Tips for Preparing for the Upcoming Application Cycle

The 2021-2022 professional school application cycle is in full swing and began with the opening of the VMCAS application on January 21st (program selection begins May 12)!

Although students applying to veterinary schools have already been working on their applications, the opening dates for other applications, such as the applications to medical, dental, optometry, etc., will be opening soon, which means it's time to start preparing for the process.

We've put together a list of topics that are important to consider in order to create a competitive application. If you have questions, remember, you are more than welcome to schedule an appointment with Rob or Allie.

1. **Consider your current level of competitiveness.** Competitive applicants will be able to demonstrate academic success and an understanding of their profession, self, and others through good grades (GPA of 3.5+ is ideal), strong admission test scores (ideally well above the 50th percentile), and a variety of extracurricular involvement, especially clinical experiences.

2. **Consider your personal readiness.** It is totally fine to not feel ready for professional school. Perhaps you'd like to travel, continue to gain clinical experience, or maybe you just want to work to save some money? You should apply when you know that you are ready for this next, important phase of your life.

3. **If you're feeling good about 1 and 2, continue on to 4.** If not, consider meeting with Rob or Allie to discuss your options moving forward.

Continued on page 2
4. **Review the Application Guide for your professional school application.** Each application service has a comprehensive guide that explains exactly what information and supplemental materials are needed for your primary application, as well as explanations on how to enter information and who to contact if you have questions. **Reviewing these guides is not optional.**

5. **Request your own copies of your official transcripts ASAP!** You will need to request transcripts to be sent to your application service from ALL institutions you've attended, to include UCSB (UCSB is able to send eTranscripts!), other four-year colleges and universities, and any community colleges. You will also need your own copies of these transcripts to use to enter in your coursework into the primary applications. This is a must as the application services all use your official transcripts to verify that the course information you enter matches. **Note: We do not recommend using a course-entry service for this step.**

6. **Reach out to individuals for letters of evaluation/recommendation ASAP!** You do not want your application to be held up because you are waiting on letters of recommendation to be submitted. Additionally, you need to know exactly what each of the schools you intend to apply to require or highly recommend for letters of rec. For more information, visit the **Letters of Recommendation** subsection of the **Application Info** page of the UCSB Health Professions Advising website.

7. **Personal Statements and Work/Activities Entries.** Ideally, you will begin drafting your personal statement and each of your entries for work and activities before the application even opens. It is very important to have others review these items to ensure they follow conventions of academic writing, as well as appropriate grammar, punctuation, and spelling. Additionally, it is also a good idea, when possible, to have someone familiar with professional school applications and admissions processes review your personal statement and work and activities entries for content. Rob and Allie may be available to review **final drafts** of these. Please review the Personal Statement section of the HPA website, and email us at prehealthinfo@ltsc.ucsb.edu if you have questions.

There is much more to consider when trying to decide whether or not now is the right time to apply to professional school, which is why we strongly encourage students to review the **Application Info** section of our website, and if you have concerns about your competitiveness, then reach out to our office as soon as possible.

For more information, visit our website: https://healthsciences.duels.ucsb.edu/home
Note: drop-in advising will take place on Tuesdays and Wednesdays from 1:00pm - 3:30pm & alternating Fridays from 9:00am - 11:30am (see below)

Unfortunately, INT 184PD will remain on hold due to restrictions in place at local hospitals and clinics stemming from the ongoing pandemic. We do not know if we will be able to offer the course during the Fall 2021 quarter, but we will reach out via our prehealth listserv once we begin accepting applications again. In the meantime, please visit the Extracurricular Experiences section of our website to learn about opportunities that are currently available, both in-person and remotely. Lastly, please be aware that most clinical experiences will be limited to paid, essential positions, many of which will require some form of training and/or certification, such as EMT, MA, CNA, or scribing.

Update on the INT 184PD Clinical Shadowing Experience
Unfortunately, INT 184PD will remain on hold due to restrictions in place at local hospitals and clinics stemming from the ongoing pandemic. We do not know if we will be able to offer the course during the Fall 2021 quarter, but we will reach out via our prehealth listserv once we begin accepting applications again. In the meantime, please visit the Extracurricular Experiences section of our website to learn about opportunities that are currently available, both in-person and remotely. Lastly, please be aware that most clinical experiences will be limited to paid, essential positions, many of which will require some form of training and/or certification, such as EMT, MA, CNA, or scribing.
BLACK MEN IN WHITE COATS

Less black men applied to medical school in 2014 than in 1978 and black men have the lowest life expectancy in the United States. With only 2% of American doctors being black men, this comes as no surprise. This documentary dissects the systemic barriers preventing black men from becoming medical doctors and the consequences on society at large.

