Celebrating students and strengthening our community
Now in its fourth year, our program is fortunate to have alumni currently in or about to enter health professional school who are able to offer their thoughts to current and future students. At the end-of-the-year celebration on April 11, 2019, alumni told their stories, answered questions, and offered advice as part of a panel discussion for the outgoing class as well as some members of the 2019-2020 class who were on hand for the festivities.

Director's Message
It has been an exciting year for our program with new tracks, newly cultivated community outreach partners, and successful student outcomes.

With the help of Christine Mount, MS, PA-C, Program Director of the PA program at the Lewis Katz School of Medicine and new Advisory Board member, we introduced a 10-month, pre-PA track for students with a science background to begin this fall. Also beginning this fall, Robert Rarig, PhD, will teach a 1-credit spatial assessment course to better prepare our pre-dental students for the DAT. Finally, in continued collaboration with clinical faculty from the Temple community, students learned more about compassion in “The Practice of Healthcare: Competencies and Current Topics”, directed by Catherine Fair, MD.

The addition of Kari Hexem, DMD, MPH, Philadelphia FIGHT Family Dentistry and Dental Director, to our Advisory Board brought our pre-dental students to Philadelphia FIGHT, a comprehensive health services organization providing primary care, consumer education, research, and advocacy for people living with HIV/AIDS and those at high risk, to observe clinical procedures and practices. And all students had the opportunity to volunteer with Prevention Point, which provides harm reduction services to Philadelphia and the surrounding area.

Finally, the ≈80% acceptance rate over 3 years for our students entering professional school reflects the dedication of the program’s CST faculty and the support of the CST leadership. Thank you.

Grace Hershman
Associate Vice Dean and Program Director
CST Post Baccalaureate Pre-Health Program

postbac.cst.temple.edu

Dean Michael L. Klein (l) and Senior Associate Dean Robert J. Levis (r) offered words of wisdom to CST post bacc students and alumni.

Alums describe their post bacc journey and beyond. L to r: Danielle Thor (ACHS ’16), Bryson Hoover-Hankerson (ACHS ’17), Patrick Loughran (BCHS ’17), Tyasia Guadalupe (BCHS ’17), Jessica Bulaflka (ACHS ’17), and Lindsay Serwatka (BCHS ’16).
Tyasia Guadalupe: Building bridges between doctors and patients

Leadership comes naturally to Tyasia Guadalupe, CLA ’17, CST ’18. The oldest of ten children, she has forged her own path through higher education and now onto a career in medicine.

“Growing up, I never saw doctors who looked like me,” says Guadalupe, whose parents are black and Puerto Rican and whose family lived in New Jersey before moving to the Poconos during her high school years. “I’ve come to see how important that is, for children to see and for adults to feel understood.”

At Temple University, Guadalupe majored in sociology, focusing on the social determinants of healthcare inequality. “I always knew I wanted to go to medical school but it was also important for me to understand the barriers people face as well as how public perceptions shape the way healthcare is delivered,” explains Guadalupe.

To fund her college education, Guadalupe worked as a marketing and leasing assistant, managing large portfolios of Philadelphia real estate. As an undergraduate, she traveled with Temple medical students on missions to Honduras and Peru, seeing firsthand how access to medicine could change lives. Guadalupe then enrolled in CST’s then-new Post Baccalaureate Pre-Health Program, which helped her fill an educational gap with required pre-med coursework.

Now a student at Philadelphia College of Osteopathic Medicine (PCOM), Guadalupe is relishing the challenges of schoolwork while keeping a focus on the bigger picture. She’s copresident of PCOM’s Global Health Initiative, working to organize international service trips for students and international clinical rotations. She’s also serving as co-chair of a PCOM cultural competency program to help budding physicians approach clinical care with awareness of, and sensitivity, to divergent values and traditions.

“It’s an important part of medical education, to train doctors to understand the patients they serve,” she says. “I see it in my community—there can be a lack of trust when it comes to the medical system. We have to acknowledge these realities and build bridges between the medical community and patients so that we can actually take care of people.”

Guadalupe is currently leaning toward a specialty in pediatrics, having spent so much time with her younger brothers and sisters. The long-term goal would be to work for the World Health Organization as an advocate for children.

“Every child deserves healthcare, and yet so many around the world go without it. Children need to be protected, nurtured, cared for and these are the concerns that are driving me forward every day.”

—Elisa Ludwig

Alumni Society

• Interested in attending a lecture or social event?
• Willing to speak with or mentor a student?
• Eager to share your story/experience?
• Just want to stay in touch with friends and colleagues?

If yes, join the alumni society and stay in touch wherever you are.  

