# EXTRACURRICULAR RESOURCE GUIDE

JOIN OUR LISTSERV FOR MORE OPPORTUNITIES!

## SHADOWING/INDIRECT CLINICAL EXPERIENCE

**Shadowing**

- You may ask someone you know friends/family that may work in the healthcare field. You may also ask your doctor/dentist/etc.
- You can obtain a list of specialties you are interested in.
- You may find doctors to shadow on LinkedIn (make sure your profile is up to date); message doctors and ask about shadowing at their clinic.
- You can do this for any other pre-health track.

**Hospital Observership Programs**

Baptist Observer Program (Cost: $100)
UM Pathology and Laboratory Medicine Observer Program (Cost $150)
Bascom Palmer Eye Institute at UM Observership Program

*You can also search "Name of Hospital Observership Program". A lot of programs will require payment.*

200+ HOURS ⚕
*SPECIALTIES YOU ARE INTERESTED IN.
***Hours vary depending on pre-health track.*

## DIRECT CLINICAL EXPERIENCE

* **Medical Scribe**: No certification required. Scribing companies will provide proper training.
Where to apply: Scrivas, ScribeAmerica, other companies,or directly by asking a physician/PA/Optometrist/etc.

* **Medical Assistant (MA)**: In Florida, no certification is required although some hospitals may ask for one.
Can apply through websites like LinkedIn, Indeed, or Google Jobs.

* **Caretaker:** In Florida, there are no certifications needed to become a caretaker.
If interested you can apply through websites like LinkedIn, Indeed, or Google Jobs.

* **Patient Care Technician**: In Florida, you will need to complete training program which can last ~10 months.
Can apply through websites like LinkedIn, Indeed, or Google Jobs.

* **Certified Nursing Assistant (CNA)**: Requires certification which can be 4-16 weeks. Programs are offered by local community colleges, vocational schools, and the Red Cross. Can apply through websites like LinkedIn, Indeed, or Google Jobs.

***Emergency Medical Technician (EMT)**: Requires certification for EMT or Paramedic; take and pass National Registry of EMT or Paramedics computer + skills exam.

***Phlebotomist:** Requires certification which can take 4-12 weeks depending on the program.

* MINIMUM 1000 HOURS FOR FIU'S PA PROGRAM
**HOURS VARY DEPENDING ON PRE-HEALTH TRACK AND SCHOOL(S) OF INTEREST.

## DIRECT CLINICAL EXPERIENCE CONT'D

**Other jobs include:**

* Firefighter
*Surgical Technologist
* Anesthesia technologist
* Sleep technologist
* In-Patient Transport
* Radiology assistant
*Psychiatric Aid
* Behavioral Health Tech
*Work at an assisted living facility
* Working at a center for disabled adults
*Clinical Research Coordinator
*Physical Therapist
*Occupational Therapist
*Respiratory Therapist
*Chiropractor
*EKG Tech
*Respiratory Therapist
*Ultrasound Tech
*Radiologic Tech
*Midwife
*Cardiovascular Perfusionist
*Home Health Aide
*Dietician/Nutritionist
*Exercise Physiologist
*Physical Therapist Aid
*Certified Athletic Trainer
*Speech Therapy

Specific to other pre-health tracks:

*Pharmacy Technician 💊
* Optometry technician/Optician 👁️
*Certified Eye Bank Technician 👁️
* Dental Technician 🦷
* Dental hygienist 🦷
* Work at a farm/stable 🐐
*Work at Vet clinic 🐐

***Consider certification programs:** Pet care, animal massage, animal behavior, animal-assisted therapy, dog training, animal control, riding instruction, dog grooming, wildlife rehabilitation. 🐐

* MINIMUM 1000 HOURS FOR FIU'S PA PROGRAM
**HOURS VARY DEPENDING ON PRE-HEALTH TRACK.

## RESEARCH

**Summer Research Programs**

Generally held June-August, usually you are given a stipend. Deadline usually in March, you will need Personal Statement, Letters of Recommendation, etc., depending on the program. They tend to be competitive, consider applying to more than one.