This documentary will be available anytime from April 14th at 5pm - April 17th at 5pm

RSVP with Pre-Health Advising by April 12th at 5pm to receive access!

prehealthinfo@ltscc.ucsb.edu
Students interested in being part of the MCAT or DAT panels should send an email to prehealthinfo@ltsc.ucsb.edu.

The dates for our annual AMCAS Bootcamp and MCAT and DAT Prep Workshops are below!

**April 2021**

**AMCAS Bootcamp: Saturday, April 10th, 9:00am - 10:30am**
To register, you must RSVP using this link https://forms.gle/DwtmU27gisSxhxjT8
The RSVP will close at 3:00pm on Friday, April 9th!
(Type the link into a new tab and make sure you are logged into your UCSB email!)
During the AMCAS Bootcamp we will review important aspects of the AMCAS Applicant Guide, share tips for completing the application, and answer questions.

**May 2021**

**MCAT Prep Workshop: Saturday, May 1st, 9:00am - 10:30am**
**DAT Prep Workshop: Saturday, May 8th, 9:00am - 10:30am**
Attention UCSB Pre-Med Students!

Webinar with
Ron Kapp, MD, PhD
Tues., 4/20 @ 11AM

Please RSVP using the link below no later than 3:00pm on Friday, April 16th!
https://forms.gle/BSTsjv5iwdscwZMJA

Note: You must be logged into your UCSB email, then type the URL into a new tab.

Connecting with and speaking to physicians is a great way to learn about what it means to be a physician and to get a better sense of its fit for you as a profession.

Dr. Kapp is a Santa Barbara resident and practicing physician with over 30 years of experience, and he'd like to share some of his insights into the medical profession, while also answering some of your questions!
Virtual Information Session

Join us at this virtual event to learn about the journey to medical school.

At this session, you will learn about how the UC Davis School of Medicine prepares culturally and clinically competent medical students and future physicians to practice among the diverse and growing populations of California. Topics will include:

- Admissions requirements and policy changes due to COVID-19
- Student programs and services
- Medical student panel discussion

This session is designed for students who are interested in careers in medicine and for current American Medical College Application Service (AMCAS) applicants.

Visit health.ucdavis.edu/diversity/tours.html for more information. Register here.
Information Session
April 15th, 5-6pm!
with UC Santa Barbara

“My time in the program allowed me to not only survive medical school, but to thrive!”
Onilia Zorio
MSBS Class 2018; Class of 2022 CO

“It was the best decision I could have made to prepare for medical school.”
Diego Puentes
MSBS Class 2017; COM Class 2021 CO

ABOUT THE PROGRAM

The MSBS is a post-baccalaureate program which provides students with interdisciplinary academic coursework, designed to strengthen their qualifications and candidacy for medical, veterinary, dental, physician assistant, or other professional schools. RVU offers the MSBS program at its Colorado and Southern Utah campuses. The program encompasses 30 credit hours in a 9-month academic year.

UNIQUE FEATURES

- The majority of courses are taught live and on-site by the medical school faculty (PhDs, DOs, MDs, and PharmDs)
- Case studies are widely integrated into the curriculum
- Program integrates service-learning into each semester
- Exams are in a block testing format to prepare students for long exams, such as the MCAT and board exams
- Program incorporates simulation experiences each semester with medical students and standardized patients
- Currently, 85% of graduates have been accepted into graduate health programs
More great opportunities!

RISE Summer Academy
Monday, June 28 – Friday, August 6, 2021

The RISE Summer Academy is a six-week intensive program for American Indians/Alaskan Natives that provides in-depth training and Indigenous learning opportunities to prepare scholars for the medical school application process.

Summer Academy Focus
- Medical School Admissions and Application
- Supplemental Basic Science Refresher
- Cultural Engagement and Community Building
- Medical Student Mentors
- Intensive MCAT prep provided through Kaplan

APPLY HERE: https://medicine.wsu.edu/about-the-college/diversity-inclusion/pathway-programs/inmed-reimagine-indians-into-medicine-rise-pathway-program/

2021 AAMC Situational Judgment Test

The Association of American Medical Colleges (AAMC) is pleased to be collaborating with five MD-granting medical schools this year to make the situational judgment test (AAMC SJT) available for their applicants in support of a holistic admissions strategy. Throughout the approaching 2022 application cycle, the following listed medical schools will strongly encourage or require all applicants to complete the AAMC SJT. The AAMC SJT will be offered at no cost to applicants during this application cycle.

