Recognizing Women in Healthcare for Women’s History Month
By Anna Meehan

March is Women’s History Month, so we at Health Professions Advising want to share with you some incredible advances women have made in healthcare over the past few decades from advances in AIDS research, to making health care more accessible to underserved communities around the world (and so many fields in between). Healthcare is vital to our society and affects people’s daily lives. As so many of us have realized due to the COVID-19 pandemic, there is still so much work that must be done to inform providers, patients, government officials and others of disparities in health care. It is important that we, as active members of society and future healthcare workers, acknowledge the progress that has been made, while advocating for further change to provide people from all backgrounds (including socioeconomic status, ethnic and cultural backgrounds, documentation status, insurance, etc.) equitable access to healthcare. We have included several links on topics regarding women in healthcare, systemic racism and discrimination in healthcare that we urge you to check out to stay well informed and help advocate for change.

Continued on Page 2
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We have also included links to websites that highlight National Women’s History Month resources to learn the integral role women have played in advancing our society and the progress that has been made such as fighting for the right to vote, own a bank account, have control over our own bodies, close the pay and so many other issues. Even in 2021, one must acknowledge there is a long way to go until women are truly seen as equal to men in society, but change is possible when we come together for a common goal!

Women’s History Month Links:

10 Modern Female Innovators Who Are Changing Medicine
https://www.verywellhealth.com/women-shaking-up-health-care-4588098

Women who changed the world - NobelPrize.org
https://www.nobelprize.org/women-who-changed-the-world/

Closing the gender pay gap in medicine

Iconic Women To Celebrate This Women's History Month (2020)
https://www.pbs.org/articles/2020/02/iconic-women-to-celebrate-this-womens-history-month/

Women’s History Month 2021 - HISTORY
https://www.history.com/topics/holidays/womens-history-month
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)

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.

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

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<td>Pass 3 Begins</td>
<td>Phone Drop Ins: 1pm-3:30pm</td>
<td>Phone Drop Ins: 1pm-3:30pm</td>
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<td>Phone Drop Ins: 9am-11:30am</td>
<td>Final Exams Begin</td>
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**Phone Drop Ins:**
- 1pm-3:30pm
- 9am-11:30am
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.
Association of Schools and Programs of Public Health (ASPPH)

ASPPH is offering a series of virtual fairs this spring similar to the fall fairs we held. Over the course of six events, students can learn about, and interact with admissions staff, from 48 of our members.

Each fair will begin with a five-minute overview from each of the eight presenting institutions, followed by breakout rooms to connect with each school or program individually.

Fairs will be held:
- March 2 - 12:00 - 2:00pm CT
- March 3 - 12:00 - 2:00pm PT
- March 4 - 12:00 - 2:00pm ET
- March 9 - 12:00 - 2:00pm PT
- March 10 - 12:00 - 2:00pm ET
- March 11 - 12:00 - 2:00pm CT

Visit this URL to register:
https://thisispublichealth.org/events/

Visit this URL to find programs still accepting applications:
https://programfinder.aspph.org/?additionalFilters=Currently%20Accepting%20Applications&locationDistance=25&locationKeywords=&programAreaKeywords=
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/.

For more information about Summer Sessions, please visit https://www.summer.ucsb.edu/.
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*Fees are accurate as of February 2021, subject to change.*
MARK YOUR CALENDARS!

Tentative dates for our annual AMCAS Bootcamp and MCAT and DAT Prep Workshops are below!

AMCAS Bootcamp: Saturday, April 10th, 9:00am - 10:30am
MCAT Prep Workshop: Saturday, May 1st, 9:00am - 10:30am
DAT Prep Workshop: Saturday, May 8th, 9:00am - 10:30am

All workshops will be held via Zoom and dates are subject to change. We will share information in the April and May newsletters as well as on Instagram and Facebook.

During the AMCAS Bootcamp we will review important aspects of the AMCAS Applicant Guide, share tips for completing the application, and answer questions.

The MCAT and DAT Prep Workshops will focus on a review of the content and structure of the tests followed by a panel discussion and Q&A featuring UCSB students who have taken and performed exceptionally well on these tests.

