Getting Experience: Health Professions

Health-oriented internships and volunteering opportunities are a critical part of the undergraduate experience as they allow students to develop skills and test drive careers while gaining valuable experience that is necessary for admission into health professional programs.

While this handout is not exhaustive, it is a good starting place for students to begin their search for health-oriented opportunities.

This handout is separated into 4 different sections:

- Shadowing
- Clinical Opportunities
- Community Service
- International Opportunities

JOIN THE PRE-HEALTH LIST-SERV!
https://lists.lsit.ucsb.edu/listinfo/health

PRE-HEALTH TEAM INFO

Career Exploration, Admissions, Applications, Interviews, Internship & Volunteer Opportunities
Career Counselor: Monica Ballón-Kalinowski
Location: Career Services Building 599
Monica.ballon-kalinowski@sa.ucsb.edu; For appointments call: (805) 893-4412
Ask about Monica’s weekly drop-in hours & for the pre-health peer advisor weekly drop-in hours (both in the CRR)
Visit the Career Resource Room’s (CRR) Pre-Health Section for lots of resources including internship opportunities!

Counselor Dr. Stephen Blain
Location: 1117 Cheadle Hall
Make appointments online: http://www.duels.ucsb.edu/health

Academic Planning & Course Scheduling
Academic Advisors: Paula Bautista & Scott Kassner
Location: 117 Cheadle Hall
For appointments call (805) 893-2038 or schedule online: http://www.duels.ucsb.edu/health
PUTTING SCHOLARSHIP, LEADERSHIP AND CITIZENSHIP TO WORK

GENERAL RESOURCES
UCSB Career Services website
http://career.sa.ucsb.edu/internships

UCSB Letters & Sciences Pre-Health website
http://www.duels.ucsb.edu/health

HPA Fellowship
Competitive pre-health leadership opportunity designed to train the future leaders of UCSB’s Health Professions Association and to prepare them for future leadership positions in the healthcare industry. Interested UCSB pre-health students should email the HPA Board at hpaucsbexecboard@gmail.com for more information on how to apply.

Explore Health Careers General Site
http://www.explorehealthcareers.org

InternMatch
http://www.internmatch.com

Internships.com
http://www.internships.com

CAMPUS HEALTH ORGANIZATIONS AND LEADERSHIP
Below is a short list of health organizations on campus. Go to the Office of Student Life website, browse organizations and search for “health” to see a full list of health-related campus organizations.

UCSB Office of Student Life
http://osl.sa.ucsb.edu/OrgList

Be The Match
Email: jpersonius@umail.ucsb.edu
Website: orgsync.com/49240/chapter

Global Medical Brigades
Email: ucsbgchairperson@gmail.com
Website: www.globalbrigades.org/
Website (campus): orgsync.com/42414/chapter

Los Curanderos
Email: loscuranderosucsb@gmail.com
Website: orgsync.com/42422/chapter
Facebook page: https://www.facebook.com/loscuranderosucsb

UCSB Health Professions Association
Email: hpaucsbexecboard@gmail.com
Website: www.ucsbhpa.com
Facebook page: https://www.facebook.com/pages/UCSB-Health-Professions-Association/1186371881924683?sk=timeline&ref-page_internal

MEDLIFE UCSB
Email: pinkresearchlink@gmail.com
Website: orgsync.com/41946/chapter
Facebook: Pink Link UCSB

Rho Psi Eta
Email: rhopsietaucsb@gmail.com
Website: http://www.ucsbbrhopiesta.com

Street Health Outreach
Email: streethealthoutreach@gmail.com
Facebook page: Street Health Outreach

Students for a National Health Program
Email: richardartoul@gmail.com
Website (Campus): orgsync.com/47916/chapter

UCSB Pre-Dental Organization
Email: pdoucsb@gmail.com
Website: http://orgs.sa.ucsb.edu/pre-dental/
Facebook page: Pre-Dental Org

Envision
Email: envision.ucsb@gmail.com
Website: https://orgsync.com/42412/chapter
Facebook page: Envision-The Official Pre-Optometry Association at UCSB

UCSB Pre-Pharmacy Association
Facebook page: UCSB Pre-Pharmacy Student Association

