### Health Professions Advising Newsletter

December 2020

UNIVERSITY OF CALIFORNIA

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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)!





### Reflection: A habit of successful pre-health students

The fall quarter and 2020 are swiftly coming to a close, and before we know it, the holidays will be over and 2021 will be in full swing! While it's easy to get caught up in the hustle and bustle, however diminished it may be due to COVID, it's important that we all take time to reflect, which is especially true for you as future healthcare providers.

Self-reflection, or reflective thinking, is important to develop into a regular habit because it helps us to think back on our experiences with fresh eyes so that we can then appreciate, learn, and grow from them moving forward. This is especially true and important for pre-health students. Being a pre-health student means never settling for anything less than your absolute best, and if you find that the results of your efforts are not quite what you hoped they would be, then you have to find ways to improve. This is true for academics and in your future career as a healthcare provider. The first step, though, is recognizing that you need to improve, then considering what you can do to ensure that happens. Fortunately, UCSB has a variety of resources to support you if you find yourself struggling, whether academically or personally.

Students who experienced a difficult first quarter and whose grades may not have been what they hoped for, regardless of the reasons, have a number of resources to take advantage of to begin to turn things around, starting with the CLAS. While many students may be familiar with the tutorials offered through the CLAS, these are often not enough. Academic struggles often stem from ineffective and/or inefficient study and time management skills. Very few first-year students come to college truly prepared for the academic rigor that they will face, and many find themselves having to manage a schedule without the assistance of a parent, guardian, or ever-present high school teacher. This is why the CLAS offers a variety of services designed to address academic skills. If you find yourself in need of assistance finding ways to better manage your schedule, or if you are just looking for some new tips to help you study more effectively, then consider visiting the CLAS website, http://clas.sa.ucsb.edu/ (Cont. on pg.2).

### Reflection: A habit of successful pre-health students

On the CLAS website, select the "Services" tab followed by "Academic Skills" from the drop-down menu. From there, you will find information on academic skills services, including workshops and consultations, as well as other resources that can help you begin to improve academics. If you feel that academic skills may not be enough, or they are only partially responsible for your struggles, then resources and services offered through Counseling and Psychological Services (CAPS, https://caps.sa.ucsb.edu/), the College of Letters & Science Undergraduate Advising (https://www.duels.ucsb.edu/advising), and Pre-health Advising (https://healthsciences.duels.ucsb.edu/) may be able to help. In addition to reflecting on your academic progress, it is also very important to reflect on the experiences that you have had or are currently taking part in while pursuing a pre-health track at UCSB.

One of our favorite tools to share with students is the <u>AAMC's Anatomy of an Applicant Guide</u>. Although the guide and its contents are geared toward students planning to apply to MD medical schools, the information is applicable across ALL health professions. In addition to reviewing the information regarding the application and supplemental materials, we encourage students to review the Core Competencies for Entering Medical Students and to utilize the Developmental Planning Sheets that follow the descriptions of the core competencies.

The developmental planning worksheets contained within the <u>Anatomy of an Applicant Guide</u> can help you to reflect on your experiences through the lens of the core competencies, in turn helping you to identify and describe specific interactions, either witnessed or that happened to you personally, in which you were able to demonstrate the knowledge and skills described by the core competencies. This will prove incredibly useful as you consider future experiences and as you assess your readiness and competitiveness as an applicant to professional school. Additionally, the sheets will serve as a tool to use as you prepare for admissions interviews, ensuring that these meaningful events are fresh in your mind as you respond to questions asked during the interviews.

It is not easy to take an honest look back at one's performance or behavior and consider that there might have been different decisions and actions that could have been taken that may have resulted in a better outcome (higher grades), but this is exactly what must be done in order to prepare for professional school, and later on in your career, to ensure that you do not put the lives of others at risk because your pride prevented you from recognizing that there is always room for improvement. We hope that you consider these resources and make use of them as you continue on your path to becoming a healthcare professional. As always, if you have any questions, please do not hesitate to email us or scehdule an appointment to speak with a pre-health advisors.

