



# Health Science Advising Newsletter

February 2020

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## 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)!

Don't forget to tag us!



## Research Opportunities for Pre-Health Students

Are you interested in getting involved in undergraduate research here on campus? Well you're in luck! UCSB is a world-renowned research university with many labs all over campus and ample opportunities for undergraduate involvement. Due to UCSB's small graduate student population, professors, postdoctoral fellows, and graduate students are constantly looking for undergraduates to take on a role in their projects! This is one of the many great and unique features of UCSB, which is often not the case at other universities. So, take advantage!

Undergraduate research is a great opportunity to supplement your coursework with hands-on experience or expand your knowledge in another discipline you are interested in. Especially for a Pre-Health student, engaging in a research position will give you hands-on experience important to building confidence for a career in the Health Sciences. Knowledge of the research process and improvement of your problem-solving skills/ability to think outside the box will help you in just about every task you encounter in your professional pursuits. I even found myself understanding my upper division classes better after getting involved in research! Here, I am going to outline some basic methods for finding a research position that you can start with! (Continued on Page 2)

### Appointment Update!

If you have an appointment with Allie Edelstein, please note that her office is in 2105 North Hall (in the Pre-Professional Advising Office). You may have received a confirmation email telling you to go to Cheadle Hall, but please disregard that message. All pre-health appointments from February onward will be held in 2105 North Hall.

### Contact Info

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

## Research Opportunities for Pre-Health Students, Continued

- Visit the Faculty Research Assistance Program (FRAP) directory.
  - Here, you can locate specific departments on campus, read about the research professors are currently engaged in, and contact them based on your interests. I have found the FRAP directory to be the best place to start to get a sense of labs on campus.
  - <https://urca.ucsb.edu/frap/directory>
- Talk to professors, TAs, or graduate students during their office hours!
  - Email to set up a time as they are often busy.
- \*Get in touch with graduate students!!
  - Professors often have a lot on their plate, so getting in touch with the graduate students in their labs can be a GREAT way to get involved.
  - They have a great sense of the help they need in labs and discussing research with them can be less intimidating than approaching a professor!
- Reach out to upperclassmen and see if they have any advice.
  - Finding an undergraduate student to bring into the lab takes time that professors often do not have. Talking to someone involved in a lab could lead to a position by recommendation!
- Visit the FRAP office in room 1576 of the Library (ground floor, Oceanside).
  - A great option if you know you want to participate and just need a place to begin.
  - If you are wondering how to contact a professor, they can help you craft an email!
- KEY POINT: Don't be afraid to reach out!  
Send emails, talk to those involved, and express your interest in the field you desire.

The need for undergraduate researchers at UCSB is a huge plus for our undergraduate population. If you are interested in obtaining a research position, try starting with these methods and you could be working in a lab before you know it!

P.S. Professors and graduate students love students with flexible schedules!

P.P.S. If you are offered a position in a lab but are not quite sure the research topic is your favorite... Say yes! Test it out and you might find it is something you had more interest in than you initially thought. You can always tell the professor that the lab is not right for you if it comes to that. They will appreciate your honesty as they want an engaged student just as much as you want a position you are interested in.

Ryan Rossi is a 4th year, Pre-Med, Pharmacology major at UCSB.

# Health Science Advising Events & Activities Calendar

## February 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
				Pre-health drop-ins 9am - 11:30am, 2105 North Hall Last day of instruction	1 2 • Final Exams 12/7 through 12/13 • Application for Summer Sessions opens for returning students
3 Deadline for undergraduates in L&S and ENGR to drop courses without a W grade	4 Pass Times Available on GOLD	5	6 HSA Personal Statement Workshop, 5:30pm - 7pm, 1115 North Hall.	7	8 9
10	11	12	13	14	15 16
17 President's Day, No classes	18 • First day to declare candidacy • Commencement Reservations Open (Non-CCS students) • Pass 1 Begins	19 Mu Delta guest speakers: Embarcadero Hall, 7pm - 9pm (See flyer)	20 • AAMC Virtual Medical School Fair	21	22 23
24	25 • Continuing Undergraduate Students' Early Registration Deadline (Non-CCS students)\$50 late registration fee after this date • Pass 1 Ends	26	27 Pass 2 Begins	28 Deadline for undergraduates in L&S and ENGR to change grading option	29 March 1

