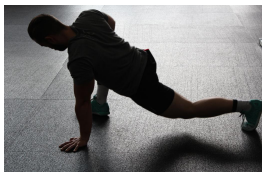


Health Professions Advising September Special Edition



The UCSB Health Professions Advisors have put together a special edition of our Health Professions Advising Newsletter which spotlights the accomplishments of our recent alumni who have been accepted into health professions graduate programs.

We are proud of their success and excited to share the advice they have for you, our current UCSB pre-health students.

As you read the advice from your peers, consider how that advice might apply to you; some will be relevant, some may not. Please do not hesitate to reach out to our pre-health advisors to help you consider these issues and determine the next steps along your pre-health track.

Also, be sure to check out the information and resources following the recognition of our outstanding alumni!

We look forward to seeing you this fall!

Take Care,

UCSB Health Professions Advising

Contact Info

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



Christopher Le

B.S. Physiology, UCSB Class of 2018

**Allopathic Medicine (MD), University of
Colorado School of Medicine**

It's a given that you'll have to work hard and do well, but it's also important that you value your experiences and enjoy them. No matter what program you're interested in pursuing, there will be "boxes" that you're expected to check off. However, a strong applicant shouldn't view these things as items to just get done. With every experience, it's crucial that you self-reflect, grow, and learn something about yourself and your passion for pursuing medicine. Doing this will make the application process easier and more rewarding. Adding to this, balance is extremely important and will continue to be essential throughout your career. Make sure, you're taking time to take care of yourself and do the things that you really enjoy along the way.

This journey is truly demanding and with that being said, it's important to use the resources available to you. Your peers, mentors, advisors, etc. are all really good sources of advice and support. It's likely that someone you know is going/has gone through the same process as you; Don't be afraid to reach out!

Lastly, don't feel rushed. Maintaining a strong GPA, taking the MCAT, doing research, volunteering, getting involved in valuable clinical experiences, all while taking care of yourself can be difficult to manage. If need be, take a gap year or years. In my experience, taking two gap years allowed me to successfully balance all of these things while giving me a nice break from the classroom setting, and also, time to grow as a person. I wish you all the best of luck in the pursuit of your ambitions!



Schyler Said

**B.S. Biological Science, Minor Feminist
Studies UCSB Class of 2019
Allopathic Medicine (MD), Drexel
University**

One of the best investments of your time will be getting to know yourself, because you will give yourself the most tools to succeed if you know your genuine interests, limits, strengths, and weaknesses! Finding what specific classes and extracurricular activities you actually enjoy (rather than just “checking the boxes”) will make working hard at them feel a lot less like work, and will teach you how to play your strengths by time you’re ready to take the next step of applying for the school of your choice! Best of luck, Gauchos, UCSB prepares you so well!



Abhilasha Kumar

**B. S. in Biological Sciences
Allopathic Medicine
(MD) Loyola University
Chicago Stritch School
of Medicine**

Get out into the community and learn about the careers you are interested in! This will not only help you finalize the field you want to go into, but you will also gain quality experience in the process. Also, utilize your resources, whether it be through school-sponsored advising and events, speaking with upperclassmen about their experiences and asking for advice, or doing your own research about the process online!



Ilana Zago

**B.S. Biological Science, UCSB Class of
2019**

**Allopathic Medicine (MD), TCU &
UNTHSC School of Medicine**

Advice: "Throughout my undergraduate years, I was often told to switch my major, that my GPA was too low, and I should pursue another path. However, I had a deep understanding that medicine was my calling and was willing to do whatever it took to improve my grades and secure acceptance to medical school. Despite the obstacles I faced, I persevered. If I can do it, you can do it! Trust in this process and have faith in your journey. Everyone's path to medicine is unique and anything is possible with determination, hard work, and a positive attitude.

Advice for the pre-med years: Focus on doing well in your courses and don't be afraid to seek help from your professors if you need it, they are there to support you! Your undergraduate GPA is so important. Pursue extracurricular activities you are passionate about and will keep you motivated throughout this journey. Cultivate a solid support system and prioritize your own wellness. Finding balance in this years will set you up for success in medical school.

Advice for the MCAT: Create a study schedule for yourself and stick to it. I found that studying at 4:30am before work each day was the most productive since I didn't have any distractions. Take a lot of practice tests and thoroughly review each question, even the ones you got right. Khan Academy is a wonderful free resource.

Advice for the application cycle: It's a long process but you've already made it so far! Invest the time into writing your personal statement and activities early on. Tell your story, have a few people you trust edit your work, and use Grammarly. I recorded myself answering mock interview questions and that helped boost my confidence.

