



# Health Science Advising Newsletter

November 2019

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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!



## My MCAT Experience

by Ryan Rossi, 4th Year Pre-Med Pharmacology Major

Time Spent: 350-400 hours over 11 Weeks of Summer.

Score: Top 10th percentile.

Materials used: Examcrackers prep books, Kaplan Quicksheets, Khan Academy for P/S, ALL AAMC material, practice tests from a variety of companies.

I studied for and took the MCAT in the summer after my 3rd year at UCSB. I chose to study at home this summer as not only was it a way to distance myself from the distractions surrounding Isla Vista, but it also proved to be an invaluable opportunity to spend time with friends and family while staying healthy mentally and physically.

Knowing I wanted to get started soon after spring finals finished, I researched and purchased study materials early. Although many must be taken with a grain of salt, responses found online of peoples' MCAT experiences (Reddit, AAMC, etc.) can be a great tool for learning about the prep resources available. From there, I took the AAMC Sample test to see my strengths and weaknesses and then began content review with whatever topic I wanted to tackle next. I spent roughly 5-6 weeks reading through prep books, watching Khan Academy videos (watched all of them for P/S), and interspersing some practice questions before diving heavily into question banks. Oh, and I took 1 practice full length exam each week from day 1, which I highly recommend. The Kaplan Quicksheets were awesome and gave me a place to annotate notes and organize all the big concepts. I probably read those over 10+ times. There is an 86pg summary of Khan Academy P/S floating around the internet that serves as an incredible resource as well.

Cont. on Pg. 2

### Contact Info

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

## My MCAT Experience Cont.

A typical day of studying for me started with waking up around 8am, going to a coffee shop for 2-3 hours, getting bored, and then going to wherever else I could find until I felt done for the day. Some days I would feel great and study until it was almost dark, while other days I'd be mentally tired in the early afternoon so I would go exercise, spend time with family or friends, and just take my mind off the test for the rest of the day.

Overall, putting myself in the position of the MCAT being my primary responsibility allowed me to study for the biggest test of my life while still having a great summer back home. I treated the test like a job, got into a groove studying, and made sure to make time for things I wanted to do.

Big Tips:

1. Try to put yourself in the best position to stay healthy.
2. You might feel overwhelmed or tired at some point. Take a break! Whether it be a full day, a couple hours, or just a short amount of time to reset, it will help put your best focus into everything.
3. Find what works best for YOU to study. A method that worked wonders for an anonymous person online or a friend might not work nearly as well for yourself. A lot of people swore by Anki flashcards, but I knew I had never been a flashcard person, so I didn't even give it a second thought.
4. Don't compare yourself to others during the process. Nothing good comes from it.
5. Practice Exams and simulating test-day environment are necessary. I would spend a day taking a full length test every week and would review it the following day while charting my wrong answers in a Google sheet. Reviewing the test thoroughly and understanding your misconceptions is a great way to reinforce the content.
6. Leave room for fun!!! I studied when I wanted to study and exercised, spent time with friends, and relaxed when I felt I needed a break. Giving myself breaks made me much happier and willing to focus on studying when it was time.
7. Study in a variety of locations. Not only will it help you avoid boredom, but you'll retain the info better!
8. Test Tip: Do not spend too much time on one question. All questions have the same value and spending 5 minutes on one hard question may prevent you from reaching easier questions.
  - a. Look for the simplicity within the dense passages/questions.
  - b. Trust yourself! Have confidence in your knowledge throughout your studies and on test day. Second guessing only wastes valuable time in the fast-paced exam.

# Health Science Advising Events & Activities Calendar

## November 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                                       |
|------------------------------------|--|-------------------------------------|--|--|--|
|                                    |  |                                     |  | 1  | 2 3  |
| 4<br>Pass 1 Begins: 11/04 - 11/11  | 5  | 6<br>HPA MCAT info Session          | 7<br>Pre-Pharm - UCSD School of Pharm Guest Speaker, 7-8pm, 1100 Webb Hall   | 8  | 9 10   |
| 11<br>Veteran's Day                | 12<br>Shawna Cox from Univ. of Colorado Grad. School | 13<br>HPA - Epidemiologist          | 14<br>Pre-Pharm - CVS job info, , 7-8pm, 1100 Webb Hall                      | 15<br>Deadline for grading option change           | 16 17<br>Health Professions Week 11/16 - 11/21 |
| 18<br>Pass 2 Begins: 11/18 - 11/25 | 19   | 20<br>HPA Keck Grad. Institute rep. | 21<br>Pre-Pharm - USC School of Pharm Guest Speaker, , 7-8pm, 1100 Webb Hall | 22<br>Deadline for Gene & Susan Lucas Scholarship! | 23 24<br>CPR/BLS training for PaCE EMT Course. |
| 25                                 | 26   | 27                                  | 28<br>Thanksgiving Break   | 29<br>Thanksgiving Break                           | 30   |



