



# Extracurricular To Do's & Not To Do's

**"WHAT EXTRACURRICULAR ACTIVITIES DO YOU DO?"**



**SLEEP**



Definition of Extracurricular:

Any activity pursued in  
addition to the normal course  
of study



# Why do Extracurriculars?



## 15 Reasons WHY:

1. Service Orientation
2. Social Skills
3. Cultural Competence
4. Teamwork
5. Oral Communication
6. Ethical Responsibility
7. Reliability and Dependability
8. Resilience and Adaptability
9. Capacity for Improvement
10. Critical Thinking
11. Quantitative Reasoning
12. Scientific Inquiry
13. Written Communication
14. Living Systems
15. Health Behavior

Source: AAMC

**Profile Summary and Resumé Example of:  
Almost Perfect Applicant (Medical School Applicant)**

Cumulative GPA: 3.97

Science GPA: 4.00

MCAT: 31 Total (83%); PS 10 (79%); VR 9 (67%); BS 12 (95%)

Biology Major; Two Minors

Had one gap year between undergraduate and starting medical school

Career Aspirations: MD

Research: 3 years

Clinical-related Exposure: >1,000 hours & varied experiences

Community Service & Philanthropic Work: 3 years (over 400 hours with one organization)

Leadership & Extracurricular Involvement: 3 substantial campus related leadership positions

5 stellar letters of recommendation

Applied to 23 MD schools, accepted at 4. Submitted AMCAS in mid-July.

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# Community Service and Philanthropic Work

- UMBC student clubs devoted to community service
- Hospital or nursing homes
- Tutoring at local schools
- Animal shelters
- Food pantries, soup kitchens, and homeless shelters
- Non-profits
- Places of worship
- Museums
- Libraries
- Parks/Nature Orgs

No matter what your passion is, chances are, there's a community service opportunity for you! If there isn't one, then start your own!



### Regional, clinical-related opportunities

[Adventist Healthcare Shady Grove Medical Center \(Rockville, MD\)](#) Ask about the Summer Stepping Stones program.

[Adventist Healthcare Washington Adventist Hospital \(Takoma Park, MD\)](#) Ask about the Summer Stepping Stones program.

[American Osteopathic Association](#): Find a DO to Shadow

[Anne Arundel Medical Center Scribe Program \(Annapolis, MD\)](#)

[Bon Secours Baltimore Health System \(Baltimore, MD\)](#)

[Children's National Medical Center \(Washington, D.C.\)](#)

[Holy Cross Hospital \(Silver Spring & Germantown, MD\)](#)

[Johns Hopkins Bayview Medical Center \(Baltimore, MD\)](#)

[Kennedy Krieger Institute \(Baltimore, MD\)](#)

[LifeBridge Health Centers \(various locations in Maryland\)](#)

[Mercy Health Clinic \(Gaithersburg, MD\)](#) Scribes and interpreters needed.

[Mercy Medical Center \(Baltimore, MD\)](#)

[Physicianscy \(a scribe company located in Annapolis, MD\)](#)

[Scribe America \(various locations in Maryland\)](#)

[Shepherd's Clinic \(Baltimore, MD\)](#)

[St. Agnes Hospital \(Baltimore, MD\)](#) If you are interested in general volunteer opportunities or the dementia prevention volunteer program, please contact 410-368-2817.

[St. Agnes Hospital Emergency Medicine Scribe Program \(Baltimore, MD\)](#)

[Suburban Hospital \(Bethesda, MD\)](#)

[UMBC's Office of Student Life](#)  
[Civic Works, Baltimore's Service Corps](#)  
[All for Good](#)  
[Volunteer Match](#)  
[AmeriCorps](#)  
[City Year](#)  
[Corporation for National and Community Service](#)  
[HealthCorps](#)  
[Volunteer Maryland](#)

# Leadership and Extracurricular Involvement

## STEPS:

1. Find out what you are passionate about?
  - a. What about a certain club makes you want to join that org's eboard? (to show leadership)
2. Go to [campuslife.umbc.edu](http://campuslife.umbc.edu) (or in Commons 336)
  - a. Find an existing club or create your own
3. Join!
  - a. So go to the meetings, interact and network
  - b. Have fun while you are at it!





## 3 Eye-catching Leadership Experiences

1. Start an organization

2. Champion a cause

3. Give to the underserved



## Clinical Related Exposure

- Hospice Volunteer
- Clinical Shadowing
- Certified Nursing Assistant
- Volunteer EMT
- Medical Scribing
- Caretaker
- Medical Assistant



# Research Experience

1. Find out what type of research you're into?
  - a. Wet-Lab vs, Dry-lab (field work etc.)
  - b. Are you into this sort of research? Pick something you like!
2. Call or Email:
  - a. UMBC Research Opportunities
    - i. Specific Professors
    - ii. Research assistants
    - iii. Friends in those labs
  - b. Medical School Research labs
  - c. NIH
  - d. FDA
  - e. And Many More
3. Interview
4. Have fun!

Tip: Learn how to do research for research!



Q&A



What questions do y'all have?



# Share your experiences!

Name, Year, Major

Share places where you have had extracurricular activities:

1- Leadership and Extracurricular Involvement

2- Community Service and Philanthropic Work

3- Clinical Related Exposure

4- Research Experiences

Share places where you plan to get these experiences