

PRE-HEALTH STUDENTS: HOW TO MAKE THE MOST OF YOUR TIME DURING COVID-19

Summary

How to access CSULB HPAO resources as well as a list of resources and ideas to help you make the most of your time whether it's through giving back to your community, planning and working on your applications, learning more about your desired health professions field, or engaging in self-care.

Dear Pre-Health Students,

The reality is that no one has a full understanding of what the next few weeks will bring. However, it is important to be sure to make the most of this time in the smartest and healthiest way possible. Firstly, no matter what, take care of yourself and your own physical and mental health. It is extremely important to remain safe and healthy during these times!

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HPAO Updates

Advising

- For quick questions, please email HealthProfAdvising@csulb.edu and make sure your student ID is included in all correspondence.
- 30 Minute phone or Zoom appointments are available for all students who have attended Pre-Health 101 on Monday-Friday from 12 PM – 2 PM. To set up a 30-minute phone or Zoom appointment, students will sign up via **SSC – Advising & Tutoring**

Setting up an Appointment

Steps:

1. Sign in to [Single Sign-On](#)
2. Click the "SSC – Advising & Tutoring" chiclet
3. Click on the blue "Get Assistance" button
4. "What type of appointment would you like to schedule?" > "Academic Advising"
5. "What type of advising are you looking for?" > "Advising Center"
6. "Pick a Service for Your Appointment" > "Graduate School Preparation"
7. Click the Next button
8. "Pick a Location for Your Appointment" > "CNSM Academic Advising Center (HSCI-164)"
9. "Pick a Staff Member" > "Njoku, Lena"
10. Click the Next button
11. Pick an available appointment time
12. Click the Next button
13. Review the appointment details
14. Complete the survey linked under "Additional Details"
15. Confirm appointment
16. Look for a confirmation email

Pre-Health 101

- Sessions will now be conducted via Zoom. Our office will send out further information on how to join sessions in the coming days.

Jensen SAS Center Updates

- Drop-in tutoring for SAS is now available via the Zoom platform. To use this platform, you will need to have a mic and speaker (a webcam is a bonus!).
- To get tutoring help, visit the [CNSM Tutoring Zoom Front Desk](#), or use Meeting ID 342-262-991 after accessing the Zoom chiclet in Single Sign-On.
- If you have any challenges accessing our services, please email sascenter@csulb.edu.
- At this time, we will be following our [normal tutoring hours and schedule](#). This is subject to change after Spring Break.
- Please visit [Tutoring in Science and Math](#) for more information

Classes

- Make sure your classes are your priority. CSULB will continue to have a normal grading scale and there are no plans to switch to a pass/fail system for Spring 2020.
- [SAS Tutoring services via Zoom](#) are there for you to utilize
- [Bob Murphy Access Center \(BMAC\)](#) is available to provide support and accommodations

COVID-19 Resources by Health Profession

For all current and prospective applicants

- Please check the websites of the individual programs you are planning to apply to for the latest updates on their application process

For all students applying via a Centralized Application Service

(AMCAS, AACOMAS, AADSAS, NursingCAS, CASPA, OTCAS, PTCAS, etc.)

- [Liaison COVID-19 Update for Students](#)

For medical (MD&DO) students

- [MCAT Coronavirus FAQ page](#)
- [AAMC Services \(for MD\) Coronavirus page](#)
- [TMDSAS](#) (Texas Medical & Dental Schools Application Service) - no updates as of 3/23/2020, but please check back at this resource

For dental students

- [DAT](#)- see 'Important Updates...' section
- [TMDSAS](#) (Texas Medical & Dental Schools Application Service) - no updates as of 3/23/2020, but please check back at this resource

For pharmacy students

- [PharmCAS Covid-19 Update for Applicants](#)

For veterinary students

- [AAVMC COVID-19 Student and Applicant Information](#)

For nursing students

- [AACN Coronavirus Resources](#)

For optometry students

- [OptomCAS COVID-19 Statement for Current and Prospective Applicants](#)

For physician assistant students

- [PAEA Coronavirus Resources](#)

For students taking the GRE

- [ETS Testing Updates](#)

This document is adapted from documents created cooperatively by members of the [National Association of Advisors for the Health Professions](#):

- [Ideas for Pre-Health Students During COVID-19](#)
- [How To Make The Most of COVID-19](#)

Making the Most of This Time

Participate in Virtual Seminars, Fairs, and Info Sessions

- The [website of the National Association of Advisors for the Health Professions](#) has the most comprehensive list of pre-health events around the country. This list includes both in-person and virtual events, but you will notice many in-person events are canceled, and this will continue.
- [AAMC Upcoming Webinars](#): Navigating the 2021 AMCAS Application Cycle for Upcoming Applicants on 4/21. There are other pre-recorded webinars.
- March 27: [AAMC Virtual Fair](#) with 70+ schools, AAMC representatives, and volunteer pre-health advisors to answer your questions
- March 31st: [Veterinary Medical Admissions Virtual Fair](#)
- April 7th: [PAEA Physician Assistant Virtual Fair](#)
- [Emory Premedical Engagement Program](#): Admissions Unveiled on 4/21

Volunteer Virtually

- [Operation Warm](#) has a list of 25 ways to volunteer virtually
- [Paper-airplanes.org](#) invites volunteers to provide online tutoring to “bridge gaps in language, higher education, and professional skills training for conflict-affected individuals”
- [Dosomething.org's](#) nine places to volunteer online and make a real impact

Network with Local Health Professionals

- Once the current situation has stabilized: Contact alum physicians near your home by searching by location in your school's Alum Directory and on LinkedIn. It will be interesting to talk with them about their experiences as physicians, especially during this time. Shadowing is unlikely to be possible for a while.

