

UNIVERSITY OF PORTLAND

PRE-HEALTH *News*



Hello Pre-Health Students!

I hope all of you had an enjoyable winter break and that your classes are going well so far. At the end of February I will host a couple of advising workshops for anyone to attend as we get ready for Fall 2026 registration in March. Dates and times for these workshops will be announced in the next pre-health newsletter.

We are also planning a Health Careers Alumni Panel with various health professionals available to talk about their careers, backgrounds, and answer questions. This panel will be held in April, with a specific date to be announced soon.

Lastly, the annual UP Health Fair will be held on Monday, April 20.

[Subscribe](#) to our email list.

and talk to a variety of professional graduate programs in medicine and health.

As always, feel free to schedule individual meetings with me to discuss any pre-health pathway plans!

-Dr. Andrew Lafrenz

Pre-Health Shadowing

Pre-Health Shadowing is excited to offer some upcoming free virtual shadowing sessions, which are open to all students interested in healthcare. Each session allows students to earn a certificate for shadowing hours, making it a valuable addition to resumes or applications.

February 3, 2026, 4:00 - 5:30 pm

Doctor: Peter Gruen, MD

Topic: Research | Neurosurgery | Physician

February 5, 2026, 4:00 - 5:30 pm

Doctor: Ann Mohrbacher, MD

Topic: Research | Physician

Register to Shadow w/Dr. Gruen

Register to Shadow w/Dr. Mohrbacher

Email for More Info

UW Summer Health Professions Education Program

SUMMER HEALTH PROFESSIONS EDUCATION PROGRAM

Shaping Careers. Changing Lives.



APPLICATION OPENS*
NOV. 1

APPLICATION DEADLINE
FEB. 5

*Application dates are subject to change. Please visit shpep.org for the most up-to-date information.

The Summer Health Professions Education Program (SHPEP) is a transformative summer experience for students interested in the health professions. Formerly known as the Summer Medical and Dental Education Program (SMDEP), SHPEP has been shaping careers and changing the lives of premedical and pre dental college students for over 30 years. Now, in addition to dentistry and medicine, the program offers opportunities to explore other health careers, including nursing, optometry, pharmacy, physical therapy, and public health.

The **FREE six-week summer enrichment program** prepares college students for a career in the health professions by enhancing their academic proficiency and providing career development opportunities. Participation in SHPEP may better position students for acceptance into advanced-degree programs.

What are the benefits of this **FREE** program?

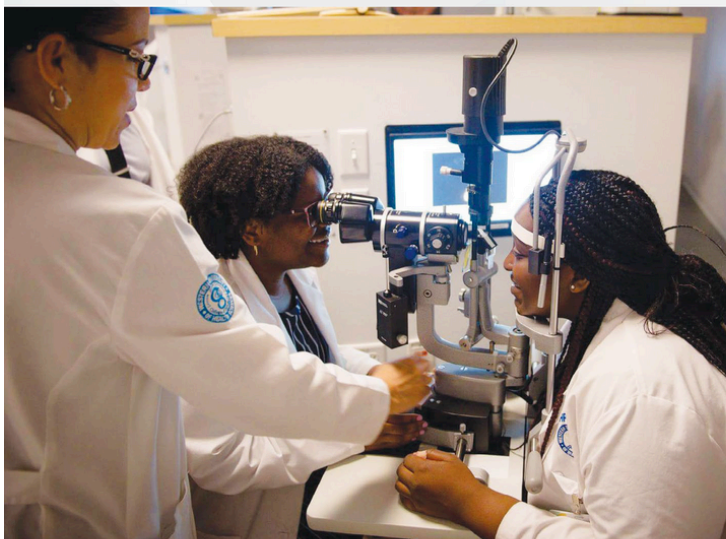
Program includes:

- Housing, meals, a stipend, and travel assistance.
- Guidance from current admissions deans, health professionals, students, and SHPEP alumni about how to pursue their profession of interest.

To be eligible, you must:

- Be a U.S. citizen, a permanent resident, or an individual granted deferred action for childhood arrivals (DACA) status by the U.S. Citizenship and Immigration Services.
- Be a college freshman or sophomore at the time of application.
- Have a minimum GPA of 2.5.
- Identify with a group that is underrepresented in the health professions.

Learn more at **shpep.org**.



