STUDENT HOSPITAL CONNECTIONS

General Body Meeting

10/07/2021
This meeting will be recorded!

A SURVIVAL GUIDE TO BEING PRE-HEALTH AT GEORGIA TECH

Today's Agenda

01
October
Updates

02
Hospital
Volunteering

03
Notion Page
Crash Course

04
Pre-Health
Survival Guide

01

October Updates

What is SHC up to this October?

Welcoming Our New Secretary & PR Chair

SECRETARY

Ashley Hong

2nd Year Neuroscience

Manages all mass email correspondence, Good Standing requirements and the SHC Portal

PR CHAIR

Sri Sundararaj

2nd Year Neuroscience

Oversees all of SHC's social media and advertising of events

Thank You for SHC Week!

Upcoming Events!

- **URA + SHC Office Hours Kickoff Event***
  - <u>Thursday, October 14th</u> from 7-8 PM at Skiles 154
  - *SHC Member Perk:* URA Office Hours!
    - Begin Week of October 25th (2 times a week)
- **MedShare Volunteer Event w/ UPHA**
  - Saturday, October 30th from 9-12 PM (Volunteer Hours!)
  - <u>Sign up release date:</u> October 11th Weekly Email
- **Halloween Paint and Sip***
  - Sunday, October 31st from 2-4 PM at TBD location
  - Costumes welcome!

✳ = Point Opportunity!

Upcoming Events!

- **Group Volunteering with PADV**
  - Currently in the planning stages!
  - In recognition of Domestic Violence Awareness
- **Fundraising Tournament**
  - November 8th (tentative)
  - Bring your friends and compete for the chance to win prizes!
  - Open to all GT students
  - Interested? Fill out this <u>interest form</u> by October 15!
- **Senior Support Team Halloween Goody Bags Fundraising***
  - We will be having a dare fundraiser! You can dare anyone from friends to other SHC members and SHC exec members!
  - Help out with our bake sale (Monday, October 18th) by baking for us! Email ishanidesai@gatech.edu if you are interested. You can earn a point by baking!
  - You can also earn *a point* for every 5 cards you make for a resident or nursing home staff member (we will have cards going in the goody bags). More details to come in next week's email (10/11).
  - Later in October, we will have an event so everyone can come help together the Goody Bags!

✱ = Point Opportunity!

Fundraising Tournament Interest Form!

SHC Portal + Email Updates!

- **Submitting Points**
  - *What counts as points?* Events (social, informative, GBMs)
  - You must submit a photo related to that event to receive the point
    - Virtual - We will give you an image to take a photo of
    - In-person - Take a selfie of you at the event!
- **Submitting Volunteering Hours**
  - *What counts as hours?* Any hours you have dedicated towards supporting the greater GT, Atlanta or your hometown community and improving their way of life!
    - Any opportunities from the Notion page (except shadowing hours)
    - Any group volunteering opportunities hosted by SHC
    - Any service projects by SHC (unless specified otherwise)
    - Any hours you dedicate to helping someone outside your family
    - Confused? Just email us!
  - Hours from the summer months **DO NOT** count towards your Fall 2021 hours (unless specified otherwise)
- **Email**
  - Goal: Send a weekly email each Monday!
  - Please read through ALL emails sent to you, not just the TL;DR
  - Answers to many of your questions are in these emails & GroupMe messages
  - Pro Tip: Check spam frequently! If SHC emails are going to spam, save our address (shcgatech@gmail.com) in your address book.

Any questions? Please direct them to Ashley via GroupMe or SHC email!

02

Hospital Volunteering

Emory University Healthcare

- **Emory University Hospital Midtown and Clifton Campus are both open to volunteering!**
  - New volunteers and returning volunteers welcome in many departments!
  - Not a SHC-specific application (currently not in partnership w/ this Hospital)
- **If you didn't go to the 9/17 info session,** they gave instructions as to how to return to volunteering!
  - Hundreds of people came to the sessions and are applying; asked us ***not*** to pass along information to those who did not come
- Those of you who are applying, be patient! They have hundreds of applications to go through and it may take some time!
- Grady volunteering is not open, and AMC had some changes in those leading the volunteering departments.
- We will keep you updated as we know more!