Students interested in being part of the one of the panels should send an email to prehealthinfo@ltsc.ucsb.edu.
Partners in Wellness
A pre-health organization providing:
General Clinical Volunteering
Art Therapy
Pediatric Volunteering
Shadowing
Scribing

Connect with us for more details:
@partnersinwellness
UCSB Partners in Wellness
partnersinwellnesssb@gmail.com
www.partnersinwellness.info
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!
UC SANTA BARBARA

National College Health Assessment
February 18th-March 10th

We are inviting every enrolled student to participate in a comprehensive health survey that helps us learn about the health issues students are experiencing for Health & Wellness and others to implement and create programs that meet student needs.

Participate in the survey and have the opportunity to win a $75 Amazon Gift card.
You will receive an email invitation from ACHA-Web@ACHA.org to complete the survey.

UC SANTA BARBARA Health & Wellness
SIXTH ANNUAL

SOUTHERN CALIFORNIA
PRE-PHYSICAL THERAPY
CONFERENCE

Hosted by the Pre-Physical Therapy Club at the University of Southern California

MARCH 7, 2021 | 10:00AM
VIA ZOOM

Join us in our sixth annual Pre-Physical Therapy Conference!

Special Guests include:
Keynote Speaker
Research Panelists
Business Owners
Physical Therapy Specialist Panelists
Doctor of Physical Therapy Program Networking Fair
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
THINKING ABOUT BECOMING A VETERINARIAN? JOIN US!

UCSB PRE-VETERINARY MEDICAL ASSOCIATION

Attend talks hosted by vet school admission representatives and practicing veterinarians, get tips on applying to vet school and gaining experience, and network with fellow pre-vet students!

FEBRUARY 9, 7-8PM
FEBRUARY 22, 7-8PM
MARCH 9, 7-8PM

Meeting Link: https://ucsb.zoom.us/j/85677251791
For More Info: https://linktr.ee/ucsbpyma
UC Santa Barbara
Koegel Autism Center

PRESENTS

T.E.A.M.
THRIVE, ENCOURAGE, ACCOMPLISH, & MAKE FRIENDS!

A VIRTUAL PROGRAM PROVIDING A SUPPORTIVE SPACE FOR STUDENT WITH AND WITHOUT AUTISM TO STAY CONNECTED AND HAVE FUN DURING REMOTE EDUCATION

WHAT TO EXPECT FROM TEAM
* Virtual Meet-Ups
* Game Nights
* Newsletter
* Social Connection
* Improve your remote experience
* De-stress
* Have FUN!

Learn and discuss academic, social, and personal skills with fellow Gauchos!

Sign-up TODAY with your UCSB.edu Email
Enrollment is free and ongoing throughout the Quarter
For more Information visit:
https://education.ucsb.edu/autism/TEAM
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.

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.
INSIDE UCSF

Take an inside look at UCSF’s Schools of Dentistry, Medicine, Nursing and Pharmacy, the Graduate Division and Physical Therapy.

“Inside UCSF gave me a real impression of what a student can expect in terms of training and required curriculum.” – Inside UCSF participant

Come enjoy UCSF student panels, interactive workshops, classroom experiences and interactions with UCSF leadership, faculty and students. Tour the campus and our brand new state-of-the-art facilities. Explore the spirit of interprofessional collaboration that sets us apart. See Inside UCSF for yourself >>> cseo.ucsf.edu/

APRIL 2-3, 2021

This exciting and informative event is designed to introduce students to a specific health science career path, provide opportunities to meet students and faculty, and offer a chance to become inspired about future career possibilities. The program – including meals and travel – is offered at no cost to selected applicants.
National Hispanic Pharmacists Association (NHPA)

Join UCSF in our “Journey into Healthcare.” The purpose of this conference is to inform and allow undergraduate students to explore different careers in healthcare, including dentistry, medicine, nursing, pharmacy, and physical therapy.

At the conference, you will have the opportunity to learn more about the admissions process at UCSF and interact with current students in the schools of dentistry, medicine, nursing, pharmacy, and physical therapy.

Attire: Business Casual

Cost: Free!

