Actively Developing Cultural Competence to Meet the Needs of a Diverse Society

Most students who meet with me have heard me talk about, nay, gush about, my love of the AAMC's Anatomy of an Applicant Guide. The guide's contents, as I tell students, is applicable across health professions and serves as a tremendous resource for gaining insight into various aspects of the applications to health professions schools. The guide also helps students reflect on their extracurricular experiences in order to first identify knowledge and skills gained, which are what make up the The AAMC's Core Competencies for Entering Medical Students, and then helps them to describe the situations in which they were able to demonstrate them by using the Developmental Planning worksheets.

The Core Competencies and the Developmental Planning Worksheets are meant to help students reflect on their experiences in order to identify and then share with others the stories surrounding those situations in which they were able to demonstrate the core competencies. The Core Competencies for Entering Medical Students are grouped into three categories: Pre-Professional, Thinking and Reasoning, and Science. A few examples of the Core Competencies include Service Orientation, Social Skills, Critical Thinking, and Living Systems. Of these competencies, there is one in particular that I want to focus on: Cultural Competence.

According to the AAMC's Anatomy of an Applicant Guide, demonstrating Cultural Competence means that an applicant "Demonstrates knowledge of sociocultural factors that affect interactions and behaviors; shows an appreciation and respect for multiple dimensions of diversity; recognizes and acts on the obligation to inform one's own judgment; engages diverse and competing perspectives as a resource for learning, citizenship, and work; recognizes and appropriately addresses bias in oneself and others; interacts effectively with people from diverse backgrounds." I'll first address why these skills are so important for current and future healthcare professionals, then I'll share some suggestions that pre-health students can consider as they actively seek out opportunities to develop their own cultural competence.

The current pandemic has highlighted some of the ways in which health disparities cause certain groups of people in our country to suffer disproportionately compared to others. (Continued on Page 2)
In his article titled “Medical Students Need To Learn About Health Disparities To Combat Future Pandemics” (published on the AAMC’s website), Selwyn Vickers, MD, describes how "disproportionately high rates of chronic diseases like hypertension, asthma, and diabetes among people of color are dramatically affecting outcomes and mortality from COVID-19." The article continues: "Racial and socioeconomic health disparities among communities of color are driven in large part by unequal access to primary care, housing, education, transportation, and healthy foods. In fact, research has shown that socioeconomic and environmental factors account for approximately 50% of a person's overall health."

So why should pre-health students concern themselves with these dynamics? Understanding how various societal factors impact all of us differently, especially vulnerable populations, can lead to greater understanding, empathy, and for healthcare professionals, the ability to provide the best care possible to their patients. As a pre-health student, it is important to begin learning more about those you may someday serve. Reading and learning about these issues can only take you so far. Truly understanding the issues that affect those in your community, particularly those people who "are not like you," will require you to get out of your comfort zone and begin interacting with folks side-by-side. For many pre-health students, this effort can seem daunting, but I have some suggestions to help you get moving in the right direction.

First and foremost, not all of your volunteer or service work should be completed in a medical/clinical setting. I cannot emphasize this enough. Yes, those clinical experiences are vital for all pre-health students, but as I tell the students I advise, there are things you learn about people when you interact with them in their own communities that you cannot learn when you meet them in a hospital or other clinical setting.

For one, most patients you meet in clinical settings are there to receive treatment, and not to talk to you about Zooming with their relatives in another country or how they're not doing well in school because they have to share a computer with their siblings. These are things, however, that you might learn if you were mentoring a 3rd grader or coaching high school volleyball player.

This brings me to my next suggestion, which is to try to find ways to give back to and connect with those in the community in areas that you yourself are already passionate about. Did you play volleyball or soccer in high school, or participate in an academic club? Look for an opportunity to coach or assist a youth team or club at a school whose population contains a significant number of traditionally underserved students and families.

Lastly, we share certain experiences and characteristics with those around us, but we also differ in many ways from other people in areas such as educational level, age, gender/gender identity, sexuality, race/ethnicity, national origin, socioeconomic backgrounds, and so on. No matter how you identify, seek out opportunities that safely take you outside of your comfort zones. This is where the real education takes place and where real personal growth occurs.

To learn more about ways to get involved in the Santa Barbara/Goleta areas, please visit the Current Students > Extracurricular Experiences section of the Health Professions Advising website. You can also find a link to the AAMC's Anatomy of an Applicant Guide by selecting the Current Students tab at the top of the page, and clicking the link in the middle of the first paragraph. Lastly, to discuss your experiences and get advice on ways to get involved, schedule an appointment with a pre-health advisor by selecting the link on our homepage.
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)

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<td>1 Week in the Life of a SHPEP Scholar webinar</td>
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<td>4 Personal Statement Prep Workshop, 5pm - 6:30pm!</td>
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Update on the INT 184PD Clinical Shadowing Experience

Unfortunately, INT 184PD will not be offered during the Winter '21 Quarter 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 in the spring, 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.
Are you a 3rd or 4th year student planning to apply to health professions schools during the upcoming application cycle? Then we encourage you to attend this workshop!

During the workshop, we will cover important information related to the personal statement/application essay, including what it is, its purpose, and tips and resources to help you create a compelling essay!

