Dr. Rubinstein speaks on mentors and approaches to life & medicine

On Wednesday, January 21st, Dr. Jack Rubinstein, a cardiologist and assistant professor here at UC, delivered a lecture on the journey to becoming a physician and his own experience as a cardiologist. Dr. Menon introduced him as the “most popular and beloved teacher in the Medical School.” Dr. Rubinstein’s charisma was tangible; we were very lucky to hear from him. He offered an approach both to science and to life. “There will be ups and downs;” he said and emphasized the importance of having thick skin. On the necessity of having good mentors, Dr. Rubinstein gave examples of how his mentors helped him to become a better doctor. These included understanding how to apply medical knowledge at the bedside; making medicine fun and enjoyable; and the importance of taking responsibility for your patients. We were also able to hear funny patient stories from Dr. Rubenstein as well as his scarcest moment while practicing medicine. The meeting concluded with a live echocardiogram, performed on our very own Adam Magier.

Medical student panel shares insight on applications, MCAT

On February 5th, a combination of 10 first and second year medical students fielded questions about and reflected on their experiences as undergraduates, the MCAT, and the application process. On the importance of being organized for and preparing medical school applications, many of the medical students emphasized the need to start soliciting letters of recommendation as early as possible. When asked for an appropriate date to ask for letters of recommendation, the response was overwhelmingly “today!” It is important to ask faculty members, mentors, and physicians that have spent a sufficient enough amount of time observing your work ethic, success in academics, and interpersonal skills. Many students suggested the key to success on the MCAT lies in familiarity with the test. They encouraged our students to take practice tests to boost confidence and to develop the stamina necessary for the long day. Looking forward, registration for the MCAT opened February 11th; there are fourteen test days offered in 2015 and there are only nine test days that are offered during UC’s calendar summer break. Seats will fill up quickly! The February 5th meeting concluded with small group tours of the Medical Sciences Building, which included a look around the highly anticipated human gross anatomy lab!

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**February**

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**Highlighted Dates**

- **February 11th**
  - MCAT Registration Opens
- **February 16th**
  - Medical Sciences Minor Meeting
  - MSB 4051 at 5PM
  - Lecture: Dr. Chris Lewis
- **March 4th**
  - Medical Sciences Minor Meeting
  - MSB 4051 at 5PM
  - Activity: TBA

**Highlighted Resources**

- **PPAC Health Professions Application Workshop**
  - This workshop prepares students for applications to health profession schools. Invaluable to current 3rd and 4th years. Attendance to this workshop also allows students to elect for the PPAC to manage their letters of recommendation.
  - More information at uc.edu/preprofessional-advising