Date: Saturday, April 10th
9:00am - 3:30pm

RSVP: tinyurl.com/s9qodv4m
SEEKING COLLEGE STUDENTS

VIRTUAL VOLUNTEER OPPORTUNITY

Looking for remote volunteer work? Become a virtual mentor for a K-12 student and tutor, give college tips, teach a new skill, or just socialize with a younger student.

SIGN UP AT
STUDENTSPHERE.ORG
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!
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 FRIDAY
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!
A Healthcare Summer Internship that Matters

Since 1986, the University of Michigan Summer Enrichment Program (UMSEP) in Health Management and Policy has attracted undergraduate students who seek to improve the health status and health care of underserved communities across the United States. UMSEP partners with Michigan hospitals and other health care organizations in Detroit and Ann Arbor to provide a paid eight week summer internship and to expose students to the health care field and health issues that persist today.

2021 UMSEP INTERNSHIP

PROGRAM DATES:
May 25–July 23, 2021

APPLICATION DEADLINE:
February 3, 2021

FOR MORE INFORMATION AND TO APPLY:
sph.umich.edu/sep

QUESTIONS?
um.sep@umich.edu
(734) 936-3296

SEP INTERNSHIPS INCLUDE:
- Paid 8-week internship with a hospital, community health center or other health care organization in Detroit, Ann Arbor, or other sites in Southeast Michigan
- Orientation with the UM School of Public Health with a lecture series on health inequalities and the US health care system by SPH faculty
- Housing, transportation, food allowance, and GRE preparation course provided, all at no cost*
- Weekly meetings and engagements with health organizations
- Health Equity Research Certificate

*In-person components are subject to change

UMSEP provided the opportunity to develop leadership skills and utilize my passion for social justice in pursuit of an equitable health care system.”
—Stephanie Hughes, UMSEP Alumna
PHYSICIAN SCIENTIST TRAINING PROGRAM (PSTP)

The University of Pittsburgh’s PSTP is a 5-year medical school program that adds a year of basic or translational research to the regular Pitt Med experience.

Benefits include:
- Protected research time
- $10,000 of tuition assistance for each year of medical school
- Individualized mentoring, & an innovative enrichment curriculum

All levels of study are welcome!

COME JOIN US ON FRIDAY, MARCH 5th @ 1pm PST

Registration Link: HTTPS://DOCS.GOOGLE.COM/FORMS/D/E/1FAIPLSCUNC0F3UDN34H6DPMLDC0ITTWDQCNUIH1LJL553Q5GVKRUAVIEWFORM?USP=SF_LINK

Zoom Link: HTTPS://PITT.ZOOM.US/J/95581257989

Learn more at PSTP.pitt.edu or Contact Blair Douglass at Bdd18@pitt.edu
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 Techniciian (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.
Wealth, Race, and Wildlife: The Impacts of Structural Inequality on Urban Wildlife

Wednesday, March 3
11am-12pm Pacific Standard Time

Christopher Schell, Ph.D.
School of Interdisciplinary Arts & Sciences
University of Washington - Tacoma

Urban ecosystems are intrinsically heterogenous, characterized by dynamic biotic and abiotic interactions that are not witnessed in non-urban environments. Urban flora and fauna experience a suite of novel disturbances and stressors that have led to remarkable phenotypic strategies and adaptations to cope with urban living. Despite recent groundbreaking discoveries and innovation in the fields of urban ecology and evolution, the drivers of urban heterogeneity that induce biological change are seldom articulated. The spatiotemporal distributions of urban organisms are directly affected by the uneven distribution of resources (e.g., refugia, food, water) across cities, all of which are connected to societal function and governance. Hence, to build a comprehensive understanding of urban systems and wildlife adaptation, we must integrate and reconcile how structural inequality – especially racism and classism – shape urban environmental mosaics.

In this seminar talk, Dr. Chris Schell will discuss how structural and systemic inequalities, especially economic and racial inequality, shape ecological and evolutionary outcomes of wildlife. In doing so, we will discuss how leading with an environmental justice and activism framework in the natural sciences can promote conversation, sustainability, and resilience in a human-dominated world.

For more information on this seminar series, including a Zoom link, please visit: www.nceas.ucsb.edu/equity-justice-seminar
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®)*

*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.

@AAMC_MCAT