

department) or a staff member in the career center or academic advising center.

Health professions advisors have watched hundreds of students go through the medical school application and interview process. Do not hesitate to ask for their advice, tips and words of wisdom prior to your own interview. Many of these offices maintain files, notes and other material to help you learn about the schools of greatest interest to you. In some instances, these offices will conduct mock interviews. These can be helpful as you learn to manage the nervousness and anxiety that are a natural part of this process.

Finding a Pre-Health Advisor: Students who find it difficult to locate an advisor on their campus, or who have been away from school, may contact the NAAHP for volunteer advisors. NAAHP also offers publications to help students prepare for medical school. NAAHP may be contacted at (217) 355-0063, Fax: (217) 355-1287, or by visiting www.naahp.org.

Current Medical Students

Current osteopathic medical school students are wonderful sources of information. While everyone will have slightly different perspectives, it may be helpful for you to talk to current students about their interview experiences. Most osteopathic medical schools provide opportunities for you to learn about admission processes through forums, open houses, student panels, or campus tours. Contact those schools that interest you and ask them what opportunities they provide for you to interact with current students.

<http://cf.osteopathic.org/iLearn/home.cfm>

The American Osteopathic Association (AOA) has established The Mentor Exchange program for connecting osteopathic students, interns, and residents with established practitioners to help build a better future for osteopathic medicine. Use this source for finding an osteopathic physician in your area.

Websites

www.aacom.org

The American Association of Colleges of Osteopathic Medicine's website provides information on the osteopathic schools across the United States including information on location, admissions and the application process. The site's Information for Applicants pages are especially designed for the applicant, highlighting the osteopathic medical education experience, financial information, the application process, and recruitment and open house events.

www.explorehealthcareers.org

ExploreHealthCareers.org gives students a free, reliable and comprehensive source of accurate, up-to-date information about the health professions. This includes information on and links to health-related education/training programs, financial aid resources, specialized learning opportunities and current issues in health care.

www.facebook.com/pages/Chevy-Chase-MD/AACOM-The-American-Association-of-Colleges-of-Osteopathic-Medicine/49933236324

The American Association of Colleges of Osteopathic Medicine's facebook page.

www.naahp.org

The National Association of Advisors for the Health Professions. Students exploring or planning a career in medicine should seek out the health professions advisor on their campus to assist them. This web site offers valuable resources and articles as well as volunteer advisors to help you on your path to a career in medicine.

www.nationalaheec.org

The National Area Health Education Center Organization is a network of health professionals and programs established around the nation for recruiting, training and connecting students to careers in the various health professions.

www.oldpremeds.org

The National Society for Nontraditional Premedical & Medical Students, Inc., better known by its website name, OldPreMeds.org, or simply OPM, is a non-profit, 501(c)(3) professional/pre-professional society and educational conduit for nontraditional students who seek to become physicians. For those whose path to medicine is not traditional (high school to college to medical school), OPM's mission is to assist and advise on how to successfully prepare for, apply to, and succeed in both medical school and residency training programs.

www.osteopathic.org

The American Osteopathic Association is the largest organization representing the osteopathic profession. This website provides general information about the profession and current information on what is happening on the political level.

www.osteopathic.org/inside-aoa/about/affiliates/Pages/state-osteopathic-medical-associations.aspx

Each state is served by a local osteopathic medical association. In addition to assisting their members and the osteopathic profession in a variety of ways, the local associations can also help you find an osteopathic physician (DO) in your area.

www.studentdo.com

Pre-SOMA is the undergraduate division of the Student Osteopathic Medical Association (SOMA), which is the student affiliate organization of the American Osteopathic Association (AOA). Pre-SOMA's mission is to promote osteopathic medicine, increase the number of applicants to osteopathic medical schools, support aspiring osteopathic physicians at all levels of education and continue the proud legacy of osteopathic medicine. Pre-SOMA provides assistance with finding shadowing and mentoring opportunities in your area, and periodic informational updates from National SOMA, including access to the National SOMA Newsletter. Pre-medical students will learn how to establish a Pre-SOMA Chapter at their school at this website.

Reading—General Overview

The DOs: Osteopathic Medicine in America
by Norman Gevitz, PhD

This book seeks to provide the first comprehensive portrait of the profession, focusing on the impact of ideas and institutions in promoting its early development in the last quarter of the 19th Century, as well as in effecting subsequent changes within its belief system, educational program and scope of practice.

Osteopathic Medicine: Past and Present
by G. A. Walter, BS, DO Ed (Hon.)

A 19-page pamphlet that gives an historical account of osteopathy, its roots and its founder, A.T. Still. The work also gives information regarding the status of osteopathic medicine in the United States in 1981.

*Osteopathic Medicine—
An American Reformation*

by George W. Northup, DO

A short book that tells the story of A.T. Still and the beginnings of osteopathy. A good overview of the profession in the 1890s.

*Osteopathic Medicine—
A Reformation in Progress*

by R. Michael Gallagher, DO, FACOFP,
and Frederick J. Humphrey, II, DO, FACN
An authoritative work discussing the past, present and future challenges facing osteopathic medicine as well as its philosophical tenets and clinical contributions.

Historical Works

*The Lengthening Shadow
of Dr. Andrew Taylor Still*

by Arthur G. Hildreth and A. E. Van Vleck
A 1942 account of the life and work of the founder of osteopathic medicine.

The Autobiography of A.T. Still

by Andrew Taylor Still (Reprinted by the AOA.)
First published in 1908, this book, by the founder of osteopathic medicine, discusses his life.

Journals

*Journal of the American
Osteopathic Association*

The scientific journal of osteopathic medicine published by the American Osteopathic Association.

Textbooks

Foundations for Osteopathic Medicine
The official textbook for the osteopathic profession. Contains information on how osteopathic theory and methods are incorporated in every aspect of medicine.

Glossary of Osteopathic Terminology
by the Educational Council on Osteopathic Principles of the American Association of Colleges of Osteopathic Medicine

A glossary that presents important and frequently used words, terms and phrases of the osteopathic profession.

An Approach to Diagnosis and Treatment
by Eileen DiGiovanna, DO, and Stanley Schiowitz, DO

A text that organizes currently taught concepts and techniques, this book serves as a reference for osteopathic medical students.

Osteopathic Principles and Practice
by Michael Kuchera, DO, FAAO, and William Kuchera, DO, FAAO

A text that presents osteopathic philosophy, treatment methods and techniques.