- Geisinger Commonwealth School of Medicine
- Morehouse School of Medicine
- University of Alabama-Birmingham School of Medicine
- University of California Davis School of Medicine
- University of Minnesota Medical School Twin Cities

Registration for the AAMC SJT opens on March 9th

For more info on the SJT visit this URL: https://students-residents.aamc.org/applying-medical-school/preparing-med-school/aamc-situational-judgment-test-pilot/

Building Bridges

Interested in Applying to Dental School?

Join us in this conference to get all the details about becoming a dental student, including:

- Mock interviews
- Workshops
- Application Process
- Sim Lab Insight
- Anatomy Lab Demos
- Student Panel

Raffles, Scholarships, and UCSF Admission Fee Waivers will be given out!

April 10
8am -12pm
Lunch Networking 12pm-1pm

Register here: https://ucsf.co1.qualtrics.com/jfe/form/SV_3jVs7xjytppy03I
Which Biochemistry Course should I take?  
MCDB 108 vs MCDB 110  

MCDB 108 series

MCDB 108 series consists of MCDB 108A/108B/108C and covers principles of biochemistry, metabolism and enzyme kinetics, and computational and systems biology, respectively. This series is suited for those interested in an in-depth education in biochemistry and/or are planning to go into scientific research. MCDB 108A/B are prerequisites for the biochemistry lab, MCDB 109L.

Note: MCDB 108A/B/C required for Cell and Developmental Biology, Microbiology, and Biochemistry and Molecular Biology majors; MCDB 108A/B required for Pharmacology majors.

MCDB 110

MCDB 110 offers a comprehensive overview of the principles of biochemistry and touches on all topics tested on the MCAT. Recommended for non-MCDB majors who must take biochemistry for professional school. However, if your desired professional school requires a biochemistry lab course, MCDB 110 does not allow you to take MCDB 109L.

Note: Cornell Veterinary School does not accept MCDB 110 as sufficient preparation; please check with the professional schools you are interested in for their specific policies.

Which do I take?

MCDB 110 is sufficient for the MCAT along with proper studying and prep materials, but check with the professional schools that you are interested in for how many quarters of biochemistry they require.

MCDB 108A and MCDB 108B would also cover all topics necessary and may offer some deeper understanding that is helpful for research positions. MCDB 108C, which teaches Computational and Systems Biology, is not necessary for the MCAT.
Are you interested in taking courses at UCSB this summer? If so, read the information below!

For many students, taking courses at UCSB during the summer is a great way to get ahead in degree requirements, retake courses, or to get back on track from a setback faced during the regular academic year. These are all great reasons to take summer courses, but for pre-health students, there are a few things you should consider prior to registering.

First, it's important to remember that a key goal of yours as a pre-health student is to demonstrate to professional school admissions committees that you will be able to successfully manage the rigorous science curriculum you will face while in professional school. You can begin to do this, in part, by performing well in your undergraduate courses, particularly your professional school prerequisite science courses, while also engaging in extracurricular experiences to further your understanding of healthcare, explore personal interests, and to experience personal growth. Doing this during the regular academic year can help you to build the resilience and skills necessary to be successful in professional school.

Below are some points to consider as you think about your plans moving forward.

You might want to consider taking courses in the summer if
- You need to retake a lecture or lab course you earned a C- or lower in or to take a lecture or lab course you missed during the regular academic year (Likely Chem 1A-B-C/AL-BL-CL)
- You need to take or retake a Math or Stats course (Math 34A-B, 3A-B, PSTAT 5A/5LS)
- You want to get started on the Physics series (Physics 6A-B-C/AL-BL-CL)
- You want to take a GE or two
- You want to take a non-degree-essential course (ie, a course that doesn't explicitly fulfill a degree requirement other than providing units toward graduation)

You might want to consider not taking courses if you are doing so for these reasons
- You want to make your science course load "easier" next year
- You want to take a "difficult" science or math course without having to worry about taking other courses at the same time
- You want to finish your GEs early (A balanced schedule containing major and GE courses may be ideal for some students.)

If you have questions about summer courses and whether taking professional school prereqs over the summer is right for you, please speak to a pre-health advisor during drop-in advising, every Tuesday and Wednesday from 1:00pm - 3:30pm. More information can be found on the Health Professions Advising website, https://healthsciences.duels.ucsb.edu/.