Lastly, believe in yourself!"



Jacob Andrew

B. S. in Pharmacology, UCSB Class of 2018

Allopathic Medicine (MD) University of Massachusetts

I would recommend that current pre-health students reach out to older students or alumni that are ahead of them on the pre-health path. The advice and information I received from UCSB alumni that were applying or already in medical school proved critical in my successful application cycle.



Janelle Liu

**B.S. Biological Science, UCSB Class of 2019
Physical Therapy, Cal State Northridge**

An update after 1st year of PT school from Janelle Liu: Make sure professional school doesn't "become your life" -it can be stressful to always be talking about school with classmates/thinking about school even after class, so I made sure to keep up with my other interests and hang out with my non-school friends as well (I think this applies to undergrad too). Also, in professional school your classmates are not your competition-everyone's there to help each other (again, I think that adopting this mindset during undergrad can be really helpful too).

Health Professions Advising Events & Activities Calendar

September 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 1	Wednesday 2	Thursday 3	Friday 4	Sat./Sun 5 6
				Phone Drop Ins: 9am-11:30am	
7 Labor Day	8	9 Phone Drop Ins: 1pm-3:30pm	10 Phone Drop Ins: 1pm-3:30pm APTA Doctor of Physical Therapy Virtual Fair, 10:00 – 11:00am	11	12 13 Tour4Diversity in Medicine & AACOM Present: Diversity in Osteopathic Medicine - Virtual Event Pre-Med Conference: American Medical Women's Assoc.
14	15	16 Phone Drop Ins: 1pm-3:30pm	17	18 Phone Drop Ins: 9am-11:30am	19 20
21	22	23 Phone Drop Ins: 1pm-3:30pm	24	25	26 27
28	29	30 Phone Drop Ins: 1pm-3:30pm American Association of Colleges of Pharmacy Pharmacy Virtual Fair			

Pre-Health Student Organizations Meeting Information



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

LEARN MORE ABOUT D.O.!

CHOOSE DO
A NEW GENERATION OF DOCTORS



**DIVERSITY IN
OSTEOPATHIC MEDICINE:
VIRTUAL RECRUITMENT EVENT**

**SEPTEMBER 12, 2020
12:00-6:00 PM ET**

#CHOOSEDIVERSITY



PHOTO: PHILADELPHIA COLLEGE OF OSTEOPATHIC MEDICINE

Meet with colleges of osteopathic medicine nationwide
to learn about becoming a physician

THE RYU HURVITZ ORTHOPEDIC CLINIC in Santa Barbara **seeking a full-time Medical Assistant**

We will consider strong applicants seeking part-time work, with the intention of transitioning to a full-time position in October. Previous experience and knowledge of basic medical terminology is preferred but not required. We are willing to train the right candidate.

Excellent verbal and written communication is required. Multitasking efficiently and the ability to handle pressure gracefully is a must. Our ideal candidate is self-motivated, responsible, team-oriented and has the ability to solve problems in a fast-paced environment. Job description includes a mix of administrative and clinic-oriented duties. Responsibilities include, but are not limited to: rooming patients, taking histories, setting up injections, basic pre and post-operative care, coordinating referrals, responding to patient questions, filling out disability paperwork, contacting insurance companies and scheduling MRIs/CTs. Cross-training for other positions will be required. This position provides an excellent opportunity to work alongside highly respected physicians while learning the ins and outs of the healthcare industry.

*Please note that, due to the extensive amount of training, we require a minimum of a two-year commitment. Please apply to this job only if you are truly passionate about helping patients and you are serious about providing the best quality of care.

To apply, email your resume, three references and a cover letter explaining why you believe you are the right person for this position and a good fit for our clinic. Email applications to the clinic's practice administrator, Jenny. Email: jenny@therhoc.com

Conversations with Clinicians Summer Seminar Series

In an attempt to keep students and our medical community engaged in issues surrounding the medical humanities during these turbulent and uncertain times, we are doing a virtual Summer seminar series: "Conversations with Clinicians." Conversations with Clinicians will be an ongoing informal discussion with clinical and public health leaders about key issues regarding the humanities as applied to clinical medicine, public health, and society during pandemic. The first discussion will be surrounding the impact this pandemic has had on professionalism and character of health providers. You can register for the webinars at

<https://enroll.professional.ucsb.edu/search/publicCourseSearchDetails.do?method=load&courseId=33332506>

The webinar is open to past and current UCSB students enrolled in UCSB Medical Humanities Program in addition to students interested in the program. The webinars are also open to members of our local Santa Barbara university, medical, public health, and activist community. You can learn more about the UCSB Medical Humanities Certificate Program at <https://professional.ucsb.edu/certificate-medical-humanities>.

