Recommendations & Resources for Pre-Health Students

1. **BOOKMARK** the [Pre-Health Website](#), utilize the Calendar of Events, see Announcements, and – most importantly - review the general and occupation-specific resources. These provide very important information about:
   - Academic Preparation for many health related careers
   - Timing of professional school application
   - Standardized Testing information
   - Committee Review Process for medical/dental/podiatry/optometry school
   - Information on paying for health professional school

2. **JOIN** the [pre-health listserv](#) to stay informed about essential dates, events, workshops, opportunities, etc. The link is on the site’s opening page at bottom.

3. **INVESTIGATE** the health care team — and potential career options — by exploring careers and evaluating the [occupation’s outlook](#) based on the statistics compiled by US Bureau of Labor Statistics
   - See additional document, entitled, “Pre-Health Student Guide to Professional Organizations & Centralized Application Services”

**Medical School-specific Resources**
- Consider applying to the [Premedical Enhancement Program (PEP)](#) if you are a first-year student
- Use the [AAMC’s student resources](#) for navigating the pre-health journey
- Learn about the AAMC’s [Core Competencies & application process](#)
- Download the AAMC’s [Anatomy of an Applicant Guide and Worksheets](#) — and begin to fill them out
- Consider purchasing from AAMC: MSAR, The Official Guide To Medical School Admissions

**Dental School-specific Resources**
- Utilize American Dental Education Association (ADEA)’s [GoDental](#) site for information about applying, financing and the dental school experience
- Subscribe to the American Dental Association (ASDA)’s blog [Mouthing Off](#), and their resources for predental students
- Consider purchasing the ADEA [Official Guide to Dental Schools](#)
4. **STAY CURRENT & CURIOUS** about Health & Healthcare issues:
   - Read National and local newspapers
   - Sign up for relevant blogs
     - [Medscape](https://www.medscape.com) for Breaking News and Business of Medicine updates
     - [KevinMD](https://www.kevinmd.com) -- @KevinMD
     - Read articles and (books) by [Abraham Verghese, MD](https://www.aamc.org) (someone who has taught me so much about the dignity of people and the compassionate art of practicing medicine), He is the Vice Chair for the Theory & Practice of Medicine at Stanford University
     - [Atul Gawande](https://www.atulgawande.com) -- @Atul_Gawande
     - Public Health: [@HarvardChanSPH](https://www.chan.harvard.edu) and Association of Schools & Programs of Public Health: [@ASPPHtweets](https://www.aspsh.org)
     - Follow Professional organizations on Twitter
       - MD Medicine: @AAMCPremed and @AMCASInfo
       - DO Medicine: @AACOMASPreMed
       - Optometry: @OptometricED
       - Podiatry: @PodMedColleges
       - Naturopathic Med: @AANMC
       - Dental: @ADEAgodental
       - Nursing: @AACNursing
       - PA: @PAEAAonline
       - Pharmacy: @AACPharmacy and @Pharm4Me
       - PT: @APATweets
       - OT: @AOTAIncPR
       - Public Health: @ASPPHtweets
       - Diverse Medicine: @DiverseMedicine,Inc
   - Browse through [TED Video Playlists](https://www.ted.com)
     - Health Care related, e.g., Abraham Verghese, MD’s: [A doctor’s touch](https://www.ted.com/talks/abraham_verghese_a_doctor_s_touch)
     - Mental Health related
     - Public Health related
   - Read medically related novels, memoirs, historical fiction, biographies. (See separate document, “Pre-Health Reading List” in “Medicine” section of UVM Pre-Health website
   - Take non-science courses that touch upon issues from a broad range of disciplines (e.g., ethics, nutrition, global and public health, health disparities, cross cultural communication, health care delivery, economics of health care, etc
   - Participate in UVM’s [Community Medical School](https://www.uvm.edu): Public lecture series featuring healthcare topics