**Thursday, February 4th**

**5:00pm - 6:30pm**

In order to receive the Zoom invite, you must RSVP using the link below no later than 4:00pm on Tuesday, February 2nd!

(Be sure to log into your UCSB Gmail account in order to access the Form!)

**Link to Form: https://forms.gle/vAKq6Ep9GwmgMNL5A**
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.
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!)

* = workshops we highly recommend for Pre-Health Students!

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
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
- COMPILNE NOTES WITHIN AND ACROSS COURSES
- REFERENCE YOUR NOTES WITH PRECISION
- AUDIO RECORD WHILE NOTETAKING AND MORE!

TRY IT OUT WITH . . . NOTABILITY
THINKING ABOUT BECOMING A VETERINARIAN? JOIN US!

UCSB PRE-VETERINARY MEDICAL ASSOCIATION

Attend talks hosted by vet school admission representatives and practicing veterinarians, get tips on applying to vet school and gaining experience, and network with fellow pre-vet students!

FEBRUARY 9, 7-8PM
FEBRUARY 22, 7-8PM
MARCH 9, 7-8PM

Meeting Link: https://ucsb.zoom.us/j/85677251791
For More Info: https://linktr.ee/ucsbpvma
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
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.

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

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.
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!
UCSB PRE-MEDICAL SOCIETY

A student-led organization dedicated to providing pre-med students various opportunities in community outreach and networking.

GENERAL MEETINGS
EVERY OTHER FRIDAY
5 - 6 PM PST
ZOOM MEETING ID: 818 2199 9879

MAKE SURE TO FOLLOW ALL OUR SOCIAL MEDIA ACCOUNTS FOR THE LATEST UPDATES:

- @ucsb_premedical_society
- @UCSB Pre-Medical Society

FOR FURTHER QUESTIONS, EMAIL US AT UCSBPREMEDICALSOCIETY@GMAIL.COM AND VISIT UCSBPREMEDICALSOCIETY.WEEBLY.COM

SCAN THE QR CODE TO JOIN OUR GROUP ON SHORELINE!
A Healthcare Summer Internship that Matters

Since 1986, the University of Michigan Summer Enrichment Program (UMSEP) in Health Management and Policy has attracted undergraduate students who seek to improve the health status and health care of underserved communities across the United States. UMSEP partners with Michigan hospitals and other health care organizations in Detroit and Ann Arbor to provide a paid eight week summer internship and to expose students to the health care field and health issues that persist today.

2021 UMSEP INTERNSHIP

PROGRAM DATES:
May 25-July 23, 2021

APPLICATION DEADLINE:
February 3, 2021

FOR MORE INFORMATION AND TO APPLY:
spf.umich.edu/sep

QUESTIONS?
um.sep@umich.edu
(734) 936-3296

SEP INTERNSHIPS INCLUDE:

- Paid 8-week internship with a hospital, community health center or other health care organization in Detroit, Ann Arbor, or other sites in Southeast Michigan
- Orientation with the UM School of Public Health with a lecture series on health inequalities and the US health care system by SPH faculty
- Housing, transportation, food allowance, and GRE preparation course provided, all at no cost*
- Weekly meetings and engagements with health organizations
- Health Equity Research Certificate

*In-person components are subject to change

UMSEP provided the opportunity to develop leadership skills and utilize my passion for social justice in pursuit of an equitable health care system.”
—Stephanie Hughes, UMSEP Alumna

SUMMER ENRICHMENT PROGRAM
UNIVERSITY OF MICHIGAN

sph.umich.edu/sep
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.
Delta Epsilon Mu, UCSB’s premiere Co-Ed pre-health fraternity is pleased to be hosting Fall 2020 Beta Class Recruitment via zoom! We will be revealing what our fraternity has to offer to different pre-health tracks, and answering questions from interested students starting Monday October 5th. All majors are welcome to join and apply. Google Interest Form for more information: https://forms.gle/9Z6jfXFmx8nfs6VA7

APPLICATION OPENS*  
NOV. 1  
APPLICATION DEADLINE  
FEB. 5  
*Application dates are subject to change. Please visit sh pep.org for the most up-to-date information.

The Summer Health Professions Education Program (SHPEP) is a transformative summer experience for students interested in the health professions. Formerly known as the Summer Medical and Dental Education Program (SMDEP), SHPEP has been shaping careers and changing the lives of premedical and predental college students for over 30 years. Now, in addition to dentistry and medicine, the program offers opportunities to explore other health careers, including nursing, optometry, pharmacy, physical therapy, and public health.

The FREE six-week summer enrichment program prepares college students for a career in the health professions by enhancing their academic proficiency and providing career development opportunities. Participation in SHPEP may better position students for acceptance into advanced-degree programs.

What are the benefits of this FREE program?

Program includes:
• Housing, meals, a stipend, and travel assistance.
• Guidance from current admissions deans, health professionals, students, and SHPEP alumni about how to pursue their profession of interest.

To be eligible, you must:
• Be a U.S. citizen, a permanent resident, or an individual granted deferred action for childhood arrivals (DACA) status by the U.S. Citizenship and Immigration Services.
• Be a college freshman or sophomore at the time of application.
• Have a minimum GPA of 2.5.
• Identify with a group that is underrepresented in the health professions.

Learn more at sh pep.org.
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/