Research Professional Schools

- Surf through websites for schools in your chosen profession in your home state
 - Medical school links are available below:
 - [AAMC Allopathic \(MD\) Medical Schools](#)
 - [AACOM Osteopathic \(DO\) Medical Schools](#)
 - Watch this [video to learn about osteopathic medicine](#).
 - For other professions, check [NAAHP Links of Interest](#)
- Create spreadsheets! Make sure to note aspects of schools/programs you are interested in, such as their average matriculated student statistics, required pre-requisites and hours, type of curriculum, and location

Engage in free online learning opportunities

- [Class about pandemics from Harvard](#)
- Class about [community change in public health from Johns Hopkins](#)
- [Essentials of global health](#) from Yale
- [Ivy League free courses](#) list via freecodecamp.org
- Class [“An Examination of coronavirus-COVID-19”](#) from St George’s University
- Medical School Headquarters YouTube: [premed.tv](#)
- Georgetown offers free MOOCS including:
 - [Bioethics](#)
 - [Biomedical Big Data](#)
 - [Globalization](#)
 - [Genomic Medicine](#).

Do some pre-health reflection and journaling

- Premeds: Use the [AAMC Anatomy of an Applicant Self Assessment Guide](#) and [AACOM’s Qualities of a Successful Medical Student](#) to consider your preparation for medical school and the medical profession.
- Use past secondary application essay prompts as reflection questions.
- Advice about prehealth journaling from [Princeton Health Professions Advising](#) and [Missouri State University](#)

Read and Listen

- Read books that provide insight about being a doctor, applying to medical school, or learning about other health careers.
 - Book lists:
 - [Goodreads.com: Popular Medicine Books list](#)
 - [LIM Book Review Site](#)
 - Advisor recommendations:
 - [The Spirit Catches You and You Fall Down](#)
 - [The Immortal Life of Henrietta Lacks](#)
 - [Being Mortal](#)
 - [When Breath Becomes Air](#)
 - [The Emperor of All Maladies](#)
 - [My Own Country](#)

- [Teeth: Beauty, Inequality, and the Struggle for Oral Health in America](#)
 - [Fresh Fruit, Broken Bodies: Migrant Farmworkers in the United States \(Seth Holmes, MD/PhD\)](#)
- Read **Blog posts** from current medical students
 - [AACOM's Choose DO Blog](#)
 - [AAMC Aspiring Docs Diaries](#)
- **Podcasts** are a great way to learn and engage.
 - [Top 10 podcasts for pre-meds from Diverse Medicine](#)
 - [Premed Mondays with Dr. Dale](#)
 - [The Short Coat Podcast](#)
 - [Talking Admissions & Med Student Life hosted by Dr. Benjamin Chan](#)
 - [All Access Medical School Admissions podcast](#) with Christian Essman, director of admissions at Case Western Reserve University School of Medicine

Work on Life/“Adulthood” Skills

- Do you know how to cook? Offer to cook and deliver a meal to neighbors trying to manage childcare and work obligations at home.
- Develop an at-home exercise routine (this is also good self-care!)
- Take up or revisit a craft or hobby -- origami, bike repair, gardening, the instrument or art supplies you put down at the end of high school...
- If you've never tracked your budget and expenses before, analyze your spending from the last year and develop a budget moving forward (see [Nerdwallet tips](#))

Engage in Self-Care

- [CDC Advice on Managing Anxiety and Stress during the COVID-19 Pandemic](#)
- [World Health Organization Mental Health Considerations During COVID-19 Outbreak \(PDF\)](#)
- [Advice from thewirecutter.com](#)
- [Daily meditation and advice from experts via the folks at Ten Percent Happier](#)
- [CSULB Students: Counseling and Psychological Services \(CAPS\)](#)

News Stories Highlighting Prehealth/Professional School Student Efforts

- [Medical Students, Sidelined for Now, Find New Ways to Fight Coronavirus](#), NYT, March 23, 2020
- [Students form Harvard-wide Task Force](#), The Harvard Crimson, March 20, 2020
- [Premed student develops grocery service for seniors](#), KSBW TV, Las Vegas, March 16, 2020

Volunteer - Focus Locally

- As future health professionals serving your communities, now is a great time to help and give back! The following is a list of ideas:
- Volunteer to cover childcare needs or shop for neighbors, especially essential workers or the elderly, or to check in (by phone/from a distance) on the elderly.
- If you can sew, [consider making masks for health-care workers](#)
- Use [idealist.org](#) or [volunteermatch.org](#) to seek other local options, but be ready for slow responses.
- Idealist article: [Nine ways to help others during the coronavirus pandemic](#)

- In the Long Beach/Los Angeles/Orange County areas, here are some specific resources to help you get started:
 - [California Volunteers - Office of the Governor: Help Your Community Safely with Covid-19](#)
 - [Union Station Homeless Services - Urgent Needs Regarding Covid-19](#)
 - [Long Beach Coronavirus Relief Fund](#)
 - [Project Angel Food COVID-19 Emergency Food Fund - Donations & Volunteers](#)
 - [LA County Red Cross - Donate Blood or Volunteer](#)
 - [OC Food Bank - Volunteer](#)
 - [Second Harvest Food Bank Orange County](#)
 - [St. Vincent Meals on Wheels](#)
 - [Meals on Wheels Long Beach](#)
 - [MemorialCare Hospitals \(Long Beach, Fountain Valley, Laguna Hills\) are taking donations, including home-made masks](#)