

M  T PRE-MEDICAL
SOCIETY

presents:

Discover Prehealth Lite

Fall 2020

Discover Pre-Health Lite: Extracurriculars

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About me...



Biology



Introduction:

- ❖ MIT has 450+ official student groups – aka a lot of potential extracurriculars to pursue!
- ❖ Key question to keep in the back of your mind: How do I want to grow as a person by the end of college?
 - The clubs and organizations that you choose to be a part of will likely make a big difference on your friendships, growth, and much more!
 - Time is a valuable commodity in life, and especially at MIT!

Why and Why Not to Pursue Extracurriculars

- ❖ Wrong reasons to pursue certain extracurriculars:
 - “I want to pursue [insert extracurricular] because it will look good on my resume for medical school”
 - “My friends are all applying to [insert extracurriculars], thus so should I”
- ❖ Right reasons to pursue extracurriculars
 - Expanding on your current passions/interests or exploring something new
 - Genuine interest – it becomes much easier to excel at something you enjoy doing and allow it to double as a stress reliever amidst MIT’s grind
- ❖ Having real enthusiasm will help you later on as you fill out your application and participate in interviews
 - It’s extremely easy to tell if someone did something “just cause” or didn’t invest time

My Extracurricular Journey

- ❖ UROP
 - Since freshman fall in Dr. Tyler Jacks' Lab
- ❖ MIT Pre-Medical Society
 - Events Little → Co-President
- ❖ dynaMIT, STEM Outreach Organization:
 - Board Member → Co-Director
- ❖ The Tech, MIT Student Newspaper:
 - Business Staff → Co-Advertising Manager
- ❖ Theta Xi Fraternity
 - Scholarship Chair
- ❖ Associate Advisor/Medlink
- ❖ Asian Dance Team Member

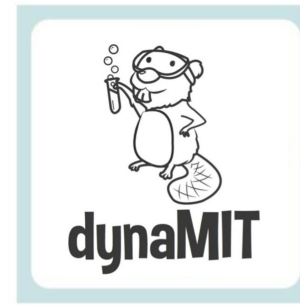
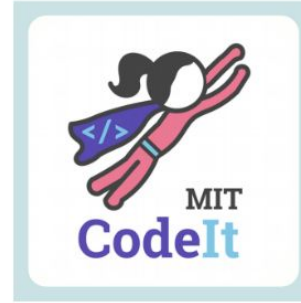


Organizations related to Medicine

- ❖ MIT Pre-Medical Society
- ❖ BrainTrust
- ❖ MIT EMS
- ❖ GlobeMed
- ❖ Medlinks
- ❖ Medlingual
- ❖ Any many more!



Education-oriented clubs:



Pursuing Clubs Unrelated To Medicine

- ❖ Acapella Groups
- ❖ Club Sports (ie. Tennis, Basketball, etc.)
- ❖ Spinning Arts Club
- ❖ Laboratory for Chocolate Science
- ❖ Puppy Lab
- ❖ Outing Club



Depth over breadth

1. Let's step into the shoes of an admission officer, who would you take?
 - Applicant A: an individual who is a member of over 10 different organizations, minimal involvement otherwise
 - Applicant B: an individual who is part of one or two clubs, but serving as high level exec member (ie. President or Vice-President)
2. This example is the difference between *depth* and *breadth* – just like anything in life, one is more likely to succeed when you dedicate to one task rather than being moderately involved in lots of things

Don't give up over one club rejection:

- ❖ We've all been there before, I've been there before...
- ❖ Now having been on the other side, I can attest to how difficult it has been choosing between applicants
 - The reality is many clubs only have so many people they can accept, and unfortunately everyone who applies is beyond qualified (we're all MIT students!)
- ❖ If you're truly still passionate about the club's mission, consider re-applying the following year or semester
- ❖ See if there are related clubs at MIT that are potentially taking new members, and apply for those!

My two-cents on extracurriculars

- ❖ Take advantage of PNR freshman fall to explore as many clubs as possible
 - Settling down to 2-3 clubs that you dedicate the majority of your time to by the end of freshman year
- ❖ Be a part of clubs you are truly passionate about – meaning you are excited to come to meetings, eager to do the work, and vibe with the members
- ❖ Don't feel limited to clubs/organizations mentioned or even MIT specific activities
 - Feel confident in pursuing your own initiatives, for instance starting your own club!
- ❖ Highly recommend, they are great stress relievers and source for friendships!

Q & A Session + Thank You!

Feel free to reach out over email if you have any additional questions (ddzhang@mit.edu) or message me on Facebook!