

# Pre-Health Opportunities During COVID-19

## Get Involved Locally during COVID-19

- Use [idealists.org](https://www.idealists.org), [volunteermatch.org](https://www.volunteermatch.org), or [omprakash.org/](https://www.omprakash.org/) to seek other local options. Response times could be slow due to current circumstances
- [Nine ways to help others during the coronavirus pandemic \(https://www.idealists.org/en/careers/help-others-coronavirus\)](https://www.idealists.org/en/careers/help-others-coronavirus)
- Look for a [National Medical Reserves Corps](https://www.nmrc.org/) branch near you
- Donate blood and volunteer to help the [Red Cross](https://www.redcross.org/) address blood delivery and donation support needs in your community. (Remote volunteering options exist for those at high risk.)
- Check with [Meals on Wheels](https://www.mealsonwheels.org/) in your community. Inquire whether other local organizations focused on supporting the elderly need volunteers.
- Food pantries, soup kitchens, and homeless shelters in most areas are continuing to look for volunteers and have been trying to maintain social distance for their volunteers and those they serve. [Feeding America](https://www.feedingamerica.org/) can help students to find their local food pantry.
- Many chapters of the [United Way](https://www.unitedway.org/) have updated their volunteer opportunities to show all the local non-profits seeking help.

## Volunteer Virtually

- [UGETCONNECTED – COVID-19 Needs](https://www.uggetconnected.org/)
- [Operation Warm](https://www.operationwarm.org/) has a list of 25 ways to volunteer virtually
- [Paper-airplanes.org](https://www.paperairplanes.org/) invites volunteers to provide online tutoring to “bridge gaps in language, higher education, and professional skills training for conflict-affected individuals”
- [Dosomething.org’s](https://www.dosomething.org/) nine places to volunteer online and make a real impact

**If you’ve received crisis hotline training, check to see if your community’s crisis hotline could use additional phone or chat volunteers. Many crisis hotlines are overloaded right now**

- [Crisis Text Line](https://www.crisistextline.org/) (requires 30 hours of training)

**Work with underserved and under-resourced youth**

- [Upchieve](https://www.upchieve.org/): Online tutoring for disadvantaged youth

**Assist in digitizing, transcribing and otherwise contributing to nonprofit organizations**

- [Amnesty Decoders](https://www.amnesty.org/)
- [Digital Smithsonian Museum](https://www.digital.smithsonian.gov/)
- [Project Gutenberg free ebooks service](https://www.projectgutenberg.org/)
- [Zooniverse](https://www.zooniverse.org/) crowd-sourced research

# Pre-Health Opportunities During COVID-19

## **Engage in free online learning opportunities**

- [Class about pandemics from Harvard](#)
- [Community change in public health from Johns Hopkins](#)
- [Essentials of global health](#) from Yale
- [NIH Foundation for Advanced Education in the Sciences COVID-19 related courses](#)
- [Ivy League free courses](#) list via freecodecamp.org
- [“An Examination of coronavirus-COVID-19”](#) from St George’s University
- [Linkedin Learning](#), [Coursera](#)

## **Read & Listen & Watch**

Read books that provide insight about being a doctor, applying to medical school, or learning about other health careers.

### **Book lists:**

- [Goodreads.com: Popular Medicine Books list https://limbookclub.weebly.com/](https://limbookclub.weebly.com/) .
- [The Spirit Catches You and You Fall Down](#)
- [The Immortal Life of Henrietta Lacks](#)
- [Being Mortal](#)
- [When Breath Becomes Air](#)
- [The Emperor of All Maladies](#)
- [My Own Country](#)
- [Teeth: Beauty, Inequality, and the Struggle for Oral Health in America](#)
- [Fresh Fruit, Broken Bodies: Migrant Farmworkers in the United States \(Seth Holmes, MD/PhD\)](#)

### **Watch documentaries**

- [Making Rounds](#) features cardiologists at Mt. Sinai
- [Vaccines:Calling the Shots](#)

### **Participate in Virtual Seminars, Fairs, and Info Sessions**

- The [website of the National Association of Advisors for the Health Professions](#) maintains a comprehensive list of pre-health events around the country, including many virtual events. Programs are welcomed to post their events free of charge.

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## Research Professional Schools

- Now is a great time to research professional schools and gain a better understanding of each program and begin completing the “Pre-Health Organizer” that can be found on the [Plan your academics page](#) of the Pre-Health Student Resource Center webpage
- Pre-Health Student Resource Center [Healthcare Pathways page](#) has more information as well
- [NAAHP Links of Interest](#) provides some links to different sites

## Engage in Self-Care

- [UWL Counseling and Testing Resources](#)
- [CDC Advice on Managing Anxiety and Stress during the COVID-19 Pandemic](#)
- [World Health Organization Mental Health Considerations During COVID-19 Outbreak](#)
- [Advice from thewirecutter.com](#)
- Daily meditation and advice from experts via the folks at [Ten Percent Happier](#)