Farewells from our Graduating Seniors

Dear Pre-Health Students,

First of all, I want to thank you for creating such a welcoming and warm community that I am very grateful to have been a part of for these past four years. My time at UCSB has had a lot of unexpected turns, to say the least, but it has definitely been one of growth, both personally and academically. I encourage all of you to take advantage of all UCSB has to offer you, not only in the classroom but in all aspects of this incredible university and beautiful city. Your academics and extracurricular experiences are important, of course, especially since you are all very driven students with high goals for the future. However, I promise you that your four years will pass by quickly, so please take time to just savor the fun times with your friends and enjoy the opportunities and beauty that Santa Barbara has to offer. You are all at this school for a reason, you are all capable and passionate students, but don't forget to take care of yourself mentally, emotionally, and socially as well. I wish you all the best of luck in your future endeavors, I believe that each and every one of you will be successful! I adore UCSB and will always be thankful for my time here and the connections I've formed with you and the pre-health community.

Best,
Juliette Rebello

Continued on Page 2
Farewells from our Graduating Seniors

My four years at UCSB were amazing. Some of my best college memories were made my first year in the San Miguel 5th floor dorms. I quickly got close to my floormates. Whether we simply met to get dinner or decided to take a beach break after a long day of studying, spending time with my floormates was never short of memorable. After that first year, I moved into a house with a few of them. Although many of us from the 5th floor were no longer living together, I still felt an amazing connection with all of them. Many times I would catch my old floormates studying in the library, exercising at the rec center, or just strolling around in Isla Vista. As my years at UCSB began to race by, I started to really cherish these moments of just ‘bumping’ into new or old friends. With such a tight-knit community, these interactions quickly became a routine occurrence, and a blessing. No matter what type of day I was having, stopping to talk to someone I hadn’t seen in a while, or who I had just seen, made the moments count. When I think of the great qualities of my university, I think of its people and how being at UCSB connected us all.

Then Covid hit, and turned everything upside down. Separated from the people on-campus and in IV, I thought my senior year was robbed. In many ways, we all missed out on one thing or another, but something got me through that long year. Although many of us couldn’t meet physically, the UCSB community I had grown to be a part of never left during the pandemic. Talking on the phone, checking up on each other, and meeting for Zoom game nights became our places to ‘bump’ into each other. More recently and with proper safety precautions, we have been able to meet up in-person, enjoy each other, and look toward the future. In just a couple weeks, we will all be graduating. For a long time, I feared graduating would mean moving away from the people of UCSB, similarly to moving out of first-year dorms. Now, I am confident that no matter what I will be forever tied to the people that make UCSB so great. Thanks to peers, professors, and the help of Pre-Health Advising, I will be taking the next step in my career as I finish applying to dental school. I am grateful to be taking that step as a Gaucho.

- Samuel Aguilar

Congratulations,
Class of 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)

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**Update on the INT 184PD Clinical Shadowing Experience**

Unfortunately, INT 184PD will remain on hold 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 during the Fall 2021 quarter, 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.
More great info & opportunities!

The 2021 RISE Summer Academy
Monday, June 28 – Friday, August 6, 2021

The RISE Summer Academy is a six-week intensive program for American Indians/Alaskan Natives that provides in-depth training and Indigenous learning opportunities to prepare scholars for the medical school application process.

Summer Academy Focus
- Medical School Admissions and Application
- Supplemental Basic Science Refresher
- Cultural Engagement and Community Building
- Medical Student Mentors
- Intensive MCAT prep provided through Kaplan

APPLY HERE: https://medicine.wsu.edu/about-the-college/diversity-inclusion/pathway-programs/inmed-reimagine-indians-into-medicine-rise-pathway-program/

2021 AAMC Situational Judgment Test

The Association of American Medical Colleges (AAMC) is pleased to be collaborating with five MD-granting medical schools this year to make the situational judgment test (AAMC SJT) available for their applicants in support of a holistic admissions strategy. Throughout the approaching 2022 application cycle, the following listed medical schools will strongly encourage or require all applicants to complete the AAMC SJT. The AAMC SJT will be offered at no cost to applicants during this application cycle.

- Geisinger Commonwealth School of Medicine
- Morehouse School of Medicine
- University of Alabama-Birmingham School of Medicine
- University of California Davis School of Medicine
- University of Minnesota Medical School Twin Cities

Registration for the AAMC SJT opens on March 9th

For more info on the SJT visit this URL: https://students-residents.aamc.org/applying-medical-school/preparing-med-school/aamc-situational-judgment-test-pilot/

Optometry Virtual Fair
Featuring Optometry Schools & Colleges
June 2, 2021

Learn all about the great career of Optometry and about all the Doctor of Optometry programs all in one place!

