

# Health Professions Advising Newsletter

April 2021

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## Appointments and Drop ins

For drop ins, please text "L and S Advising" to 805-585-5821 during regularly scheduled Pre-Health or Pre-Law drop in hours and an advisor will call you.

For appointments, use the Letters and Science Advising Appointment system to make an appointment and select "by phone".

## Follow Us!

Stay up-to-date on pre-health related events and opportunities both on and off campus by following us on Facebook (UCSB Pre-Health Advising) and Instagram (@ucsbprehealthadvising)!



## 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

## Contact Info

Location: 2105 North Hall | Email: [prehealthinfo@ltsc.ucsb.edu](mailto:prehealthinfo@ltsc.ucsb.edu) | Phone: (805) 893-2038

**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@ltsucsb.edu](mailto:prehealthinfo@ltsucsb.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>

# Health Professions Advising Events & Activities Calendar

## April 2021

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)

Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun
First Day of Spring Quarter	Phone Drop Ins: 1pm-3:30pm	Phone Drop Ins: 1pm-3:30pm	1	2	3 4
5	6 Phone Drop Ins: 1pm-3:30pm	7 Phone Drop Ins: 1pm-3:30pm	8	9 Phone Drop Ins: 9am-11:30am	10 11 AMCAS Boot-camp, 9am!  UCSF Journey into Healthcare Conference, 9am
12	13 Phone Drop Ins: 1pm-3:30pm  <b>Choose DO Virtual Fair, Noon</b>	14 Phone Drop Ins: 1pm-3:30pm  Career Services Spring Career Fair  <b>Black Men in White Coats Screening @ 5pm</b>	15 <b>Black Men in White Coats Screening available all day</b>  Rocky Vista Post-Bacc Info Session 5pm	16 <b>Black Men in White Coats Screening available until 5pm</b>  <u>Keck Graduate School Virtual Visit Day</u>	17 18
19	20 Dr. Kapp Webinar 11am  Phone Drop Ins: 1pm-3:30pm	21  Phone Drop Ins: 1pm-3:30pm	22	23 Phone Drop Ins: 9am-11:30am	24 25 Univ. Of Colorado PT Preview Day
26	27 Phone Drop Ins: 1pm-3:30pm	28 Phone Drop Ins: 1pm-3:30pm	29	30	May 1 2 MCAT Prep + Student panel, 9am!

### 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@ltsc.ucsb.edu](mailto:prehealthinfo@ltsc.ucsb.edu)**

# AMCAS BOOTCAMP

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

**Students interested in being part of the MCAT or DAT  
panels should send an email to  
[prehealthinfo@ltsc.ucsb.edu](mailto:prehealthinfo@ltsc.ucsb.edu).**

# Attention UCSB Pre-Med Students!

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

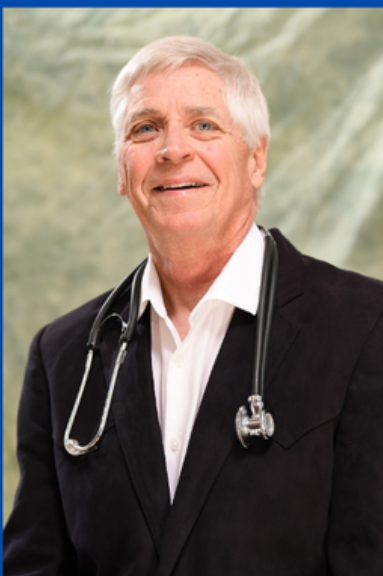
**Please RSVP using the link below no later  
than 3:00pm on Friday, April 16th!**

**<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!



**OFFICE OF ADMISSIONS**



Friday, Apr.  
**16**

9 a.m. - 12 p.m.

Questions? Contact the  
Admissions Office at  
[hs-somtours@ucdavis.edu](mailto:hs-somtours@ucdavis.edu).

## 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](https://health.ucdavis.edu/diversity/tours.html) for more information. [Register here.](#)



Proud to be ranked #7 in primary care by U.S. News & World Report



Rocky Vista University  
Master of Science in  
Biomedical Sciences



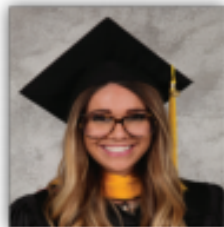
# Information Session — **April 15th, 5-6pm!** with UC Santa Barbara

## ABOUT THE PROGRAM

"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



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

WEBSITE | EMAIL | APPLY

- 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!

## The 2021 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/](https://medicine.wsu.edu/about-the-college/diversity-inclusion/pathway-programs/inmed-reimagine-indians-into-medicine-rise-pathway-program/)

### RISE

REIMAGINE INDIANS INTO MEDICINE

## 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/>



HSDA at UCSF presents...