Hospital Volunteering

- Stay on top of your application! Submit early and *read carefully*
- Put effort into your essay responses!
- Stay ahead of the process by having your resume ready, immunization records acquired, and your flu shot and TB shot
- There may be online orientations: don't procrastinate!
- Reach out if you haven't heard from them in ~2 weeks!
- Don't apply if you don't have the time to volunteer!
- Use our website to help stay on top of the process → **SHC Website**
- Reach out to the Hospital Coordinator with any questions! shcgatech@gmail.com
  - Double check that these questions haven't been answered in other correspondence!

Volunteering Logistics

- All SHC members have access to the rideshare program! For regular weekly volunteering at *hospitals,* fill out <u>this form</u>!
  - Group volunteering will be coordinated individually, so email <u>shcgatech@gmail.com</u> or GroupMe DM **Patrick Kramer** for a ride, or if you are willing to drive others!
  - Drive another member 3 roundtrips and get your dues reimbursed!
- SHC members who have paid $20 in dues total for 2 semesters and are in good standing have access to the reimbursement program!
- Volunteering requirement is **10 hours** for this semester!
  - Only includes returning SHC members

03

Notion Page Crash Course

Notion Page

- How you can find the Notion Page:
  - Visit the SHC Website
  - Go to the Resources Tab
- Each opportunity has tags; use the search bar to narrow down the specific types of opportunities you are looking for
- You can comment on opportunities that are not up-to-date and we will remove it or update it!
- If you come across opportunities that should go on the Notion page, email us at shcgatech@gmail.com → **_It's a team effort!_**
- "Favorite" opportunities that you want to stay up-to-date on!

If you are an SHC member, you have been access to the Notion Page!

04
Pre-Health Survival Guide

Survival Guide Table of Contents

Pre-Health Timeline

When should you be doing what in your journey?

Study Tips

It's all about learning from past experiences, including ours!

Balancing Life

How do you manage the demands of being Pre-Health?

MCAT Studying

It's never too early to plan for the MCAT!

Wellbeing

It's important to take care of yourself mentally, physically and emotionally.

Extracurriculars

Shadowing, leadership, organizations and more!

This guide will be expanded on throughout the semester!

A Typical Pre-Med Timeline

01.

First Year

- Learn how to survive GT & balance classes and social life
- Explore clubs, orgs, and extracurriculars and decide which ones to pursue leadership and further involvement with
- Reach out to professors/labs that you want to do research with and maybe start volunteering at a lab
- Decide where you want to volunteer (both clinical and non-clinical) and start the corresponding application process

02

Second Year

- Learn how to balance classes and social life with other commitments like research, clubs, volunteering, etc.
- Pursue leadership positions within the clubs that you are most passionate about. Don't spread yourself too thin and remember you do not have to have an official position to make an impact or start an initiative!
- If you find that you enjoy research, consider picking it up for credit or pay and start to spend more expensive time on research in order to pursue a project while also building connections with your PI/other students
- Continue to volunteer at places you started to last year!
- Start thinking about whether or not you want to take a gap year

A Typical Pre-Med Timeline

03. Third Year

- Make sure that you are finishing up all of your medical school prerequisite classes as well as classes that are good to take before the MCAT
- Decide when is best for you to take the MCAT and plan around that by take a lighter load that semester. Register for a prep course or order a set of books to study and get signed up for the test!
- Finalize your decision about whether to take a gap year or not. If you are not planning on taking one, start to put together a list of professors you want to ask for recommendation letters and a list of schools you may want to apply to. Also spend time working on your personal statement. If you are not taking one, start planning on what you want to do during it in case there are certification courses that you need to get out of the way beforehand/that can open up for options down the road.

04 Fourth Year

- If you have applied already, focus on preparing for medical school interviews! The pre-health advising office offers great resources as far as mock interviews go.
- If you are applying at the end of this year, finalize when you want to take the MCAT, recommendation letter writers, your personal statement and essays, etc.
- Take the chance to do something unique and for YOURSELF! It does not have to be pre-med related, and can be anything from a club you have always wanted to join or a random class you have always wanted to take but never found the time to. Also, spend time making memories with friends! Remember, this journey is also your college experience and you should enjoy it as much as you can!