Best,

Rob Larocco Lead Pre-Health Advisor

## 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/enrollmentschedules-overview/workshop-schedule

### Health Professions Advising Events & Activities Calendar December 2020

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)

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	. Sun
	1 Striving for Racial Justice in Academic Biology (See flyer pg 3)	2	3	4 Phone Drop Ins: 9am-11:30am	5	6
7	8	9	10	11	12	13
		Phone Drop Ins: 1pm-3:30pm	Phone Drop Ins: 1pm-3:30pm	Last day of Instruction	Fin	als 12-18
14	15	16	17	18	19	20
		Phone Drop Ins: 1pm-3:30pm	Phone Drop Ins: 1pm-3:30pm	End of F20 Quarter		
21	22	23	24	25	26	27
		Phone Drop Ins: 1pm-3:30pm	Admin. Holiday (Christmas)	Admin. Holiday (Christmas)		
28 No Pre-Health Advising	29 No Pre-Health Advising	30 No Pre-Health Advising	31 Admin. Holiday (New Year's Eve)	Admin. Holiday (New Year's Day)		

**Pre-Health Student Organizations Meeting Information** 

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



## SCHOOL OF MEDICINE

### **OFFICE OF ADMISSIONS**





## Friday, Dec.

9 a.m. - 12 p.m.

Questions? Contact the Admissions Office at hs-somtours@ucdavis.edu.

# Proud to be ranked #7 in primary care by U.S. News & World Report

### Virtual Information Session

Join us at this virtual event to learn about the journey to medical school.

At this session, you will learn about how the UC Davis School of Medicine prepares culturally and clinically competent medical students and future physicians to practice among the diverse and growing populations of California. Topics will include:

- Admissions requirements and policy changes due to COVID-19
- Student programs and services
- Medical student panel discussion

This session is designed for students who are interested in careers in medicine and for current American Medical College Application Service (AMCAS) applicants.

Visit health.ucdavis.edu/diversity/tours.html for more information. Register here.

https://us02web.zoom.us/webinar/register/4916021922537/WN\_WmQU8JXSRcCmFJZXceU

### A call to action:

# Striving for racial justice in academic biology

### An exploratory investigation of the experiences of Black immigrant women in undergraduate STEM

The research presented in this seminar investigates the politicized, racialized, and gendered dimensions of the presumably "objective" disciplines of STEM. This work uses critical discourse analysis and case studies to better understand how Black immigrant women use their cultural epistemologies to attain undergraduate degrees in engineering. The research presented will use a qualitative approach, involving 40 interviews with undergraduate engineering students of a large public university in the southwestern United States.

An initiative sponsored by the Society for the Advancement in Biology Education Research (SABER) focused on promoting awareness, understanding and commitment to change academic biology environments to be more inclusive and strive for racial justice in STEM education. We are excited that speakers will be compensated for their time and this event is co-sponsored by Arizona State University's HHMI Inclusive Excellence Project, SEISMIC Collaboration, and University of California Santa Barbara.



Meseret Hailu, PhD Arizona State University



Brooke Coley, PhD Arizona State University

### Seminar

Date: Tuesday, Dec. 1 Time: noon - 1 p.m. (PT) // 1 p.m. (MT) // 2 p.m. (CT) //

3 p.m. (ET) Location: Zoom

asu.zoom.us/j/98196412224

All talks will be posted online afterwards at: saberbio.wildapricot.org/









### **Advising Appointment Reminder!**

### Zoom



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.

**Phone** 



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.

### Undergraduate Transfer Discovery Seminar: Innovations in Health Equity Research: Participatory Action with Communities (INT 187AL) Enroll Code: 66753



Image from Just Communities "Talking in Class Program"

Want to serve your local SB community?
Want to design studies that REALLY help people?
Interested in participating in research for graduate school experience? Learn more about conducting research using Community Based Participatory Research (CBPR)

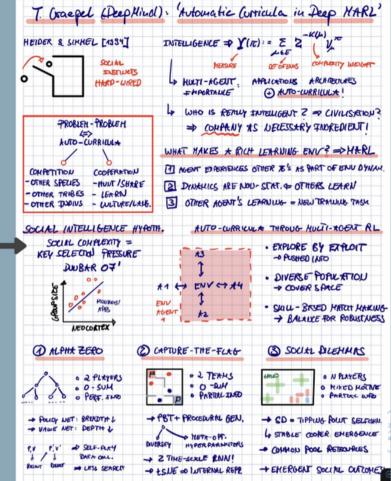
This seminar provides transfer students an opportunity to learn about a social justice-based research methodology, and partner with community-serving organizations to seek solutions to community health and mental health problems. Students will learn about community-based participatory research (CBPR), applying it within the social context of underrepresented populations living in California and within the context of COVID-19. Undergraduate students will work with graduate students and community partners in team-based projects focused on priority health concerns. Students interested in social justice and working with marginalized communities, and/or with personal experience in these areas are especially encouraged to apply.