For more information about Summer Sessions, please visit https://www.summer.ucsb.edu/.
MU DELTA PRESENTS

SPRING RUSH 2021

MEET THE BROTHERS

APRIL 5 & 6
INFORMATIONAL MEETING
7PM-8PM

APRIL 7 & 8
RUSH MIXERS
5PM-7PM

APRIL 9
PROFESSIONAL INTERVIEWS
TBD

REGISTER FOR RUSH NOW
HTTP://TINYURL.COM/MuDELTASpring2021

f mudelta
i @mudeltaucsb
w mudeltaucsb.com

*Only necessary to attend one info meeting*
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Fees are accurate as of February 2021, subject to change.*
As a student in STEM courses, Notability has taken my note-taking, studying, and performance to the next level. Try this great tool out if you are looking to transition out of paper note-taking. This has been recommended to you by your Pre-health Advising Peers!

- Take more vivid and efficient notes
- Organize all your material in one location
- Compile notes within and across courses
- Reference your notes with precision
- Audio record while notetaking and more!

Try it out with . . .
CLAS Academic Skills Workshops for Pre-Health Students!

Do you find yourself struggling in courses or want to improve in skills vital for success in your studies and future profession?

CLAS offers 90-minute sessions featuring specific exercises designed to help students identify and improve their academic skills!

- Time Management*
- Fighting Procrastination*
- Make a Study Plan*
- Confronting Confusion*
- Lecture Strategies*
- Reading Efficiency*
- Essay Exam Strategies
- Multiple Choice Exams
- Writing Papers
- Citing Sources
- Reading Comprehension
- Focus
- Motivation
- Confidence
- Performance Exams (New!)

To find sessions offered this quarter, visit the link below or navigate to the "Academic Skills" page under the "Services" tab of the CLAS website!

http://clas.sa.ucsb.edu/enrollment-schedules-overview/workshop-schedule

* = workshops we highly recommend for Pre-Health Students!
UC Santa Barbara
Koegel Autism Center

PRESENTS

T.E.A.M.
THRIVE, ENCOURAGE, ACCOMPLISH, & MAKE FRIENDS!

A VIRTUAL PROGRAM PROVIDING A SUPPORTIVE SPACE FOR STUDENT WITH AND WITHOUT AUTISM TO STAY CONNECTED AND HAVE FUN DURING REMOTE EDUCATION

WHAT TO EXPECT FROM TEAM
*Virtual Meet-Ups
*Game Nights
*Newsletter
*Social Connection

*Improve your remote experience
*de-stress
*Have FUN!

Learn and discuss academic, social, and personal skills with fellow Gauchos!

Sign-up TODAY with your UCSB.edu Email
Enrollment is free and ongoing throughout the Quarter
For more Information visit: https://education.ucsb.edu/autism/TEAM
Advising Appointment Reminder!

**Zoom**

*Appointments with Rob, Allie, Anna, or Juliette:*

Prefer Zoom? Send an email to prehealthinfo@ltsc.ucsb.edu indicating your preference. Please include your perm #, day & time of appointment, and the name of the advisor.

**Phone**

Note: Phone is the default appointment type.

Also, be sure to join the listserv and follow us on social media!

Note: Drop-Ins will all be conducted by phone.
INSIDE UCSF

Take an inside look at UCSF’s Schools of Dentistry, Medicine, Nursing and Pharmacy, the Graduate Division and Physical Therapy.

"Inside UCSF gave me a real impression of what a student can expect in terms of training and required curriculum." – Inside UCSF participant

Come enjoy UCSF student panels, interactive workshops, classroom experiences and interactions with UCSF leadership, faculty and students. Tour the campus and our brand new state-of-the-art facilities. Explore the spirit of interprofessional collaboration that sets us apart. See Inside UCSF for yourself >>> cseo.ucsf.edu/

APRIL 2-3, 2021

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CHOICE DO
A NEW GENERATION OF DOCTORS

