

Getting Experience: Health Professions

While this handout is not exhaustive, it is a good starting place for you to begin your search for health-related experience in the following areas:

- Campus Health Organizations
- Shadowing
- Community Service
- Clinical Internships and Certifications
- Research
- International Opportunities

CAMPUS HEALTH ORGANIZATIONS

Getting involved in campus health organizations is one of the easiest ways to start obtaining healthcare experience. This experience showcases your leadership skills to potential employers and graduate programs. Use the resources below to find when their next chapter meeting is and go! More student organizations can be found on the UCSB Office of Student Life website.

✦ **Envision (The Official UCSB Pre-Optometry Association)**

Envision - The Official Pre-Optometry Association at UCSB
envision.ucsb@gmail.com

✦ **Los Curanderos**

Los Curanderos Ucsb
loscuranderosucsb@gmail.com

✦ **Mu Delta**

Mu Delta (@mudelta)

✦ **Rho Psi Eta**

rhopsietaucsb@gmail.com

✦ **Street Health Outreach**

Street Health Outreach
streethealthoutreach@gmail.com

✦ **UCSB Pre-Dental Organization**

UCSB Pre-Dental Organization
pdoucsb@gmail.com

✦ **UCSB Pre-Pharmacy Association**

UCSB Pre-Pharmacy Student Association
pre.pharmacy.ucsb@gmail.com

✦ **UCSB Pre-Physician Assistant Association**

UCSB Pre-Physician Assistant Association (@PPAA.UCSB)

✦ **UCSB Pre-Veterinary Medical Association**

Pre-Veterinary Medical Association at UCSB

✦ **UCSB Health Professions Association**

UCSB Health Professions Association (@ucsbhpa)
hpaucsbexecboard@gmail.com

PRE-HEALTH TEAM INFORMATION

Career Services STEM Career

Counselors: Stop by the Career

Services front desk or call:

(805) 893-4412 to make an
appointment!

College of Letters and Sciences

Pre-Health Academic Advisors

and Counselor: Make appointments

online at <http://www.duels.ucsb.edu/>.

SHADOWING

Shadowing provides you with more knowledge about a specific healthcare field and many graduate programs require shadowing hours. Use your contacts: family, friends, family friends, friends' family, your own healthcare practitioner, etc. to ask about shadowing opportunities. Need help identifying someone to shadow? Unsure how to approach them? Come see a STEM Career Counselor at Career Services!

COMMUNITY SERVICE

Volunteering demonstrates your commitment to serving others, which is particularly important in the healthcare field. It can also allow you to start to gain hands-on experience within healthcare.

- ✦ **Adventures in Caring** – participate in a one-year service-learning internship with in-depth training with the sick and injured while developing advanced listening skills, emotional intelligence, and authentic compassion
- ✦ **Cottage Hospital** – volunteer in various departments including aquatic therapy, rehabilitation patient care, emergency medicine, eye care, pet-assisted therapy, wound management and many more
- ✦ **Doctors without Walls – Santa Barbara Street Medicine** – work in a multidisciplinary team including doctors, PAs, nurses, social workers, EMTs, and scribes while gaining real-world experience
- ✦ **Santa Barbara Humane Society** – become a companion for canines and/or cats to learn more about the animal care field
- ✦ **Santa Barbara Neighborhood Clinics – Medical and Dental** – volunteer in local medical and dental clinics to gain hands-on health experience
- ✦ **Santa Barbara Zoo** – learn about animals, people, nature, and conservation to gain additional experience in the zoology field
- ✦ **UCSB Health and Wellness** – promote and integrate positive, proactive, evidence-based health and wellness messages and activities through the UCSB community

**For additional community service opportunities, research local chapters of national health organizations (e.g. American Red Cross, American Heart Association, etc.)*

CLINICAL INTERNSHIPS & CERTIFICATIONS

Looking for EVEN MORE hands-on experience? These internships and certifications can provide just that! If you are considering working in the field before attending graduate school, certifications can provide you with additional job opportunities within the healthcare field upon graduation.

- **COPE Health Scholars**
- **EMT Certification**
- **Medical Scribe**

Also, consider looking into additional programs or positions as a medical assistant, dental hygienist/assistant, or pharmacy technician for additional clinical experience.

RESEARCH

As a future clinical practitioner, you will need to remain up-to-date on current health-related research findings. Get ahead now by showcasing your analytical and problem-solving skills through on-campus research. Check various UCSB academic department websites for more information on specific research groups and the **Faculty Research Assistance Program** for current opportunities.

INTERNATIONAL OPPORTUNITIES

International experience can provide you with a global health perspective and allow you to gain knowledge and clinical exposure to various health practices outside of the United States. Many programs facilitate these experiences; however, be aware that quality and cost vary per program. Be mindful that competency requirements for health practices also vary per country and students should abide by the **Guidelines for Pre-Health Students** put forth by the AAMC. If you have any questions, talk with a STEM Career Counselor before committing to an international program.

ADDITIONAL OPPORTUNITIES

Looking for opportunities outside of the Santa Barbara area? Many opportunities similar to those listed above can be found in your hometown and nationwide. To see what is available near you, come visit Career Services and talk to a STEM Career Counselor!

