

Health Professions Advising Newsletter

July 2020

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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)!

Antiracism and Health Resources

A statement from the NAAHP:

Our country is once again experiencing the tragic realities of the racism present in our society.

The slaying of Ahmaud Arbery while jogging; the police shooting of Breonna Taylor that led to her death; Amy Cooper's false report on a 911 call against Christian Cooper in New York City's Central Park; Officer Derek Chauvin's killing of George Floyd in Minneapolis, as he was restrained by three police officers; and most recently, the killing of 27-year-old Rayshard Brooks as he tried to flee after wrestling with officers and grabbing a Taser has rekindled protests in Atlanta that erupted in the wake of Floyd's death.

It is understandable that this historical disregard for the human rights of African-Americans and due process in the criminal justice system would lead to outrage across the nation. As protesters respond to these human rights violations, we encourage law enforcement leaders to demonstrate restraint and seek out opportunities to collaborate with community leaders further escalation and harm.

The aforementioned events excise a hidden emotional and psychological tax on our BIPOC (Black, Indigenous, and People of Color) colleagues and students, who are more likely to have experienced the loss of someone in their family and community, and to respond with a heightened awareness of the threat of racism.

We are experiencing only the most recent manifestations of the racist ideologies and their contribution to racial violence. At the same time, COVID-19 is epitomizing the structural factors that disproportionately impact the health and economic well-being of African-Americans. The pandemic has shed new light on the persistent health disparities and the social determinants of health impacting African-Americans and those from other historically marginalized communities.

(continued on page 2)

Contact Info

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

During a series of conversations[1] hosted by Professor Evelyn Hammonds on Epidemics & African American Communities from 1792 to the Present at Harvard University, Dr. Paul Farmer and Dr. Vanessa Northing Gamble explained that COVID-19 has unveiled the racial fault line in the United States. This observation resonates with statements made by 19th century abolitionist Frederick Douglass and 20th century thinker and civil rights founder Dr. W.E. B. DuBois who both commented on the color-line during slavery and the redemption of the South that followed failed Reconstruction efforts.

We as a society have a moral obligation to confront and eliminate the structural factors that impede human flourishing. We as an organization seek to support our students who will be on the front lines confronting these factors as health professionals.

The NAAHP begins by affirming the real and valid feelings that people of color and those from all marginalized populations are experiencing. Your experiences of trauma are real and valid. It is incumbent upon our NAAHP leaders and community members to demonstrate support for our Black colleagues, and those from other marginalized identities, by standing against these continued injustices.

Each of us needs to consider how best to do this within the context of our own roles and circumstances, but we all need to engage in action to create the healthy, equitable and inclusive community we desire. And we must urgently address law enforcement violence and inequities in our criminal justice system as public health issues.

As an association, we will hold virtual community meetings this summer to discuss what it means to be part of an institution that lifts up anti-racism as a core value and how NAAHP can come together to best support Black and all marginalized groups of students, staff, and faculty through these difficult times.

[1] <https://hutchinscenter.fas.harvard.edu/epidemics>

For further reading:

- [Altering the Course: Black Males in Medicine](#)
- [Reshaping the Journey: American Indians and Alaska Natives in Medicine](#)
- [Black Man in a White Coat: A Doctor's Reflections on Race and Medicine](#)
- [Duke University School of Medicine Antiracism Resources](#)
- [Harvard University Countway Library Antiracism and Health Reading List](#)
- [Peggy McIntosh TEDTalk: How to recognize your white privilege — and use it to fight inequality](#)
- [Black medical leaders: Coronavirus magnifies racial inequities, with deadly consequences](#)
- [Coronavirus rates vary dramatically from one neighborhood to another, based in part on race and income, a USA Today analysis of ZIP code data shows.](#)
- [Black communities account for disproportionate number of COVID-19 deaths in the US, study finds](#)
- [The COVID Racial Data Tracker](#)
- [NAAHP Diversity Professional Resources](#)

Health Professions Advising Events & Activities Calendar

July 2020

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

Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3	Sat./Sun 4 5
		PTCAS Application launch		Phone Drop Ins: 9am-11:30am	
6	7	8 Phone Drop Ins: 1pm-3:30pm	9	10 Phone Drop Ins: 9am-11:30am	11 12
13	14 PharmCAS Application launch	15 Phone Drop Ins: 1pm-3:30pm	16 OTCAS Application launch	17 Phone Drop Ins: 9am-11:30am	18 19 American Association of Colleges of Pharmacy Virtual Fair
20	21	22 Phone Drop Ins: 1pm-3:30pm	23	24 Phone Drop Ins: 9am-11:30am	25 26
27	28	29 Phone Drop Ins: 1pm-3:30pm	30 AACPMAS Application launch	31 Phone Drop Ins: 9am-11:30am	



Pre-Health Student Organizations Meeting Information

All UCSB student organization meetings will take place virtually. Please contact your organization for more information.

