Summer Opportunities

Miranda Yip
Caleb Hsu
Pre-Health/Pre-Law Advising Center
November 1, 2017
Agenda

Overview 20 Minutes  Panel 20 Minutes  Individual Q&A 50 Minutes
<table>
<thead>
<tr>
<th>Summer School</th>
<th>Community Service &amp; Volunteering</th>
<th>Study Abroad</th>
<th>Entrance Exam Preparation</th>
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<tbody>
<tr>
<td>Internships &amp; Fellowships</td>
<td>Jobs</td>
<td>Research</td>
<td>Shadowing &amp; Clinical Experience</td>
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Make the Most of Your Summer

Guiding Question
Is this the right health field for you?

- Exposure
- Competitive applicant
Summer School

- Prerequisites
- Retake classes
- Increase GPA
Classes (Resources)

UH Mānoa Summer School

- Freshman/Sophomore Merit Scholarships
- (2017) Class Availability
Community Service & Volunteering

Unpaid activities for the benefit of the community or an organization.

Guiding Question
What community would you like to serve as a future professional?

- Age
- Race/ethnicity
- Location
Community Service & Volunteering

Considerations

- Does not have to be health-related
- Time commitment
(Resources)

- PAC Website
- Pre-Health Career Corps
- Blood Bank of Hawaiʻi
- YMCA

Experience and Opportunities

Gaining experience in the health professional field you are interested in is a huge benefit in figuring out if that is the field you want to work in. Some professional fields want to see that you have experience in their field while some fields even require a large amount of particular experience such as hands-on patient contact experience or experience shadowing a professional in that field. The following areas we recommend searching for experience are clubs and organizations, community service events, enrichment opportunities, internships and fellowships, research opportunities, shadowing, and volunteer events. Please click on the links below for opportunities.

When applying for professional school, you will be asked to list and describe the experiences you have gained in preparation for the profession of your interest. Rather than having to recall from memory all your experiences, having an experience log will allow you to fill out your application with more ease. Students can use their CV as a record of these experiences. However, an experience log can include additional beneficial information, such as your employer’s contact information and a reflection portion of what you learned. You may choose to make a personalized experience log or use our sample by clicking here.

- Clubs and Organizations
  - Community Service
  - Enrichment Opportunities
  - Entrance Exam Preparation
  - Internships and Fellowships
  - Job Opportunities
  - Research Opportunities
  - Shadowing
  - Volunteer Opportunities
Study Abroad

- UH Mānoa Study Abroad Center
- Mānoa International Exchange
- National Student Exchange
Entrance Exam Preparation

Entrance exam scores are important considerations for professional schools.

Considerations

- How far along the application process are you?
- Prerequisites
Entrance Exam Preparation (Resources)

Four Primary Study Options

1. Self-Study
2. Group Study
3. Classes
4. Private Tutor
Internships & Fellowships

Working within a hiring organization to gain work experience.

Considerations

- Paid or unpaid
- Time commitment
Jobs

Considerations

- Finances
- Doesn’t have to be health-related

(Resources)

- PAC Newsletters
- Student Employment & Cooperative Education (SECE)
- Mānoa Career Center
Research

Systematic investigation of scientific theories or hypotheses

Unstructured vs. Structured Pathways
Research (Resources)

- UH Cancer Center
- Short-Term Research Experience for Underrepresented Persons (STEP-UP)
- Idea Networks of Biomedical Research Excellence (INBRE)
- Minority Health and Health Disparities International Research Training Program (MHIRT)
- BUILD-EXITO
Observing a healthcare professional at work.

- Learn and gain experience within your field
- Required by some health occupations (e.g. OT, PT, PA)
(Resources)

- PAC Website
  - Shadowing Workshop (Fall Semesters)
- Pre-Health Career Corps
- Summer Health Professions Education Program (SHPEP)
MIXED PROGRAMS

1. Classes
2. Community Service & Volunteering
3. Study Abroad
4. Entrance Exam Preparation
5. Internships & Fellowships
6. Jobs
7. Research
8. Shadowing & Clinical Experience
MIXED PROGRAMS

1. Classes
2. Community Service & Volunteering
3. Study Abroad
4. Entrance Exam Preparation
5. Internships & Fellowships
6. Jobs
7. Research
8. Shadowing & Clinical Experience
MIXED PROGRAMS
E.g. Summer Research Internships

- Hawai‘i Pacific Health (HPH)
- Department of Native Hawaiian Health (DNHH)
- Queen’s Medical Center (QMC)
Considerations

● What are you looking for in summer opportunities?
● How will it help you?
● What does it cost you?
  ○ E.g. time, money, energy, other commitments
● Timing (application timeline and due date)
● Competitiveness
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<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
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<td>Fall 20__:</td>
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Timing
Your Application

- Application form
- CV or resume
- Personal Statement
- References (e.g. letters, forms, phone call)
- Interview
Other Resources to Consult

● PAC
  ○ Workshops & Orientations
  ○ Newsletter (Subscribe)
● Pre-Health Career Corps
● Mentors & Peers
● Friends & Family
Agenda

Overview 20 Minutes
Panel 20 Minutes
Individual Q&A 50 Minutes
Future Workshops

Personal Statement & CV/Resume
Wednesday, November 15, 5:30pm-7:00pm
Webster Hall, Room 103

Spring 2018 Workshops & Orientations
Coming Soon!
Thank You

Please submit your evaluations!
Your input helps us to improve future workshops!

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