

Pre-Health Opportunities During Spring 2020

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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>

Focus Locally

- Be an active, helpful member of your home community. Volunteer to virtually interact with children in your neighborhood, or check in (by phone/from a distance) on the elderly or neighbors. If you're part of a religious community, see if there are ways that you can provide support through them.
- Use [idealist.org](#) or [volunteermatch.org](#) to seek other local options, but be ready for slow responses.
- Idealist article: [Nine ways to help others during the coronavirus pandemic](#)
- Work for the COVID Community Team (Massachusetts)

Partners in Health is hiring Contact Tracers, to reach out to all Massachusetts contacts of COVID patients, counsel them on testing and quarantine, refer them for testing, and connect them to necessary resources throughout their quarantine. This is in tandem with Commonwealth-wide efforts to increase testing, improve communication, and implement isolation and quarantine. Apply now to work with PIH to fortify efforts to control the pandemic in Massachusetts.

[Apply](#)

Volunteer Virtually

- [Operation Warm](#) has a list of 25 ways to volunteer virtually

- [Paper-airplanes.org](https://www.paper-airplanes.org) invites volunteers to provide online tutoring to “bridge gaps in language, higher education, and professional skills training for conflict-affected individuals”
- [Dosomething.org](https://dosomething.org)'s nine places to volunteer online and make a real impact

Participate in Virtual Seminars, Fairs, and Info Sessions

- The [website of the National Association of Advisors for the Health Professions](https://www.naahp.org) 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.
- [AAMC Upcoming Webinars](#): Fee Assistance on 3/19 and Navigating the 2021 AMCAS Application Cycle for Upcoming Applicants on 4/21. There are other pre-recorded webinars.
- March 27: [AAMC Virtual Fair](#) with 70+ schools, AAMC representatives, and volunteer pre-health advisors to answer your questions
- March 31st: [Veterinary Medical Admissions Virtual Fair](#)
- April 7th: [PAEA Physician Assistant Virtual Fair](#)
- [Emory Premedical Engagement Program](#): Admissions Unveiled on 4/21

Network with Local Health Professionals

- Once the current situation has stabilized: Contact alum physicians near your home by searching the Alumni Databases [Eagle Exchange](#) and [Eagledocs](#) by location 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](#)
 - 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.

Read & Listen

- Read books that provide insight about being a doctor, applying to medical school, or learning about other health careers. See the [Goodreads.com: Popular Medicine Books list](#) for inspiration or check out these recommendations with reviews [:https://limbookclub.weebly.com/](https://limbookclub.weebly.com/) . Advisor recommendations include:
 - [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](#)
 - [AAMC Aspiring Docs Diaries](#)
- **Podcasts** are a great way to learn and engage.
 - Here is a [list of 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>

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