



Health Professions & STEM
Career Development Center

August 14, 2020

Hello Pre-Health Students,

In light of the recent campus changes, I wanted to reach out, check-in, and share some important reminders with each of you.

First, I understand how disappointing some of these recent changes are. This is not the fall semester any of us were envisioning and we want nothing more than to have all of our Mocs safely back on campus. Unfortunately, that is not possible for the fall semester.

As future healthcare providers and leaders, I implore you to critically analyze your thoughts and feelings. Give yourself the space to grieve what has been lost, but also fully reflect on the new opportunities our situation presents. Pre-health students, as a whole, are highly driven, resilient, and able to overcome adversity. Now, more than ever is the time to put those attributes on display. Medicine, and healthcare, is not perfect. In fact, it is one of the most fluctuating, imperfect fields to pursue. That is why even before the pandemic, professional schools strongly evaluated individuals on their “tolerance of stressful or changing environments or situations”. **What better opportunity to showcase your persistence, adaptability, and critical thinking skills than the present?**

Additionally, are your leadership skills on display? How have you communicated with faculty, staff, administration, and peers? Have you been professional, reflective, and committed to fully evaluating multiple viewpoints and challenges? This goes for social media as well.

Finally, health professional programs will be looking at pre-health students to model ethical responsibility to self and others. Are you holding yourself and others accountable for ensuring safe and healthy practices?

Regardless of how the fall semester unfolds, **I will be available to assist and support you throughout your pre-health journey.** My appointments and office hours, like the rest of the faculty, will be [entirely virtual for fall 2020](#). You can learn more about my appointments and drop-in times at www.flsouthern.edu/STEM/appointments. I am currently finalizing my fall events which I will share with you shortly.

I have also attached a few FAQs in response to emails I have been receiving from pre-health students. I hope you find this document to be useful.

I have been, and will continue to be, your cheerleader. I believe in each of you, and I hope you will join me in finding the positives in these unprecedented, challenging times. Remember, the difference between stumbling blocks and stepping stones is how you use them. I hope you will find the stepping stones.

Best regards,

Dr. Lauren Albaum



FAQS FOR PRE-HEALTH STUDENTS

Will students living in on-campus housing be guaranteed in-person classes?

No student, not even those living on campus, is guaranteed in-person classes for fall 2020. **I recommend that you continue to check the Portal Course Search for changes to course modality as this information is not yet finalized for every course.** Currently, the college expects approximately 1/3 of all classes to be offered fully-online, regardless of if you are living in campus-owned housing, are approved to attend as a commuter, or are attending remotely. Regardless of if you are attending face-to-face or remote, your faculty have been hard at work all summer creating thoughtful ways to build community between our in-person and distance-learners while providing engaged, technologically advanced learning for all students.

Will professional schools accept online courses for fall 2020?

Each individual professional school will make its own designation regarding the acceptability of online classes. However, as most undergraduate institutions across the U.S. have move partially or entirely online for fall 2020, it is highly likely that professional schools will accept online courses, even for prerequisites and labs. I highly encourage you to review the following information: [COVID-19 Changes to Profession Schools](#).

My lab/research experience is now online. Won't that hurt me when applying to professional school?

Not necessarily. It's helpful to think in terms of what professional schools might value in students who have participated in research. Unless you are applying to a Ph.D. joint-program (i.e. MD/Ph.D.), it is less about specific techniques that you learn at a lab bench and more about the competencies that you gain in a research setting. In terms of intellectual/thinking competencies, these can include the ability to critically read primary literature, to devise your own hypothesis-based line of inquiry, to generate and analyze results, to write those results up and present your findings to others. In terms of interpersonal competencies, these can include working collaboratively, learning to take constructive criticism, being organized and reliable, being resilient and adaptable when research doesn't go the way you expected. All of these competencies can be accomplished in many disciplines (not just science!) and in many settings. It may become harder to provide as much evidence of teamwork ability when you aren't working side by side with folks on a regular basis, but otherwise, you will not lose as much as it seems like you might by being remote.

How can I get clinical exposure for professional school during COVID-19?

For your health and safety and that of the larger community, we recommend that all students (except for those individuals with relevant certifications and those who have received specific approvals) cease any in-person shadowing or volunteering activities within healthcare facilities. This is a time of uncertainty and disruption for everyone, and professional schools are well aware of the implications the current pandemic will have on pre-health students. They will not hold this time against you as it is outside of your control. Try not to stress about the "lost time" shadowing/volunteering in physical capacities and focus on the ways you can be an active, helpful member of your home community. **A list of ways that pre-health students can make the most of their time during COVID-19 can be found [here](#).**



Health Professions & STEM
Career Development Center

I want to apply to P3 this year. How can I still be competitive?

The review process for applicants to the Pre-Professional Program (P3) has always been and continues to be, a holistic process. The FSC Health Professions Advisory Committee (HPAC) will review applications and collectively make recommendations for acceptance following a thorough review of application materials, competencies, and emotional intelligence. Just like the professional schools you plan to apply to, the HPAC will be flexible in reviewing requirements in light of the pandemic. We, like professional schools, will be looking for those students who can show a competitive profile. We are less interested in students who can check off boxes than we are interested in seeing your academic competence, communication skills, teamwork, resilience, ethics, leadership, critical thinking skills, empathy, etc.

Where can I find continually updated information for Pre-Health Students?

I have created a website for you with relevant information about entrance exams, professional school application policies, extracurricular activity recommendations during COVID-19, and more. Please view this here: www.flsouthern.edu/pre-health/COVID-19.

Also, be sure you are reviewing other important websites including:

[Pre-Health Information](#)

[Pre-Health Planning](#)

[Pre-Health Experiences](#)

How can I meet with Dr. Lauren Albaum to get Pre-Health Advising?

Dr. Albaum will be available year-round for virtual scheduled appointments and drop-in appointments. You can learn more here: <http://www.flsouthern.edu/stem/appointments>