## 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\\_3jVs7xjytpy031](https://ucsf.co1.qualtrics.com/jfe/form/SV_3jVs7xjytpy031)

## PT Preview Day

Saturday, April 24, 2021



This year the CU PT Program is proud to offer a two-session PT Preview Day event tailored to meet the needs of various audiences. Sessions will be broadcasted via Zoom. Access information for the event will be sent to registrants a few days before the event. [Registration](https://ucdenver.co1.qualtrics.com/jfe/form/SV_6innSSK3mqkgvNI) is now open and is **required**. If the link does not work, please copy and paste this link in your browser: [https://ucdenver.co1.qualtrics.com/jfe/form/SV\\_6innSSK3mqkgvNI](https://ucdenver.co1.qualtrics.com/jfe/form/SV_6innSSK3mqkgvNI)

Questions? Contact [PT.Admissions@cuanschutz.edu](mailto:PT.Admissions@cuanschutz.edu)

### Session 1: Undergraduate Students and Future Applicants

Prospective students who are in the midst of completing undergraduate coursework (degree or non-degree seeking) and/or will be applying to the program in the next 1-3 years are encouraged to attend Session 1 of PT Preview Day. Register for "Session 1."

9:00-10:30 AM  
10:30-11:30 AM

Information Session  
Faculty/Student Panel

### Session 2: High School Students and Students Exploring Health Professions

Individuals who are in high school or are merely exploring the PT profession (who do NOT have plans to apply to the program in the next couple of years) are encouraged to attend Session 2 of PT Preview Day. Register for "Session 2."

1:00-2:30 PM

Interactive Information Session

# Which Biochemistry Course should I take?

## MCDB 108 vs MCDB 110

by Juliette R., Pre-Health Peer Advisor, 4th Year Cell & Developmental Biology Major

### 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](http://tinyurl.com/mudeltaspring2021)



**mudelta**



**@mudeltaucsb**



**mudeltaucsb.com**

*\*Only necessary to attend  
one info meeting\**

CREATE!  
SUMMER!

SESSIONS	JUNE	JUL	AUG	SEPT			
<b>A</b> 6 weeks	6/21 - 7/31						
<b>B</b> 6 weeks			8/2 - 9/11				
<b>C</b> 10 weeks	6/21 - 8/28						
<b>D</b> 3 weeks	6/21 - 7/10						
<b>E</b> 3 weeks		7/12 - 7/31					
<b>F</b> 3 weeks			8/2 - 8/21				
<b>G</b> 3 weeks				8/23 - 9/11			
DEADLINES	A	B	C	D	E	F	G
<b>DROP W/ REFUND</b>	Jun 25	Aug 6	Jun 25	Jun 25	Jul 16	Aug 6	Aug 27
<b>DROP A COURSE</b>	Jul 7	Aug 17	Jul 19	Jun 28	Jul 19	Aug 9	Aug 30
<b>ADD A COURSE</b>	Jun 25	Aug 6	Jun 25	Jun 25	Jul 16	Aug 6	Aug 27
<b>ADD W/ APPROVAL CODE</b>	Jul 1	Aug 12	Jul 12	Jun 25	Jul 16	Aug 6	Aug 27
<b>CHANGE GRADING OPTION</b>	Jul 20	Aug 30	Aug 13	Jul 6	Jul 26	Aug 16	Sept 7
<b>PAY FEES*</b>	Jun 23	Aug 4	Jun 23	Jun 23	Jun 23	Aug 4	Aug 4



**CREATE!  
SUMMER!**

REGISTRATION	PASS 1	PASS 2	PASS 3
SENIORS & GRADS	Apr 5	Apr 19	May 3
JUNIORS	Apr 6	Apr 20	May 3
SOPHOMORES	Apr 7	Apr 21	May 3
FRESHMEN	Apr 8	Apr 22	May 3
UC VISITING		Apr 23	May 3
NON-UC VISITING			May 3
PASS ENDS	Apr 13	Apr 27	Sept 11
ENROLLMENT MAX	16 units	24 units	College Limit
FEES	UC UNDERGRAD	UC GRAD	NON-UC
PER UNIT FEE	\$279	\$349	\$279
CAMPUS BASED FEE	\$495.45	\$224.93	\$495.45
APPLICATION FEE	N/A	N/A	\$200
UNIT FEE CAP	15 units	12 units	No Cap
L&S TECH FEE	\$2.50/unit (For all L&S Courses)		

*Fees are accurate as of February 2021, subject to change.\**

# LOOKING FOR A NEW WAY TO TAKE NOTES?

T. Graepel (DeepMind): Automatic Curricula in Deep MARL

Heider & Simmel 1944

- socially hard-wired
- principle initially introduced

Intelligence  $\rightarrow \mathcal{V}(\pi) = \sum z^{-k(\pi)} V_m^{\pi}$

measure  $\rightarrow$  complexity weight

Multi-Agent Importance: APPLICATIONS + ARCHITECTURES \* AUTO-CURRICULA!

who is really intelligent?  $\rightarrow$  civilization?