UCSB Pre-Physician Assistant Association
Facebook page: https://www.facebook.com/PPAA.UCSB

Mu Delta
Website: http://osl.sa.ucsb.edu/show_profile/41995-mu-delta-pre-medical-fraternity

Pre-Veterinary Medical Association
Facebook page: UCSB Pre-Veterinary Medical Association

SHADOWING
Shadowing is an important part of your path to health profession school. While it is not technically required, health profession schools do like seeing it because it means that you have taken the time to explore the career field and meet professionals. If you don’t know exactly what you want to do in health, it can expose you to new careers and can also help you weed some out. If you know exactly what you want to do, it can help you see the real day to day life of a health professional.

Another benefit is that it allows you to build relationships with health professional while gaining valuable experience that can be applied as
volunteer hours toward a specific health profession school. Unlike other clinical experiences the primary responsibility is solely to observe a health professional/patient interaction, providing insight into the mechanics of the profession.

**Tips:** Use family, personal contacts, volunteer sites, your own health practitioner, teachers, undergraduate advisors, clubs and organizations and even health conferences as resources to help you seek out a health professional that would be a good fit for you to shadow. This kind of opportunity should challenge you and lead to greater hunger to learn more while confirming you are suited for that specific health profession. Shadowing shifts should be no less than 4 hours and it’s a good idea to have a notebook for your shadowing experiences—take notes at the end of each experience! Don’t forget to stay in touch with the health professionals after you are done shadowing—send thank you notes and keep them updated on your career path.

**COMMUNITY SERVICE**

While not required for health professional school, admission committees often like to see community service experiences because they show compassion and dedication to one’s community. Community service can be health or non-health oriented and it’s recommended to pick experiences that you are passionate about and will want to commit time to. Think about your personal interests, populations or even a need in the community.

**Tips:** Many organizations will require some sort of application and maybe even an interview so connect with Career Services for support in preparing. It’s a good idea to have a notebook for your experiences—take notes at the end of each shift. Don’t forget to stay in touch with professionals who you worked with for potential letters of recommendation. Always send thank you notes and keep them updated on your career path.

**LOCAL**

Alzheimer’s Association Central Coast Chapter  

American Red Cross of Santa Barbara County  
http://www.redcross.org/ca/santa-barbara/volunteer

**MULTIPLE LOCATIONS**

American Cancer Society  
http://www.cancer.org/involved/index

American Heart Association  
http://www.heart.org/HEARTORG/volunteer/volunteerForm.jsp

American Lung Association  
http://www.lung.org/get-involved/

American Public Health Association  
http://www.apha.org/

Arthritis Foundation  
http://www.arthritis.org/about-us/careers/

National Women’s Health Network  
https://nwhn.org/intern-application

Tulane University Public Health Internships  
http://tulane.edu/publichealth/students/career-internships.cfm

**D.C. AREA**

Alliance for Health Reform  
http://allhealth.org/aboutus_internships.asp

Braille Institute  
http://www.brailleinstitute.org/volunteer

Breast Cancer Resource Center of Santa Barbara  
http://bcrsba.org/index.cfm

Cancer Center of Santa Barbara  
http://ccsb.org/About_Us/support_the_Legacy/Volunteer_Opportunities

Direct Relief International  
http://www.directrelief.org/participate/volunteer

Health Career Connections  
http://www.healthcareers.org/program-overview/overview

Planned Parenthood  
http://www.plannedparenthood.org/ppsbvslo

Sansum Diabetes Research Institute  
http://www.sansum.org/about-us/#rt-careers

Santa Barbara Cottage Health System  
http://cottagehealthsystem.org/

Teddy Bear Cancer Foundation  
http://teddybearcancerfoundation.org/index.cfm

Visiting Nurse and Hospice Care of Santa Barbara  
http://www.vnhsba.org/volunteering/volunteer-opportunities/

Special Olympics  
http://www.sosc.org/home

**PUTTING SCHOLARSHIP, LEADERSHIP, AND CITIZENSHIP TO WORK**
Clinical Opportunities

Clinical experiences are required for health profession school and the amount varies for each career (research your specific health career for more information on the requirements). Clinical is HANDS-ON experience with patients, usually supervised by a health professional. It’s the kind of work you are doing that matters most and differentiates clinical from non-clinical experiences. The location doesn’t matter so much. Clinical work can take place in a health setting such as a hospital, clinic, or private practice AND can also take place in a community center or even a park. If you have committed time to a hospital weekly, don’t assume you’re getting clinical experience - think about the kind of work you’re doing! If you’re working in the gift shop of a hospital, it’s not clinical work but rather community service. Clinical experiences will allow you to get a feeling for what it’s like to assist patients with health matters while having a health professional around who can answer your questions.