INT 184 PD: Clinical Shadowing

Attention Students: Due to COVID-19, the INT 184PD Clinical Shadowing course is on hold until further notice.

We hope to be able to restart the course for the Winter 2021 Quarter.

Please keep an eye on the Pre-Health Enrichment Courses section of our website and your email for more information.

Announcement for Pre-PT & Pre-OT Students!

Swanner Physical Therapy in Ojai, CA is a busy outpatient physical therapy clinic that has been in practice for over 20 years with 6 full time PTs, 1 PTA, and 1 OT on staff.

We are looking to add 1-2 either part time or full time physical therapy technicians to our team. Technician duties include but are not limited to: assisting in patient care, setting up modalities, guiding exercise routines, cleaning, laundry, setting up appointments, and answering phones. Our hours are 7am to 7pm Monday - Friday. Training is on the job and we are flexible with student schedules.

If you are interested, please contact Carol Leandro at Carol@swannerpt.com to set up either an in person or phone interview.

Questions can be directed to carol@swannerpt.com or (805) 646-6313 M-F 8am - 3pm and ask for Carol Leandro.

Application Tips

Research ALL schools you plan on applying To!

Read and understand the Application Guide as if it is meant to prepare you for one of the biggest tests of your life!

Know Your Deadlines

Allow yourself, your letter writers, and your transcripts plenty of time to be received and evaluated by planning ahead!

Entering Grades and Assigning Course Classifications

- +Order official transcripts from all colleges and universities attended (even if taken through dual enrollment in high school), and use these to enter course info.
- +Categorize courses based on the primary content of each course. Not sure, contact the application service.

Personal Statement

- +Yes, it will be difficult.
- +Follow the writing process and don't skip steps!
- +Brainstorm, outline, draft, edit, revise, repeat until you're satisfied.
- +Focus on presenting information about you and/or your journey that cannot be found elsewhere in your application.
- +Develop a working thesis statement and refine it as needed.
- +KISS: Keep It Simple Sweetie. Don't try to bring too many different elements or experiences into the essay. It isn't about describing **everything** that impacted you, even though many things may have played a role in your decision to pursue your intended career.
- +Get feedback from a variety of people.

Work and Activities

Again, keep it simple. For most, you'll have a topic sentence introducing the experience/activity, you'll provide some detail, then you close by describing why the experience/activity was valuable/beneficial to you. This is mostly the same with the "Most Meaningful" experiences, only you can provide more detail and insights with the extra characters available.

Letters of Recommendation/Evaluation

Try to get letters from people who can speak to different aspects of you as an applicant: the science/academic and healthcare side and the personal side: hobbies, non-medical work, non-medical service, etc.

Guidance from Cottage Hospital for Volunteers

To: SBCH, GVCH & SYVCH Volunteers

From: Patricia Dooley, CAVS, Director of Volunteer Service

Date: March 16, 2020

Re: Volunteering at SBCH, GVCH, & SYVCH

Your health is important to us. As of Sunday, March 15th Cottage Health has asked all volunteers 65 or older to forgo their volunteer service based on the CDC guidelines and the recommendation from the Governor of California.

We encourage all volunteers to prioritize staying healthy. For some individuals this may mean it is best not to serve in the hospitals until the current COVID-19 guidance changes.

We would like you to serve at your comfort level. We understand if you choose to forgo your volunteer service during this time. We will look forward to when you can return. Please keep your shift lead/chairman and Volunteer Services informed of your status.

For volunteers on duty, please be diligent with hand hygiene and sanitizing desks, phones, toys and equipment. Please do not report for service if you are sick or experiencing any flu-like symptoms, have been exposed to COVID-19, or have traveled in the past 14 days to a country with ongoing community spread of the disease.

Take steps to protect yourself:

- Wash your hands often.
- Cover your coughs and sneezes.
- Avoid touching your face.
- Stay home if you are sick.
- Clean and disinfect frequently touched surfaces.