MEDICAL SCHOOL VIRTUAL EXPO

APRIL 13, 2021
12:00 - 6:00 PM ET
# Spring 2021 Recruitment

**By UCSB’s Delta Epsilon Mu**

Spring Playlist • 6 nights • Professional • Pre-health

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| 1   | Press Play: Meet the Chapter  
Monday, March 29 • Attire: Casual | 7pm-8pm         |
| 2   | Philanthropy Night  
Tuesday, March 30 • Attire: Casual | 7pm-8pm         |
| 3   | DEMystifying Health Careers  
Wednesday, March 31 • Attire: Business Casual | 6pm-8pm         |
| 4   | Shuffle the Playlist! Speed Bonding  
Thursday, April 1 • Attire: Casual | 7pm-8pm         |
| 5   | DEMingle: Invite Only Social  
Friday, April 2 • Attire: TBA | TBA             |
| 6   | Invite Only Interviews  
Sunday, April 4 • Attire: TBA | TBA             |
National Hispanic Pharmacists Association (NHPA)

Join UCSF in our “Journey into Healthcare.” The purpose of this conference is to inform and allow undergraduate students to explore different careers in healthcare, including dentistry, medicine, nursing, pharmacy, and physical therapy.

At the conference, you will have the opportunity to learn more about the admissions process at UCSF and interact with current students in the schools of dentistry, medicine, nursing, pharmacy, and physical therapy.

Attire: Business Casual
Cost: Free!
Date: Saturday, April 10th
9:00am - 3:30pm
RSVP: tinyurl.com/s9qodv4m
SEEKING COLLEGE STUDENTS

VIRTUAL VOLUNTEER OPPORTUNITY

Looking for remote volunteer work? Become a virtual mentor for a K-12 student and tutor, give college tips, teach a new skill, or just socialize with a younger student.

SIGN UP AT
STUDENTSPHERE.ORG
Update your Pre-Professional Emphasis in GOLD!

1. Login to GOLD.

2. Navigate to “My Personal Info” under the ABOUT ME tab.

3. Select the Pre-Professional Emphasis you are pursuing!

4. Don’t forget to update your preferences!
Plan ahead for the MCAT!

2021 Schedule for the Medical College Admission Test® (MCAT®)*

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*The highlighted dates above indicate the U.S. MCAT test dates. For Canadian and international test dates, please visit students-residents.aamc.org/mcatregister.

Note: The MCAT exam is not offered in February or Oct.-December 2021.
Standard start times will be 7:30 a.m. and 3 p.m. each day.

@AAMC_MCAT

AAMC.org/mcat
New Offerings through UCSB PaCE for Pre-Health Students!

- Online on demand
- Taught by UCSB Exercise and Sports Studies Lecturers
- Early Bird Discounts and $600 PaCE Scholarships are AVAILABLE!

Medical Terminology
Medical Terminology for Health Professions gives students in-depth instruction in recognizing and forming medical terms.

Human Form & Function
Introduction of the basic structure and function of the human body.

Emergency Medical Technician (EMT) - Basic
First-time pass rate over 95%. This program gives students the skills and knowledge to function as a working EMT at the basic level.
The INSIGHT Summer Research Program is an NIH-funded, eight-week paid summer internship through the University of Washington at Harborview’s Injury Prevention and Research Center (HIPRC). Students in our program are matched to clinical research projects and partner with a UW Medicine & Health Sciences Faculty. Students get to meet and learn from peers and health professionals from across the country, and also get to participate in clinical shadowing at Harborview, and social activities and tours, including the King County Medical Examiner’s Office.

Bringing together a diverse group of young people interested in health care and research allows HIPRC to create a unique and rich resource for students who seek to learn more about what they can accomplish in the field of injury and injury prevention. The INSIGHT Program offers a $3,200 stipend to those accepted. Below follows our website, where interested students can find the application portal and all the details of the program.

June 14 - Aug. 6, 2021
Monday - Friday: 9:00 am – 5:00 pm
401 Broadway, Seattle, WA 98122.

https://hiprc.org/training/undergrad-grad/insight/
Want to Participate in a Survey?

Since the start of family medicine in 1969, the history of medical students taking interest to primary care has been pendular. Dr. Baotran Vo and her research team is currently recruiting pre-medical students to participate in a study to take an online survey on REDCap. The study seeks to understand the reasons pre-medical students’ matriculate into both the primary care and non-primary care fields as well as how much students really know about primary care and whether an educational survey on primary care topics can persuade subspecialty-advocates to change their minds.

**Are you a Pre-Medical Student?**

**Eligibility criteria is 18 years and above**

**Enter a raffle for the chance to win a $10 Starbucks gift card (Up to 5 gift cards offered)**

Contact Long Hoang Tran at (949) 767-1366 or login to [https://ci-redcap.hs.uci.edu/surveys/?s=MAECL44YJX](https://ci-redcap.hs.uci.edu/surveys/?s=MAECL44YJX) to start the survey.