

# Co-Curriculars

What are they and how to participate in them?

# Preprofessional Advising Team

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Schedule appointments using the online system: <https://msu.campus.eab.com/>

# Recommended/Required Co-Curriculars

## Medical Schools

- Strongly Recommended: community service, health setting volunteering, shadowing
- Recommended: research, study abroad, an activity where you have a leadership position, something you do for personal enjoyment

## Dental Schools

- Required: shadowing in a dental setting (60-100 hours, depends on school)
- Recommended: having a hobby that shows manual dexterity
- The recommended and strongly recommended activities for medical schools are also applicable for dental schools

# Recommended/Required Co-Curriculars

## Optometry Schools

- Strongly Recommended: paid work outside of optometry field, shadowing (paid and unpaid), volunteering of any kind, OTHER paid or unpaid optometry experiences
- Recommended: research, sports, club memberships, etc.

## Pharmacy Schools

- Strongly Recommended: paid and unpaid healthcare experience, employment (paid/volunteer work outside of healthcare), pharmacy/pharmacy related experiences
- Recommended: research, volunteering, sports, club memberships, etc.

# Recommended/Required Co-Curriculars

## Physician Assistant Programs

- Required: direct patient care experience (we will go over this later)
- Recommended: shadowing, research, volunteering, community service (different schools weigh these differently)

## Public Health Programs

- Strongly Recommended: any work experience, volunteering, community service
- Recommended: research

# Recommended/Required Co-Curriculars

## Physical Therapy

- Required: Anywhere from 50-80 PT observation hours in 2 PT settings, some schools require min. 20 hours in an inpatient setting
- Recommended: volunteering, work outside of PT field, research, club activities, sports, etc.

## Occupational Therapy

- Required: Anywhere from 40-100 OT observation hours, some schools require under 2 different OT settings
- Recommended: work outside OT field, sports, clubs, research, volunteering, internships/healthcare experience, teaching experience, leadership experience

# Recommended/Required Co-Curriculars

## Podiatry Medical Schools

- Recommended: shadowing, clubs, sports, healthcare experience, volunteering, podiatric experience, community service
- You would need to consult each school individually to check if they have any specific requirements

(There are only 9 podiatry schools in the U.S.)

## Chiropractic Medicine

- Recommended: shadowing, clubs, sports, volunteering, community service
- You would need to consult each school individually to check if they have any specific requirements

(There are only 15 chiropractic schools in the U.S.)

# Research

- Highly recommended for applying to professional schools
  - Applying what you learn in real life
- How to find research?
  - Talk to and email professors
  - MSU Undergraduate Research Office ([www.urca.msu.edu/](http://www.urca.msu.edu/))
  - Summer programs
  - Scholarships (i.e. from NatSci, Honors College, etc.)
- Summer Opportunities
  - BRUSH, SROP, REUs
- My research experience



# Volunteering

- Highly recommended for applying to professional schools
  - Clinical Volunteering
    - Hospital, clinic, hospice, etc
    - Find opportunities on MSU Service Learning website:  
<https://servicelearning.msu.edu/students/find-a-service-opportunity>
      - Registration opens at 12:01am on May 1<sup>st</sup>, Sept. 1<sup>st</sup>, and Jan. 4<sup>th</sup>
  - Non-Clinical Volunteering
    - Food banks, homeless shelters, soup kitchens, Big Brothers/Big Sisters, senior center, etc.
  - Quality over quantity
    - Better to have 1 or 2 weekly volunteering experiences, than to volunteer to at 12 different places in one semester
  - How to get volunteering?
    - MSU Service Learning Center, Student orgs, just sign up

# Clinical Hours/Direct Patient Care Hours

- Required for Physician Assistant School.
  - Usually 500-1000 hour minimum, 2000 hours to be competitive
- Way to get experience in clinical setting while getting paid.
  - If working on PCE for PA school, a majority require that the hours be paid
  - There is a difference between clinical volunteering and patient care experience.
- Can be a variety of different positions, including EMT, CNA, MA, Phlebotomist, etc.
- For PA school specifically, make sure to check what the schools will accept. For example, some don't prefer phlebotomy while others do. Some accept scribing and others don't.
- Some certifications take longer than others.

