

PURPOSEFUL | WORK

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Focus Locally

- Be an active, helpful member of your home community. Volunteer to cover childcare needs for neighbors or to check in (by phone/from a distance) on the elderly. Maybe reach out to elderly or sick neighbors to see if you can buy groceries for them. If you're part of a religious community, see if there are ways that you can provide support. 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 \(https://www.idealists.org/en/careers/help-others-coronavirus\)](https://www.idealists.org/en/careers/help-others-coronavirus)

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's](https://www.dosomething.org) nine places to volunteer online and make a real impact

Network with Local Health Professionals

- Once the current situation has stabilized: Contact alum physicians near your home by searching by location on Bates's LinkedIn, Alumni Directory and Bates Bridge. It will be interesting to talk with them about their experiences in helathcare, 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](#)
 - Watch this [video](#) to learn about osteopathic medicine.
 - 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](https://www.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/](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](#)
 - [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

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.
- [AAMC Upcoming Webinars](#): 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

Work on Life/"Adulting" Skills

- Do you know how to cook? Or, can you learn? Offer to cook and deliver a meal to neighbors trying to manage childcare and work obligations at home.
- Develop an at-home exercise routine (this is also good self-care!)
- Take up or revisit a craft or hobby -- origami, bike repair, gardening, the instrument or art supplies you put down at the end of high school...
- If you've never tracked your budget and expenses before, analyze your spending from the last year and develop a budget moving forward (see [Nerdwallet tips](#))

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>

News Stories Highlighting Prehealth/Professional School Student Efforts

- [Medical Students, Sidelined for Now, Find New Ways to Fight Coronavirus](#), NYT, March 23, 2020
- [Students from Harvard-wide Task Force](#), The Harvard Crimson, March 20, 2020
- [Premed student develops grocery service for seniors](#), KSBW TV, Las Vegas, March 16, 2020

Updates from the Professions

See NAAHP Clearinghouse: <https://www.naahp.org/covid-19hplinks/home>

- **Application service information:**
 - **Liaison updates** for CAS applicants on [this page](#)
 - [TMDSAS](#) (Texas Medical & Dental Schools Application Service) - no updates as of 3/23/20
 - CASPer (online situational judgment test): will proceed online as usual, per [Facebook post](#)
- **Allopathic Medicine**
 - [MCAT Coronavirus FAQ page](#)
 - [AAMC Services \(for MD\) Coronavirus page](#)
 - [TMDSAS](#) (Texas Medical & Dental Schools Application Service) - no updates as of 3/23/20
 - [AMCAS](#) - no specific updates as of 3/23/20 ([See main AAMC COVID-19 page](#))
 - [AACOMAS \(for DO\) Coronavirus updates](#)
- **Dental**
 - [DAT](#)- see 'Important Updates...' section
 - AADSAS - Updates for CAS applicants on [this page](#)
 - [TMDSAS](#) (Texas Medical & Dental Schools Application Service) - no updates as of 3/20/2020, but check back here
- **Athletic Training**
 - [NATA COVID-19 Resource Page](#)
- **Optometry**
 - OAT: <https://www.ada.org/en/oat>
 - OptomCAS - Updates for CAS applicants on [this page](#)
- **Pharmacy**
 - [PHARMCAS updates for CAS applicants](#)
- **Physician Assistant**
 - PAEA: <https://paeaonline.org/resources/coronavirus-resources/>
 - CASPA - Updates for CAS applicants on [this page](#)
- **Veterinary**
 - [AAVMC COVID-19 Student and Applicant Information](#)

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