Summer Opportunities

Juliana Tomita
Michael Tong
Pre-Health/Pre-Law Advising Center
November 10, 2021
Agenda

Overview  15 Minutes
Panel  20 Minutes
Q&A  25 Minutes
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<th>Summer School</th>
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<th>Study Abroad</th>
<th>Entrance Exam Preparation</th>
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<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

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
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 C.V. 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

Considerations
- Cost
Ireland Study Abroad

- Health Sciences, Chemistry, Physics, and more
- 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 in the application process are you?
- Prerequisites
Entrance Exam Preparation Resources

Primary Study Options
1. Self-Study
2. Group Study
3. Classes
4. Private Tutor
Entrance Exam Scholarships

Altius Scholarship
Free MCAT prep scholarship from Altius Test Prep for $1,249.

Gold Standard MCAT Prep Course Scholarship
This scholarship includes a crash course and three months' access to the resources available through Gold Standard MCAT Prep.

Must be a current student in the University of Hawai‘i System. Compose an essay (5,300 characters max.) on why you are interested in applying to your chosen health professional school. E-mail your essay to Dr. Kiana Shiroma (kianak@hawaii.edu) by the appropriate deadline.

Deadline: December 1, 2021
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)**

Apply by February 5, 2022
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)
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.
Engagement Resources during COVID-19

● [PAC Website](#)

● Please subscribe to our [newsletter](#) for more information about Engagements during COVID-19
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>
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<tr>
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<td><strong>Fall 3</strong></td>
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<td>CHEM 272/L</td>
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<td>BIOL 171/L</td>
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<td>PHYS 151_L</td>
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<td>MATH 216</td>
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<td>SOC 100</td>
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<th>Spring 1</th>
<th>Spring 2</th>
<th>Spring 3</th>
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<tr>
<td>CHEM 162/L</td>
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<td>CHEM 273/L</td>
<td>5</td>
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<tr>
<td>BIOL 172/L</td>
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<td>BIOL 275/L</td>
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<tr>
<td>MATH 215</td>
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<td>PSY 100</td>
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<th>Summer 2</th>
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<tbody>
<tr>
<td><strong>Study for entrance exam</strong></td>
<td><strong>Primary applications</strong></td>
<td><strong>AMCAS</strong></td>
<td><strong>Enter professional school</strong></td>
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<tr>
<td>Credits</td>
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<td>Credits</td>
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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  
20 Minutes

Individual Q&A  
25 Minutes
Panel
Thank You

Please complete the evaluation!

Your input helps us to improve future workshops!

Pre-Health/Pre-Law Advising Center
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