Tip: Start looking early for clinical experiences! Many organizations require training and will have specific sessions throughout the year so you’ll want to check in often so you don’t miss deadlines. Also, be persistent in finding opportunities! All will require some sort of application and maybe even an interview so connect with Career Services for support in preparing. It’s a good idea to have a notebook for your experiences - take notes at the end of each shift. Don’t forget to stay in touch with the health professionals who you worked with for potential letters of recommendation. Always send thank you notes and keep them updated on your career path.

Local

Adventures in Caring
http://adventuresincaring.org/volunteer/volunteering/

Clinical Care Extender Internship
http://www.copehealthsolutions.org/careers/internship-programs

Doctors Without Walls – Santa Barbara Street Medicine
http://santabarbarastreetmedicine.org/get-involved/volunteer

EMT Certification Training (see handout in the PRE-HEALTH section of the Career Resource Room)

Hospice of Santa Barbara
http://www.hospiceofsantabarbara.org/career-opportunities/

Medical Scribes Systems
www.medicalscribesystems.com/scrive-jobs

Partners in Wellness (Program of HPA Student Org)
partnerinwellnesssb@gmail.com for information on how to apply
http://www.ucsbhpa.com/#/partners-in-wellness/ctdn

Sansum Diabetes Research Institute
http://www.sansum.org/about-us/#rt-careers

Santa Barbara Cottage Health System
http://cottagehealth.org/careers/

Santa Barbara Neighborhood Clinics
http://sbclinics.com/
   Isla Vista Medical Clinic - (805) 963-1641
   Westside Medical Clinic - (805) 963-1546
   Eastside Medical Clinic - (805) 968-1511

UCSB Athletic Training Internship Program
http://ucsbgauchos.com/information/internships/index

UCSB Health and Wellness Internships
http://wellness.sa.ucsb.edu/internships.aspx

UCSB Rec Sports Athletic Training internship
http://gauchosplay.com/athletic-training/item/13-student-athletic-training-internship

UCSB Student Health
http://studenthealth.sa.ucsb.edu/Parents/SHAC_-p.aspx

Visiting Nurse and Hospice Care of Santa Barbara
http://www.vnhsb.org/volunteering/volunteer-opportunities/

Dental

- Eastside Family Dental Clinic:
  http://www.sbclinics.com/clinics/eastside-dental-clinic/
- Dr. Stephanie Bregman: (805) 886-7541
- Santa Barbara Dental Care:
  http://www.santabarbara-dentalcare.com/
- Santa Barbara-Ventura Counties Dental Care Foundation:
  http://www.sbvcds.org/index.cfm?fuseaction=contact

Veterinary

- Animal Shelter Assistance Program
- Care 4 Paws
- D.A.W.G
- Hearts Therapeutic Equestrian Center
- K-9 Pals
- Santa Barbara County Animal Care Foundation
- Santa Barbara County Animal Services
- Santa Barbara Zoo
• Santa Barbara County Humane Society
• SB Wildlife Care Network

PHYSICAL/OCCUPATIONAL THERAPY
Physical therapy programs are looking for experience in three different types of settings: outpatient, inpatient, and rehabilitation. Inpatient consists of working with patients admitted to the hospital and undergoing therapy to prevent further health problems, while rehab is generally an entire department of the hospital that is solely dedicated to therapy practices of all kinds. Outpatient therapy is for those who do not need to be admitted to a hospital and generally consists of private practices and clinics. Contact local physical therapy clinics, surgery centers, or private practices to ask about opportunities.

