Dear Prehealth Students,

As we wrap up the final weeks of the Fall 2022 semester, The Office of Health Professions Advising wanted to share our utmost gratitude for each of our students. We are so proud of each of you. Whether it was navigating online courses to finding creative ways to serve our community, we are impressed with the many stories of your positive impact and resilience. We hope that you will use the winter break to get some well-deserved rest. Taking time to recharge from this semester. As always, we encourage you to make the most of your time away from The Capstone; read an interesting book, volunteer with a local charity (safely), and reflect on ways that you can hit the ground running once you return for the spring semester. Here is some advice by classification:

**Freshmen/Sophomores:** Look for opportunities to shadow over the holiday. The most successful applicants from our University have between 50-100 shadowing hours. Get started now! Regardless of your prehealth track, shadowing and volunteering during holiday breaks are a great way to slowly gather your observation hours. Think about what you want your summer 2023 involvement to look like and make a plan.

**Juniors:** Review your resumes and write out reflections for each experience. Start thinking about ideas for your personal statement. Make a note to schedule an appointment with a prehealth advisor in the spring. This is a big year!

**Seniors:** In the application process now? Been accepted? Still waiting to hear? Taking a gap year? Reach out to your prehealth advisor with an update. We are here to help you finalize plans. Also: MAKE SURE THAT YOU APPLY FOR GRADUATION!

Best wishes during your final exams. We wish you a happy and safe winter break.

*If you find that you are feeling irritable, tired most of the time, unable to concentrate, or experiencing restlessness and sleep disturbances, you may want to seek professional help for stress management. Relaxation techniques are often helpful, and a professional can assist you in exploring more adaptive stress management methods.*

Contact The University of Alabama Counseling Center at 348-3863 for a consultation, free of charge.

Join our listserv!

This is how we send out important info to pre-health students.
Announcements:

- **Our prehealth advising team is changing!** Mrs. Eve Machado is moving over to the Education Abroad office after finals week. We are thankful for 7 years of dedicated service to our prehealth student community. We also would like to announce that we have a new prehealth advisor! Mrs. Arkeisha Thomas joined our advising team this month and she is excited to get started working with prehealth students.

- **Save the Date!** The 19th Annual McCollough Medical Scholars Forum will be held on Friday, February 10th. Details TBA.

- **ACOM Virtual Open House** Alabama College of Osteopathic Medicine will host an Open House on Saturday, December 17th. Please visit [https://www.acom.edu/open-house/](https://www.acom.edu/open-house/) for details and registration.

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

- **Seeking a summer internship?** Visit [https://students-residents.aamc.org/choosing-medical-career/article/summer-undergraduate-research-programs/](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.

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**Pre-Health Advisors Alpha Split:**

Your health professions advisor is able to discuss competitiveness for health professions graduate programs, co-curricular activities, standardized testing for graduate school, etc.

*Find your pre-health advisor above by the first letter of your last name.*
PROJECT HORSESHOE FARM
GAP YEAR FELLOWSHIP

Project Horseshoe Farm is a 501(c)3 non-profit organization with sites in Greensboro and Marion, Alabama and Pomona, California. HSF offers service and support programs to improve the health and quality of life of adults and children in our partner communities.

COMMUNITY HEALTH FELLOWS

HSF Fellows make positive impacts in the community by working with patients and physicians in a "health partners" program, working with children through in-school and after school programs, and working with seniors and other vulnerable adults in community center programs and housing programs.

INFO SESSION ZOOM LINKS

- General Sessions:
  - Wednesday, Dec. 7th at 6:30PM CST
    - Meeting ID: 851 5735 1526
  - Wednesday, Jan. 25th at 6:30PM CST
    - Meeting ID: 894 8883 3581

FELLOWSHIP APPLICATION DEADLINE

Gap-Year Deadline: Sunday, February 12th 11:59pm (CDT)

Website: projecthsf.org
Instagram: @projecthsf

Contact Us
Email: apply@projecthsf.org
Phone: (205) 710-6372