We are thankful for your service and commitment as a volunteer, and we will keep you informed of updates or changes. If you should have any questions or concerns, please let us know.



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

Give us your feedback!



UCSB Health Professions 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>

From our Instagram & Facebook Posts

Attention Test-Takers!

Closure of U.S.- and Canada-based Pearson VUE-owned Test Centers

Due to increasing concern for the health and safety of our candidates and our employees and in response to government guidance and difficulty procuring the critical hygienic products that keep our test centers safe, we are temporarily closing our U.S.- and Canada-based Pearson VUE-owned test centers starting Tuesday, March 17.

Candidates can reschedule their exams for appointments starting April 16 and beyond if conditions allow. For information on global regions outside the U.S. and Canada, please see below.

Candidate Scheduling Information

If you already have a scheduled exam:

You will receive an email cancellation notice and you will either receive a refund (if paid to Pearson VUE) or an extension as determined by your exam sponsor. We will work with you to reschedule your exam as soon as it is safe to resume test delivery (on or after April 16).

If you are looking to schedule an exam:

Registration windows for new exam appointments will not be available until April 16. If you have additional questions regarding voucher usage or testing windows, please visit your exam program homepage to speak to the customer service team associated with your program.

For a list of all tests administered by Pearson VUE:

<https://home.pearsonvue.com/Test-takers/A-to-Z-program-list/View-all.aspx>

keeplearning.id.ucsb.edu

KEEP LEARNING UCSB

Resources for Remote Learning



Great Resource

The National Association of Advisors for the Health Professions (NAAHP) has created a page with links and resources to help you understand how professional school applications and admissions tests are being affected by COVID-19!

<https://www.naahp.org/covid-19hplinks/home>

UCSB Pre-Health Students

Please remember to include your Perm number in the body of your emails that you send to the prehealthinfo@ltsc.ucsb.edu email address. Also, remember that we are still holding scheduled and drop-in appointments by phone!

Be Safe!

UCSB Health Professions Advising

Attention!

Pre-Professional Advising has gone remote.



Drop ins and appointments are still available!

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".

Zoom meetings and Google Hangouts are also available.



If you have a quick question:

For pre-health: please email prehealthinfo@ltsc.ucsb.edu

For pre-law: please email mmoran-lanier@ltsc.ucsb.edu
or call 805-893-5752

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!**

Become an EMT!

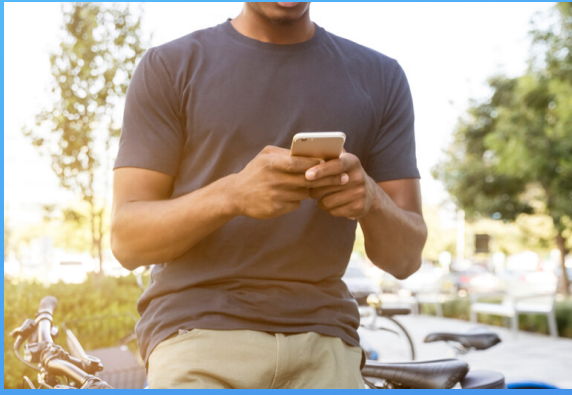
[Learn More](#)

Please check PaCE's website for up-to-date info on the Summer EMT Course.

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 Information, visit:

<https://enroll.professional.ucsb.edu/search/publicCourseSearchDetails.do?method=load&courseId=31276812>



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

Take Medical Humanities at UCSB Online

DISCOUNTS FOR FALL 2020

For a limited time, UCSB Students can enroll in Intro to Medical Humanities 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 Fall 2020 course!

[Contact us for more information](#)

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

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!

MONTECITO MUDSLIDE RECOVERY EFFORT

VOLUNTEERS
NEEDED!



17-year-old Jack Cantin

Join the Search for Jack Cantin

The mudslides that destroyed part of Montecito in 2018 killed 23 and left 2 missing. UCSB's Archaeological and Forensic Bone Lab team has been surveying the affected area since February 2020 and needs your help to find 17-year-old Jack Cantin.

After the COVID-19 pandemic passes and it becomes safe to do so, our team will make a series of trips down to Montecito to manually excavate areas of interest to uncover clues that may lead to Jack's recovery (hopefully late summer/early fall 2020).

We will be using shovels and other digging tools to aid in our search, so those willing and capable to work in the dirt (and those able to help provide transportation) are especially encouraged to reach out!

For more
information,
contact Dani
Heiser

danielleheiser@ucsb.edu

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

The Health Professions 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!