### Pre-Health Student Organizations Meeting Information

**Los Curanderos:** Wednesdays from 5pm - 6pm in the Santa Barbara Harbor Room (Lower level of UCen)

**PVMA:** Alt. Tuesdays (Feb. 11th & 25th) from 7pm in Girvetz 2129

**Envision:** Mondays, 6pm in Chumash Room (Ucen)

# Give us your feedback!



UCSB Health Science Advising would like your feedback on the advising you receive and programs we offer. Share with us what you love and find beneficial about Health Science Advising, and also let us know what we can do better or what information you think would be beneficial for yourself and other pre-health students at UCSB!

**Follow this link to complete the survey:**  
**<https://forms.gle/DffDrnuXNzT4NoP57>**

**UCSB Health Sciences  
Advising:  
Personal Statement Writing  
Workshop**

**Thursday, February 6th  
5:30pm - 7:00pm  
1115 North Hall**

3rd and 4th year students planning to apply to health professions schools during the upcoming application cycle are strongly encouraged to attend!

Questions? Email us at  
[prehealthinfo@ltsc.ucsb.edu](mailto:prehealthinfo@ltsc.ucsb.edu)



WANT A BREAK FROM STUDYING?  
JOIN PVMA TO PLAY:

# Animal Jeopardy!

TEST YOUR KNOWLEDGE,  
LEARN SOMETHING NEW,  
& HAVE FUN WITH FRIENDS


**Where?**  
February 11, 2020  
Girvetz Hall  
2129  
7pm-8pm



UCSB PVMA  
*Pre-Veterinary Medical Association*

**\*\*SMALL PRIZES WILL BE GIVEN\*\***

*Check out these events!*



## Special Event

Thursday, February 6, 2020  
330-430 PM  
4164 Bio II

A student-focused discussion with

### Dr. Mary-Claire King


Discoverer of the *Brca-1* gene

Dr. King will also give a free public lecture at 730 PM in Campbell Hall

***The Genetics of Inherited Breast and Ovarian Cancer: From Gene Discovery to Precision Medicine and Public Health***

*Renowned human geneticist Dr. Mary-Claire King discovered the genetic mutation responsible for breast cancer, a finding that has revolutionized the course of cancer research and transformed the way patients are diagnosed and treated. A recipient of the National Medal of Science for her bold, imaginative and diverse contributions to medical science and human rights, Dr. King will discuss the genetics of inherited cancers, followed by a panel discussion with local physicians and researchers, including MCDB Professor Denise Montell.*

Presented by UCSB Arts & Lectures and the Cancer Foundation of Santa Barbara in association with Breast Cancer Resource Center, Ridley-Tree Cancer Center at Sansum Clinic, Santa Barbara Neighborhood Clinics and UCSB Department of Molecular, Cellular and Developmental Biology. The Cancer Foundation of Santa Barbara is a proud supporter of the Ridley-Tree Cancer Center and its Genetic Counseling Program.



# MU DELTA PRESENTS:

## ONCE UPON A TIME IN MEDICINE... HOW WILL THE PAST INFORM THE



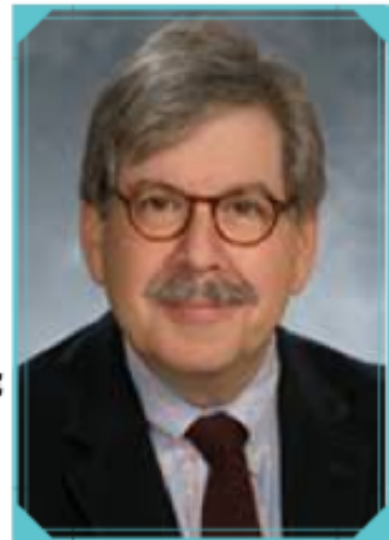
## FUTURE?

