

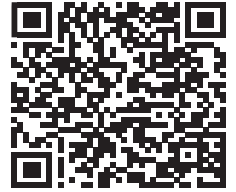


COLLEGE OF HUMAN ECOLOGY

Opportunities and Resources for Pre-Health Students

Overview

Finding pre-health opportunities as an undergraduate student can often feel daunting or overwhelming. Below is a series of resources available for those seeking research, clinical, service, and summer opportunities, as well as information on pre-health student organizations, required coursework, and pre-health advising.



Finding On-Campus Research

Refer to the following websites for on-campus research opportunities:

- **Office of Undergraduate Research** (undergraduateresearch.cornell.edu/research-opportunities/)
- **Office of Undergraduate Biology Research Database** (cals.cornell.edu/biological-sciences/research-internships/faculty-research)
- **Cornell Undergraduate Research Board (CURB)** (cornellcurb.com/)

Visit department or faculty websites to learn about faculty research groups in the College of Human Ecology:

- **Division of Nutritional Sciences** (human.cornell.edu/dns/research/profiles)
- **Human-Centered Design** (human.cornell.edu/hcd/research/faculty-research)
- **Psychology** (psychology.cornell.edu/faculty)

Review the research strategies and FAQs on the College of Human Ecology Undergraduate Research website for more information about applying to research labs and receiving stipends (human.cornell.edu/research/undergraduate/summer-stipends).

Tip: Research can be done in any department, not just within the College of Human Ecology. You can search any department online followed by “research labs” for more information about research in different departments.

Finding Clinical Opportunities

- Shadow healthcare professionals in your community or in Ithaca by calling and cold-emailing them
- Network with Cornell alumni via CUeLinks
- Use Cornell Handshake to search for clinical opportunities
- Volunteer in a hospice, rehabilitation center, or hospital in the Ithaca area
 - Hospicare & Palliative Care Services (hospicare.org/volunteer/)
 - Ithaca Free Clinic (ithacahealth.org/volunteer-application)
 - Cayuga Medical Center (cayugamed.org/about-us/cayuga-medical-center-auxiliary)
 - Guthrie Cortland Medical Center (guthrie.org/guthrie-cortland-medical-center/volunteering-cortland-medical-center)
 - Kendall at Ithaca (<https://kai.kendal.org/>)
- Apply to work or volunteer as an EMT
 - CUEMS (cuems.cornell.edu/): commitment of 40 hours per semester
 - Bangs Ambulance (bangsambulance.com/)
- Apply to work as a medical scribe
 - Scribe America (jobs.scribeamerica.com/us/en): virtual and local opportunities

Finding Service or Leadership Opportunities

- Apply to become a teaching assistant (TA) or tutor
 - Some pre-health courses with undergraduate TAs: CHEM 2070: General Chemistry I, BIOG 1500: Investigative Biology Lab, NS 3410/3420: Human Anatomy and Physiology Lecture/Lab, BIOMI 2900: General Microbiology Lectures, BIOMG 3300: Principles of Biochemistry, Individualized Instruction
- Tutoring positions (lsc.cornell.edu/tutoring/lsc-tutoring-opportunities/)
- Apply for an on-campus job (studentjobs.seo.cornell.edu/)
- Explore the Cornell Einhorn Center for Community Engagement opportunities and organizations (einhorn.cornell.edu/opportunities-for-students/)
 - Service activities: Loaves & Fishes (loaves.org/), Second Wind (secondwindcottages.org/)

Planning Your Summer Break

Some pre-health students choose to engage in different activities during the summer months. These activities include research (either in Ithaca or in their hometown), clinical experiences, service trips, and studying for standardized exams, such as the Medical College Admission Test (MCAT), the Dental Admission Test (DAT), and the Graduate Record Examinations (GRE).

