



Pre-Med and Health

The power of love to change bodies is legendary, built into folklore, common sense, and everyday experience. Love moves the flesh, it pushes matter around.... Throughout history, "tender loving care" has uniformly been recognized as a valuable element in healing. ~Larry Dossey

Experience in medicine is not only learning the long Latin words and how to operate a Whipple, it is also learning how to comfort patients in times of desperation and pain. There are many programs that work to deepen your knowledge and understanding of all aspects of a doctor's daily life.



ONLINE VOLUNTEER DATABASE

<http://calcorps.volunteermatch.org>

There are a myriad of opportunities to suit your interest in human well-being. The Cal Corps Volunteer Database constantly has medical opportunities listed.

- **Berkeley Free Clinic**- Volunteer in the many sections of the BFC such as HIV prevention, Dental, Medical, and peer counseling.
(<http://www.berkeleyfreeclinic.org/volunteer.html>)
- **Oakland's Children Hospital**- Become a medical-clerical volunteer in a variety of departments.
(http://www.childrenshospitaloakland.org/join/join_volunteer.asp)
- **California Pacific Medical Center** -Wide range of volunteer opportunities from
 - becoming a peer counselor to cancer survivors to assisting staff in the ER.
(<http://www.cpmc.org/how/volunteer/>)
 - **Alta Bates Medical Center**- Join the student volunteer program!
(<http://www.altabatesummit.org/how/volunteer/>)
 - **American Red Cross**- Provide clerical support, work at blood drives, and many more opportunities.
(<http://chapters.redcross.org/ca/norcal/>)



UC BERKELEY ORGANIZATIONS

Don't forget: UC Berkeley is home to over 700 student groups! The following all provide health-focused service opportunities to students:

Suitcase Clinic: promotes welfare of the homeless/ low-income community, especially via health services.
(suitcase.berkeley.edu)

American Red Cross @ Cal: supports the American Red Cross Bay Area and serve the Berkeley community through health and safety education, youth development, and disaster services.
(<http://www.ocf.berkeley.edu/~redcross/html/>)

Bears for UNICEF: raises funds and spreads awareness about UNICEF (United Nations Children's Fund), its programs and purpose; works on the Berkeley campus as well as with children in the local community.

Cal Undergraduate Public Health Coalition: helps students gain experience in the field of public health through research, education, action, and leadership; strives to give students the skills, experience, opportunities and support necessary to excel in the field of public health.
(www.ocf.berkeley.edu/~caluphc)

Health and Medical Apprenticeship Program (HMAP): created in 1984 by four U.C. Berkeley undergraduates with the goal of introducing Berkeley students to issues and ethical dilemmas related to the fields of health and medicine. The results of their efforts are three subprograms: the class **Public Health 116**, the **Field Study Internship (FSI)**, and the **Health Service Internship (HSI)**.
(<http://www.ocf.berkeley.edu/~hmap/>)



UNIVERSITY HEALTH SERVICES

Our very own TANG center also has many programs suited for pre-med and health students.

Student Volunteer Program: The Student Volunteer Program provides an opportunity for registered Cal students to become familiar with various health care careers. The program offers an insider's view through placements in clinics, lab, radiology, pharmacy, administration and other UHS departments. Students are placed in primarily clerical positions according to their interests and availability. Students are required to work a minimum of two hours per week in their placements. Student volunteer programs are organized into three sessions annually: fall and spring semesters, and summer.

Call for info: 642-9750 or 643-5285.

Check out <http://uhs.berkeley.edu/home/joinourteam/index.shtml#volunteer>

Campus/Community Health Impact Program (Public Health 113—3 units/Fall): This course has 2 parts:

- (1) Classroom instruction:** Classes cover principles of public health and social justice, health promotion philosophy, social consciousness theory, current public health issues, community health issues and diversity and oppression theories. Class sessions are conducted utilizing a variety of methods, including speakers from University Health Services and the local community, as well as videos, exercises and group discussions.
- (2) Community Service Project:** Students are expected to participate in a community service project of their own choosing. This can mean joining an existing community effort or designing your own project. The goal is to translate learning activities into community action.

Visit <http://www.uhs.berkeley.edu/students/healthpromotion/chip.shtml> for more info.



MORE DATABASES to search for further volunteer opportunities

VolunteerMatch—web's largest database for volunteer opportunities,
www.volunteermatch.org

Idealist.org—listings for volunteering and internships, www.idealists.org

Hands on Bay Area— www.handsonbayarea.org