Sleigh Your Summer Plans! 🎅🏼✨

Caroline Koslosky (pictured above) made the most of her Summer 2019 break by volunteering at a medical clinic while studying abroad in Cuba. Get started on your summer plans now! Make the most of all of your breaks by engaging in meaningful co-curricular activities such as research, shadowing, and service. Below is a short list of Summer 2020 programs.

**Research Experience for Undergraduates Program at The University of Alabama Chemistry Department**
A ten-week summer program for students interested in chemistry and biochemistry research. Visit https://chemistry.ua.edu/majors-and-minors/research-experience-for-undergraduates-program-reu/ for more information.

**Huntsville Rural Pre-Medical Internship (HRPI)**

**UAB School of Medicine’s Summer in Biomedical Sciences Undergraduate Research Program (SIBS)**
An eight-week summer program for students interested in working with faculty members on mentored research projects. Visit https://www.uab.edu/medicine/sibs/ for more information.

**The University of Mississippi School of Graduate Studies in Health Sciences Summer Undergraduate Research Experience (SURE)**
A ten-week summer program for students interested in biomedical research. Application opens December 1st. Residents of Mississippi are strongly encouraged to apply. Visit https://www.umc.edu/graduateschool/SURE/SURE_Overview.html for more information.

**Georgetown University School of Medicine’s Academy for Research, Clinical, and Health Equity Scholarship (ARCHES)**
A six-week program for ten undergraduate students who are rising juniors and seniors interested in pursuing medical studies. Application opens December 1st. Visit https://som.georgetown.edu/diversityandinclusion/guarches/ for more information.

**University of Michigan Medical School’s UM-SMART Undergraduate Summer Program**
A ten-week program for students interested in learning more about what it means to be a physician-scientist. Visit https://medicine.umich.edu/medschool/education/md-phd-program/um-smart-undergrad-summer-program for more information.

**John Hopkins Summer Internship Program**
An eight-week program for rising juniors, seniors, and recent graduates with a strong academic background. Visit https://www.hopkinsmedicine.org/som/Opportunities-High-School-Undergraduate-Postbac-Students/sip.html for more information.

Visit https://students-residents.aamc.org/choosing-medical-career/article/summer-undergraduate-research-programs/ to view AAMC’s list of summer programs for undergraduates interested in medical research.
“Don’t get discouraged. Application season is a long process that sometimes feels endless, but all it takes is finding that one school where you fit in perfectly. Nothing beats the feeling of that first interview invitation or that acceptance after years of hard work and months of waiting.”
-Josiah Sowell, Pre-Medical

“Be committed in all areas including the classroom, the applications, shadowing and self-motivation. Push yourself everyday to do more than you did the day before and finish everything in advance. Have confidence in yourself, breathe, and workout hard.”
-Hannah Payne, Pre-Optometry

“Be confident in yourself & your application. It is so tempting to compare yourself to others applying and those sitting beside you during the interview process, but be steadfast in knowing that you have worked diligently and purposefully to pursue this career field. Make a point to demonstrate why you care so deeply about this role in healthcare and your future patients and you will leave each interview room with your head held high.”
-Madison Taylor, Pre-Physician Assistant

“The application cycle is analogous to a roller coaster: there’s a lot of waiting, some people cry along the way, and others cannot stop talking about it. Like a roller coaster though, there is a unanimous sigh of relief at the end as everyone finds their proper home. Be yourself, have fun, and most importantly, enjoy the ride.”
-Jacob McCarter, Pre-Medical
ATTENTION CYCLE 2021 APPLICANTS

If you missed the MANDATORY APPLICANT MEETING on November 1st, and you are applying to medical, dental, optometry, or veterinary schools in the summer of 2020 for entry fall 2021, you have until DECEMBER 6th by 4:00 P.M. CST to petition OHPA for entry into the Cycle 2021 Applicant Blackboard Course. Please attend walk-in advising to discuss your application plans with a pre-health advisor.

Save the Date!
The 18th Annual McCollough Medical Scholars Forum will be on Friday, February 7th. Details T.B.A.

Preparing for the MCAT exam? Check out the AAMC’s Six-Step Guide to Create a Study Plan at http://offers.aamc.org/mcat-study.

Summer Health Professions Education Program application is currently open to all freshman and sophomore students with a minimum of 2.5 GPA. Apply at http://www.shpep.org/apply-to-shpep/.

UA in Ghana Global Health Study Abroad application deadline is March 25th. For more information and to apply, visit http://international.ua.edu/educationabroad/.

Mark Your Calendar

December 4th: Pre-Med Mock Interviews with the University of Mississippi School of Medicine, RSVP at 200 Clark Hall
December 6th: UMC Spring Shadowing application closes. Visit prehealth.ua.edu to apply.
December 14th: Fall Commencement
December 23rd—January 1st: The University of Alabama closed for winter holidays
January 8th: Spring semester courses begin

*Items in RED are UA OHPA Events.

Happy Holidays

WARM WISHES FROM
THE OFFICE OF HEALTH PROFESSIONS ADVISING