

FIU Office of Pre-Health Advising

COVID-19 Updates

4/17/20



Take a deep breath.

The world is experiencing this as a whole.
No single individual is disadvantaged at this current moment.

Find the positive (for example, your MCAT was cancelled in May, you have more time to study!)

For today

Please! allow our presentation
to conclude before asking
questions

Use the chat to ask the
questions you have!

OPHA team



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Today's webinar agenda

- Official COVID-19 statements
- Pass/No Credit grades as they pertain to pre-health
- This coming Application cycle
- MCAT cancellations
- Committee interviews this summer
- Clinical experiences to consider
- Invitation to next Friday's Q&A
- Additional Questions

Official COVID-19 statements

- MD (AMCAS): <https://students-residents.aamc.org/applying-medical-school/article/coronavirus-covid-19-and-amcas/>
- DO (AACOMAS) <https://choosedo.org/coronavirus/>
- DENTAL (ADEA): <https://www.adea.org/COVID19-Update/>
- Physician Assistant:
<https://paeaonline.org/resources/coronavirus-resources/>
- PHARM: <http://www.pharmcas.org/covid-19/>
- VMCAS: <https://www.aavmc.org/students-applicants-and-advisors/covid-19-student-and-applicant-information>
- OPTOMCAS: <https://www.optomcas.org/covid-19-statement-for-current-and-prospective-applicants>

Pass/No Credit

“How does the pass/no credit grade option work?”

- After grades post (4/30) until 5/11 @11:59pm, you will have the option to opt into a pass if you have a D or higher, or a NC if you had an F, for any class/lab.
- Pass and NC grades have no impact on GPA.
- Students who elect a Pass grade must have received a minimum grade of a C in order to proceed in sequential courses. (Even if you select P for a “D grade”)
- Visit the FAQ:
<https://onestop.fiu.edu/classes/grades/#content-area-4>

Pass/No Credit

“Will taking a pass grade affect my pre-health application? Will schools accept it? Will it look bad?”

- As the COVID-19 official statements suggest, we anticipate most schools will accept pass grades in pre-requisite courses.
- School may ask questions on the primary/secondary application or during an interview about your grades
- Consider discussing with an advisor if you are unsure what to do

Application cycle

“How has COVID-19 impacted this coming application cycle for medical school? What about between MD/DO? What about for Dental school? Pharmacy? PA? etc.”

- It will not change the start of the cycle, but we expect there will be more late applications this year than prior
- DO schools will consider interviewing applicants without an MCAT
- MD programs will NOT consider interviewing applicants without an MCAT (as of now)
- Please review official COVID-19 statements for all programs

Investigate schools

- MSAR: <https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/medical-school-admission-requirements/>
- School websites

MCAT

“My MCAT got cancelled in April and May and I am concerned? How will this affect me?”

- If your MCAT got cancelled in April or May, you need to reschedule. You have more time to continue preparing.
- New test dates should be announced today, April 17th and an update regarding the reopening of the scheduling system will be provided:
<https://students-residents.aamc.org/applying-medical-school/article/coronavirus-mcat-faqs/>
- Schools may send secondary applications and extend interviews (DO programs) in the absence of an MCAT score.
- MCAT scores likely to be expedited

MCAT

“Should I apply without an MCAT score?”

- Our office suggests that you consider the strength of your overall application and decide if you should apply.
- At this time, MD programs have not made any statements about extending interviews without an MCAT score
- Given that there will be a lot of later applications this year, we think it is okay to consider waiting for your score if you are unsure of the strength of your app

Committee Interviews

“What is a committee interview? How has the committee interview process changed? Can we get an interview without an MCAT/DAT score?”

- Office of Pre-Health Advising conducts interviews with eligible students and writes a letter of endorsement on behalf of the university with a rating system
- For more information on committee letters eligibility:
<http://go.fiu.edu/waiver>
- THIS YEAR: The MCAT is still required for a Committee/Advisor Letter Interviews.
- Our interview schedule will extend from May through October

Clinical Experiences

“How do I get shadowing and volunteering experiences given the current situation?”

- Everyone is in the same predicament and most students have plans to shadow/volunteer/conduct research over the summer that have been cancelled.
- AACOMAS has issued a statement schools will be more lenient in the required hours for shadowing and volunteering.
- Likely that MD programs will do the same.
- Speak to your advisor about potentially using the summer to get ahead on coursework and push back shadowing and volunteering until the fall.
- Opportunities to consider: Tele Scribe, American Red Cross Volunteer, Crisis Center Phone Counselor.....

