

Health Science Advising Newsletter

December 2019/January 2020

In this Issue

Reflecting on F19.....	Pg 1
Dec. '19/Jan. '20	
Calendar.....	Pg 3
Event & Activity	
Details.....	Pg 5 - 10
Have an Event to	
Share?.....	Pg 11

Follow Us!

Stay up-to-date on pre-health
related events and
opportunities both on and
off campus by following us
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and Instagram
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Don't forget to tag us!



Reflecting on F19 to Prepare for W20

As the Fall 2019 Quarter begins to wrap up, it is important for students to reflect on their academic performance. If you're reading this and are finding that you haven't been able to earn the grades that you were hoping to earn, then fear not because I'm going to share some tips to help you get back on track!

Time Management

As you become more involved in extracurricular activities, managing your time will become more and more important, but you should always remember that academics are your first priority. We tell all of our pre-health students, "Experiences can be gained at any time, so do not neglect academics in your pursuit of extracurricular opportunities." Here are some tips for managing your time.

1. At the start of each quarter, create a weekly schedule. Begin by filling in items that will not change during the course of the quarter, such as your class times, including discussions and labs, followed by your other priorities/obligations, such as work, practice, eating, sleeping, and so on.
2. Use your Google calendar or a calendar/reminder app on your phone. Go through each syllabus and input lecture topics and test/exam dates, if known.
3. Stick to your schedule! Consistency is the key. Plan as much as you can in advance, but remember that you can be flexible.

In addition to managing your time, it is also vital to development effective study skills! (See Page 2)

Contact Info

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Study Skills (Continued from Page 1)

We regularly hear from students who find that, despite attending tutorials at the CLAS, they still find themselves struggling in their courses. The reasons for this vary widely, but there are some trends that are pretty consistent for students.

Ineffective Studying/Preparation

Only doing practice problems
Only reading part of a chapter
Reading a chapter but not taking notes
Not reading until after the lecture
Only relying on the lecture and notes taken during lecture

Effective Studying/Preparation

Many instructors provide an outline of lecture topics in their course syllabus, and some even provide resources, such as slides or notes, in advance of lectures. Successful students take advantage of this information and those resources. Additionally, your textbooks are vital sources of information, so you HAVE to fully utilize them! Here are some tips for getting the most out of textbooks and other resources.

1. Review every syllabus at the start of the quarter and input topics, due dates for assignments, and dates and times for exams into your calendar/reminder apps.
2. Read and take notes on the appropriate chapter(s) *prior to the lecture* by utilizing SQ3R and Active Reading Strategies. SQ3R is a reading strategy that can help students make meaning from their textbooks. S = Survey, Q = Question, R = Read, R = Recite, R = Review. Details on how to apply SQ3R can be found at <https://www.studygs.net/texred2.htm>. *Active Reading Strategies* are designed to help students improve reading comprehension. More information on Active Reading Strategies can be found here, <https://medium.com/@heinemann/7-comprehension-strategies-every-teacher-can-share-16b4e49354aa>, and on many other websites.
3. Take notes during lecture! Taking notes during the lecture can help you make important connections between what your instructor is teaching and what you read in the textbook prior.
4. Incorporate notes taken prior to lecture with notes taken during the lecture. Reflection and synthesis is important in developing a deep understanding of concepts you are learning.

Although these strategies may add more time to your current study schedule, the more you practice these techniques, the more efficient you will become. And hopefully, you will start to see improvement in your academics!

For more help developing time management and study skills, consider an Academic Skills Consultation at the CLAS!

Health Science Advising Events & Activities Calendar

December 2019

Note: drop-in advising will take place on Tuesday & Wednesday afternoons from 1:00pm - 3:30pm and on specific Fridays (See dates in calendar) from 9:00am - 11:30am!

Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun
2	3	4	5	6 Pre-health drop-ins 9am - 11:30am, 2105 North Hall Last day of instruction	7 8 Final Exams 12/7 through 12/13
9	10	11	12	13 Fall Quarter Ends	14 15
16	17	18	19	20 Deadline for grading option change	21 22
23	24 Christmas Eve, Offices Closed	25 Christmas Day, Offices Closed	26	27	28 29
30	31 New Year's Eve, Offices Closed	January 1 New Year's Day, Offices Closed	January 2	January 3	1/4 1/5



Happy Holidays!



Health Science Advising Events & Activities Calendar

January 2020

Note: drop-in advising will take place on Tuesday & Wednesday afternoons from 1:00pm - 3:30pm and on specific Fridays (See dates in calendar) from 9:00am - 11:30am!

Monday	Tuesday	Wednesday	Thursday	Friday	Sat./Sun
		1	2	3	4 5
6	7	8	9	10 Deadline to drop courses for free Deadline to add courses w/out code	11 12
13	14	15	16	17 Deadline to add courses or change grading option for free	18 19
20 MLK Jr. Day, Offices Closed	21 Deadline to declare candidacy to graduate	22	23	24	25 26
27 Deadline to add courses	28	29	30	31	

Happy New Year!



MEDICAL. SCHOOL. APPLICATION BOOT CAMP

**Date, Time, and Location
are TBD, so stay tuned!**

UCSB Health Science Advising will present the annual review of the 2020-21 AMCAS application process for admission to medical school. The focus will be on the issues and questions that often arise as applicants are completing the primary application followed by a Q & A discussion. Familiarity with The Official Guide to Medical School Admissions is highly recommended.

**Link to AAMC site for 2020-21 Medical School Admissions Guide
TBD**



Tired of sifting through countless emails?



Stay up-to-date on pre-health events and info at and around UCSB by following us on Facebook and Instagram!



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Instagram
[@ucsbprehealthadvising](https://www.instagram.com/ucsbprehealthadvising)



Questions? Email us at prehealthinfo@ucsb.edu

Project Title: Diversions in Health Inequities Research Project (DHIRP)

Project Description:

This study seeks to understand whether literature published in three top health journals (for the past five years) tends to focus on disadvantaged groups in explaining health inequities to the exclusion of advantaged groups in creating such inequities. Students will be asked to read and code articles. Do articles tend to identify characteristics of the disadvantaged, their traits, their behaviors, their communities, their cultural orientations, their genes, or their failure to be resilient as the source of health inequalities? Or do articles identify actions advantaged people take to insure that they reap the greatest health benefits possible? The findings from this research will be used to provide empirical evidence as to whether health research tends to divert attention away from the actions of the advantaged.

Type of Work:

Students will be responsible for reading through various research articles and coding. These research articles will be found in Zotero, a reference manager application used by researchers to help save references, research databases, and research articles. A coding tool will be provided to facilitate the coding process. Students will be trained in qualitative coding and supervised by two faculty members (San Juanita García, UCSB and Bruce Link, UCR) and four Graduate Research Assistants (two from UCSB and two from UCR). While coding will take place individually, we will engage in group meetings especially to discuss progress in coding, inter-rater reliability, and any additional pertinent issues that arise related to the analysis.

Highly motivated students who want to gain research experience, especially students that are passionate about health inequities are encouraged to apply. This is a great opportunity for students seeking to gain hands-on-research experience, especially those interested in pursuing graduate studies. Students will receive course credit through CHST 99 or 199RA.

Minimum Requirements:

UCSB Undergraduate Student

Other Requirements:

Express enthusiasm and commitment to the research project
A strong sense of responsibility and meticulousness in completing tasks
Great time-management skills and strong analytical skills
Curiosity and grit in completing project

Position(s) Available:

5 position(s) available

Time Commitment:

Winter 2019; Spring 2020

Type of Work:

Coding

Student Level:

Undergraduate Students
Open to Transfer Students
Open to Non-Majors

Student GPA:

3.0 or above

College:

Open to various colleges and disciplines

Department/Program:

Chicana and Chicano Studies

Course Credit:

CHST 99 or 199RA

Application Deadline:

December 2, 2019

Keywords:

health disparities, health inequalities, health inequities

Selection Process:

To apply email Dr. San Juanita García (juanita_garcia@ucsb.edu) with Diversions in Health Inequities Research Project in the email subject heading.