**FEBRUARY 19TH, 2020**

**EMBARCADERO HALL**

**935 EMBARCADERO DEL NORTE**

**7:00PM TO 9:00PM**



**BRENDAN M. REILLY M.D.**

**ALAN I. LEIBOWITZ M.D.**

COME LEARN ABOUT THE EVER SO CHANGING SCIENCE AND POWER OF MEDICINE FROM OUR TWO SPEAKERS WHO HAVE GONE THROUGH THE RIGOROUS TRIALS FIRST HAND. BOTH STUDYING MEDICINE FOR 50 YEARS, THEY HAVE BEEN ABLE TO EXPERIENCE THESE HISTORIC CHANGES AS PRACTICING PHYSICIANS AND INSTITUTIONAL LEADERS. THEIR STORIES MAY NOT ANSWER ALL YOUR QUESTIONS BUT WILL MAKE YOU WISER FOR HAVING HEARD THEM.

**DR. BRENDAN M. REILLY** IS THE AUTHOR OF THE CRITICALLY ACCLAIMED MEMOIR *ONE DOCTOR: CLOSE CALLS, COLD CASES AND THE MYSTERIES OF MEDICINE* AND PRIOR CHAIR OF MEDICINE/PHYSICIAN-IN-CHIEF AT CHICAGO'S COOK COUNTY HOSPITAL (WHICH, DURING REILLY'S TENURE THERE, WAS THE INSPIRATION AND SETTING FOR THE TELEVISION SERIES ER). PRACTICING INTERNAL MEDICINE FOR OVER FORTY YEARS, HE HAS ALSO SERVED AS A DISTINGUISHED PROFESSOR OF MEDICINE AT VARIOUS MEDICAL SCHOOLS AND HELD ADMINISTRATIVE LEADERSHIP POSITIONS AT MANY MAJOR MEDICAL CENTERS. CURRENTLY HONORARY PROFESSOR OF MEDICINE AT DARTMOUTH, REILLY IS THE AUTHOR OF MEDICAL TEXTBOOKS AND NUMEROUS RESEARCH ARTICLES IN HIGH-IMPACT MEDICAL JOURNALS AND IS NOW COMPLETING HIS FIRST NOVEL.

**DR. ALAN I. LEIBOWITZ** IS CURRENTLY PROFESSOR EMERITUS AT THE UNIVERSITY OF ARIZONA AND IS BOARD CERTIFIED IN INTERNAL MEDICINE AND GASTROENTEROLOGY/LIVER DISEASE. HE HAS BEEN ASSOCIATE DEAN FOR GRADUATE MEDICAL EDUCATION AT THE UNIVERSITY OF ARIZONA COLLEGE OF MEDICINE-PHOENIX AND BANNER-UNIVERSITY MEDICAL CENTER FOR THE PAST 12 YEARS, ALSO SERVING AS THE CHAIR OF INTERNAL MEDICINE FOR THE MEDICAL SCHOOL AND PROGRAM DIRECTOR OF INTERNAL MEDICINE.



MUDELTAAUCSB



WWW.MUDELTAAUCSB.COM/



# 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!**





# **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**

# Interested in Physical Therapy?

We recently received a wonderful donation of physical therapy-related textbooks that are available to be checked out by interested pre-physical therapy students at UCSB!

If you would like to check out one of the textbooks below, please come to the Pre-Professional Advising Office, 2105 North Hall during our Drop-In Advising times.