Experiences to seek

Focus Locally

- Be an active, helpful member of your home community. Volunteer to cover childcare needs for neighbors or to check in (by phone/from a distance) on the elderly. If you're part of a religious community, see if there are ways that you can provide support through them. Check with organizations where you have volunteered in the past to see if you can step back into previous roles.
- Use [idealists.org](https://www.idealists.org) or [volunteermatch.org](https://www.volunteermatch.org) to seek other local options, but be ready for slow responses.
- Idealist article: [Nine ways to help others during the coronavirus pandemic](https://www.idealists.org/en/careers/help-others-coronavirus)
(<https://www.idealists.org/en/careers/help-others-coronavirus>)

Experiences to seek

Volunteer Virtually

- [Operation Warm](#) has a list of 25 ways to volunteer virtually
- [Paper-airplanes.org](#) invites volunteers to provide online tutoring to “bridge gaps in language, higher education, and professional skills training for conflict-affected individuals”
- [Dosomething.org's](#) nine places to volunteer online and make a real impact

Experiences to seek

Network with Local Health Professionals

- Once the current situation has stabilized: Contact alum physicians near your home by searching by location in your school's Alum Directory and on LinkedIn. It will be interesting to talk with them about their experiences as physicians, especially during this time. Shadowing is unlikely to be possible for a while.

Things to do

Research Professional Schools

- Surf through websites for schools in your chosen profession in your home state
 - Medical school links are available below:
 - [AAMC Allopathic \(MD\) Medical Schools](#)
 - [AACOM Osteopathic \(DO\) Medical Schools](#)
 - Watch this [video](#) to learn about osteopathic medicine.
 - For other professions, check [NAAHP Links of Interest](#)

Things to do

Engage in 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
- [Ivy League free courses](#) list via [freecodecamp.org](https://www.freecodecamp.org)
- Class [“An Examination of coronavirus-COVID-19”](#) from St George’s University
- Medical School Headquarters YouTube: [premed.tv](https://www.premed.tv)
- Georgetown offers free MOOCS including [Bioethics](#), [Biomedical Big Data](#), [Globalization](#), or [Genomic Medicine](#).

Preparation you can do

Do some pre-health reflection and journaling

- Premeds: Use the [AAMC Anatomy of an Applicant Self Assessment Guide](#) and [AACOM's Qualities of a Successful Medical Student](#) to consider your preparation for medical school and the medical profession.
- Use past secondary application essay prompts as reflection questions.
- Advice about prehealth journaling from [Princeton Health Professions Advising](#); [Missouri State University](#)

Read and Listen

- Read books that provide insight about being a doctor, applying to medical school, or learning about other health careers.
 - Book lists:
 - [Goodreads.com: Popular Medicine Books list https://limbookclub.weebly.com/](https://limbookclub.weebly.com/) .
 - Advisor recommendations:
 - [The Spirit Catches You and You Fall Down](#)
 - [The Immortal Life of Henrietta Lacks](#)
 - [Being Mortal](#)
 - [When Breath Becomes Air](#)
 - [The Emperor of All Maladies](#)
 - [My Own Country](#)
 - [Teeth: Beauty, Inequality, and the Struggle for Oral Health in America](#)
 - [Fresh Fruit, Broken Bodies: Migrant Farmworkers in the United States \(Seth Holmes, MD/PhD\)](#)
- Read **Blog posts** from current medical students
 - [AACOM's Choose DO Blog](#)
 - [AAMC Aspiring Docs Diaries](#)
- **Podcasts** are a great way to learn and engage.
 - [Top 10 podcasts for pre-meds from Diverse Medicine](#)

Additional Questions

Next Friday:

Same Place/Different Time

4 previous FIU Pre-Health Students who are currently in med schools will be providing a Q&A regarding medical education, applications, how covid-19 is affecting their medical education experience, and more

Michael Perez (University of Pennsylvania)

Ruth Laverde (University of California – San Francisco)

Flavia Valdes (University of Miami)

Catalina Garzon (Johns Hopkins)

Topic: FIU Office of Pre-Health Advising Q&A with FIU alumni in med school currently

Time: Apr 24, 2020 04:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://fiu.zoom.us/j/271048429>