HEALTH PROFESSIONS WEEK

Help your students discover careers in the health professions

November 16-21, 2019

@healthprofweek

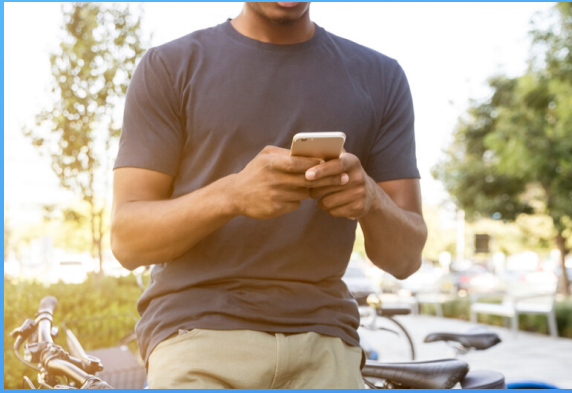
Register Here: <https://www.careereco.com/Fair/EventDetails?fairId=bb9a95c6-abc2-4f20-b23c-aa850115c46b>

Saturday, November 16  
Health Talks

Sunday, November 17  
Digital Treasure Hunt

Monday, November 18, 2019  
Self-Care

Tuesday, November 19  
Building Relationships



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)

VISIT OUR WEBSITE:  
WWW.UCSBPREMEDICALSOCIETY.COM



**CONSIDERING A CAREER IN MEDICINE? GET INVOLVED!  
DROP BY OUR FALL INTEREST MEETING ON  
THURSDAY NOVEMBER 7, 2019 IN LSB 1001 FROM 6:00-7:00 PM**

### About us:



We are an on-campus organization made up of students teaming up to prepare for a career in medicine.



At no cost, we connect you with countless resources and opportunities to set you up for success, ranging from discounted/free MCAT preparatory Materials + tutoring from our partners at The Princeton Review, to local volunteering + shadowing opportunities, scholarship opportunities, Academic Advising, and much more!



*Scan me*



# November Events & Info Details

## Interested in learning about graduate school options?



Dr. Cox graduated from UCSB in 2008 with her PhD in Ecology, Evolution, and Marine Biology and currently serves as Assistant Dean in the Graduate School at University of Colorado Anschutz Medical Campus.

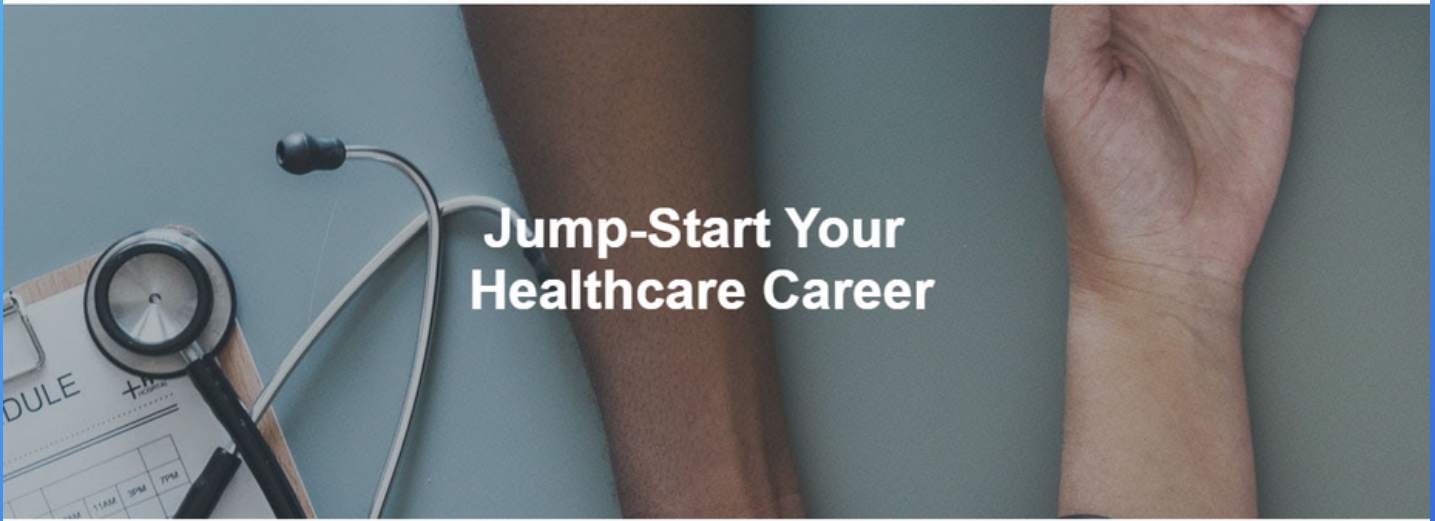
Learn about opportunities to continue scientific training and explore additional careers after graduating from UCSB.