College of Sciences Pre-Med Advising Tips

Effective and Efficient Study Tips!

- Don't procrastinate (cramming is rarely effective long-term!)
  - Create a **realistic** study schedule
- Practice <u>active recall</u>
- Assess yourself after you're done studying
  - i.e. Taking a practice test, explaining what you learned to someone else, etc.
- Be consistent with your studying locations!
  - Study spots on campus - CULC, library, Kendeda, your major-specific building
  - Try studying certain subjects is different places
- <u>Minimize distractions</u> to help you focus
  - i.e. Put your phone away and your devices on do not disturb
- Find a <u>study method</u> that works for you (and make sure it includes scheduled breaks):
  - i.e. Pomodoro method
- Modify how you study depending on the course and understand that everyone studies differently!
  - *Biology, Psychology, Neuroscience, etc.* - heavy content based, so make use of tools like quizlet, Anki, concept maps, etc. to make sure you can APPLY the content
  - *Chemistry, Physics, Math, etc.* - heavy practice based, so focus your time on practicing problems to help identify where you need to spend your time on!
- Prepare for class whenever possible! This can help you understand the material better as you learn about it once again during lecture.

Life Saving Tips on Balancing Academics & Social Life!

1. **List all events right away on your schedule!** → Google Calendar
   a. *Find your hell weeks & more empty weeks*
2. Leave room for rest to avoid burnout!
3. Work on accepting the importance of self-care
   a. *We tend to feel guilty for taking care of ourselves, but we shouldn't!*
4. Prioritize the social events that you really want to attend!
5. Make a Daily To-Do list (make sure it is reasonable!)

Social Life

Academics
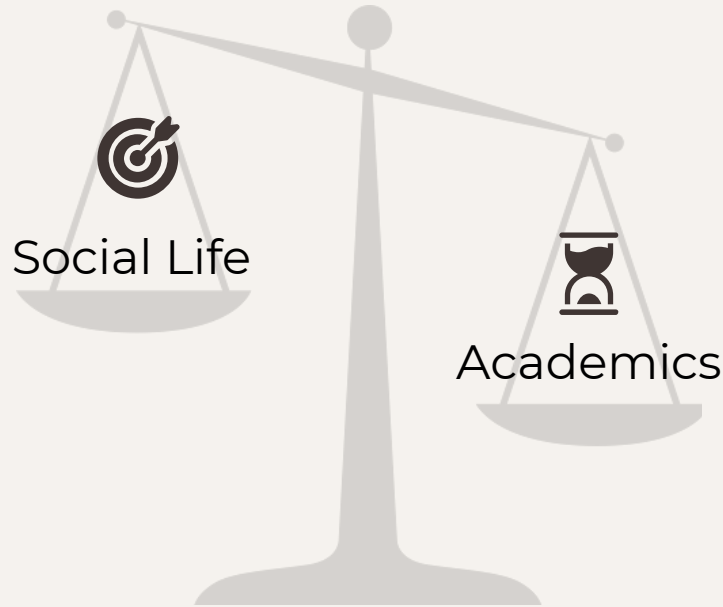
1. Start of your semester creating a Semester at a Glance!
2. Create a weekly schedule with all of your commitments → block time to de-stress, sleep, and eat
3. Carry your work with you if you can and aim to do most of your work during 9-5
4. Set a HARD deadline for when you want to stop working each night! **SLEEP!**
5. **Apps you can use:**
   a. Flora 🌱
   b. Session
   c. Pomodoro Timer 🍅

MCAT Timing and Study Schedules

- Start thinking **now** about when you want to take the MCAT keeping in mind:
  - Most of your coursework (chemistry, organic chemistry, biology, physics, and psychology/sociology) should be done before you start studying
  - Med school applications open up late May/ early July (and you should submit your applications early)
  - It takes roughly 1 month to receive MCAT scores
    - Preferred that you know your score BEFORE your apply!
- **When creating a study plan it is important to:**
  - Be reasonable: a study plan that you cannot adhere to will not be effective!
  - Know how much time you have to study and how much you want to improve your score
  - Be regular: have a weekly schedule for practice tests, content review, etc.
  - Put in breaks for yourself! Have at least 1 full day every 2ish weeks with **no** MCAT
  - A reasonable time frame is roughly 3 months if you are **only** studying MCAT
    - You will need more time the more you have going on! (i.e. classes, volunteering, shadowing, clubs, job, etc.)