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5. **SEEK** to improve your cultural competency
   - Engage diverse perspectives to improve your understanding of the human experience and inform your own knowledge base regarding the multiple dimensions of diversity
   - Research the social determinants of health and-- through reading, discussing, participating in the community—learn how sociocultural factors affect health, health care and access to health care
   - Recognize and appropriately address bias in yourself and others

6. **ENGAGE** in community service **ON campus and in the COMMUNITY**
   - UVM Campus organizations
     - UVM’s [Volunteers in Action](#) (VIA) whose aim is to “promote awareness of social issues and work for positive change and strengthen the connection between learning and service.”
       - Check out UVM [VIA clubs](#)
     - UVM [SGA’s list of clubs](#)—filter with “Service & Wellness” to find ways to use your interests and talents in the service of others
       - Pre-Health students have gained skills and competencies relevant to a health care career in a wide variety of meaningful ways, **including (but not limited to) the following UVM clubs:**
         - Adaptive Sports; Alternative Spring Break; Camp Kesem; Campus Kitchen; Challah for Hunger; DREAM program (@ Salmon Run or Elm St); FeelGood; Food Salvage; Generation Outreach; Special Olympics; and others!
     - Medically-related campus organizations
       - [UVM Rescue](#): a state certified Advanced Life Support ambulance, staffed and operated by UVM students 24/7/365
       - [UVM MEDVIDA](#): a student organized group focused on discussing, creating, and enacting trans-disciplinary development
       - [UVM Partners in Health Engage](#): a student network of community organizers working together to advance the right to health
       - [UVM Medical Center Hospital Volunteering](#): Requires application & interview, 3-4 hr weekly minimum, 6month commitment
   - Selected Burlington Community Social Service Organizations: Check [United Way](#) Volunteer Connection to get an overview of regional organizations and a contact name from >250 local nonprofits
     - Housing for vulnerable populations:
       - [ANEW](#) Place
       - [Committee on Temporary Shelter](#) (COTS) [Volunteer positions](#) and also has 12 month Americorps opportunity
       - Habitat for Humanity
     - Food insecurity
       - [Chittenden Emergency Food Shelf](#) — see also UVM-related organizations (Campus Kitchen, e.g.) working with CEFS
       - [Vermont Youth Conservation Corps](#): Help with weeding, planting, harvesting, washing, packing vegetables for Vermonters in need
     - Domestic/Intimate partner violence
       - [Steps to End Domestic Violence](#)
- Mental health/Substance use
  - Burlington Partnership for a Healthy Community—Choose a project of interest for volunteering
  - Howard Center has volunteer opportunities
- Hospice
  - BAYADA Hospice
- Child-related and/or Mentoring and/or Summer Camps
  - Spectrum Youth & Family has openings in its Multicultural Youth Program—looking for young adults interested in tutoring in the Resource Space for multicultural and New American youth
  - Boys & Girls Club of Burlington
  - Camp Exclamation Point for underserved rural Vermont kids
  - King Street Youth Center
  - Winooski Teen Center
- Helping organizations or families of patients dealing with cancer or other illnesses
  - Ronald McDonald House Charities
  - Brain Injury Association of Vermont
  - Children’s Oncology Camping Association
- Women and children
  - Lund Family Center-focused on improving lives of pregnant & parenting teens, women, adoptive families and children; Volunteer opportunities
  - Planned Parenthood’s Burlington Health Center
- Differing abilities
  - Special Olympics
  - Vermont Adaptive Sports
- Vulnerable populations/Social Justice
  - Vermont Cares: largest HIV service organization in Vermont.
  - LEAP (Learn, Earn and Prosper) Program of ReSOURCE VT, for visually impaired youth
- Refugee support
  - Vermont Refugee Resettlement Program: Citizenship Tutoring and other opportunities
- Older adults (also see under health care experience opportunities)
  - Age Well
  - Alzheimer’s Association: Vermont Chapter
- Health Care for Un/under insured
  - VT Coalition of Clinics for Uninsured
  - Community Health Centers of Burlington volunteer opportunities
  - Peace & Justice Center: Get involved
- Local-international collaboration
  - Hands to Honduras—Tela through Shelburne Rotary
- Other
  - OnCall for Vermont Medical Reserve Corps
    - Volunteer health emergency response opportunities
7. **FIND opportunities for direct **PATIENT INTERACTION** and/or **SHADOWING**

   o **Shadowing**
   
   ▪ Apply for [Premedical Enhancement Program](#) (PEP) by February of 1\textsuperscript{st} year. 32 hours of shadowing/year
   
