

Pre-health Opportunities during Spring 2020 - Ideas Summary

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Focus Locally

- Be an active, helpful member of your home community. Donate to a food bank, blood bank, or give funds to nonprofit organizations that are helping others during this pandemic. Volunteer to cover childcare needs for neighbors or to check in (by phone/from a distance) on the elderly. If you're part of a religious community, see if there are ways that you can provide support through them. Check with organizations where you have volunteered in the past to see if you can step back into previous roles.
- Use [idealists.org](https://www.idealists.org) or [volunteermatch.org](https://www.volunteermatch.org) to seek other local options, but be ready for slow responses.
- Idealist article: [Nine ways to help others during the coronavirus pandemic](#)

Volunteer Virtually

- Volunteer virtually in 25 different ways with [Operation Warm](#).
- Provide online tutoring to “bridge gaps in language, higher education, and professional skills training for conflict-affected individuals” with [Paper-airplanes.org](#).
- Make a real impact in 9 different ways with [Dosomething.org](#).
- Volunteer to be an Online Ambassador with [Ark of Hope for Children](#).
- Give well-deserved Treats for Troops through [Soldiers Angels Treats for Troops](#).
- Be an online emotional support person at [7 Cups](#).
- Help kids in need when you organize an [online fundraiser for Operation Warm](#).
- Make a global difference with the [United Nations](#).
- Lend your eyes to solve tasks for blind and low vision people. Visit [Be My Eyes](#).
- Identify New York Wildlife, map our galaxy or assist researchers in many other ways with [Zooniverse](#).
- Sew emotional support blankets for [Binky Patrol](#).
- Proofread ebooks for [Project Gutenberg](#).
- Track bird populations with [eBird](#).
- Record audiobooks for [Librivox](#).
- Transcribe historical documents for the [Smithsonian](#).

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- Send a card, letter or note once a week to someone undergoing chemotherapy. Apply at [Chemo Angels](#).
- Provide learning and encouragement to children around the world via Skype and the [Granny Cloud](#) website.
- Test, evaluate or develop elements of the [National Park Service's](#) online presence.
- Raise money in a virtual world with [The American Cancer Society](#) and Second Life.
- Develop video games to help [App to Succeed](#) teach youth in need how to make good financial decisions.
- Train others in technology to help overcome poverty with [Right Here at Home](#).
- Share social media posts and important announcements for Operation Warm. [Email Mary Ann](#).
- Look at satellite images of storm and help researchers predict cyclone behavior with [Cyclone Center](#).
- Find different ways to help your community at [Serve.gov](#).
- Find virtual volunteer opportunities at [AllForGood](#).
- Provide needed support for people in crisis with the [Suicide Prevention Line](#).
- Answer texts from people in crisis, bringing them from a hot moment to a cool calm through active listening, collaborative problem solving, and safety planning with [CrisisTextLine](#).
- Make a difference in the world with [United Nations Virtual Volunteering](#).
- Use your computers or phones to help researchers sift through pictures, information and documents with [Amnesty International](#).
- Translate millions of words, manage projects, design web pages, and fundraise with [TranslatorsWithoutBorders](#).

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](#)

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- For other professions, check [NAAHP Links of Interest](#)

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](#), or [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](#); [Missouri State University](#)

Read & 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](#)
<https://limbookclub.weebly.com/> .
 - 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](#)

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- [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: <https://www.stitcher.com/podcast/anchor-podcasts/premed-mondays-2>
 - The Short Coat Podcast: <http://theshortcoat.com/tag/dave-etler/>
 - Talking Admissions & Med Student Life hosted by Dr. Benjamin Chan: <https://podcasts.apple.com/us/podcast/talking-admissions-and-med-student-life/id722416493>
 - [All Access Medical School Admissions podcast](#) with Christian Essman, director of admissions at Case Western Reserve University School of Medicine
 - Dr. Ryan Gray's podcasts: <https://www.medicalschoolhq.net/meded-media>

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.

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](#)
- [Advice from thewirecutter.com](#)
- Daily meditation and advice from experts via the folks at Ten Percent Happier: <https://www.tenpercent.com/coronavirussanityguide>

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