Clinical Care Extender Internship
http://www.copehealthsolutions.org/careers/internship-programs

• Therapy
• Rehabilitation

Cottage Rehabilitation Hospital:
http://cottagehealth.org/services/rehabilitation/

PHARMACY
Contact local pharmacies to find out about opportunities.
Pharmacy technician certification programs can provide opportunities to work in a professional pharmacy setting.

MULTIPLE LOCATIONS
Association of American Medical Colleges (find opportunities in CA as well as other states)
https://www.aamc.org/students/aspiring/experience/

Clinical Care Extender Internship
http://www.copehealthsolutions.org/careers/internship-programs

Healthcorps
http://www.healthcorps.org/get-involved/jobs/

Health Career Connections
http://www.healthcareers.org/program-overview/approach

Health Jobs Start Here
http://www.healthjobstarthere.com/resources/experience/find

Idealist
http://www.idealist.org/j/ff/h

John Hopkins Pre-Health Opportunities
http://web.jhu.edu/prepro/health/summer_opportunities.html

PhysAssist Scribes
http://www.premedlife.com/opportunities.html

Premed Life
http://www.premedlife.com/opportunities.html

Premier Health and Fitness Resources
http://www.phfr.com/Internship-Finder/

R.I.T Pre-med and Biomedical Research Internships
http://people.rit.edu/gtfshki/Symp/premed.htm

Summer Medical and Dental Education Program (for 1st and 2nd year students)
http://smdep.org/

Swarthmore Pre-Health Opportunities
http://www.swarthmore.edu/health-sciences-office/

John Hopkins University
http://www.jhu.edu

SOUTHERN CALIFORNIA

LOS ANGELES & SAN DIEGO AREA

Children’s Hospital Los Angeles
http://www.chla.org/sitec.jspNKTOAJ5ib.3761949/k.1BBB/Volunteer_at_Childrens_Hospital_Los_Angeles.htm#.VBISRGMn_cs

UCLA Care Extenders

UCLA PREP program
https://www.medstudent.ucla.edu/offices/aeo/prep.cfm

UCLA Health Internships
http://career.ucla.edu/Pre-Health-Career-Services/

UCSD Medical Center
http://health.ucsd.edu/ABOUT/VOLUNTEER/Pages/default.aspx

NORTHERN CALIFORNIA

UC Berkeley Internships Opportunities
https://career.berkeley.edu/Health/vndl.htm

UC Berkeley Volunteer Opportunities
https://career.berkeley.edu/Health/Volunteer.stm

UC Davis Children’s Hospital
http://www.ucdmc.ucdavis.edu/giving/waystogive/volunteering.html

UC Davis Pre-Surgery Program
http://www.premedsurgery.org/

UCSF Medical Center
http://www.ucsfhealth.org/about/volunteering/index.html
INTERNATIONAL OPPORTUNITIES

Guidelines for Pre-Health students:

Acquiring exposure to a variety of health-related clinical settings is a vital part of pre-health student preparation. Many students are now taking advantage of opportunities to gain clinical experiences abroad, where regulations governing the procedures that students can perform on patients are often less stringent and well defined than in the United States and Canada. Additionally, existing local regulations may not be uniformly or fully enforced. While many students have had beneficial experiences through involvement in patient care activities abroad, and services have been provided to people in need, the potential for harm and abuse in these situations cannot be ignored. It is critical for students to research individual programs before make financial or time commitments.

AMA Peru
http://www.amaperunpo.org/about-us

American Medical Student Association
http://www.amsa.org/AMSA/Homepage/EducationCareerDevelopment.aspx

Child Family Health international
http://cfhi.org/web/index.php

Gap Medics
http://www.gapmedics.com/

Global Health Volunteer Program
http://www.fimrc.org/ghvp/

Puente a la Salud Comunitaria
http://www.puentemexico.org

UC EAP Health-related Program Search
http://uc.eap.ucop.edu/builder

UCSB EAP Internships
https://eap.ucsb.edu/getting-started/internships

UVolunteer
http://www.uvolunteer.net/

Please refer to International Handouts for location specific resources.

This handout is not intended to be exhaustive; we have referenced internship and volunteer opportunities with some companies within this industry which students may wish to explore. Students should expect to conduct additional research independently. The links and programs are subject to change.