Students interested in participating in structured clinical and/or research programs over the summer should refer to the following resources for potential opportunities:

- **Pre-Health Summer Opportunities Database** (naahp.org/public-resources/student-resources/student-announcements/student-opportunities)
- **Summer Health Professions Education Program (SHPEP)** (shpep.org/)
- **Summer Undergraduate Research Programs** (aamc.org/professional-development/affinity-groups/great-summer-undergrad-research-programs)
- **Research Experiences for Undergraduates (REU)** (<https://beta.nsf.gov/funding/opportunities/research-experiences-undergraduates-reu>)

Undergraduate Student Organizations

Professional Development Organizations

- **Phi Delta Epsilon** (phidecornell.com/)
 - Phi Delta Epsilon International Medical Fraternity creates physicians of integrity with a lifelong commitment to our guiding principles of philanthropy, deity, and equity through fellowship, service, mentoring, scholarship, and formal training in leadership, science, and ethics.
- **Alpha Iota Gamma** (airgammachapter.com/)
 - Alpha Iota Gamma is a co-educational, interdisciplinary healthcare fraternity. The brotherhood serves as a platform for collaboration amongst those interested in a wide variety of healthcare fields including, but not limited to medicine, dentistry, nursing, veterinary sciences, healthcare consulting, pharmacy, biotechnology, and health policy.
- **Rho Psi Eta** (rhopsietacornell.com/)
 - Rho Psi Eta is the first pre-health, academic sorority at Cornell University, established in 2020. It was established upon the three pillars of academic integrity, community service, and sisterhood.
- **Alpha Epsilon Delta** (aedcornell.squarespace.com/)
 - Alpha Epsilon Delta is the National Health Pre-Professional Honor Society dedicated to the encouragement and recognition of excellence in pre-professional health scholarship, including medicine, dentistry, veterinary sciences, and others.
- **CU Dietetics** (cornell.campusgroups.com/CUDA/)
 - The mission of the Cornell University Dietetic Association is to (1) create and maintain a network and sense of community among Cornell dietetics students, faculty, staff, and alumni as well as facilitate a strong relationship with the student, state, and national dietetic associations; (2) raise awareness of dietetics education and internships.

- **Pre-Professional Association Toward Careers in Health (PATCH)** (blogs.cornell.edu/patch/)
 - PATCH's goal is to bring together students from all colleges in a supportive environment and assist in their pursuit of a career in health. PATCH offers guidance, community, mentorship, service opportunities, and exposure to various health professions.
- **College of A&S Pre-Professional Health Association** (cornell.campusgroups.com/caspha/home/)
 - College of A&S Pre-Professional Health Association (CASPHA) aims to familiarize students with the medical professions and application to relevant schools through speakers, student mentors, and volunteer work (i.e. blood drives). CASPHA is geared toward the College of Arts and Sciences, addressing issues such as credit requirements, distribution requirements specific to the college, and being pre-health with a non-science major. However, all students are welcome to join.
- **Cornell Surgical Society** (cornellsurgicalsociety.herokuapp.com/)
 - Cornell Surgical Society was founded on the mission to give Cornell University premedical students exposure to modern medicine and surgery. Participants will learn about cutting-edge surgical technology, including how to perform sutures, biopsies, and other medical operations. They will also hear from guest lecturers in the medical and surgical fields and connect with fellow pre-health peers.
- **Cornell University Healthy Futures** (ihf.cornell.edu/cuhf-undergraduate-chapter/)
 - Cornell University Healthy Futures: Undergraduate Chapter (CUHF) is the undergraduate student division of the Cornell Institute for Healthy Futures, the first academic institute in the country to combine hospitality, environmental design, and health policy & management to improve patient and customer experience. CUHF promotes careers, research, and extracurricular activities at the intersection of hospitality, health, and design.

Service-Oriented Organizations

- **CU EMS** (cuems.cornell.edu/)
 - Cornell University Emergency Medical Service (CUEMS) is a student-operated, New York State registered, first-response emergency medical services agency that serves the Ithaca Campus of Cornell University and surrounding University-owned properties and roadways, twenty-four hours a day, seven days a week during the academic year.
- **Cornell Red Cross** (cornellredcross.org/)
 - Cornell Red Cross hosts blood drives and service events in the Ithaca area, as well as a variety of professional and social events throughout the semester.
- **CU MedConnects** (medconnects.org/)
 - MedConnects serves to connect Cornell undergraduate pre-medical students to Cornell alumni who are either attending physicians or medical students.
- **Cornell Health International** (cornell.campusgroups.com/chi/home/)
 - Cornell Health International (CHI) is a student-run organization that works to enhance knowledge and raise awareness of current global health issues as well as local issues in the Ithaca community. These goals are accomplished through initiatives that seek to promote free exchange of ideas within frameworks of weekly presentations, round table discussions, on-campus activism, and active engagement with the Ithaca community.
- **GlobeMed** (cornellglobemed.wixsite.com/home)
 - GlobeMed at Cornell is a student organization that advocates for global health equity. On campus, GlobeMed seeks to educate students on global issues and raise money for its partner, AMMID (The Association Maya-Mam to Promote Research and Development).
- **Global Medical Missions Alliance** (gmma7.org/ministry/chapters/cornell-university-student-chapter/)
 - Global Medical Missions Alliance (GMMA) members are Christian Healthcare Professionals striving to teach and care for the well-being of the whole person in mind, body, and spirit.
- **Ithaca Health Initiative** (cornell.campusgroups.com/ihl/home/)
 - Ithaca Health Initiative aims to foster meaningful relationships with the local community by educating the community about a variety of important public health related topics.
- **Kidney Disease Screening and Awareness Program (KDSAP)** (cornellkdsap.weebly.com/)
 - KDSAP is a student-run organization dedicated to promoting kidney health. Its way of contributing to this national crisis is by hosting free screenings and educational events for the local Ithaca community.

