

# Health Professions Advising Newsletter

May 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)!

## Professional School Applications and COVID-19

The month of May is a very important month for pre-health students as it kicks off the professional school application season, with the exception of CASPA, the PA school application, which opens on April 30th, but close enough! Applications alone are enough to stress out any hopeful applicant, but this year the COVID-19 global pandemic has added another level of stress and lots of uncertainty. Well, we want you to know that your UCSB Health Professions Advisors are here to help guide you through the process, as usual, and connect you to resources to help you understand how COVID-19 is impacting the application process.

For the most part, the application cycle will begin as usual and the processes themselves haven't changed much. Each of the Centralized Application Services still has its own Applicant Guide, which is THE go-to for instructions on how to complete each the application. It is important for students to understand that as your advisors, we also rely solely on these guides to answer your questions. The problem is that you will not always have direct access to your advisors; however, you do ALWAYS have access to these guides. So we cannot emphasize enough the importance of you **fully utilizing the application guides and the supplemental resources**, which often include video tutorials and contact information (phone numbers and email addresses) for representatives who can answer your questions.

Additionally, each application service and each professional school has put together information to help you understand how COVID-19 has impacted admissions policies and procedures, including the effects of taking courses for P/NP (when no letter-graded option is available) and taking prerequisites online (due to social-distancing requirements and colleges and universities adhering to shelter-in-place orders in states across the country).

**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**

We have included links in the **Application Info-->Application Systems** section of the UCSB Health Professions Advising website to COVID-19 resource pages for medical, dental, optometry, physician assistant, pharmacy, physical therapy, and veterinary medicine application systems. We also encourage you to visit the websites of each professional school you plan on applying to in order to determine how each is responding to COVID-19 and also to research additional admissions requirements for each school.

As always, if you have any questions regarding your application to professional school, or if you are in need of pre-health advising in general, please reach out to us.

We wish you all the best as you prepare for the application cycle and the coming summer.

Sincerely,

UCSB Health Professions Advising Staff

### **PS:**

**If you need some help creating a list of schools to apply to, here's some insight into our Peer Advisor's process:**

- What I did personally is make a Google sheet with columns of the regions of the US and then choose some schools from each area (California, Midwest, Northeast, etc) to keep myself organized
- There were more schools than I wanted on here, so I numbered them in a Google doc and below each, wrote the admission stats, price, and what I like or don't like about them. I did a lot of researching on the schools' websites about their programs and curriculum, so I think it just takes some time more than anything. For example, I was going to apply to University of Washington before finding a stat on their website that 95% of their matriculants are from the Northwest states. I'm not done yet, but I'm aiming for around 25 schools.
  - This PDF from the AAMC stats also has some good info about the % of out-of-state matriculants at each school and is also just a good list of the schools throughout the country, although it doesn't have a couple new ones like Kaiser:  
[https://www.aamc.org/system/files/2019-11/2019\\_FACTS\\_Table\\_A-1.pdf](https://www.aamc.org/system/files/2019-11/2019_FACTS_Table_A-1.pdf)
- I also googled a map of the US medical schools which I thought was helpful to visualize:  
<https://medicalschoolhq.net/map-of-medical-schools-in-the-us/>

# *Health Professions Advising Events & Activities Calendar*

## *May 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	Thursday April 30: CASPA Opens!	Friday 1 Drop-ins; 9am- 11:30am; Phone Must RSVP for MCAT Workshop by 3pm today!  TMDSAS Opens!	Sat. Sun 2 MCAT Workshop! 3
4 AMCAS Opens!	5 AACOMAS Opens! (May submit anytime after today.)	6	7	8 Must RSVP for DAT Workshop by 3pm today!	9 DAT Workshop! 10
11	12 ADEA AASDSAS Opens! (Can submit on June 2nd.)	13	14	15 Drop-ins; 9am- 11:30am; Phone	16 17
18	19 ADEA GoDental Virtual Fair	20	21	22	23 24
25 Memorial Day	26	27	28	29 Drop-ins; 9am- 11:30am; Phone  Able to submit AMCAS Applications	30 31



### Pre-Health Student Organizations Meeting Information

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



# **MCAT and DAT Workshops & Student Panels**

**MCAT: Sat., 5/2, 9am - Noon**

**DAT: Sat., 5/9, 9am - Noon**

This Spring, UCSB Health Professions Advising will present our first MCAT and DAT Prep Workshops! Our advisors will present an overview of the admissions tests followed by a Q & A discussion led by UCSB students who have already taken and performed well on the tests.

