

Health Professions Advising Newsletter

January 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)!



Goal Setting: The next step after reflection

In the previous newsletter we discussed the importance of reflecting on experiences to gain a better sense of what was learned in terms of knowledge and skills in order to help make good decisions moving forward. With that in mind, in this month's newsletter we want to focus on the value of setting goals as well as to share some tips on how to set realistic goals.

You may have heard of SMART Goals, which were developed as a guide to help ensure that goals are both clear and achievable. SMART is an acronym, which stands for

S - Specific: Your goal should be clear and specific, otherwise you won't be able to focus your efforts or feel truly motivated to achieve it.

M - Measurable: It's important to have measurable goals, so that you can track your progress and stay motivated. Assessing progress helps you to stay focused, meet your deadlines, and feel the excitement of getting closer to achieving your goal.

A - Achievable: Your goal also needs to be realistic and attainable to be successful. In other words, it should stretch your abilities but still remain possible.

R - Relevant: This step is about ensuring that your goal matters to you, and that it also aligns with other relevant goals.

T - Time bound: Every goal needs a target date, so that you have a deadline to focus on and something to work toward. This part of the SMART goal criteria helps to prevent everyday tasks from taking priority over your longer-term goals.

Continued on next page!

Contact Info

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

Continued from page 1.

Setting SMART Goals

As you brainstorm and start composing goals for yourself, consider the following suggestions. Avoid setting goals that are too broad or vague. For example, instead of using this wording, "I want to earn better grades", use this, "I want to improve my science GPA from 2.95 to 3.3 by the end of my third year." In addition to ensuring that your goals satisfy the remaining criteria (Measurable, Achievable, Relevant, and Time bound), you also need a strategy or strategies to help ensure you'll be able to achieve them. This is where reflection comes in.

With the example goal of improving your science GPA in mind, think about your past performance in these types of courses. Since you can't control things like your instructor's teaching style or grading policies, focus on the things that you can control, such as setting up a calendar to manage your time more effectively and seeking out assistance with developing new or better study skills through the CLAS Academic Skills Services. Of course, there are likely other changes and even some sacrifices that you will need to make in order to achieve your goals, but think back to why your goals are Relevant. If your dream is to become a healthcare professional, then you must be willing to do what it takes to make that dream a reality.

The SMART Goals model may not be suitable for everyone, but it does offer a solid starting point for setting realistic, achievable goals for yourself. We want to stress the importance of acknowledging that in order to achieve your goals, you must be consistent and exercise self-discipline, while at the same time leaving room for flexibility should something unanticipated come up in either your academic, professional, or personal life. If you would like help setting goals for yourself, please consider scheduling an appointment with a pre-health advisor!

Cheers to 2021 and to setting and achieving goals!

UCSB Health Professions Advising

For more information on SMART Goals, consider visiting <https://www.mindtools.com/pages/article/smart-goals.htm>.

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!**

Health Professions Advising Events & Activities Calendar

January 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
				1 Administrative Holiday	2 3
4 First Day of Quarter UC Post Bacc Consortium Application Opens	5 Phone Drop Ins: 1pm- 3:30pm World Pre-Health Conference Application Deadline (Free)	6 Phone Drop Ins: 1pm-3:30pm	7	8	9 10
11	12 Phone Drop Ins: 1pm-3:30pm	13 Phone Drop Ins: 1pm-3:30pm HPA Virtual Teleconference, 6:30pm PST	14	15 Phone Drop Ins: 9am-11:30am	16 17
18	19 Phone Drop Ins: 1pm-3:30pm	20 Phone Drop Ins: 1pm-3:30pm	21	22	23 24 DVM Large Animal Focused Virtual Career Expo; 1-4pm EST
25 Last day to add courses	26 Phone Drop Ins: 1pm-3:30pm	27 Phone Drop Ins: 1pm-3:30pm	28	29 Phone Drop Ins: 9am-11:30am	30 31

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.

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

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

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, \rightarrow STABLE COOPER. EMERGENCE, \rightarrow COMMON POOL RESOURCES, \rightarrow 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 . . .



M | FRANKEL CARDIOVASCULAR CENTER

Summer Undergraduate Research Fellowship Program

SURF at the FCVC!

.....

The University of Michigan Frankel Cardiovascular Center is pleased to offer a 10-week fellowship program starting in June 2021 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.

***DUE TO THE PANDEMIC,
EXACT PROGRAM DATES AND FORMAT ARE PENDING***

Application Opens: December 14, 2020

Application Deadline: January 31, 2021

Email:
FCVC-SURF@med.umich.edu

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

HPA PRESENTS

Wednesday, January 13th @ 6:30 pm

2021 ANNUAL TELECONFERENCE



@hpa_ucsb

Featuring
Students From

Yale School of Medicine
UCSF School of Dentistry
University of Massachusetts Medical School
Midwestern University
Loyola University Chicago Stritch School of Medicine

DVM Virtual Career Expo Large Animal Predominant



NC STATE UNIVERSITY



UC DAVIS



January 23, 2021

And All AAVMC Member Institutions

Advising Appointment Reminder!