Help Build a Culture of Health

SHPEP is working toward building a Culture of Health* that will enable all to live longer, healthier lives now and for generations to come. The SHPEP prehealth scholars are inspired to become tomorrow's change leaders in their local communities and throughout the nation.

*Refer to evidenceforaction.org/what-culture-health.

What types of activities will students participate in during SHPEP?

- Academic enrichment in the basic sciences and math.
- Career development activities.
- Learning and study skills workshops.
- Exposure to clinical settings.
- Workshops in financial planning and health policy.
- Interprofessional education that addresses effective collaboration across health professions.



Visit **shpep.org** for more information about the program and how to apply.

SHPEP is a national program funded by the Robert Wood Johnson Foundation with direction and technical assistance provided by the AAMC (Association of American Medical Colleges) and ADEA (American Dental Education Association).

20-014D (04/20)

Support
provided by

Robert Wood Johnson Foundation



[Learn More](#)

Tilikum Summer Health Experience

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TILIKUM SUMMER HEALTH EXPERIENCE

Tilikum is a FREE, 5-week hybrid summer enrichment experience designed specifically for American Indian and Alaska Native college students.

Students earn a monthly stipend while gaining academic training, cultural wellness, and hands-on exposure to health careers, all in a culturally grounded environment.

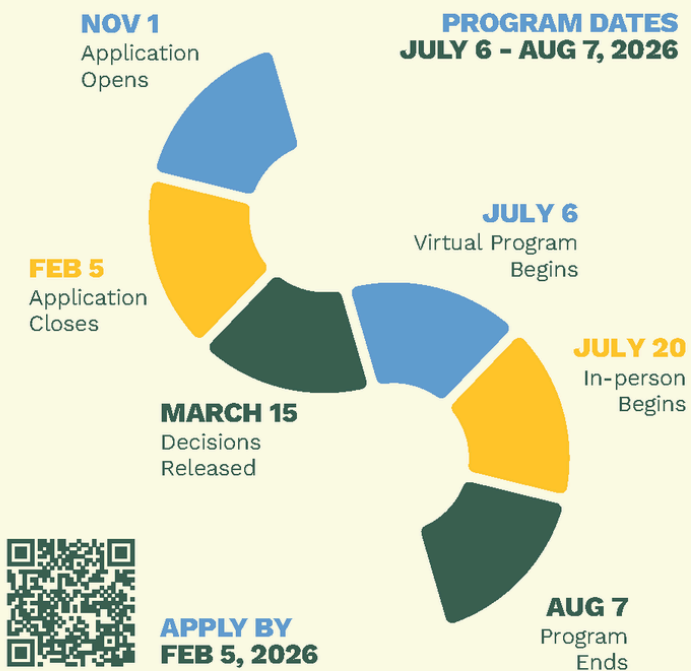
WHY JOIN TILIKUM?

- It's FREE!
- You'll earn a \$1,000/week stipend, free housing, meals, and travel support.
- You'll gain real-world health experience, mentorship, and cultural connection.
- You'll build community with Indigenous students from across the country.
- You'll develop confidence, academic strength, and a clear path toward a health career.

ELIGIBILITY

- Must be an AI/AN college student interested in health professions.

TILIKUM TIMELINE



Hosted
by



The Tilikum Summer Health Experience is a FREE 5-week summer enrichment program designed for American Indian/Alaska Native (AI/AN) college students with no more than 60 credits, who are interested in pursuing health professions training.

- Receive a \$1,000 stipend, free housing, meals and travel support.
- Take core science courses to strengthen understanding of biology, chemistry, and microbiology, experience skill-building workshops,

and learn about the healthcare challenges facing Indigenous communities and how policy can address these disparities.

- Get hands-on practice in PSU's Cadaver Lab and OHSU's Simulation Center, shadow healthcare professionals at OHSU, and participate in a Tribal Opioid Response Training led by the Northwest Portland Area Indian Health Board.
- THSE will include cultural wellness activities, visits to local Indigenous sites, and build strong connections with AI/AN healthcare professionals.

The application closes February 5th, 2026.

Have questions? Join virtual office hours from 12:00-1:00 pm on Wednesdays through February 4, 2026, or send an email (link below).