Familiarity with your professional school's prerequisite courses and standing as a 3rd year+ student is highly recommended.

The workshops will take place via Zoom, so if you are interested in participating, send an email to [prehealthinfo@ltsc.ucsb.edu](mailto:prehealthinfo@ltsc.ucsb.edu) NO LATER THAN 3pm THE FRIDAY PRIOR TO THE WORKSHOP YOU WISH TO ATTEND! You will receive the Google Calendar invite at approximately 4:00pm that Friday. Please join the meeting by 9am the morning of.

**Does your professional school require the GRE?**

The CLAS offers GRE prep workshops! Learn more at:

<http://clas.sa.ucsb.edu/services/academic-skills>

# **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.



# **NOW HIRING INTERNS!**

## **Community Engagement and Advocacy Program**

C.E.A.P's mission is to enhance well-rounded interns who will be able to practice true liberation work on and off campus. Community Engagement and Advocacy Program focuses on both the education and application of Social Justice. This paid internship will teach students how to practice impactful, grassroots, community outreach through trainings, workshops, readings, and activities. This internship is open to all students regardless of work-permit status.

### **WE ARE LOOKING FOR STUDENTS WHO ARE...**

- Passionate for Social Justice
- Willing to learn about diverse identities
- Open to becoming a stronger community organizer
- Willing to develop strong interpersonal skills



<http://bit.ly/ceap2021>

**If there are any questions, please contact:  
[ceap.ucsmbmcc@gmail.com](mailto:ceap.ucsmbmcc@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

# 2020 ADEA GoDental Virtual Fair

LIVE!

FREE!

Tuesday, May 19, 2020

#GDVF20

► [adea.org/gdvf20](http://adea.org/gdvf20)

## INTERNSHIP SCHOLARSHIP PROGRAM

*Make experience happen!*

For more info about the program:  
<http://bit.ly/internscholar20>

Scholarship awards available!

Application opens March 30th!

## PTCAS Application Workshop

Thursday, May 7 at 6:30 PM EST

- ▶ Learn how to successfully complete your PTCAS
- ▶ Tips on how to answer PTCAS questions
- ▶ Understand how admission/selection committees review applications

This sessions will be done remotely via Microsoft Teams (FREE). Spend an ~hour on your computer, laptop, or tablet to learn more about PTCAS from our admissions expert. Information will be helpful regardless of the programs you are applying to, not just USF.

Questions email: [dpt-admissions@usf.edu](mailto:dpt-admissions@usf.edu)

Register to attend:

[bit.ly/PTCAS2020](http://bit.ly/PTCAS2020)



UCSB

Campus Learning Assistance Services

CLAS will be offering online services for Spring 2020.

Sign-ups for these services are set to begin on Monday, March 30 (but are subject to change).

Please check back here for updates.



 UNIVERSITY OF  
**SOUTH FLORIDA**  
Morsani College of Medicine  
School of Physical Therapy & Rehabilitation Sciences

# 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?

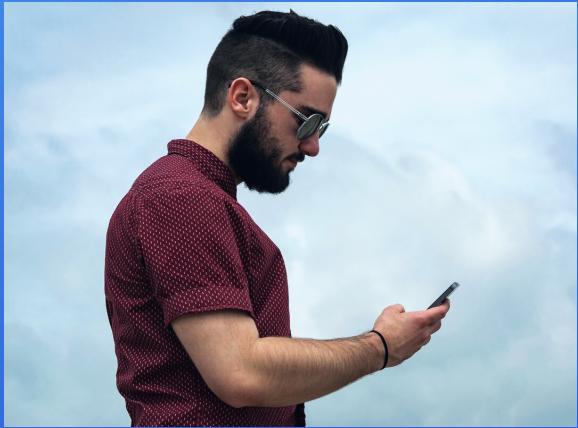


CLAS offers 90-minute sessions featuring specific exercises designed to help students identify and improve their academic skills!