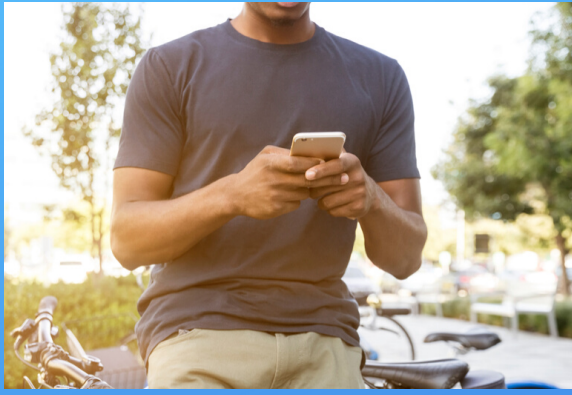
# MCAT and DAT Workshops & Student Panels

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

This Spring, UCSB Health Science Advising will present our first MCAT and DAT Prep Workshops! The MCAT Workshop will take place, tentatively, on May 2nd, followed by the DAT Workshop, tentatively, on May 9th. Our advisors will present an overview of the admissions tests followed by a Q & A discussion led by UCSB students who have already taken and performed well on the tests. Familiarity with your professional school's prerequisite courses and standing as a 3rd year+ student is highly recommended.

Does your professional school require the GRE?

The CLAS offers GRE prep workshops! Learn more at:  
<http://clas.sa.ucsb.edu/services/academic-skills>



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!



Facebook

UCSB Pre-Health Advising

Instagram

@ucsbprehealthadvising



Questions? Email us at [prehealthinfo@ucsb.edu](mailto:prehealthinfo@ucsb.edu)

## Become an EMT!

Learn More

UCSB Professional and Continuing Education (PaCE) is now offering Emergency Medical Technician (EMT) Certification training on campus! Space is still available in the Spring/Summer section. Students pursuing a higher level of medical training such as RN, PA or MD can use this certification and experience as an enhancement for the competitive application process found in those professions. The course will include clinical observations in hospital and/or ambulance settings.

### **To enroll, visit:**

<https://enroll.professional.ucsb.edu/search/publicCourseSearchDetails.do?>

[method=load&courseId=31276812&utm\\_medium=email&utm\\_campaign=emt&utm\\_content=emt+CID\\_6fdb09e53ad3a36f0a0dd9eadc08e160&utm\\_source=cm&utm\\_term=Start%20Now](https://enroll.professional.ucsb.edu/search/publicCourseSearchDetails.do?method=load&courseId=31276812&utm_medium=email&utm_campaign=emt&utm_content=emt+CID_6fdb09e53ad3a36f0a0dd9eadc08e160&utm_source=cm&utm_term=Start%20Now)

UC SANTA BARBARA | EXTENSION  
Professional and  
Continuing Education



## Jump-Start Your Healthcare Career

### Medical Humanities in the World

Coming this Spring PaCE will be offering [Medical Humanities in the World, INT X411](#) - one of two required courses for the Medical Humanities Certificate. Designed for future healthcare leaders, this certificate can increase empathy and resiliency to burnout in health fields.

For a limited time, UCSB Students can enroll in [Medical Humanities in the World](#) with a 50% discount.

[Follow the instructions on the course page.](#)

HFA Scholarships worth a 50% tuition discount are also available. In combination with the PaCE Discount above, HFA scholarship recipients will not pay ANY tuition for the Spring 2020 course!

[Contact us for more information](#)

[https://ucsbprofessionalandcontinuingeducation.createse  
nd1.com/t/r-l-jhcvhy-l-k/](https://ucsbprofessionalandcontinuingeducation.createse<br/>nd1.com/t/r-l-jhcvhy-l-k/)

COME AND JOIN UCSB'S



PRE-  
VETERINARY  
MEDICAL  
ASSOCIATION

*\*\* all animal lovers welcome! Do NOT have to be pre-vet to participate \*\**

**MEETINGS WILL TAKE PLACE: 7-8PM**


~~1/14. PHELPS 2514~~

~~1/28. GIRVETZ 2129~~

**2/11. GIRVETZ 2129**

**2/25. GIRVETZ 2129**

explore the world of veterinary medicine. share your interests with other students.  
guest speakers. how to get into vet school. community outreach. and so much  
more!!