Other Research options: Consider researching about the lab well before applying.

* FIU HWCOM Research Opportunities
* FIU CASE Research Opportunities
* FIU Labs & Facilities
*FIU Research
FIU Honors College- Research

**Reach out to doctor/researcher through LinkedIn and ask for an opportunity to research at their lab.

1+ Research Publication/Presentation.

## FIU STUDENT ORGANIZATIONS

**FIU Pantherconnect**

Where you can find all clubs at FIU, you can filter by interests. Consider looking into their website/social media for further information on their events.

- Join a club for pre-health students as it will help you get connected with other students + find opportunities.
- Consider joining a club that aligns with another interest of yours.
- Help in finding resources or networking opportunities to find new experiences.

Opportunity for a leadership position

# VOLUNTEERING/ COMMUNITY SERVICE

### Animal Care/Rescues
Miami Dade Animal Services
Humane Society of Broward County
South Florida Wildlife Center
Animal Care Division: Broward Buddies
Zoo Miami Volunteer Program
SoBe Cats: Kitty Campus Volunteer
PAWS4you Rescue – Buddy Walker Volunteers

### Homelessness/Shelters
Broward Partnership Homeless Initiative
The Caring Place
His House Children's Home
Camilus House
Miami-Dade Rapid Re-Housing
Hearts For Homeless FIU
Andrea Believes Foundation
Broward County Homeless Helpline

### Childcare/ Foster care
Voices for Children of Broward County
Kids in Distress (KIDS)
Children's Home Society of Florida (Broward)
ChildNet Inc. (Broward)
Florida Foster Care Review (FFCR) – Miami-Dade County
Amigos For Kids
Ronald McDonald House Charities South Florida
Little Lighthouse Foundation

### Medicine/Clinical Outreach
Gift of Life Marrow Volunteer Network
Kasem
Fem Foundation
Children's Diagnostic & Treatment Center
Street Medicine Miami
Florida Dept. of Health – Broward
Florida Dept. of Health – Miami-Dade
Memorial Healthcare System
Joe DiMaggio Children's Hospital
UMiami DOCS Program
Jackson Health System
Radio Lollipop/Holts Children's Hospital
Miami Cancer Institute (Baptist Health)
iHelp NonProfit Operations
Smile Easy
Miles for Migraines

### Geriatric Care
United Homecare
Area Agency on Aging of Broward County
South Florida Institute on Aging
Foster Grandparent Program
Heart2Heart Outreach of South Florida
AccentCare Hospice

### Literacy/Tutoring/Mentoring
FIU PLTL Program
Uplift Literacy
Project L.E.A.D
ReadingPals
Broward Children's Center

### Environmental Actions / Gardening
FIU Arboretum Volunteer/Internship
Clean Miami Beach
MUVE with Frost Science
Hands On South Florida
Broward County Waterway Cleanup
Florida Fish and Wildlife Conservation Commission
Fairchild Tropical Botanical Garden

**Still unsure of what interests you: Types of Volunteering Work**

You can search 'NonProfits Miami' and look into whichever interests you more.

Here are some helpful websites:
GreatNonProfits
NonProfitList
VolunteerMatch
MiamiDade.gov
GivePulse

You can also consider volunteering at a Hospital/Clinic/Free clinic. Most hospitals allow volunteers and have a program for them, just search 'Hospital Name Volunteering Opportunities'.

Baptist Health Volunteering
UHealth Volunteering
HCA Florida Kendall Volunteering

3+ VOLUNTEER EXPERIENCES
200+ HOURS
**Hours vary depending on pre-health track.*

**CONSIDER DIFFERENT VOLUNTEERING EXPERIENCES. NOT ALL NEED TO BE CLINICALLY RELATED.

# LET'S STAY CONNECTED!

PANTHER connect

Peer Advisors
FIU
Pre-Health

PRE-HEALTH
Alumni