

# Health Professions Advising Newsletter

June 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)!

## Summer 2020 and Beyond

The start of June marks the countdown to the end of the regular academic year. Some of you may be planning to take courses during the summer, but others of you may not be sure what to do, especially with all the uncertainty due to the COVID-19 pandemic. We want to provide you with some advice to help you consider all of your options moving forward, especially suggestions for continuing to make progress on your pre-health tracks.

**Coursework:** Will online prerequisites be accepted by my professional school?

Just as in the past and with most issues pertaining to professional school admissions requirements, schools are handling the impacts of COVID-19 on their admissions policies and practices in their own ways. Some programs may accept prerequisites taken online and/or taken as P/NP, while others may not. Some programs are also accepting prerequisite coursework that may have been taken online during Spring 2020 and Summer 2020, while others are not. And just as in the past, we strongly encourage students to visit the websites of each program they hope to apply to in order to be informed on each program's admissions policies.

If at all possible, we encourage students to complete their prerequisite and BCPM (Biology, Chemistry, Physics, and Math) courses in person and for a letter grade to ensure they satisfy requirements for as many programs as possible.

### **In-person Experiences during the Pandemic:**

We understand that many pre-health students were planning to gain various in-person experiences this summer or even next fall.

Unfortunately, this may not be possible for many of you under the current conditions. **Continued on page 2.**

## Contact Info

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

## Continued from Page 1

In lieu of in-person experiences, here are some suggestions to continue to make headway on your pre-health track.

1. Begin researching professional schools you may want to apply to. Create a spreadsheet to keep the information organized.
2. If you have struggled academically, begin researching post-bacc programs. See above.
3. Consider drafting your personal statement. We have information and resources in the Application Info section of our website to help you get started.
4. Begin reading through the Anatomy of an Applicant Guide and filling in the Developmental Planning Worksheets. Note: The information in the Guide is applicable across all health professions, not just medicine!
5. Explore professional organizations associated with your intended career. Links to these can be found at the bottom of each Pre-Health Track on our website.

### Fall 2020:

Like you, we are not sure what to expect next fall as decisions are being made and changes are being considered on a daily basis. As we learn more about what it will be like for all of us at UCSB in the future, your pre-health advisors will be here to help you navigate your paths to becoming healthcare professionals, whatever the circumstances might be.

We wish you all a safe, happy, and productive summer, and please feel free to reach out to us with your questions.

Sincerely,

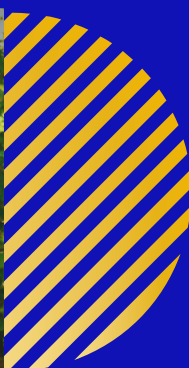
UCSB Health Professions Advising Staff

# Welcome!

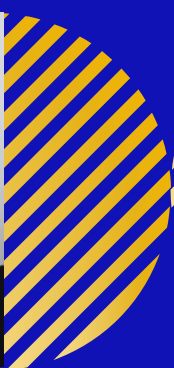
We want to welcome our new 2020-2021 pre-health peer advisors and office assistant!



**Anna M.**  
Peer Advisor



**Juliette R.**  
Peer Advisor



**Sam A.**  
Office Assistant



**Daniel Vu graduates this spring with his BS in Microbiology from UCSB. For the past two years he worked as a Pre-Health Peer Advisor in the College of Letters and Science. Daniel plans to take one or two gap years prior to applying to medical school. We wish Daniel all the best as pursues his dream of becoming a physician.**

I can't believe it has already been four years. It felt like just yesterday, I was writing out a couple dozen ICE tables and ending the evening with some late-night chicken patties at DLG. As miserable as it could be at times, I will still miss the peaceful commute to PSB-N for evening labs and waking up at 8 am the next day to attend a lecture on thermodynamics at the notorious chemistry building 1179. Even during the toughest times and the dulllest moments, there was something special about UCSB that kept me hopeful and motivated. From the red-glistening sunsets on my trips back to IV to simply the "vibe" there was always something that made me proud to be a pre-health Gaucho.

As a first generation college student, I had some Youtube induced expectations about what the pre-health college life would be like. I wasn't sure I was ready to grind out 40-50 hours of schoolwork a week while being hunted down by peers that wanted to see me fail. Fortunately, only half of these expectations were true. While the grind to succeed academically was just as rigorous as I had predicted, my peers were just the opposite. In fact, they would be the ones to encourage and support me to put in the extra hours I truly needed to excel. As much time as I spent grinding in the library alone, nothing compared to having peers working alongside you while drinking Yerba Mates and snacking on some sour brite crawlers late into the night. Appreciate these moments, they make studying memorable.