Zoom



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.

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.

Undergraduate Transfer Discovery Seminar: Innovations in Health Equity Research: Participatory Action with Communities (INT 187AL) Enroll Code: 66753



Image from Just Communities "Talking in Class Program"

**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)**



This seminar provides transfer 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 and within the context of COVID-19. Undergraduate students will work with graduate students and community partners in team-based projects focused on priority health concerns. Students interested in social justice and working with marginalized communities, and/or with personal experience in these areas are especially encouraged to apply.

Seminar Schedule: Tuesdays, 3:00 pm - 4:50pm: Two-hour sessions every two weeks beginning January 5th, 2021 - March 19th, 2020 Location: Classes will be conducted entirely via Zoom. Co-instructors: Melissa Smith, M.D., Director of Health Equity Initiatives at UCSB, and Melissa Morgan, Ph.D., Professor in the Counseling, Clinical and School Psychology program at UCSB.

For more information please contact graduate student assistant Alex Maldonado at amaldonado@ucsb.edu.

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:

Don't include yourself as a dependent.

Religious Preference:

You have the option of supplying this information. It will be released to the University Religious Center of Santa Barbara.

GOLD/Printed Student Directory:

May we include your address and phone number in the online GOLD Directory and the printed Associated Students Directory?

E-Mail Directory:

May we include your U-mail address in the online GOLD Directory and the printed Associated Students Directory?

Preferred Name:

To update your Preferred Name, please log into [Directory Services' Directory Editor](#), and update the Commonly Used First Name field.

Pronoun:

- How is this Information Used?
- Learn More About Pronouns

Cancel Update

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 THURSDAY
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!**

New Offerings through UCSB PaCE for Pre-Health Students!

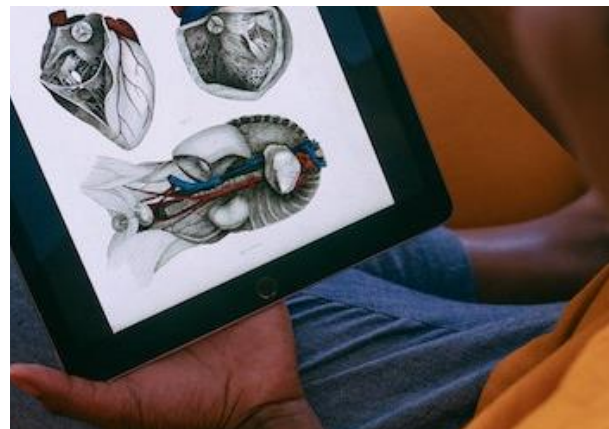
- Online on demand
- Taught by UCSB Exercise and Sports Studies Lecturers
- *Early Bird Discounts* and *\$600 PaCE Scholarships* are AVAILABLE!



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.



SUMMER HEALTH PROFESSIONS EDUCATION PROGRAM

Shaping Careers. Changing Lives.

 facebook.com/shpepconnect

 @shpepconnect

 @shpepconnect

 youtube.com/c/shpepconnect



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 shpep.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 pre-dental 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 shpep.org.

Hey all! Have questions or want advice about medical school??

Dr. Eric Larson graduated from UCSB in 2011 before attending St. Louis University for medical school! He is now in the 4th year of his orthopedic surgery residency at the University of Virginia and is kind enough to make himself available for questions from our pre-med students!!

eric.stanley.larson@gmail.com

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/>

Plan ahead for the MCAT!



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



| Medical College Admission Test

JAN						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEB						
SUN	MON	TUE	WED	THU	FRI	SAT
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28						

MAR						
SUN	MON	TUE	WED	THU	FRI	SAT
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21	22	23	24	25	26	27
28	29	30	31			

APR						
SUN	MON	TUE	WED	THU	FRI	SAT
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MAY						
SUN	MON	TUE	WED	THU	FRI	SAT
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23	24	25	26	27	28	29
30	31					

JUN						
SUN	MON	TUE	WED	THU	FRI	SAT
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29	28	29	30			

JUL						
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25	26	27	28	29	30	31

AUG						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEP						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MCAT Admin	Score Release
Jan. 15	Feb. 17
Jan. 16	Feb. 17
Jan. 21	Feb. 24
Jan. 25	Feb. 24
March 13	April 13
March 26	April 27
April 10	May 11
April 23	May 25
April 30	June 1
May 1	June 1
May 14	June 15
May 15	June 15
May 20	June 22
May 28	June 29
June 4	July 7
June 18	July 20
June 19	July 20
June 26	July 27
June 30	Aug. 3
July 17	Aug. 17
July 22	Aug. 24
July 30	Aug. 31
Aug. 7	Sept. 8
Aug. 13	Sept. 14
Aug. 21	Sept. 21
Aug. 26	Sept. 28
Aug. 27	Sept. 28
Sept. 2	Oct. 5
Sept. 3	Oct. 5
Sept. 10	Oct. 12
Sept. 11	Oct. 12

*The highlighted dates above indicate the U.S. MCAT test dates.
For Canadian and international test dates, please visit 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

@AAMC_MCAT