

Check out these focused ideas and recommendations for managing your pre-health track as you navigate the changes surrounding COVID-19 and this evolving time.

Topics include:

- Pass/Fail grade option
- Growth and development of core competencies
- New approaches to shadowing
- Developing research skills
- Free learning opportunities
- Service and volunteer opportunities
- Wellness and resiliency

Thinking about Pass/Fail options for spring semester?

We know that students have many questions about the Pass/Fail (P/F) grade options from your undergraduate colleges and how this may impact your professional school application. In general, most professional schools are encouraging students to keep the traditional A-F grade option if possible. There is a big variety in how professional schools are seeing pass/fail; some schools will accept P/F grades without question while others are asking students to verify that they were required to take the P/F grade. If you feel you MUST take the pass grade instead of a traditional grade, do know the schools will look at this with some hesitancy. It's not that the class won't be accepted, schools will just have questions on why you chose this option. Be prepared to talk through your decisions.

Professional schools realize this is a unique and stressful time and students are juggling many individual home and learning situations. So, the other piece to consider is how they will see this within the context of all your courses and experiences before, during and after this semester. The PPAC has created a [COVID-19 Updates](#) page, which includes additional links to professional resources. In addition, please make an [appointment with your PPAC advisor](#) to discuss this and your other application questions further. We are here to help you navigate your best pathway for growth and success.

How can you make the most of Summer 2020?

With everything seemly remote and with social distancing for the foreseeable future, we are hearing a lot of questions from students about how they can still get involved? Remember from our PPAC presentations that your exploration and preparation for professional schools is connected to your growth and development of your competencies. This is true for all the health professions. While we draw on the [AAMC core competencies listing](#), please know that the pre-professional, thinking and reasoning, and science competencies are applicable for all pre-health students!

What about shadowing?

The idea that in-person shadowing is the only way to understand healthcare has to change. There are other ways you can and must explore healthcare now with social distancing and safety being a priority. So, don't get mad, get creative. Use the core competencies and our Experience Log to explore how you can grow yourself this summer. Remote exploration of healthcare may not be your preference, but it's what we currently have to do, so show how you can adapt and not let this stop your growth.

Strengthening your Pre-Professional Competencies

You still have the opportunity to expand your pre-professional competencies and skill sets during this time with free online learning, volunteer and service, research, and wellness opportunities.

Research

Expand that same idea to developing your research skills, though you may not be able to participate in person.

Read about research in reputable journals:

- [American Assoc. for Advancement of Science](#)
- [New England Journal of Medicine](#)
- [The Lancet](#)
- World Health Org [Ethical issues](#)
- NEJM - [Medical Ethics](#)

Explore [how to get involved with research](#) on UC's Career Education page or join the online [Summer Research Learning Community](#).

Optimize your research experience with the new summer 2020 online learning community in Canvas (You must [register](#) to take part in this free summer training).

Free online learning opportunities

- [Class about pandemics from Harvard](#)
- Class about [community change in public health from Johns Hopkins](#)
- [Essentials of global health](#) from Yale
- [NIH Foundation for Advanced Education in the Sciences COVID-19 related courses](#)
- [Ivy League free courses](#) list via freecodecamp.org
- Class "[An Examination of coronavirus-COVID-19](#)" from St George's University
- Medical School Headquarters YouTube: [premed.tv](#)
 - Georgetown offers free MOOCs including [Bioethics](#), [Biomedical Big Data](#), [Globalization](#), or [Genomic Medicine](#)
 - [LinkedIn Learning](#), [Coursera](#)
 - [UC Digital Skills Lab](#)
 - [IBM Skills Academy](#)
 - [Microsoft Teams Certification](#)
 - [iQ4 Virtual Apprenticeship](#)

Service and volunteering

- Virtual volunteer opportunities in the Cincinnati area that allow you to serve safely: [cincinnaticares.org](#)
- UC's Service-Learning [Co-op program \(S-L Co-op\)](#)
- Digital Smithsonian Museum volunteers: [transcription.si.edu](#)
- Online tutoring with disadvantaged students: [upchieve.org/volunteer](#)
- Human rights volunteers: [decoders.amnesty.org](#)
- People powered research program: [zooniverse.org](#)
- Crisis Text Line (Requires 30 hours of training): [crisistextline.org/become-a-volunteer](#)
- Digitizing Cultural Works: [gutenberg.org/wiki/Category:Volunteering](#)
- DOsomething.org: [www.dosomething.org/us](#)

Wellness and Resiliency

Need a break? Try the [UC Campus Rec virtual yoga and fitness videos](#) to relieve anxiety and stress.



University of Cincinnati
Pre-Professional Advising Center
Web: [www.uc.edu/preproadvising](#)
Email: preproadv@ucmail.uc.edu
Phone: (513) 556-2166