Seminar Schedule: Tuesdays, 5:00 pm - 4:50pm: Two-hour sessions every two weeks beginning January 5th, 2021 - March 19th, 2020 Location: Classes will be conducted entirely via Zoom. Co-instructors: Melissa Smith, M.D., Director of Health Equity Initiatives at UCSB, and Melissa Morgan, Ph.D., Professor in the Counseling, Clinical and School Psychology program at UCSB.

For more information please contact graduate student assistant Alex Maldonado at

## LOOKING FOR A NEW WAY TO TAKE NOTES?





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!

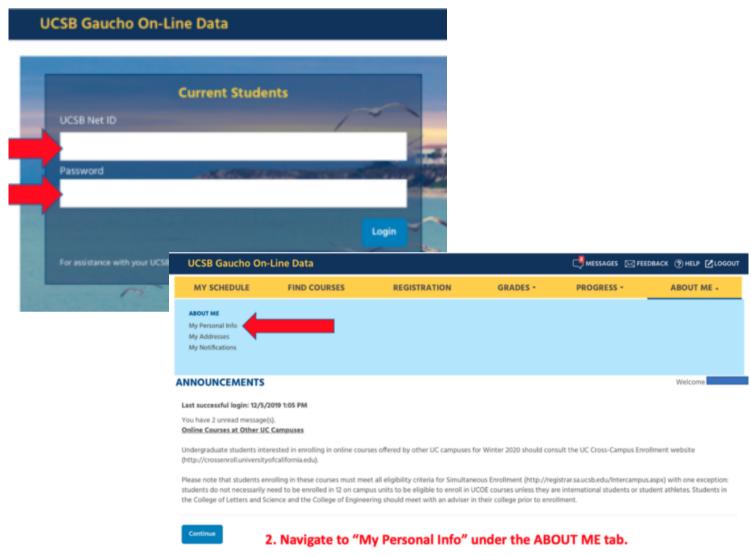
- TAKE MORE VIVID AND EFFICIENT NOTES
- ORGANIZE ALL YOUR MATERIAL IN ONE LOCATION
- COMPILE NOTES WITHIN AND ACROSS COURSES
  - REFERENCE YOUR NOTES WITH PRECISION
- AUDIO RECORD WHILE NOTETAKING AND MORE!





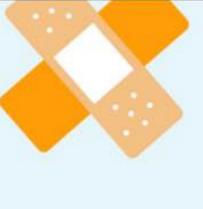
## Update your Pre-Professional Emphasis in GOLD!

### 1. Login to GOLD.



**UCSB Gaucho On-Line Data** MESSAGES ☐ FEEDBACK ( HELP L'LOGOL MY SCHEDULE FIND COURSES REGISTRATION GRADES -PROGRESS -ABOUT ME -**PERSONAL DATA** 3. Select the Pre-Professional Emphasis you are pursuing! Your current preferences are shown below. If you want to update them, make the change(s) you need and glick 'Update Marital Status: Religious Preference: **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. 4. Don't forget to update your preferences! . Learn More About Pronouns







## 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 THURSDAY** 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

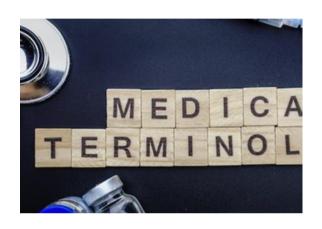


SCAN THE OR CODE TO JOIN OUR GROUP ON SHORELINE!

## 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!

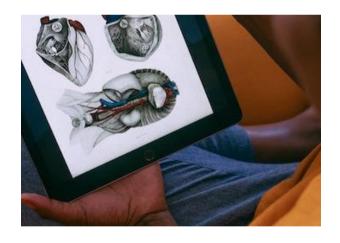


### **Medical Terminology**

Medical Terminology for Health Professions gives students indepth instruction in recognizing and forming medical terms.



Introduction of the basic structure and function of the human body.





First-time pass rate over 95%.
This program gives students
the skills and knowledge to
function as a working EMT at
the basic level.



