Pre-Health Ideas During COVID-19

Please note: we are unable to vet each opportunity and idea listed below. Therefore, do not complete and submit forms requesting additional personal information without first verifying the authenticity of the organization listed. Requests for additional information or follow-up inquiries should be sent directly to the organization.

Focus Locally ● Volunteer Virtually ● Network with Professionals ● Research Schools
Engage in Online Learning ● Reflect and Journal ● Read and Listen ● Attend Online Fairs and Info Sessions ● Learn More about Racism and Structural Inequality in Healthcare ● Participate in Self-Care

Focus Locally

● Be an active, helpful member of your home community. Donate to a food bank, blood bank, or give funds to nonprofit organizations that are helping others during this pandemic. Volunteer to cover childcare needs for neighbors or to check in (by phone/from a distance) on the elderly. If you’re part of a religious community, see if there are ways that you can provide support through them. Check with organizations where you have volunteered in the past to see if you can step back into previous roles.

● You can sew masks for Johns Hopkins Hospital by following the template provided here. Once you are finished, you can drop your masks off at a box on the sidewalk near the McElderry Street Garage exit: 601 N. Caroline St., Baltimore, MD 21287.

● You can drive supplies to other Hopkins Hospitals. You would not have to use your own vehicle. Sign up here!

● You can construct face shields at the Johns Hopkins Consolidated Services Center. Volunteers are asked to come on site for 4-hour shifts to assist in constructing face fields—cutting with scissors and razor blades, hot gluing, and stapling. Sign up here!

● 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
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Volunteer Virtually

- Volunteer virtually in 25 different ways with Operation Warm.
- Provide online tutoring to “bridge gaps in language, higher education, and professional skills training for conflict-affected individuals” with Paper-airplanes.org.
- Make a real impact in 9 different ways with Dosomething.org.
- Volunteer to be an Online Ambassador with Ark of Hope for Children.
- Give well-deserved Treats for Troops through Soldiers Angels Treats for Troops.
- Be an online emotional support person at 7 Cups.
- Help kids in need when you organize an online fundraiser for Operation Warm.
- Make a global difference with the United Nations.
- Lend your eyes to solve tasks for blind and low vision people. Visit Be My Eyes.
- Sew emotional support blankets for Binky Patrol.
- Proofread ebooks for Project Gutenberg.
- Track bird populations with eBird.
- Record audiobooks for Librivox.
- Transcribe historical documents for the Smithsonian.
- Send a card, letter or note once a week to someone undergoing chemotherapy. Apply at Chemo Angels.
- Provide learning and encouragement to children around the world via Skype and the Granny Cloud website.
- Test, evaluate or develop elements of the National Park Service’s online presence.
- Raise money in a virtual world with The American Cancer Society and Second Life.
- Develop video games to help App to Succeed teach youth in need how to make good financial decisions.
- Train others in technology to help overcome poverty with Right Here at Home.
- Share social media posts and important announcements for Operation Warm. Email Mary Ann.
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- Look at satellite images of storm and help researchers predict cyclone behavior with [Cyclone Center](#).
- Find different ways to help your community at [Serve.gov](#).
- Find virtual volunteer opportunities at [AllForGood](#).
- Provide needed support for people in crisis with the [Suicide Prevention Line](#).
- Answer texts from people in crisis, bringing them from a hot moment to a cool calm through active listening, collaborative problem solving, and safety planning with [CrisisTextLine](#).
- Make a different in the world with [United Nations Virtual Volunteering](#).
- Use your computers or phones to help researchers sift through pictures, information and documents with [Amnesty International](#).
- Translate millions of words, manage projects, design web pages, and fundraise with [TranslatorsWithoutBorders](#).
- Look into the volunteer [National Medical Reserves Corps](#) branch near you.
- Donate blood and volunteer to help the [Red Cross](#) address blood delivery and donation needs in your community; remote volunteering options exist for those at high risk.
- Google terms like ‘telescribe,’ ‘telemedicine scribe,’ or ‘telehealth scribe’ and look at websites for major scribe recruiting companies, such as [Scribe America](#), [ScribeKick](#).
- Acquire global health care experience through [Foundation for International Medical Relief in Children](#)
- Take a medical assistance online training course at [Advanced Clinical Training for Pre-Health Students](#).
- Assist community partners with various projects with the [AARNP](#).
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Network with Professionals

- Your health and safety is the first priority, so do not engage in experiences unless policies and procedures are in place to ensure a safe environment with protective equipment.
- Although direct shadowing may be unlikely for a while, it might be permissible in some cases, depending on the city, hospital, and physician.
- If unable to physically go to a clinical setting, physicians who are conducting telemedicine appointments might be willing to have you join them virtually.

Research Schools

For an overview of health professions (allopathic, osteopathic, dental, physician assistant, etc.) COVID-19 links and information, please click here.

Engage Online Learning

- 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.

Reflect and Journal

- 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 pre-health journaling from Princeton Health Professions Advising; Missouri State University
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Read and Listen

- Read books that provide insight about being a doctor, applying to medical school, or learning about other health careers.
  - Book lists:
  - 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
    - In Shock: My Journey from Death to Recovery and the Redemptive Power of Hope

- 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/
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- 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](https://www.medicalschoolhq.net/meded-media)

Learn More about Racism and Structural Inequality in Healthcare

- Prioritizing Equity video series from the American Medical Association
- Epidemics and the African American Community video series from the Hutchins Center Project on Race and Gender in Science and Medicine
- What the Racial Data Show: The pandemic seems to be hitting people of color the hardest. *The Atlantic*, April 2020
- Duke University School of Medicine Antiracism Resources
- Harvard University Countway Library Antiracism and Health Reading List
- Peggy McIntosh TEDTalk: How to recognize your white privilege — and use it to fight inequality
- Justice in June: a starting place for individuals trying to become better allies
- Vox’s video “The US Medical System Is Still Haunted by Slavery”

Attend Online Fairs and Info Sessions

- Keep abreast of upcoming webinars and virtual sessions available to pre-medical and pre-dental applicants by visiting the following websites:
  - The NAAHP has the most comprehensive list of pre-health events around the country.
  - For a list of scheduled virtual webinars and online courses for pre-medical applicants visit AAMC Webinar Schedule.
  - Visit ADEA GoDental Events for a list of scheduled events and webinars available to pre-dental applicants.
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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

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