- **Pelvic Pain Association at Cornell** (cornell.campusgroups.com/ppac/home/)
 - The Pelvic Pain Association at Cornell (PPAC) promotes solidarity and activism around pelvic pain issues. The PPAC is inclusive of many different conditions that may cause chronic pelvic pain, including PCOS, endometriosis, adenomyosis, vulvodynia, IBS, ovarian cysts, and uterine fibroids.
- **Volunteers Around the World Dental Outreach** (empowered.org/VAW-at-Cornell-Dental-Outreach)
 - The Cornell University chapter of Volunteers Around the World (VAW) consists of students that are committed about addressing health disparities in developing countries. Through close collaboration Volunteers Around the World, the club at Cornell strives towards providing rural communities in developing countries access to dental treatment and oral hygiene, nutritional and health education.
- **Doctors Without Borders (DWB)** (cornell.campusgroups.com/dwbatcornell/home/)
 - DWB at Cornell works in partnership with Doctor without Borders, an international humanitarian medical organization. DWB at Cornell strives to raise awareness for important global and public health issues, as well as, provide assistance to Doctors without Borders through various fundraising events.
- **EARS** (earscornell.org/)
 - EARS (Empathy, Assistance & Referral Service) provides training, workshops, and peer mentoring to promote mental health, well-being, empathy, and active listening skills among the Cornell campus.
- **CU Women's Health Initiative** (thecuwhi.org/)
 - The Cornell University Women's Health Initiative (WHI) was established in 2018 with the goal of educating members of Cornell campus and local community in matters of Women's Health. Through community service projects, fundraiser events, and product drives, CU WHI aims to raise awareness and aid for women afflicted by health crises within and beyond the immediate community.
- **Operation Smile** (cuoperationsmile.wixsite.com/website)
 - Operation Smile's goal as a club on the Cornell campus is to raise awareness and funds to improve the lives of children born with cleft lips, cleft palates, and other facial deformities. Operation Smile is a chapter of the national Operation Smile organization and all funds raised by the chapter are sent directly to Operation Smile and to children in need.
- **Health Education and Awareness Raising Team (HEART)** (heartcornell.com/)
 - The Health Education and Awareness Raising Team (HEART) is a student organization at Cornell University dedicated to educating middle and high school students in the Ithaca community in overlooked health topics outside their standard curriculum. By introducing an interesting and factual curriculum to local schools, HEART aims to empower students to have more confidence in their ability to make health-conscious decisions.
- **MEDLIFE** (medlifecornell.wixsite.com/home)
 - Cornell's MEDLIFE chapter attends mobile clinics in Peru and Ecuador over winter, spring, and summer breaks. The chapter also educates its members about issues in global health, in addition to hosting fundraisers and community service events on campus.

Additional Resources

- **Health Professions Advising Center** (healthprofadvising.cornell.edu/)
- **Human Health Professionals Guide for First- and Second-Year Pre-Med Students** (cpb-us-e1.wpmucdn.com/blogs.cornell.edu/dist/d/10228/files/2022/07/2020-21-First-Year-Pre-Med-Guide-VD.pdf)
- **Human Ecology Student and Career Advising** (cornell1.force.com/cu/s/appointments)
 - Schedule an appointment with Darryl Scott, Verdene A. Lee, or Shaun Gendrue
- **Sample Plan of Study for Pre-Health Students** (cornell.app.box.com/s/614oqbidtz8hq2g8ta9ffitrq5t8ahs)
 - The Medical School Admission Requirements™ (MSAR®) is also a great, paid resource for identifying required coursework for specific medical schools in the US and Canada