 @ucsbpvma

# 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



# UNIVERSITY OF SOUTHERN CALIFORNIA'S 5TH ANNUAL

# PRE-PHYSICAL THERAPY CONFERENCE

MAR  
01

## Fifth Annual Southern California Pre-Physical Therapy Conference

by by Pre-Physical Therapy Club at USC

[Follow](#)

\$15

### Description

The Pre-Physical Therapy Club at USC invites you to the Fifth Annual Southern California Pre-Physical Therapy Conference. The Conference is open to all undergraduate or recently graduated students interested in pursuing a career in physical therapy. Attendees are provided with the opportunity to learn about different physical therapy specialties, network with faculty from a variety of physical therapy schools, and interact with other pre-physical therapy students.

What the Conference Includes:

- *A Keynote Speech from a top physical therapist in the field*
- *Specialties Panel with PTs who are experts in a variety of fields*
- *Current DPT Student Panel with students from a variety of DPT programs*
- *Interprofessional Health Panel with health professionals who work closely with PTs*
- *Networking Fair with DPT Programs and PT-Related Clinical Research Labs*
- *\*\* Lunch will be provided \*\**
- *\*\* The Conference is FREE to current USC undergraduate students. However, you must pay the deposit fee and will only get your money back if you attend. \*\**
- Attire is ***Business Casual***

How to Register:

Please register through this Eventbrite website. We encourage you to register as soon as possible given there is a limited capacity. If you have any questions, please contact us at [uscpreptclub@gmail.com](mailto:uscpreptclub@gmail.com).

### Date And Time

Sun, March 1, 2020  
10:00 AM - 3:00 PM PST  
[Add to Calendar](#)

### Location

Ronald Tutor Campus Center  
3607 Trousdale Parkway  
Los Angeles, CA 90089  
[View Map](#)

### Refund Policy

No Refunds

<https://www.eventbrite.com/e/fifth-annual-southern-california-pre-physical-therapy-conference-tickets-89939723133?utm-medium=discovery&utm-campaign=social&utm-content=attendeeshare&utm-source=strongmail&utm-term=listing>

# **Attention Pre-Dental Students!**

**Are you looking for part time work?**

**Dr. Robert Caraco is a private dentist in Goleta looking to hire a pre-dental student for two afternoons per week, with the possibility of more work throughout the summer months. Dr. Caraco is looking for students who are enthusiastic learners with strong attention to detail.**

**If you are interested, please email your  
resume and cover letter to:  
[rcaraco@verizon.net](mailto:rcaraco@verizon.net)**



THE 4TH  
ANNUAL

# PUBLIC HEALTH SUMMIT

HOSTED BY

THE UNIVERSITY OF CALIFORNIA IRVINE

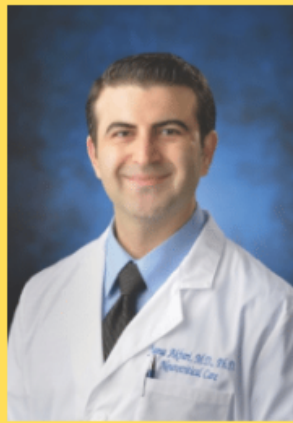
PRESENTED BY PUBLIC HEALTH ASSOCIATION

DIVISION OF CONTINUING EDUCATION | YOSEMITE BALLROOM

## SPECIAL GUEST SPEAKERS



**SANDRA  
BOODMAN**



**YAMA  
AKBARI**

LUNCH IS PROVIDED  
USE THE CODE 'CLASSROOM' FOR 20% OFF

FEB

22

2020

9 AM - 3PM

## ADDITIONAL GUEST SPEAKERS:

TED GIDEONSE, ROSARIO GALEAS & HILDA ORTIZ, FRANK ZALDIVAR, MELISSA BADER- HUESGEN, MICHAEL LARA, HEIKE THIEL DE BOCANEGRA, TOMAS ZURITA, SHU FARMER & PETER CHEN, JAIME ALLGOOD



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

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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](mailto: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](mailto:prehealthinfo@ucsb.edu).

Thank You!