[Virtual Office Hours](#)

[Email for More Info](#)

AI/AN Med School Applicant Workshop



AI/AN MEDICAL SCHOOL APPLICANT WORKSHOP

This event is designed for American Indian and Alaska Native pre-medical students who are preparing to apply to medical school within the next two years. Hosted by the Northwest Native American Center of Excellence at OHSU in collaboration with the University of Washington School of Medicine, WSU Elson S. Floyd College of Medicine, & UC-Davis School of Medicine.

Workshop Structure

- One day virtual session as a full group with presentations from Native faculty
- Individual mock interviews and personal statement review scheduled the following week.
 - Individual sessions will be scheduled the week of April 6-10, 2026

Key points of the workshop:

- Personal statement feedback (Submit your completed personal statement with your application)
- Mock Interviews (MMIs and traditional 1:1)
- MCAT overview & requirements
- Medical student panel
- Tips for navigating applications



WASHINGTON STATE UNIVERSITY
Elson S. Floyd
College of Medicine



The Northwest Native American Center of Excellence is excited to announce the 2026 AI/AN Medical School Applicant Workshop will be held virtually on **Friday, April 3rd, 2026**. This workshop will review the medical school admissions process, including tips for writing your personal statement, a 1:1 live feedback session, MCAT study tips, mock interviews, and tips for navigating the application process.

The deadline to apply is Friday, February 27, 2026.

[Apply Now](#)

[Email for More Info](#)



AAPA Pre-PA Workshop

Aspiring to become a PA? This workshop welcomes future, first-time, and repeat PA school applicants — 100% of attendees at the 2025 Pre-PA Workshop said they would recommend the workshop to a peer! Join AAPA in New Orleans on **May 16, 2026, 8:00 am - 3:00 pm** for a day of networking, panels and exhibitions from PA school admissions experts and PA programs, and one-on-one application feedback sessions.

[Learn More](#)



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OHSU Internships

Pre-health professions internships offered at OHSU are helpful because they can provide hands-on experience in clinical, research, and community health settings, build professional skills, and connect you with mentors who can help guide your path into a variety of careers in health professions.

[Subscribe](#) to our email list.

OHSU Pay It Forward

Pay It Forward (PIF) is a medical student-run mentorship program at OHSDU with the aim to pair current medical students with undergraduate mentees from diverse and underrepresented backgrounds to create a more equitable workforce, increase cultural competence, and reduce health disparities. If you are applying or even considering applying to medical school, this is a great opportunity for you to talk to current medical students about the process.

The deadline to apply is 11:59 pm on Saturday, February 7th, 2026. You will be connected with a mentor by late-February.

[Apply Now](#)

[Email for More Info](#)

Civil Rights Immersion

THIS YEAR'S IMMERSIONS

FALL BREAK

RURAL IMMERSION

October 12th-17th
Yakima Valley, WA

WINTER BREAK

HOUSING JUSTICE IMMERSION

January 8th -10th
Right here in Portland!

SPRING BREAK

INDIGENOUS JUSTICE IMMERSION

March 1st-6th
Warm Springs Reservation, OR

EARLY SUMMER

BORDER IMMERSION

May 5th- 10th
Tucson, AZ and Nogales, MX

CIVIL RIGHTS IMMERSION

May 5th-15th
Southern United States

[More Information](#)

Schedule a Pre-Health Advising Appointment

PRE-HEALTH ADVISING

Are you a student interested in graduate programs in health and medicine?

**PRE-HEALTH
CAREERS**

- Medical and Dental
- PT/OT
- Pharmacy
- Veterinary
- Public Health
- And More!

**SIGN-UP
FOR A
Meeting!**



SIGN-UP BELOW

Associate Dean – Dr. Andrew Lafrenz

Buckley Center 213



Schedule an Advising Appointment



Pre-Health Survey and Listserv Sign-Up



UNIVERSITY OF PORTLAND

PRE-HEALTH PROFESSIONS

ARE YOU A PRE-HEALTH PROFESSIONS
STUDENT? MAKE SURE YOU ARE ON
OUR LIST SERVE.

COMPLETE THE PRE-HEALTH
PROFESSIONS SURVEY AND SIGN-UP
FOR OUR EMAILS



[Survey and Email Sign-Up](#)

QUESTIONS OR CONCERNS? WANT TO SCHEDULE AN ADVISING APPOINTMENT? SEND US AN EMAIL!

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