   ▪ Participate in the Career Center’s 1-day Shadowing Program to shadow an alum near your hometown during Winter break
     
   ▪ Access job shadowing sites in Handshake, and apply before November 1\textsuperscript{st} (must attend a brief Orientation session at The Hub before applying)
   
   ▪ [Surg 200: Emergency Medicine Research I.](#) UVM Course providing introduction to clinical research in emergency room. Junior or above
   
   ▪ Directly reach out to providers you meet through coursework and your volunteer/community service experiences
   
   ▪ Before your school breaks, contact providers from your hometown
   
   ▪ Local professional organizations—Medical Societies, Dental Societies, PA Organizations, may have information – find ones in your home county/state and Vermont [Vermont Medical Society](#); [PA Association of VT](#); [Vermont State Dental Society](#)

   o **On-the-job training** (see below for certification opportunities)

   ▪ Volunteer @ [UVM Medical Center](#)
   
   ▪ Non-certified care assistant positions at Long term care, rehabilitation, assisted living facilities
     
   ▪ [Home Instead](#) Senior Care [Caregiver positions](#)
   
   ▪ LCB Senior Living hires [Residence Care Associates](#) at two Assisted Living and Memory Care locations nearby (Quarry Hill in S. Burlington) and Residence at Shelburne Bay (in Shelburne)
   
   ▪ [Pillsbury](#)— Assisted Care facility for seniors. Pillsbury Manor South in South Burlington and hires [Caregivers](#)
   
   ▪ [Genesis](#): Burlington Health & Rehab hires [Resident Care Attendants](#)
   
   ▪ [Cathedral Square](#): Service enriched housing for seniors and people with special needs. Hires [Resident Assistants & LPNs](#)
   
   ▪ Community Health Centers of Burlington: Offers comprehensive services to a population that includes underserved and uninsured communities. Provides six+ week training program for medical assistant role but requires full time commitment (post-graduation)

   o **Specialized training &/or Certification (PCA, LNA, EMT, phlebotomy)**

   ▪ [Personal Care Attendant](#) --free training by Visiting Nurse Association (1 week long, held monthly) followed by employment opportunities

   ▪ **Licensed Nursing Assistant (LNA)** Training
     
     ▪ Local option: [UVM Medical Center](#): 172 hour course over 5 weeks
     
     ▪ Nursing Assistant Education Programs in Vermont [LIST](#) of sites
     
     ▪ Investigate options near your home for summer

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EMT Certification and EMS opportunities:

- **UVM Courses for credit** (both are 6 cr)
  - HLTH 053 (Emergency Medical Technician)
  - HLTH 057 (Advanced Emergency Medical Technician).
- **UVM Rescue**: Student run and state certified Advanced Life Support ambulance. No medical experience is required to become a member.
- Certified EMTs often seek involvement in emergency squads of surrounding communities, e.g. Essex Rescue, Shelburne Rescue (some are volunteer only, some hire)
- **OnCall for Vermont** Emergency Medical Services

**Phlebotomy Technician Training** by Center for Technology Essex offers (12 week training program one evening/week, $750)

### 8. Apply for summer and other opportunities to explore health careers and research
(Applications may open as early as November)