Join us on Tuesday, November 12th from Noon - 1:00pm in 1115 North Hall.

Space is limited, so please RSVP no later than 4:00pm, 11/8/19, by contacting us at [prehealthinfo@ltsc.ucsb.edu](mailto:prehealthinfo@ltsc.ucsb.edu)

Oh, and we'll have pizza! ;)

UC SANTA BARBARA | EXTENSION  
Professional and  
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](mailto:help@professional.ucsb.edu) or respond to this email for more information!**

Want to serve your local SB community? Want to design studies that REALLY help people? Interested in participating in research for graduate school experience? Learn more about conducting research using **Community Based Participatory Research (CBPR)**.



"Image from Just Communities' Talking in Class program"

# Undergraduate Discovery Seminar

Innovations in Health Equity Research:

Participatory Action with Communities (INT 89 AM)

This seminar provides first year students an opportunity to learn about a social justice-based research methodology, and partner with community-serving organizations to seek solutions to community health and mental health problems. Students will learn about community-based participatory research (CBPR), applying it within the social context of underrepresented populations living in California. Undergraduate students will work with graduate students and community partners in team-based projects focused on priority health

**Seminar Schedule: Mondays, 10:00am - 12:00pm: Two-hour sessions every two weeks beginning January 6th, 2020 - March 9th, 2020**

**Location: ED 1205**

**Co-instructors: Melissa Smith, M.D., Director of Health Equity Initiatives at UCSB, Maryam Kia-Keating, Ph.D., Associate Professor, and Melissa Morgan-Consoli, Ph.D., Associate Professor in the CCSP program.**

For more information please contact [amaldonado@ucsb.edu](mailto:amaldonado@ucsb.edu) or [melissasmith@ucsb.edu](mailto:melissasmith@ucsb.edu).





# UCSB HEAL

JOIN US AT OUR FALL QUARTER  
EVENTS FOR MEANINGFUL  
DISCUSSIONS AND ACTIVITIES  
SURROUNDING **PUBLIC HEALTH**:

## UNITE TO LIGHT TABLING

NOV 12 - 14 ; 11 AM-1 PM  
SRB LAWN

## VOLUNTEERING AT PATH

NOV 17 ; 1-4 PM  
816 CACIQUE STREET, SANTA BARBARA


## FALL GENERAL MEETING

NOV 19 ; 6:30 PM  
LOCATION TBA

Sign up by visiting the link below!

[https://docs.google.com/forms/d/e/1FAIpQLScV5Q91mrGnnEZJZvA2SUtC8exSdcHXSkjTmnPzQhzL-aV7Ag/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLScV5Q91mrGnnEZJZvA2SUtC8exSdcHXSkjTmnPzQhzL-aV7Ag/viewform?usp=pp_url)

 Find us on  
**Facebook** @heal.ucsb

 heal.ucsb@gmail.com

# November Events & Info Details

## **M** | FRANKEL CARDIOVASCULAR CENTER Summer Undergraduate Research Fellowship Program

### SURF at the FCVC!

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The University of Michigan Frankel Cardiovascular Center is pleased to offer a 10-week fellowship program starting in May 2020 to support undergraduate students interested in cardiovascular research. Each fellow will be matched to a laboratory led by a FCVC faculty member and participate in nationally recognized research in areas such as atherosclerosis, genetic cardiomyopathies, blood clotting disorders, cardiac arrhythmias, vascular biology, and heart failure.

**Application Opens: December 16, 2019**

**Application Deadline: January 31, 2020**

Email:  
[FCVC-SURF@med.umich.edu](mailto:FCVC-SURF@med.umich.edu)

Website:  
<https://tinyurl.com/fcvcsurf>

# November Events & Info Details

## **UCSB PaCE's EMT Certification Course is Here!**

I'm happy to let you know that UCSB PaCE's EMT Certification Course is now open for enrollment here.

Classes will take place over the Winter and Spring Terms with the following schedule:

**Thursdays 6:30-9:30pm (1/9-6/5, except 3/19 & 3/26)**

**Saturdays 9:00am-5:00pm (Winter: 1/11, 2/1, 2/22, 3/7, Spring: 4/4, 4/18, 5/2, 5/16, 6/6)**

Students will need CPR certification before starting class- details about how to do this on campus will be sent to registered students.

Please review the course website carefully for more course details and requirements.

*A limited number of scholarships may be available. Please contact PaCE at [help@extension.ucsb.edu](mailto:help@extension.ucsb.edu) more information.*

# 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!