- 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>



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)

## Become an EMT!

[Learn More](#)

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 enroll, visit:

[https://enroll.professional.ucsb.edu/search/publicCourseSearchDetails.do?method=load&courseId=31276812&utm\\_medium=email&utm\\_campaign=emt&utm\\_content=emt+CID\\_6fdb09e53ad3a36f0a0dd9eadc08e160&utm\\_source=cm&utm\\_term=Start%20Now](https://enroll.professional.ucsb.edu/search/publicCourseSearchDetails.do?method=load&courseId=31276812&utm_medium=email&utm_campaign=emt&utm_content=emt+CID_6fdb09e53ad3a36f0a0dd9eadc08e160&utm_source=cm&utm_term=Start%20Now)



## Jump-Start Your Healthcare Career

### Medical Humanities in the World

Coming this Spring PaCE will be offering **Medical Humanities in the World**, **INT X411** - one of two required courses for the Medical Humanities Certificate. Designed for future healthcare leaders, this certificate can increase empathy and resiliency to burnout in health fields.

For a limited time, UCSB Students can enroll in **Medical Humanities in the World** 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 Spring 2020 course!

**Contact us for more information**

<https://ucsbprofessionalandcontinuingeducation.createse nd1.com/t/r-l-jhcvhy-l-k/>

# Update your Pre-Professional Emphasis in GOLD!

## 1. Login to GOLD.

The screenshot shows the 'Current Students' login screen. It features a large input field for 'UCSB Net ID' and a smaller one for 'Password'. A red arrow points to each of these fields. Below the login area, there's a message: 'For assistance with your UCSB Gaucho On-Line Data account, contact the ITS Help Desk at 805-893-2473 or via email at [ITS Help Desk](#).'. At the bottom of the page, there's a navigation bar with tabs: 'MY SCHEDULE', 'FIND COURSES', 'REGISTRATION', 'GRADES -', 'PROGRESS -', and 'ABOUT ME -'. The 'ABOUT ME -' tab is highlighted with a yellow background. Underneath it, a sub-menu has three items: 'My Personal Info' (which is also highlighted with a red arrow), 'My Addresses', and 'My Notifications'. The main content area below the navigation bar includes sections for 'ANNOUNCEMENTS' (with a 'Welcome' message) and 'Last successful login: 12/5/2019 1:05 PM'. There are also links for 'unread message(s)' and 'Online Courses at Other UC Campuses'.

## 2. Navigate to "My Personal Info" under the ABOUT ME tab.

The screenshot shows the 'PERSONAL DATA' section of the profile. It lists several preferences with checkboxes:

- Pre-Professional Emphasis: MEDICINE (checkbox checked, indicated by a red arrow)
- Marital Status: [checkbox]
- Dependents: [checkbox]
- Religious Preference: [checkbox] (with a note: 'Don't include yourself as a dependent')
- GOLD/Printed Student Directory: [checkbox] (with a note: 'May we include your address and phone number in the online GOLD Directory and the printed Associated Students Directory?')
- E-Mail Directory: [checkbox] (with a note: 'May we include your U-mail address in the online GOLD Directory and the printed Associated Students Directory?')
- Preferred Name: [checkbox] (with a note: 'To update your Preferred Name, please log into [Directory Services' Directory Editor](#), and update the Commonly Used First Name field.')
- Pronoun: [checkbox] (with a note: 'How is this Information Used? Learn More About Pronouns')

At the bottom right of the page, there are 'Cancel' and 'Update' buttons. A red arrow points to the 'Update' button.

## 4. Don't forget to update your preferences!

# 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!