



# How to find activities

ALWAYS CHECK YOUR EMAIL FOR MORE OPPORTUNITIES!

## SHADOWING

### Free 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.



## VOLUNTEERING

If you are unsure of what interests you: Types of Volunteering Work

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

Select Non-Profit you are interested in and google foundation, check out their social media, if interested fill out Volunteer Application form or reach out to them.

Here are some helpful websites:

GreatNonProfits

NonProfitList

VolunteerMatch

MiamiDade.gov

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'.

\* Can also volunteer abroad

Here is a website that may be helpful.

3+ VOLUNTEER EXPERIENCES

200+ HOURS

\*Hours vary depending on pre-health track.



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

## 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: Consider researching about the lab well before applying.

\* Research Opportunities

\* Student Research Opportunities

\* FIU Hospital & Research Opportunities

\* FIU Research Facilities

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

1+ Research Publication/Presentation.



## CLUBS

### 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.

\*\* (NOT a club to join) There are also several instagram pages dedicated to different pre-health tracks. They tend to share different opportunities for students.

[example: premed.opportunities]



Opportunity for a leadership position

## SCHOLARSHIPS

<https://fiu.academicworks.com/>

Sign in with FIU login, you may search things like "First Generation" or your major to narrow down the list. Apply to as many as possible, you may reuse essays.

BTW, need help paying for your entrance exam?

MCAT: FAP

JF Med Test Fund

DAT: FAP

GRE: Fee Reduction Program



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## CLINICAL EXPERIENCE

### Types of Medical Experience

- \* **Medical Scribe:** No certification required. (Where to apply: Scrivas, ScribeAmerica, Other companies, LinkedIn, GoogleJobs, etc; or directly by asking a physician/PA/Optometrlist/etc).
- \* **Medical Assistant:** 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. Interested. 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.
- \* **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.
- \* **EMT:** Requires certification for EMT or Paramedic; take and pass National Registry of EMT or Paramedics computer + skills exam. Can apply through websites like LinkedIn, Indeed, or Google Jobs.
- \* **Phlebotomist:** Requires certification which can take 4-12 weeks depending on the program. Can apply through websites like LinkedIn, Indeed, or Google Jobs.

- 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.

## OTHER EXTRACURRICULARS

### Job Opportunities at FIU

- Learning Assistant/Teaching Assistant
- PLTL
- Tutoring
- Counselor
- Substitute teacher
- Lifeguard
- Patient Actor
- IT Support
- Summer Internships

### FIU Pre-Med Programs

- Honors College
- Albert E. Dotson Premedical Program
- Doctors of Tomorrow
- Study Abroad

### Other FIU Experiences

- Academic International Internships
- Research Abroad
- International Experiences Abroad
- Alternative Breaks
- Service Abroad

### Manual Dexterity for Pre-Dental

- Drawing and painting; Playing a musical instrument such as flute, guitar, piano, violin; Carving and sculpting, woodcarving, soap carving; Woodworking and furniture making; Pottery and ceramics; Sewing/needlepoint, cross-stitching, crocheting and knitting; Painting nails/doing makeup; using chopsticks; Working on cars; etc.
- \*There are pre-dental/pre-health clubs that do manual dexterity workshops.



Do something you are passionate about/something unique.