MCAT Resources!

	Free	Low Cost	Higher Cost
Essential	AAMC Prep Guides	AAMC Practice Materials	Additional Practice Tests
Recommended	Khan Academy/Online "Book Sets"	UWorld	New MCAT Book Sets
Good	MilesDown Anki Deck	Used MCAT Book Sets	MCAT Course (like Kaplan or Princeton)

For more detailed information: <u>click here!</u>

Maintaining Your Mental Health

- Reach out to your friends! You are not a burden, and more often than not, your friends are more than happy to help :)
- Find an accountability buddy to keep each other in check
  - Set up self-care goals
  - Have regular check-ins
  - Help each other create a support network
- You do not need a diagnosed mental illness to get help!
- Therapists are there to be an objective third party to help you. That can mean a comforting ear, someone to help you process, or anything and everything in between.
- **Tip:** If you are wondering whether or not you need or should reach out for help, reach out.
- It is never too late or too early or the wrong time to seek help.

End The Stigma ~ Mental Health Is Health

Where & How To Get Support?

GT CARE:
Center for Assessment, Referral & Education

Mental Health Referral

Mental Health Crisis Intervention

Mental Health Assessment

Mental Health Case Management

Steps to Use GT CARE

01 Due to COVID-19, you must first schedule an appointment. **(404)894-3498**

02 Students in GA will be matched with a counselor for assessment. Those out of state, will be referred to local resources.

03 Once a referral can be made for counseling or psychiatry, an appointment can be made.

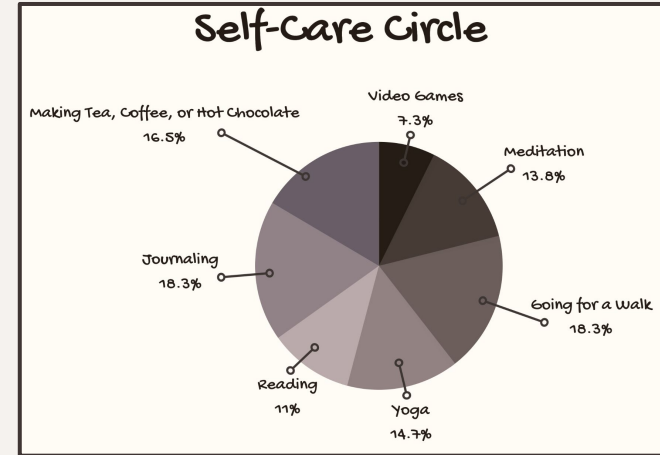**04** They will likely refer you to off-campus, low-cost resources as well!

Practicing Self-Care

- Can include many different things, but it is doing what is best for you!
  - Looks different for everyone!
    - Exercising
    - Spending some alone time OR spending time with your friends/family
    - Watching TV
    - Deep cleaning your living space
    - Journaling, listening to music, drawing, meditating
    - Going shopping, taking a long bath, napping
- Many students feel "guilty" for taking time for yourself → DON'T!
  - Building time for self-care is crucial for success, avoiding burn out, reducing stress, and improving your focus and concentration
  - Moving away from this mentality will not be easy, but we encourage you to try!

Self-Care Circle

Making Tea, Coffee, or Hot Chocolate 16.5%

Video Games 7.3%

Meditation 13.8%

Going for a Walk 18.3%

Journaling 18.3%

Reading 11%

Yoga 14.7%

GT's Tips on Self-Care

"It takes courage to say yes to rest and play in a culture where exhaustion is seen as a status symbol."