Visit the following URL to register: www.careereco.com/events/Optometry

NOW ACCEPTING APPLICANTS!!

Navy Medicine & HBCU/MI Programs
Summer Internship
July 12-30, 2021
(100% Virtual)
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.
NOW RECRUITING!

California Public Health Corps (CA-PHC) Training & Pathways Program

The California Public Health Corps (CA-PHC) Training and Pathways Program is a two-year, paid, training and worksite placement program for early-career public health professionals to work at Local Health Jurisdiction (LHJ) Host Sites. Trainees of the program will receive intensive training prior to starting their assignments, and will conduct communicable disease intervention, community engagement, and emergency response activities.

WHY APPLY?

Trainees receive:
- Two-year contracted position with competitive salary and benefits
- Training + support needed to advance a career in public health
- Experience in public health service delivery
- Opportunities to build a network of colleagues, mentors, & friends

WHO IS ELIGIBLE TO APPLY?

Interested applicants must meet ONE of the following criteria:
(A) At least six months of full-time communicable disease control experience, OR
(B) At least one year of full-time health and human services experience, OR
(C) A bachelor's degree

APPLICATIONS OPEN SOON!

In the meantime:
- Gather application materials (Resume/CV + Cover Letter)
- Identify two professional references
- Fill out this FORM to be notified when the application opens

FOR MORE INFORMATION, VISIT THE CA-PHC WEBPAGE.
ESSENTIAL MIGRANT WORKER STUDY

Are you a migrant in the U.S. and interested in sharing your story of being an essential worker during the COVID-19 Pandemic? We would love to hear from you!

TO BE ELIGIBLE, YOU...
- Must be 18 years old or older
- Must be a migrant to the United States
- Must be an essential worker
- Must live in Santa Barbara County

PARTICIPATION
Participation is voluntary and confidential. We will conduct one interview over the phone or on Zoom with participants. We expect interviews will last 60-90 minutes. Topics will include your health and experiences as an essential worker over the past year.

COMPENSATION
Participants will be compensated with a $20 Amazon electronic gift card for their participation.

CONTACT INFORMATION
Trevor Auldridge Reveles
tauldrige@ucsb.edu
(805) 312-8909
UC Santa Barbara
IRB #18-21-0137
Are you interested in taking courses at UCSB this summer? If so, read the information below!

For many students, taking courses at UCSB during the summer is a great way to get ahead in degree requirements, retake courses, or to get back on track from a setback faced during the regular academic year. These are all great reasons to take summer courses, but for pre-health students, there are a few things you should consider prior to registering.

First, it's important to remember that a key goal of yours as a pre-health student is to demonstrate to professional school admissions committees that you will be able to successfully manage the rigorous science curriculum you will face while in professional school. You can begin to do this, in part, by performing well in your undergraduate courses, particularly your professional school prerequisite science courses, while also engaging in extracurricular experiences to further your understanding of healthcare, explore personal interests, and to experience personal growth. Doing this during the regular academic year can help you to build the resilience and skills necessary to be successful in professional school.

Below are some points to consider as you think about your plans moving forward.

**You might want to consider taking courses in the summer if**
- You need to retake a lecture or lab course you earned a C- or lower in or to take a lecture or lab course you missed during the regular academic year (Likely Chem 1A-B-C/AL-BL-CL)
- You need to take or retake a Math or Stats course (Math 34A-B, 3A-B, PSTAT 5A/5LS)
- You want to get started on the Physics series (Physics 6A-B-C/AL-BL-CL)
- You want to take a GE or two
- You want to take a non-degree-essential course (ie, a course that doesn't explicitly fulfill a degree requirement other than providing units toward graduation)

**You might want to consider not taking courses if you are doing so for these reasons**
- You want to make your science course load "easier" next year
- You want to take a "difficult" science or math course without having to worry about taking other courses at the same time
- You want to finish your GEs early (A balanced schedule containing major and GE courses may be ideal for some students.)

If you have questions about summer courses and whether taking professional school prereqs over the summer is right for you, please speak to a pre-health advisor during drop-in advising, every Tuesday and Wednesday from 1:00pm - 3:30pm. More information can be found on the Health Professions Advising website, [https://healthsciences.duels.ucsb.edu/](https://healthsciences.duels.ucsb.edu/).

For more information about Summer Sessions, please visit [https://www.summer.ucsb.edu/](https://www.summer.ucsb.edu/).
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| ENROLLMENT MAX   | 16 units | 24 units | College Limit |

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Fees are accurate as of February 2021, subject to change.*
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 . . . Notability

Download on the App Store
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!
Advising Appointment Reminder!

Zoom

Appointments with Pre-Health Staff and Peer Advisors:

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!

Phone

Note: Drop-Ins will all be conducted by phone.
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!
Plan ahead for the MCAT!
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/