The panel based webinars will be Tuesday evenings at 6pm and the topics, panelists, and details will attempt to be reflective of contemporary issues surrounding the COVID19 pandemic. Please see the tentative course outline below.

For all those out there on the frontline, hang in there. For all those who are training to be on the frontline, hang in there. What you do matters!!

Jason Prystowsky MD, MPH

8/4 - professionalism and character during COVID - Jerome Hoffman (UCLA emergency medicine), Charles Stolar (Columbia surgery), Kayla Rosen (UCSB student health, SB Neighborhood Clinics).

Moderator: Jason Prystowsky- How has COVID19 pandemic changed the role of the physician and healthcare team? It has been said that the pandemic has pulled back the veil and shown both weaknesses and strengths in our healthcare system, and both heroic virtues and weak shortcomings in the character of the healthcare personnel in the trenches. . . what character virtues do healers need moving forward? Advice for students interested in healthcare within the context of COVID. We will discuss courage, curiosity, integrity, perseverance, ego, and more.

8/18 - Critical Care and allocation of scarce resources during COVID

9/15 - Mental health in the age of COVID

9/29 - Racial Disparities during COVID

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>

Virtual Shadowing

University of Colorado School of Medicine

Email

breanna.mckercher@cuanschutz.edu to enroll.

You may also be interested in **Webshadows**

<https://webshadows.wixsite.com/website>

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>



BIG TEN⁺ GRADUATE SCHOOL EXPO

HARDWIRED FOR GRAD? SCHOOL

Explore Your Options!

- Check out information-packed workshops on all phases of the graduate application process
- Connect with representatives from top-ranked Purdue programs and other institutions, including Big Ten
- Apply to the Purdue Graduate School for Free

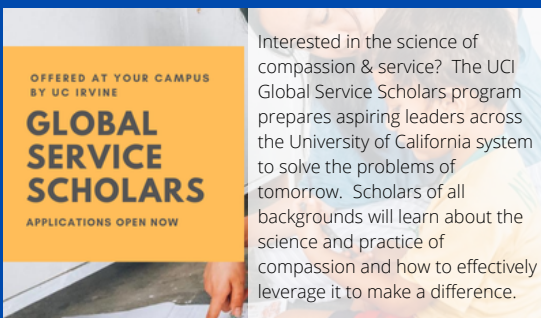
"The Grad Expo provided phenomenal amounts of information that provided clarity on how to navigate the graduate school process."
-Past Student Attendee

VIRTUAL EXPERIENCE
OCT. 4-5, 2020

PURDUE UNIVERSITY
The Graduate School

SCIENCE
TECHNOLOGY
ENGINEERING
MATHEMATICS
RELATED FIELDS

purdue.edu/gradexpo



OFFERED AT YOUR CAMPUS BY UC IRVINE

GLOBAL SERVICE SCHOLARS

APPLICATIONS OPEN NOW

Interested in the science of compassion & service? The UCI Global Service Scholars program prepares aspiring leaders across the University of California system to solve the problems of tomorrow. Scholars of all backgrounds will learn about the science and practice of compassion and how to effectively leverage it to make a difference.

In the summer of 2021, they will apply those lessons through a one-month service project or internship, partnering with local and international organizations that work in numerous areas such as sustainability, poverty alleviation and justice. We have adjusted the 2021 program for the health and safety of our students. Applications for the 2021 cohort are now open for your campus! Santa Barbara students have until August 31 to apply.

<http://globalservicescholars.uci.edu/apply/>

Are any of the medical schools you've applied to using the AAMC VITA tool?

Check your email for an invitation from the AAMC to attend a live webinar covering topics related to the AAMC VITA interview. The webinar takes place on Tuesday, August 4 at 2 p.m. ET. The webinar will provide an overview of how the AAMC VITA interview works and how you can prepare for it, clarify any misconceptions that may exist about the process of completing the AAMC VITA interview, highlight AAMC resources designed to help you practice and prepare for a successful AAMC VITA interview experience, and to answer participant questions.

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

Cancel Update

4. Don't forget to update your preferences!



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>

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!**

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.createand1.com/t/r-l-jhcvhy-l-k/>

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

Were you recently accepted to professional school?

Share your acceptance with us,
and share some advice with
your fellow pre-health Gauchos!

Email a recent picture, along with
your major, grad year, the
professional school you were
accepted to, and a brief bit of
advice to

prehealthinfo@ltsc.ucsb.edu, and
we'll include you in a special
edition of our newsletter!