Click here to sign up

In the 2018-19 cycle to date, alums have received offers to attend the following schools/programs:

- Alabama College of Osteopathic Medicine (AL)
- American University of the Caribbean (MF)
- Arkansas College of Osteopathic Medicine (AR)
- AT Still University School of Osteopathic Medicine (AZ)
- Burrell College of Osteopathic Medicine (AZ)
- California Northstate University College of Medicine (CA)
- Charles R. Drew University of Medicine and Science (CA)
- Creighton University School of Medicine (NE)
- Drexel College of Medicine (PA)
- Drexel College of Medicine — MS in Pharmacology and Physiology (PA)
- Geisinger Commonwealth School of Medicine (PA)
- Howard University College of Medicine (DC)
- Jefferson College of Pharmacy (PA)
- Kansas City University of Medicine and Biosciences (MO)
- Keck School of Medicine of the University of Southern California (CA)
- Lake Erie College of Osteopathic Medicine — Seton Hill (PA)
- Lewis Katz School of Medicine at Temple University (PA)
- Maurice H. Kornberg School of Dentistry at Temple University - Post Baccalaureate Program (PA)
- Meharry Medical College (TN)
- New York Institute of Technology College of Osteopathic Medicine (NY)
- Paul L. Foster School of Medicine (TX)
- Philadelphia College of Osteopathic Medicine (PA)
- Ross School of Medicine (BB)
- Rowen School of Osteopathic Medicine (NJ)
- Sidney Kimmel Medical College – Thomas Jefferson University (PA)
- SUNY Downstate College of Medicine (NY)
- Texas Tech Medical School (TX)
- Touro College of Osteopathic Medicine – Harlem (NY)
- University of Colorado School of Medicine (CO)
- University of Massachusetts Medical School (MA)
- University of Tampa – Master of Physician Assistant Medicine (FL)
- University of South Carolina School of Medicine (SC)
- Wayne State University School of Medicine (MI)
Students get “hands on” with feet with Temple podiatric medicine students

As a part of a continuing lecture series, students from the Temple University School of Podiatric Medicine gave students the opportunity to not only hear about podiatric medicine as a profession but also to try their hand at suturing. On February 27, 2019, current TU Podiatry students and leaders of the Student Government Association Selin Sakarcan (CST ’15; TUSPM ’19) (left) and Noah Kirshner (TUSPM ’21) enlightened CST post bacc students on podiatric medicine to help increase awareness about this field of medicine. Specifically, they spoke about their own journeys and experiences, stressing their appreciation for the wide range of opportunities and work-life balance podiatric medicine offers. To demonstrate the “hands-on” opportunities with podiatric medicine, they brought suturing kits and walked students through some of the basic techniques and knots that podiatrists use.

Teaching professionalism through art

Developing a professional identity is a key element of health care education. Students learned about six psychosocial characteristics important for this process from J. Scott Wright, EdD, Executive Director, Texas Health Education Service through the analysis of artwork on April 5, 2019.

Celebrating the holidays and the end of the year

(l to r) Paige Snow, Colin Callaghan, Lonika Behera, Tyler Johnson, Grace Hershman, Keri Davids, and Byron Udegbe

(l to r) Ayobami Adebayo, Flo Da-Silva, and Christian Asumadu

(l to r) Paige Snow, Shay Ifrah, Katerina Dhimitri, Caitlin Osborn, Keri Davids, and Lonika Behera

Selin Sakarcan
Sarah Finocchiaro (l) and Tavorsia Talley (r)
(l to r) Gabby Fittipaldi, Byron Udegbe, and Paul Callahan

Tyler Johnson (l) and Kaela Harvey (r)
New specialty courses for pre-dental and pre-PA students

As the program grows to include students interested in an increasing number of health professional careers, the program has been working to expand the curriculum. Spearheaded by Catherine Fair, the new courses include “Introduction to Problem-Solving and Logical Thinking”, which teaches students good problem-solving techniques and the basics of deductive and inductive logic in order to help them succeed both in their classes as well as on standardized tests, and Medical Terminology, which is often a pre-requisite for PA schools. In addition, Robert-André Rarig will be teaching a section of “Practice and Development of Spatial Visualization Skills”—originally developed by Roy Keyer, associate professor of instruction in the Chemistry Department—to our pre-dental students.

Program members at NEAAHP meeting in Boston

The biennial meeting of the Northeast Association of Advisors for the Health Professions (NEAAHP) met March 27-31, 2019 in Boston, MA. At the meeting, Grace Hershman participated on a panel discussion titled, “Why Don’t My Students Ask Me About Podiatric Medicine?” with Mandy S. Nau from the American Association of Colleges of Podiatric Medicine; Caleb Marsh was a panelist for a session titled, “Helping Advisors Understand the World of Record-Enhancer Postbac Programs: A Case Study Approach” with Gwyneth Offner, Boston University, Alex Tan, Johns Hopkins University, and Jackie McLaughlin, University of Pennsylvania, and Robert-André Rarig and Deborah Stull presented “A Second Chance Is Not a Short Cut: the Challenges Non-Traditional Students Face in Laying the Foundation for Professional Success in Health Care.”

Pre-health professional fair and open-house opportunities

Pre-health professional fairs and open houses offer students the opportunity to learn more about specific programs and schools. Some of our students took advantage of this opportunity, attending a variety of fairs/open houses in the area.