Pre-Health Opportunities During the Time of COVID-19

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. 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.
- Use idealist.org or volunteermatch.org to seek other local options, but be ready for slow responses.

Volunteer Virtually

- Operation Warm has a list of 25 ways to volunteer virtually
- 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 nine places to volunteer online and make a real impact

Get Certified

- CPR Certification with the American Red Cross
- Get HIPAA certified

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
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- 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.

Pre-Health Reflection and Journaling

- Premeds: Use the AAMC Anatomy of an Applicant Self Assessment Guide and ACOM’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/
  - Other 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
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- Premed Mondays with Dr. Dale: [https://www.stitcher.com/podcast/anchor-podcasts/premed-mondays-2](https://www.stitcher.com/podcast/anchor-podcasts/premed-mondays-2)
- [All Access Medical School Admissions podcast](https://podcasts.apple.com/us/podcast/all-access-admissions-podcast) with Christian Essman, director of admissions at Case Western Reserve University School of Medicine

Work on Life Skills

- Do you know how to cook? Offer to cook and deliver a meal (keeping a safe social distance of course) 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

- [World Health Organization Mental Health Considerations During COVID-19 Outbreak](https://www.who.int/publications/i/item/2020.03.19)
- [Advice from thewirecutter.com](https://thewirecutter.com)
- Daily meditation and advice from experts via the folks at Ten Percent Happier: [https://www.tenpercent.com/coronavirussanityguide](https://www.tenpercent.com/coronavirussanityguide)