

M  T PRE-MEDICAL
SOCIETY


presents:

Discover Prehealth Lite
Fall 2020



Volunteering and shadowing

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Application essentials

First pass:

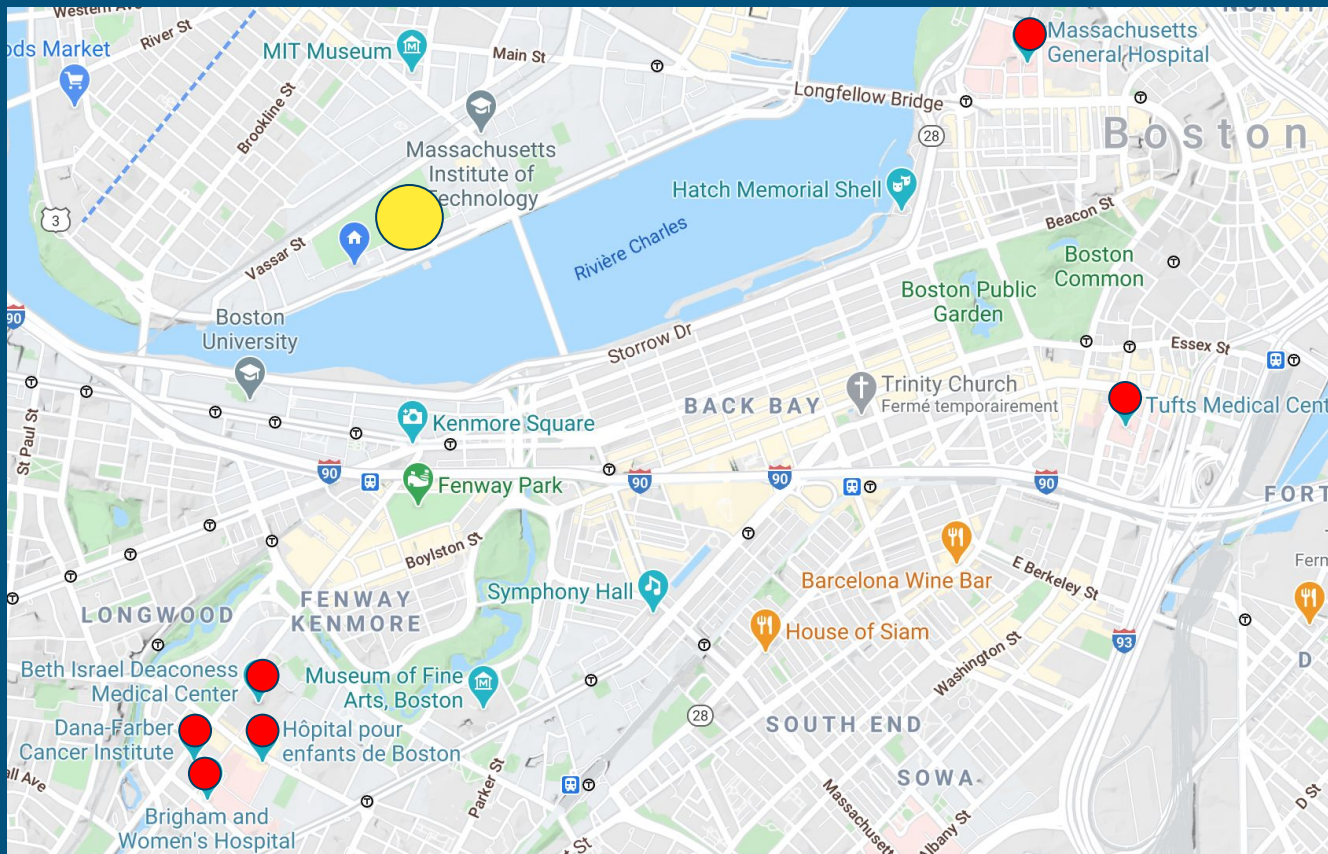
- MCAT
- GPA
- Research
- Personal Statement
- Letters of recommendation
- Medical Volunteering
- Shadowing
- Extracurriculars
- Non-medical Volunteering

After interview:

- Interview
- Personal statement
- Letters of recommendation
- Research/Extracurriculars
- Medical Volunteering
- Non-medical volunteering
- Shadowing
- MCAT
- GPA

Medical volunteering in Boston

Hospitals in the Boston Area



Things to keep in mind

- Hospital volunteer programs generally run 6 months - 1 year
 - There are >40 undergraduate colleges in/around Boston so you're competing with a LOT of premeds, pre-nursing, nursing students
 - Medical schools recommend around 100 hours
 - Try to find something that interests you!
 - Write about experiences that impact you
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- MIT Emergency Medical Services (EMS) is another great option!

Why shadow?

Shadowing: What and When

- For you to experience what it's like to work as a doctor
- Try to see different departments
- Medical schools typically suggest around 50 hours
- Usually anywhere from 4 - 8 hours
- Week days
 - Classes > shadowing
- School breaks

Shadowing: How

1. Physician Shadowing Program
2. Cold email / networking
3. Home networks
4. Within internships / research experiences

Questions?