



HOOS NEWS: Week of Oct 3-Oct 9, 2021

Take a Mindful Moment via YouTube



Practice a few MCAT Questions



****Click on the above icons to practice CARS (Critical Analysis & Reading) and Psych/Sociology passages**

Note this Week's Announcements

- **SIS Account Holds:** Please keep an eye on your SIS account to ensure you do not have a "hold" from the Dean of Students, Student Financial Services, and/or Student Health. For any questions regarding health records/insurance, please contact Student Health directly.
- **MCAT Registration:** Beginning October 13th, you can register for your MCAT exam. Based on the limited info we currently have to advise you on which date to take the MCAT, we are conservatively recommending to take it by May 27th. If you have questions, contact an advisor.
- **Pitt Linkage Virtual Visits:** Monday, Nov 1st or Tues, Nov. 9th, 5-6:30pm. If interested in linking or you just want to learn more about Pitt, [please register here](#).
- **PostBacCAS Scholarship Opportunity:** For an opportunity to win a \$5000 scholarship, write no more than a 500 word essay answering: ***How will healthcare be transformed by technology in the future?*** Submit to postbac@virginia.edu by Oct. 4th. Three students will be selected to move forward in the scholarship contest.

Advisors' Advice

Fall Break is Oct 9-12: Use this time to catch up on some sleep, spend time with people you enjoy, and/or treat yourself to something special. It is also a good time to finish up your Experiences section and get your Personal Statement drafted. Let us know once these are in your Google folder!

Journal on a Reflection Question (taken directly from medical school secondary applications)

*Have you ever felt different from others?
What did you do with that feeling? How
might that make you a better doctor?*