# Get a Certification

- Certifications can be obtained through community colleges or individual institutions. Institutions mentioned are accredited and allow you to sit for the certification exams.
- Career Quest
  - Offers CNA, MA, PCT, and phlebotomy
  - Can use financial aid
  - 8-15 month classes
- LCC
  - EMT has multiple options, from 8 week summer to two semesters fall and spring
  - CNA, PCT, phlebotomy. Courses are a semester long and are around 3 LCC credits
  - Can use financial aid
- There are many other places, and if you would prefer to do them at your hometown, you can easily find them through a google search!
  - CNA courses in Michigan have to be approved by the Michigan Licensure and Regulatory Affairs Office ([http://www.michigan.gov/lara/0,4601,7-154-63294\\_74190---,00.html](http://www.michigan.gov/lara/0,4601,7-154-63294_74190---,00.html))

## Other Co-Curriculars

- Study Abroad
  - Cultural experience
  - Medical Mission trips-within reason
- Camp Counselor
  - Experience working with others
  - Leadership
  - Can be involved with health staff
- Helping in local free clinics
  - Health care experience
  - Helping with the underserved
- Alternative Spartan Breaks (ASB) or Students Today Leaders Forever (STLF)

# Shadowing

- Ask your own pediatrician/dentist/physical therapist.
- Study Abroad
  - A few study abroad programs are based on shadowing professionals.
  - <https://osa.isp.msu.edu/programsearch/>
- Hospital
  - Hospitals are a great way to get shadowing
  - They usually have an application process to get shadowing
  - You can find the shadowing application for Sparrow and CHM at these links:
    - <https://careers.sparrow.org/job-shadowing>
    - <http://lansingcampus.chm.msu.edu/index.php/shadowing-experiences/2016-02-10-20-14-16>

# Internships

- Internships are hard to find for a medical setting.
- Public Health Internships
  - Many opportunities are offered through various programs
  - For example: Blue Cross Blue Shield (<https://www.bcbsm.com/index/about-us/careers/internships.html>), University of Michigan School of Public Health (<https://sph.umich.edu/fphlp/>), etc.
- For students interested in the KIN department:
  - Pepa Casselman is a career consultant for the KIN department. She helps students connect with internship sites, and any questions regarding Handshake.
    - Email: [carls173@msu.edu](mailto:carls173@msu.edu)
  - Brian Telfor is the NatSci Career Services Consultant. He works with students that are looking for internships. He is also very knowledgeable about Handshake.

# Handshake

- Handshake is a great way to find internships, jobs, and career fairs in the field(s) you are interested in. You can research employers, submit job applications, make appointments with Brian Telfor, find helpful resources, complete surveys, and even keep a career journal.
- You can filter your search by: full-time/part-time, internship/co-op/on-campus job/job, keywords, and location. If there are still too many postings to sift through, you can click on the categories bar on the left side, and narrow your choice further.
- <https://msu.joinhandshake.com/postings> ← Let's go over the actual website now.

## Upcoming Events

- American Dental Education Association (ADEA) will host the 2019 ADEA AADSAS Overview webinar on April 4, 2018
  - [http://www.adea.org/GoDental/The\\_application\\_to\\_dental\\_school\\_ADEA\\_AADSAS.aspx#sthash.YIHAIb4B.LaO9iryw.dpbs](http://www.adea.org/GoDental/The_application_to_dental_school_ADEA_AADSAS.aspx#sthash.YIHAIb4B.LaO9iryw.dpbs)
- University of Michigan Dental School Open House on Saturday, April 14th @ 9 AM
  - <http://www.dent.umich.edu/calendar/2018/04/14/dental-school-open-house>



## Special Guest

- Jamie Atallah, ScribeAmerica Hiring Associate
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