As for the prestigious and down-to-earth professors of the greatest school of all time, thank you for all you have done, not just for me, but all my peers. I appreciate the challenging tests, and equally generous curves. Thank you for reassuring me during office hours that the questions I thought I should have already known the answer to were actually "good questions". All of this preparation and support from UCSB professors instilled the confidence I needed to excel on the dental admissions exam as well as later supply me with the self-assurance that I could pivot to the medical track and find success there too. I would have never thought that these highly-regarded professors would not only support me academically, but also nurture my journey through college. Therefore, I encourage students who have yet to attend office hours and build strong relationships with their professors to know that your professors genuinely care and want you to succeed.

Would I choose UCSB again if I had the chance? Yes, without a doubt. There is nothing like spending hours studying organic chemistry, taking a walk outside, and getting hit with a coastal breeze while enjoying the spirit of a bustling IV community.

Thank you, UCSB



**Ryan Rossi graduates this spring with his BS in Pharmacology from UCSB. For the past three years he worked as the Health Professions Advising Office Assistant and is applying to medical schools during the current cycle. We wish Ryan all the best as he pursues his dream of becoming a physician.**

As I reflect on my 4 years at UCSB as a pre-med student, I could not be happier about my experience.

As a wide-eyed freshman entering the large university, I primarily spent my first year on campus building relationships and learning about the opportunities around me. It was evident from day 1 that UCSB did not carry that fabled competitive nature that derails so many pre-med students. Classes were challenging, yet not once did I feel that my fellow students were working against me as they pursued their own medical careers.

I moved to IV my second year and became a part of the one-of-a-kind community that makes this place so special. It allowed me to perfectly balance my career aspirations and enjoy myself. There is just this inherent laid back nature of Isla Vista that makes the bike home from a night in the lib so refreshing.

I hadn't fully committed to the pre-med route until my third year when I started getting involved in research, volunteering for Doctors Without Walls, and shadowing physicians. Although I had more activities and responsibilities than my first two years, my junior and senior years on Sabado and DP, respectively, were even better than my first half of college. Not only had I fallen in love with IV, but opportunities and trips downtown expanded that love to Santa Barbara as a whole.

Attesting to the academics of the university, while studying for the MCAT in the summer after my junior year, I finally realized why the school is ranked so highly. I was able to skim over numerous concepts in the test prep books because of the strong background UCSB courses gave me.

More encouraged than ever, I believe UCSB has prepared me for a career in medicine more than I could've imagined. Yet, and arguably the most important aspect, the school was able to do so in such a way that I do not feel burned out as I begin my medical career.

To the beautiful campus and people around me these past 4 years, THANK YOU!!

# Health Professions Advising Events & Activities Calendar

## June 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!

1 Monday	2 Tuesday	3 Wednesday	4 Thursday	5 Friday	6 Sat.   Sun
	ASCO Optometry Virtual Fair			Last day of instruction.	7 Finals Begin 6/6
8	9	10 Choose DO: Medical School Virtual Expo	11	12 Drop-ins; 9am- 11:30am; Phone	13 14
15	16 May submit ADEA AADSAS	17	18 AACP Pharmacy Virtual Fair		19 20
21	22	23 Last day for S20 Drop-In Schedule	24 OptomCAS Opens	25	26 27
28	29 Summer Drop-In Schedule Begins: See HPA homepage for dates & times	30	1	2 PTCAS Opens	3

### 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.

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

*For pre-law:* please email [mmoran-lanier@ltsc.ucsb.edu](mailto: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!**

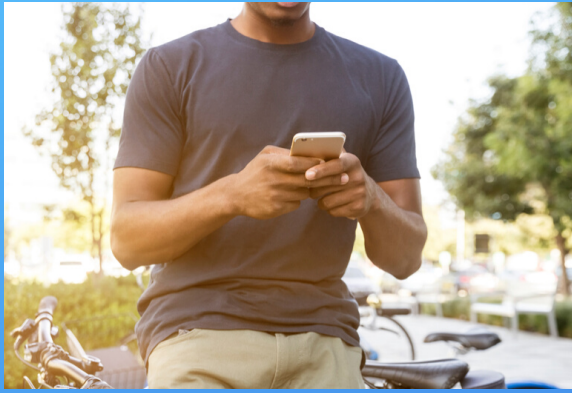
Learn More

**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](mailto: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<br/>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

4. Don't forget to update your preferences!

Cancel Update

# 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](mailto:danielleheiser@ucsb.edu)



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

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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](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!