session featured representatives from the Alice Walton School of Medicine. They discussed their school's mission, curriculum, and admissions process, providing valuable insight into what makes a competitive applicant. In addition to the session, the representatives hosted a tabling event where students could ask questions, explore resources, and connect directly with the admissions team to learn more about preparing for medical school.



# SUMMER RESEARCH

## Harvard/MIT Early Access to Research Training (HEART) MD-PhD Summer Program

The **HEART** program offers 10 weeks of full-time research, clinical shadowing, and professional development workshops, including sessions on the MCAT, personal statement, and MD-PhD program interviews. HEART Scholars are housed near the Harvard Medical School campus in Boston, MA, and receive a competitive stipend.

Applications are now open! The deadline for receipt of all 2026 application materials is **February 3, 2026**. Early application and submission of materials are highly recommended.

For more information, scan the QR code below  
or contact [@mdphdheart@hms.harvard.edu](mailto:@mdphdheart@hms.harvard.edu)



Harvard/MIT Early  
Access to Research Training  
MD-PhD Summer Program



# VANDERBILT MASTER OF PUBLIC HEALTH (MPH) PROGRAM

The Master of Public Health (MPH) Program is a two-year interdisciplinary program training innovative and effective future research scientists and public health leaders.

Our MPH curriculum offers three distinct tracks, each grounded in rigorous training and practical experience:

**Epidemiology and Clinical Research**

**Global Health**

**Health Policy**

Applications are now open for Fall 2026! Applicants from all backgrounds and academic majors are welcome to apply. For all track concentrations, there are two application deadlines:

**Priority Round:** Monday, December 15, 2025

**Regular Round:** Sunday, February 15, 2026

For more information, scan the QR code below



# FINALS WEEK SUCCESS GUIDE

As the semester comes to a close, it's time to gear up for finals season! Whether you're feeling confident, anxious, or somewhere in between, this guide is here to help you stay organized, focused, and grounded.

## 1. Start With a Plan

Create a study schedule that includes exam dates, study blocks, and rest breaks.

## 2. Use Campus Resources

Professors' office hours, peer tutoring, and study spaces (the library, Science Center, Cosby reading room).

## 3. Take Breaks

Your brain needs rest. Try the 50/10 rule — 50 minutes of work, 10 minutes of rest.

## 4. Stay Nourished and Hydrated

Grab healthy snacks from the dining hall or campus cafés. Avoid skipping meals during finals.

## 5. Get Enough Sleep

All-nighters hurt more than they help. Aim for 7–8 hours of sleep, especially before an exam.

## You've Got This!

Finals can be stressful, but remember: you are capable, prepared, and supported. Lean on your community, stay organized, and give yourself grace. Your hard work will pay off.

Wishing you clarity, strength, and success this finals season!

# Spelman College Health Council



**Feb. 1**

**Health Council Deadline**

**Feb./Mar./Apr.**

**Committee Meeting**



## Health Council Process

- Identify 3-5 recommenders
- Complete the Health Council Request Form
- The Health Council will review your profile once all materials have been received
- You will be notified of a decision within one week of the Health Council Meeting (*February, March, and April*)
- The committee letter will be uploaded to the appropriate application portal(s)

For more information, contact the Health Careers Program.

[healthcareers@spelman.edu](mailto:healthcareers@spelman.edu)

**Apply for a  
committee letter  
TODAY!**





# SAVE THE DATE

We look forward to having you  
join us on:

**FRIDAY, FEBRUARY 27, 2026**

**23rd Annual AUC Health Professions  
Recruitment Fair**

10:30 AM - 3:00 PM

**Georgia Dwelle Gala**

7:00 PM

**SATURDAY, FEBRUARY 28, 2026**

**Health Professions Conference**

8:30 AM - 1:00 PM



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UNIVERSITY



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COLLEGE



Spelman College®

*A Choice to Change the World*

## Health Careers Program Staff

# SCAN ME

TO SCHEDULE AN APPOINTMENT WITH A MEMBER OF  
OUR TEAM SCAN THE QR CODE



**DR. SCOTT**  
GRADUATE &  
PROFESSIONAL  
PROGRAMS  
COORDINATOR



**DR. GARDNER**  
PRE HEALTH  
ADVISOR  
FIRST YEARS &  
SOPHOMORES



**MS. BAILEY**  
PARTNERSHIP  
COORDINATOR





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HEALTH CAREERS PROGRAM

# VIEW OUR CALENDAR

For the 2025–2026 Academic Year