Problem-Problem  $\leftrightarrow$  Auto-curricula

COMPETITION: other species, other tribes, other individuals

COOPERATION: multi-share, learn, culture/lang.

What makes a Rich Learning Env.?

1. agent sees others as part of env. dynamics
2. dynamics are non-state  $\rightarrow$  others learn!
3. other agent's learning  $\rightarrow$  new training task

① ALPHA ZERO: 2 players, 0-sum, perfect info.  $\rightarrow$  policy net: breadth  $\downarrow$ , value net: depth  $\downarrow$

② CAPTURE-THE-FLAG: 2 teams, 0-sum, partial info.  $\rightarrow$  PBT + PROCEDURAL, adversary hyperparameters

③ SOCIAL DILEMMAS: n players, mixed motive.  $\rightarrow$  SD = tipping point, stable emergence, common resources, emergent social outcome

T. Graepel (DeepMind): Automatic Curricula in Deep MARL

HEIDER & SIMMEL [1934]

INTELLIGENCE  $\Rightarrow \mathcal{V}(\pi) = \sum z^{-k(\pi)} V_m^{\pi}$

MEASURE  $\rightarrow$  COMPLEXITY WEIGHT

MULTI-AGENT IMPORTANCE: APPLICATIONS ARCHITECTURES \* AUTO-CURRICULA!

WHO IS REALLY INTELLIGENT?  $\rightarrow$  CIVILIZATION?  $\Rightarrow$  COMPANY IS NECESSARY INGREDIENT!

WHAT MAKES A RICH LEARNING ENV?  $\Rightarrow$  MARL

1. AGENT EXPERIENCES OTHER AGENTS AS PART OF ENV DYNAM
2. DYNAMICS ARE NON-STAT.  $\leftrightarrow$  OTHERS LEARN
3. OTHER AGENT'S LEARNING = NEW TRAINING TASK

SOCIAL INTELLIGENCE HYPOTH. SOCIAL COMPLEXITY = KEY SELECTIVE PRESSURE DUBAR OT!

ENVIRONMENT: A1, A2, A3, A4

- EXPLORE BY EXPLOIT  $\rightarrow$  PUSHED INTO
- DIVERSE POPULATION  $\rightarrow$  COVER SPACE
- SKILL-BASED MATCH MAKING  $\rightarrow$  BALANCE FOR ROBUSTNESS

① ALPHA ZERO: 2 PLAYERS, 0-SUM, PERF. INFO.  $\rightarrow$  POLICY NET: BREADTH  $\downarrow$ , VALUE NET: DEPTH  $\downarrow$ . SELF-PLAY DATA COLL.  $\rightarrow$  LESS SEARCH

② CAPTURE-THE-FLAG: 2 TEAMS, 0-SUM, PARTIAL INFO.  $\rightarrow$  PBT + PROCEDURAL GEN., DIVERSITY, META-OP. HYPERPARAMETERS  $\rightarrow$  2 TIME-SCALE RNN!,  $\rightarrow$  ISSUE  $\rightarrow$  INTERNAL REPR.

③ SOCIAL DILEMMAS: n PLAYERS, MIXED MOTIVE, PARTIAL INFO.  $\rightarrow$  SD = TIPPING POINT SELECTION, STABLE COOPER. EMERGENCE, COMMON POOL RESOURCES, EMERGENT SOCIAL OUTCOME!

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 . . .

NOTABILITY

Download on the App Store

# 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](mailto: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/](http://cseo.ucsf.edu/)

## APRIL 2-3, 2021

This exciting and informative event is designed to introduce students to a specific health science career path, provide opportunities to meet students and faculty, and offer a chance to become inspired about future career possibilities. The program – including meals and travel – is offered at no cost to selected applicants.

# UCSF

University of California  
San Francisco

*advancing health worldwide™*

**CHOOSE 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



#	TITLE	
01	<i>JOIN US VIRTUALLY VIA ZOOM</i>	
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/s9godv4m](https://tinyurl.com/s9godv4m)

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.