Brené Brown

Shadowing

- **NOT** necessary but appreciated and encouraged because one of best ways to become aware of what a doctor's day-to-day work life is like
- **NOT** the same as volunteering hours OR clinical hours!
- Considerations when deciding where to shadow:
  - Shadow Settings:
    - Outpatient/clinic
    - Inpatient/Hospital
    - Academic Hospital
    - Community Hospital
  - Shadowing specialties (keep an open mind still)
- How to find shadowing:
  - Referencing your network
  - Pre-Health Advisors and Linkedin for GT Alumni
  - Virtual Shadowing
  - Shadowing Programs
  - Cold Emailing OR Calling Physicians

Shadowing Opportunities!

CHOA's Rehabilitation Observation (PT, Audiology and OT)	Gwinnett Medical Center Shadowing Program
Emory Alumni Career Network (Search for Providers)	Clinical Shadowing (HEAL) Virtual Program
MedSchoolCoach Virtual Shadowing Program	Medical School HQ Virtual Shadowing Program

NOTION PAGE!

Shadowing Tips and Tricks

Cold Emailing/Calling:

- May be able to find contact info on hospital websites or volunteer offices
- Email Breakdown:
    - Introduction, background, interests, and resume
    - Why you want to shadow them
    - Dates/times you are looking to shadow (be flexible!)
- Email a month in advance when you want to start shadowing
- When calling, ask if you can speak with the office manager (at practices!) they will connect you with the physician

SHC How to Become Involved in Shadowing Video

Making the best of your shadowing experience:

- Prior research preparation (know what to expect, specific interests the physician has etc.)
- Bring food, eat breakfast and hydrate
- Wear professional clothes
- Bring a notebook and take notes (not in front of the patients) AND Summarize at the end
- Prepare questions ahead of time (ask in downtime, lunch, end of day, or follow up email)
- Be early (you will almost definitely get lost at first)
- Help out if asked!

Clubs and Organizations

- College is a time to **explore** the various <u>clubs and organizations</u> offered on campus and consider how each of them can benefit you!
    1. Early in your college career, find out information about as many clubs and organizations as possible!
        a. Dip your feet into them by attending at least one of the General Body Meetings or one-two events
        b. Do NOT feel limited to only Pre-Health organizations! Try out NEW things!
    2. Once you confirm your interest, find out how you can become a member
    3. Become an established member in your selected clubs by the second semester of your freshman year or sophomore year (if you are a transfer student, don't fret! It's never too late to join an organization)
    4. As you go about the rest of your college career, keep checking that you aren't over-committing to too many clubs or organizations → this can lead to burnout pretty quickly
        a. Identify which organizations you may want to become more involved in and consider becoming involved in committees and other leadership!

Pre-Health Organizations

Leadership

- <u>Leadership</u> is beneficial to your pre-health applications as it is an important **skill** for aspiring physicians, PAs, etc.
    - Great way to learn more about yourself, your interests and your capabilities!
    - Personal growth!
- Becoming a healthcare provider means that you are taking on a <u>leadership role</u>
    - Working with physicians, PA's, hospital staff, nurses, and other important professionals
    - Directing staff based on medical decisions and being able to receive and accept feedback
- **Leadership** as an undergraduate student does not always mean being an executive board member or leading a large group of people. It could also mean...
    - Heading a committee or being part of a committee
    - Starting an initiative on campus (campus club, nonprofit, etc.) OR through SHC!
    - Serving as a teaching assistant, team leader or tutoring
    - Taking up roles in your local community (in church, sports, etc.)
    - Creating a project that addresses a need to serve your community
    - Leading a research project
    - Being a team player!

SHC's How To Become Involved in Leadership Video

Stay Up-to-Date!

WEBSITE
http://gtshc.weebly.com/

Our website has everything you need to know about being an SHC member, has updates for hospitals, forms you need to fill out, and even some COVID-19 testing resources!

SOCIAL MEDIA
IG: @gatechshc

Follow us on social media! We post reminders about meetings and events, volunteer opportunities, and more!

EMAIL
shcgatech@gmail.com

If you have any questions about SHC and our involvements, feel free to reach out to us!

ENGAGE PAGE
Click here!

Our updated Engage page will house information about our events, links to our social media, applications, etc!

CALENDAR: Click here to add it onto your personal calendar!