Summer Opportunities

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Kriztofer Caraang
Pre-Health/Pre-Law Advising Center
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Welcome! We will begin shortly. Please turn off your mic and video (:}
Agenda

Overview 15 Minutes  Panel 5 Minutes  Individual Q&A 25 Minutes
<table>
<thead>
<tr>
<th>Summer School</th>
<th>Community Service &amp; Volunteering</th>
<th>Study Abroad</th>
<th>Entrance Exam Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Internships &amp; Fellowships</td>
<td>Jobs</td>
<td>Research</td>
<td>Shadowing &amp; Clinical Experience</td>
</tr>
</tbody>
</table>
Make the Most of Your Summer

Is this the right health field for you?

- Experience
- Personal development
- Competitive applicant
Summer School

- Prerequisites
- Retake classes
- Increase GPA
Classes Resources

UH Mānoa Summer School

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

Unpaid activities for the benefit of the community or an organization

Considerations
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 Hawai‘i
- YMCA
- Local Hospitals
Study Abroad

- UH Mānoa Study Abroad Center
- Mānoa International Exchange
- National Student Exchange

Considerations
- Cost
Ireland Study Abroad

- Take both organic chemistry courses in Ireland over the summer
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

Resources

● PAC Website
● HPH Summer Internship
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
Shadowing & Clinical Experience

Observing a healthcare professional at work

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

● PAC Website
  ○ Shadowing Workshop (Fall Semesters)
● 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

E.g. Summer Research Internships

- Hawaiʻi Pacific Health (HPH)
- Department of Native Hawaiian Health (DNHH)
- Queen’s Medical Center (QMC)
Engagement Resources during COVID-19

- **PAC Website**
- Please subscribe to our [newsletter](#) for more information about Engagements during COVID-19
DISCLAIMER

Pre-health summer opportunities may be impacted due to the COVID-19 pandemic, so please look into any experiences for more information and updates.
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
<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall</strong></td>
<td><strong>Fall 1</strong></td>
<td><strong>Fall 2</strong></td>
<td><strong>Fall 3</strong></td>
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<tr>
<td>CHEM 161/L</td>
<td>CHEM 272/L</td>
<td>PHYS 152/L</td>
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<tr>
<td>BIOL 171/L</td>
<td>PHYS151_L</td>
<td>BIOL 402</td>
<td>4</td>
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<tr>
<td>ENG 100</td>
<td>MATH216</td>
<td>PSY 212 (optional)</td>
<td>3</td>
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<tr>
<td>MATH 140</td>
<td>SOC 100</td>
<td>Study for entrance exam</td>
<td>Interviews</td>
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<tr>
<td>Credits</td>
<td>14 Credits</td>
<td>15 Credits</td>
<td>11 Credits</td>
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<tr>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
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<tr>
<td><strong>Spring 1</strong></td>
<td><strong>Spring 2</strong></td>
<td><strong>Spring 3</strong></td>
</tr>
<tr>
<td>CHEM 162/L</td>
<td>CHEM 273/L</td>
<td>ENG 2XX</td>
</tr>
<tr>
<td>BIOL 172/L</td>
<td>BIOL 275/L</td>
<td>Statistics (PSY/SOC S 225 or ECON 321)</td>
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<tr>
<td>MATH 215</td>
<td></td>
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<tr>
<td>PSY 100</td>
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<th>Year 4</th>
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<tbody>
<tr>
<td><strong>Summer 1</strong></td>
<td><strong>Summer 2</strong></td>
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<tr>
<td>Study for entrance exam</td>
<td>Primary applications</td>
</tr>
<tr>
<td>Credits</td>
<td>0 Credits</td>
</tr>
</tbody>
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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)
  - PAC Director
- Pre-Health Career Corps
- Mentors & Peers
- Friends & Family
Agenda

Overview 15 Minutes
Panel 5 Minutes
Individual Q&A 25 Minutes
Panel
Thank You

Please complete the evaluation!

Your input helps us to improve future workshops!

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