UCSB GauchO On-Line Data

Current Students

UCSB Net ID

Password

Login

For assistance with your UCSB

UCSB GauchO On-Line Data

MESSAGES FEEDBACK HELP LOGOUT

MY SCHEDULE FIND COURSES REGISTRATION GRADES PROGRESS ABOUT ME

ABOUT ME

My Personal Info

My Addresses

My Notifications

ANNOUNCEMENTS

Welcome

Last successful login: 12/5/2019 1:05 PM

You have 2 unread message(s).

Online Courses at Other UC Campuses

Undergraduate students interested in enrolling in online courses offered by other UC campuses for Winter 2020 should consult the UC Cross-Campus Enrollment website (<http://crossenroll.universityofcalifornia.edu>).

Please note that students enrolling in these courses must meet all eligibility criteria for Simultaneous Enrollment (<http://registrar.sa.ucsb.edu/intercampus.aspx>) with one exception: students do not necessarily need to be enrolled in 12 on campus units to be eligible to enroll in UCOE courses unless they are international students or student athletes. Students in the College of Letters and Science and the College of Engineering should meet with an adviser in their college prior to enrollment.

Continue

## 2. Navigate to "My Personal Info" under the ABOUT ME tab.

UCSB GauchO On-Line Data

MESSAGES FEEDBACK HELP LOGOUT

MY SCHEDULE FIND COURSES REGISTRATION GRADES PROGRESS ABOUT ME

PERSONAL DATA

Your current preferences are shown below. If you want to update them, make the change(s) you need and click 'Update'.

Pre-Professional Emphasis: MEDICINE

Marital Status:

Dependents:

Religious Preference:

GOLD/Printed Student Directory:

E-Mail Directory:

Preferred Name:

Pronoun:

How is this Information Used?

Learn More About Pronouns

4. Don't forget to update your preferences!

Cancel Update

# Plan ahead for the MCAT!



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



MCAT Admin							Score Release								
JAN							FEB							Jan. 15	Feb. 17
FEB							MAR							Jan. 16	Feb. 17
MAR							APR							Jan. 21	Feb. 24
APR							MAY							Jan. 25	Feb. 24
MAY							JUN							March 13	April 13
JUN							JUL							March 26	April 27
JUL							AUG							April 10	May 11
AUG							SEP							April 23	May 25
SEP							OCT							April 30	June 1
OCT							NOV							May 1	June 1
NOV							DEC							May 14	June 15
DEC							JAN							May 15	June 15
JAN							FEB							May 20	June 22
FEB							MAR							May 28	June 29
MAR							APR							June 4	July 7
APR							MAY							June 18	July 20
MAY							JUN							June 19	July 20
JUN							JUL							June 26	July 27
JUL							AUG							June 30	Aug. 3
AUG							SEP							July 17	Aug. 17
SEP							OCT							July 22	Aug. 24
OCT							NOV							July 30	Aug. 31
NOV							DEC							Aug. 7	Sept. 8
DEC							JAN							Aug. 13	Sept. 14
JAN							FEB							Aug. 21	Sept. 21
FEB							MAR							Aug. 26	Sept. 28
MAR							APR							Aug. 27	Sept. 28
APR							MAY							Sept. 2	Oct. 5
MAY							JUN							Sept. 3	Oct. 5
JUN							JUL							Sept. 10	Oct. 12
JUL							AUG							Sept. 11	Oct. 12
AUG							SEP								
SEP							OCT								
OCT							NOV								
NOV							DEC								
DEC							JAN								

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

MCAT® is a program of the  
Association of American Medical Colleges

[aamc.org/mcat](https://aamc.org/mcat)

@AAMC\_MCAT



# New Offerings through UCSB PaCE for Pre-Health Students!

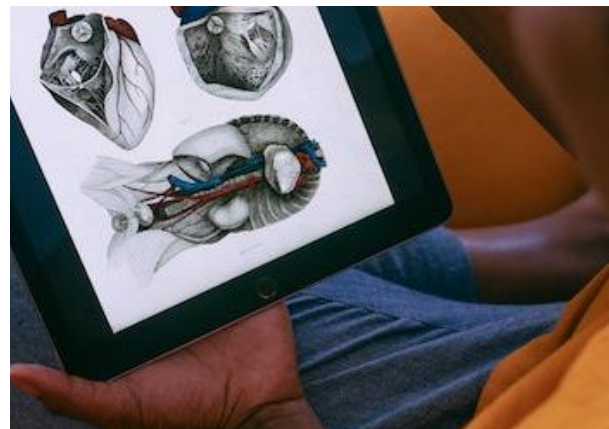
- Online on demand
- Taught by UCSB Exercise and Sports Studies Lecturers
- *Early Bird Discounts* and *\$600 PaCE Scholarships* are AVAILABLE!



**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.



# INSIGHT

## Injury Research Training Program

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> to start the survey