- **Summer Enrichment opportunities** for students underrepresented in the health professions (free and/or stipend provided): Full listing can be found using the AAMC’s extensive database, searchable by state
  - **SHPEP**: Summer Health Professions Education Program: 13 sites across county with at least one site offering opportunities for students interested in: dentistry, medicine, nursing, optometry, pharmacy, physical therapy, physician assistant, public health
  - **Hispanic Center of Excellence Summer Undergraduate Mentorship Program** at Albert Einstein College of Medicine
  - **Summer Public Health Scholars Program** (SPHSP) at Columbia University College of Physicians and Surgeons
  - **Harvard T.H. Chan School of Public Health Summer Internships in Biological Sciences in Public Health**: for students interested in research
  - Weill Cornell Medical College’s **Travelers Summer Research Fellowship Program**
  - University of Massachusetts Medical School **Summer Enrichment Program**—Massachusetts residents only
  - **ExploreHealthCareers.org** maintains a filterable list of enrichment programs targeted toward various careers and topics

- **UVM Larner College of Medicine** offers a **Summer Medical School Prep Program**. Financial assistance is available based on need

- Boston University maintains a **career-specific listing** of summer programs (fee-associated for many)
Internships

- Use **Handshake**, Jobs tab, Job Type: internships. Filter using different keywords, like “health” or “medical” or “social service”
- **Rochester Institute of Technology** compiles a list of Biomedical Research & Pre-Medical Studies-related internships/summer research
- **NIH**: Summer internship in biomedical research
- Southern Vermont AHEC: Offers **C-SHIP summer internships**, strong preference Southern Vermonters, but will consider others, preferably from rural/underserved areas, particularly those in Vermont. Up to 100 hours of paid project work with organizations/agencies who partner with AHEC
- Internship with **Office of Chief Medical Examiner (OCME)** at Vermont Department of Health: An unpaid experience, fall, spring or summer semesters, providing direct exposure to day to day activities of the OCME. Can be done for academic credit. Preference to juniors/seniors. See application for recommended courses prior to application
- **State of Vermont** internships: send email stating area of interest
- The National Institute of Health (NIH) offers a **Summer Internship Program in Biomedical Research**
- Search **AAMC** ‘s database, filter by “Research” and State, for summer enrichment research opportunities for students underrepresented in medicine

Research: Academic Year & Summer

- Visit UVM **Office of Undergraduate Research** (OUR) website for research and funding opportunities
- Search for research jobs through the **Student Employment Office**
- Drop by **The Hub** to get advice from a Peer Mentor about finding research opportunities and/or to set up with an appointment with an OUR mentor
- Review the bios of faculty members in your department and directly email those whose research projects interest you
- AAMC maintains a list of **Summer Undergraduate Research Programs**
- **Rochester Institute of Technology** compiles a list of Biomedical Research & Pre-Medical Studies-related internships/summer research
- See summer enrichment opportunities for students underrepresented in medicine using the **AAMC** ‘s database, filter by “Research” and searchable by state
- **CIRRUS map** (Connecting Undergraduate Students with Research Opportunities)
- See specific research programs, with competitive application and stipends:
  i. National Science Foundation: **Research Experiences for Undergraduates** (REU) program
  ii. The National Institute of Health (NIH) offers a **Summer Internship Program in Biomedical Research**
  iii. The **Cold Spring Harbor Laboratory’s Undergraduate Research Program** has research programs in Molecular Biology & Cancer; Genetics & Genomics; Neuroscience, and Quantitative Biology); apply by January
  iv. Icahn School of Medicine at **Mount Sinai’s Summer Undergraduate Research Program (SURP)**; apply by February
  v. Mayo Clinic College of Medicine & Science’s **Summer Undergraduate Research Fellowship**; apply by February
  vi. New York State Department of Health’s **Wadsworth Center’s Research Experieince for Undergraduates** (volunteer opportunities also available)
9. For specific career information
   o See separate document (available soon) with list of professional organizations relevant to each of
     the distinct health professions—and the corresponding Centralized Application entitled, “Pre-
     Health Student Guide To Professional Organizations & Centralized Application Services.”