SHPC Pre Health Experiences Panel

September 17, 2018



Hospital Volunteer

Caroline Russo

- CarePoint Health Hoboken University Medical Center
 - Online form, application, interview, medical clearance, orientation
- X Can select a preferred department
- ✗ No evenings/weekends
- Endoscopy Volunteer since November 2017
 - Prepare charts for the nurses
 - X Greet patients, collect their papers, guide to waiting room
 - X Observe procedures

I can also talk about shadowing and research.



Scribe

Olivia Shanahan

- ✗ Hoboken University Medical Center Emergency Room
 - X Since November 2017
 - Easily application process!
 - Can apply through LinkedIn
 - 2 shifts guaranteed a week
 - Flexible schedule; 4 shifts offered every day
 - X Teaches valuable knowledge about the hospital environment
 - Observe procedures and unique situations
 - X Medical terminology
 - Relationships with providers!



EMTPJ Gencarelli

- ✗ Hoboken Volunteer Ambulance Corp. (HVAC)
 - X Member since May, 2017 (1.5 years)
 - X EMT since January, 2018 (9 months)
- **✗** Application Process
 - CPR Certification (Must be HVAC Approved)
 - Submit online Application
 - Interview then Orientation
 - Probationary Member (Observer, EMT [voucher], Driver [trained])
- × Shifts
 - X 4 shifts minimum a month
 - **x** 8am-3pm, 3pm-7pm, 7pm-12am, 12am-8am
- Opportunities
 - X Clinical Experience
 - Personal Connections (HUMC Staff, HPD, JSMC Staff, HVAC Members, etc.)
 - X Letters of Recommendation
- My Experiences (Stories)
 - Find out if medicine is right for you.
 - $oldsymbol{x}$ Share your success, there is enough to go around !





First aid/CPR/AED + EMR Instructor

Annie Arcidiacono

- **X** ARC vs AHA → EMT
 - Volunteer for ARC/AHA
 - X CPR cert 4-6hrs
 - X EMR cert 56 hrs
 - X EMT cert 120-150 hrs
- **★** ARC: CPR vs EMR vs. Lifeguard instructor
 - Trained by NJ ARC state instructor
 - X Can teach anywhere
 - **x** \$\$\$
- ✗ Leadership Experience in a CLINICAL setting
- ★ My unique experience → make it your own!!!!
 - X You are a brand!!!





Shadowing Abroad

Gaby Borodyansky

- 🗶 Atlantis Program Lisbon, Portugal
- ✗ 4 week rotational shadowing program
 - X General Surgery
 - **X** Anesthesia
 - X Internal Medicine
 - X Orthopedics
- **x** 20 hour weeks (80 hours total)
- **X** Excursions included in program
- **X** Weekend trips to:
 - Barcelona, Lagos, Porto





Clinical Internship

Penelope Halkiadakis

- RWJMS Clinical Internship 2018
 - Application, LOR, Transcript (the works)
- Program perks
 - Shadow preceptor for 6 weeks
 - X Lunchtime lecture series
 - Specialties
 - Current issues in healthcare
 - Interacted with community of my peers
 - Delivered presentations at program's conclusion to admissions officers and physicians
 - X One-on-one resume review with admissions officers

I can also speak to: EMT (EMS since 2013) & Research (2 publications) from a premed perspective

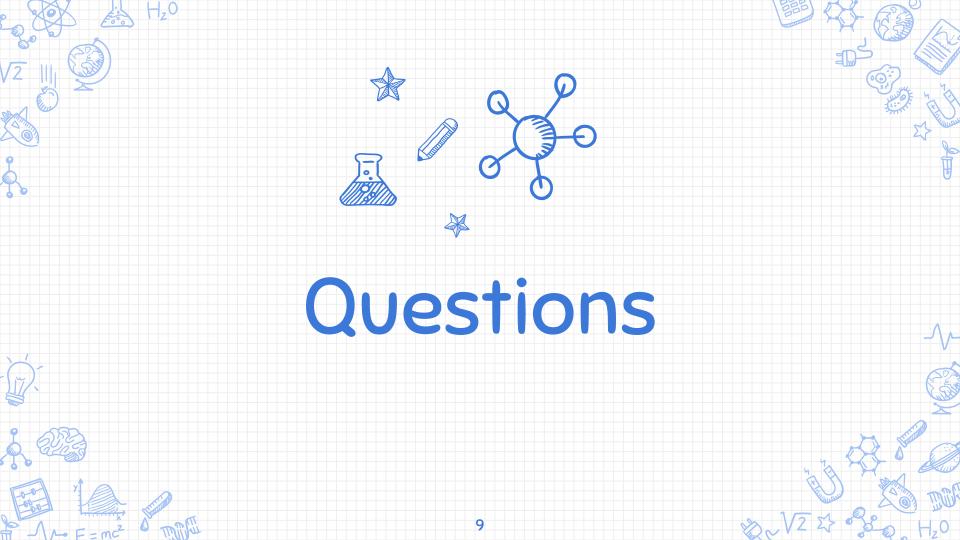
Research

Andrea Andress

- ✗ Chemistry and Chemical Biology Department
 - X Organic synthesis / drug discovery
 - X Two different projects under Dr. Alluri
- Searching for advisor
 - X Learn about their projects prior to interviewing
 - X Talk to as many professors as possible
 - Scholarship/grants
- Sessions
 - X Summer: Everyday, quicker paced, more gets done, set hours
 - X Semester: whenever possible, longer to complete
- Expectations
 - X Organized (a lot of spreadsheets, budget balancing, general life)
 - Willing to learn beyond your current level (correlation spec., mass spec.)
 - Dedication (Literature search, external collaborations)
- Perks: Scholarships, publications, connections (lunch with advisor ay) and A LOT OF NEW KNOWLEDGE



Also a Pharmacy Technician (since Feb. 2017) and Chemistry Tutor (since Sept. 2017)



Announcements

- Fill out the Peer mentor/Mentee survey if you're interested!
- **X** AED interest
- **X** Follow us:
 - insta @stevenshealthprofessionsclub
 - X FB page @stevenshpc
- Download corq!
- Screenshot your event pass from ducklink for easy check i
 - Log on to your DuckLink portal from your phone.
 - Click the photo/letter at the top right of the screen to open your Account Details.
 - Select "Event Pass" near the top of the list.
 - Screenshot it for future use at any DuckLink event!