### SUMMER HEALTH PROFESSIONS EDUCATION PROGRAM

Shaping Careers. Changing Lives.

facebook.com/shpepconnect

@shpepconnect

@shpepconnect

youtube.com/c/shpepconnect



Delta Epsilon Mu, UCSB's premiere Co-Ed pre-health fraternity is pleased to be hosting Fall 2020 Beta Class Recruitment via zoom! We will be revealing what our fraternity has to offer to different pre-health tracks, and answering questions from interested students starting Monday October 5th. All majors are welcome to join and apply. Google Interest Form for more information: https://forms.gle/9Z6JfXFmx8nfs6VA7

APPLICATION OPENS\*

NOV. 1

APPLICATION DEADLINE

FEB. 5

\*Application dates are subject to change. Please visit shpep.org for the most

The Summer Health Professions Education Program (SHPEP) is a transformative summer experience for students interested in the health professions. Formerly known as the Summer Medical and Dental Education Program (SMDEP), SHPEP has been shaping careers and changing the lives of premedical and predental college students for over 30 years. Now, in addition to dentistry and medicine, the program offers opportunities to explore other health careers, including nursing, optometry, pharmacy, physical therapy, and public health.

The **FREE six-week summer enrichment program** prepares college students for a career in the health professions by enhancing their academic proficiency and providing career development opportunities. Participation in SHPEP may better position students for acceptance into advanced-degree programs.

### What are the benefits of this FREE program?

#### Program includes:

- Housing, meals, a stipend, and travel assistance.
- Guidance from current admissions deans, health professionals, students, and SHPEP alumni about how to pursue their profession of interest.

#### To be eligible, you must:

- Be a U.S. citizen, a permanent resident, or an individual granted deferred action for childhood arrivals (DACA) status by the U.S. Citizenship and Immigration Services.
- Be a college freshman or sophomore at the time of application.
- . Have a minimum GPA of 2.5.
- Identify with a group that is underrepresented in the health professions.

Learn more at shpep.org.

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



## Admissions Info Sessions



## Student Panel Info Sessions

October 14

November 11

December 9

8pm

## Traditional Info Sessions

September 30

October 28

November 25

December 16

**12pm** 

• • • • • • • • • • • • • • • • • •



### Join us for our upcoming guest speakers



Asia Sullivan PA-C. MPH Fri, Oct. 16 4 pm PT



**Anthony Mechano** PA-C, MPAP Thurs, Oct 29 10;30 am



Michele Neskey PA-C Mon, Nov 16 5 pm PT



Savanna Perry PA-C Thurs, Nov 19 11 am PT



www.prehealthshadowing.com | sessions@prehealthshadowing.com

\*\* Please speak with a pre-health advisor or peer regarding this opportunity

# Plan ahead for the MCAT!



## 2021 Schedule for the Medical College Admission Test® (MCAT®)\*



SUN MON TUE WED THU FIN SAT  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	FEB  SUN MON TUE WED THU FRI SAT  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	SUN MON TUE WED THU FIN SAT 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
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MCAT Admin	Score Release
Jan. 15	Feb. 17
Jan. 16	Feb. 17
Jan. 21	Feb. 24
Jan. 25	Feb. 24
March 13	April 13
March 26	April 27
April 10	May 11
April 23	May 25
April 30	June 1
May 1	June 1
May 14	June 15
May 15	June 15
May 20	June 22
May 28	June 29
June 4	July 7
June 18	July 20
June 19	July 20
June 26	July 27
June 30	Aug. 3
July 17	Aug. 17
July 22	Aug. 24
July 30	Aug. 31
Aug. 7	Sept. 8
Aug. 13	Sept. 14
Aug. 21	Sept. 21
Aug. 26	Sept. 28
Aug. 27	Sept. 28
Sept. 2	Oct. 5
Sept. 3	Oct. 5
Sept. 10	Oct. 12
Sept. 11	Oct. 12

\*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

MCAT® is a program of the Association of American Medical Colle

aamc.org/mcat

# Virtual Volunteer Opportunity

During the COVID-19 pandemic, EduMate NYC has connected 1500+ underserved New York City public school students with free virtual college tutors and hosted 20+ summer workshops and month long programs to help fill gaps in their education left by the move from inperson to digital learning due to the coronavirus pandemic. Our tutoring includes all classic school subjects and the arts, preparation for standardized tests, and guidance on the college application and essaywriting process. We prioritize students from low-income households, English language learners, students with special educational needs, and others who face disproportionate barriers to educational access.

Fall sign ups are now open at http://tutors.edumatenyc.org/. EduMate NYC can use all the support we can get to help serve disadvantaged students by providing additional academic support at a critical moment. We provide all of our volunteers with a brief training video and academic/accessibility resources to support their work, and require just one hour per week of tutoring through December 23rd, 2020.

You can go to our website, www.edumatenyc.org, and also follow us (@edumatenyc on Facebook, Twitter, and Instagram) for more information.