In your email please tell me why you are interested in this research opportunity and what you hope to gain from this experience. Attach a resume or curriculum vitae with your email.

CONTACT INFORMATION

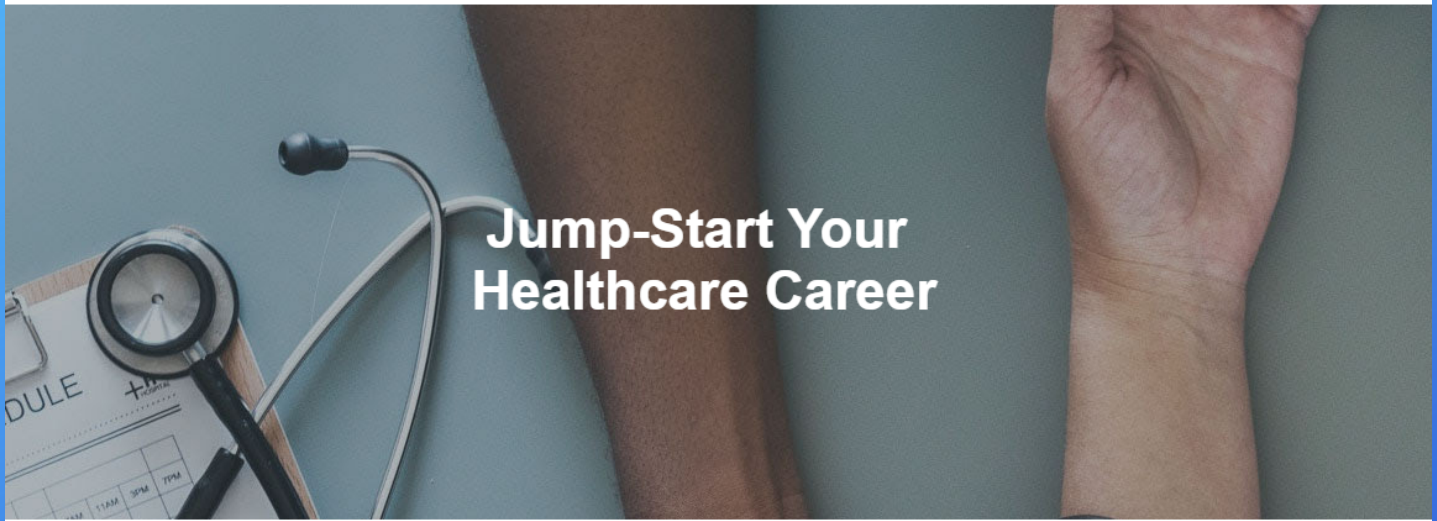
San Juanita García, PhD

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University of California, Santa Barbara

juanita_garcia@ucsb.edu

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Continuing Education



Jump-Start Your Healthcare Career

****For a limited time, UCSB Students can enroll in Introduction to Medical Humanities with a 50% discount. Follow the instructions on the course page! ****

In addition to the discount, seven HFA Scholarships are available to deserving students.

In combination with the PaCE Discount above, scholarship recipients will not pay any tuition for the Introduction to Medical Humanities course in F19!

Contact us at help@professional.ucsb.edu or respond to this email for more information!

Want to share your event with pre-health students at UCSB?

The Health Science Advising Newsletter will be distributed on or before the 1st of each month during the regular academic year.

If an individual or organization has an event taking place or information that would be of interest to pre-health students at UCSB, then please send an email, preferably with a flyer (PNG or JPG file formats), to prehealthinfo@ucsb.edu.

Information should be submitted **at least two weeks** prior to the start of the month in which the event is to take place or in which the information being shared is relevant.

Flyers and event information submitted **during the week prior** to the start of the upcoming month are not guaranteed to be included in the newsletter for the upcoming month.

Requests that do not have a flyer will be distributed using plain text.

Please direct questions to prehealthinfo@ucsb.edu.

Thank You!