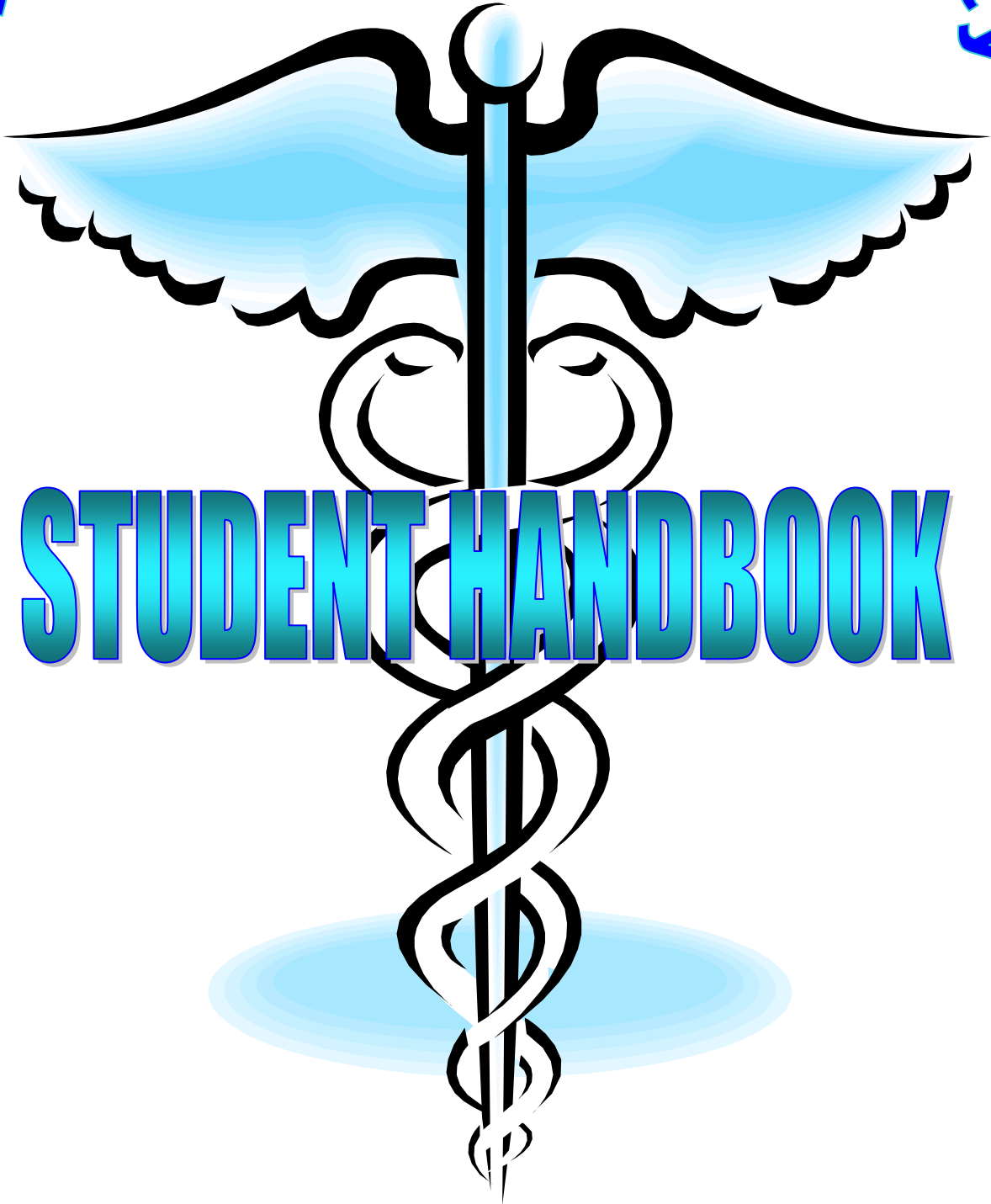


Haverford PreHealth Society



STUDENT HANDBOOK

An introductory note from 2008-2009 Pre-Health Society Co-Presidents:

As two seniors who are interested in health, we have both personally learned that Haverford, the tri-co, and the Philadelphia area have a lot to offer students interested in health and medicine. While we have found many opportunities to pursue our interests in college, we have observed that many opportunities are scattered and hard to find. That's why we've tried to put together a comprehensive booklet to make sure that you pursue your passions to the fullest – whether you're interested in being a doctor, want to change the healthcare system, or just would like to know about medicine. Inside these pages, you'll find everything from suggested course listings, to faculty you can talk to, to clubs you can join, to opportunities in Philadelphia, and more! While this booklet is in no way all-inclusive, we hope that it can at least get you started and will be a useful tool to you throughout your college career. Best of luck and Carpe Diem ☺

Jennifer Atlas (jatlas@haverford.edu) and Kim Dao (kdao@haverford.edu), class of 2009

SPECIAL THANKS TO THE CREATORS AND COLLABORATORS OF THIS BOOKLET:

-The 2008-2009 Pre-Health Society Leadership Team:

- ***Jennifer Atlas**, *Co-President*, jatlas@haverford.edu
- ***Kimberly Dao**, *Co-President*, kdao@haverford.edu
- ***Darian Lunne**, *Vice President*, dlunne@haverford.edu
- ***Michele Buonara**, *Community Service Coordinator*, mbuonora@haverford.edu
- * **Prarthana Jayaram**, *Treasurer*, pjayaram@haverford.edu
- ***Shelly Mintz**, *Haverford'N Hospitals Coordinator/Secretary*, mmintz@haverford.edu

-THE HAVERFORD COLLEGE PRE-MED ADVISING OFFICE

-ALL FACULTY LISTED FOR THEIR TIME AND DEVOTION

Meet the Pre-Health Advising Faculty

The following faculty members are professionals in medical, scientific, and/or public health fields and are more than qualified to provide great guidance to anyone with similar academic or professional interests. They may be contacted through the email addresses listed below.

PRE-HEALTH OFFICE

Michele Taylor

Mtaylor1@haverford.edu
Official Pre-Health advisor for Haverford College. Students interested in pursuing a pre-health profession should schedule an appointment to discuss career goals and create a course schedule.

Cheryl Mathes

Cmathes@haverford.edu
Pre-Health Office secretary. All appointments with Michele Taylor should be scheduled through Cheryl.

BIOLOGY

Andrea Morris

Armorris@haverford.edu
Pre-med and Neural and Behavioral Sciences advisor.

Jenni Punt

Jpunt@haverford.edu
Pre-Veterinary and Immunology advisor.

CHEMISTRY

Fran Blase

Fblase@haverford.edu
Pre-Medical advisor.

INDEPENDENT PROGRAMS

Ruth Guyer

Rguyer@haverford.edu
Public Health, Medical and Bioethics advisor.

Kaye Edwards

Kedwards@haverford.edu
Public Health advisor.

MATH

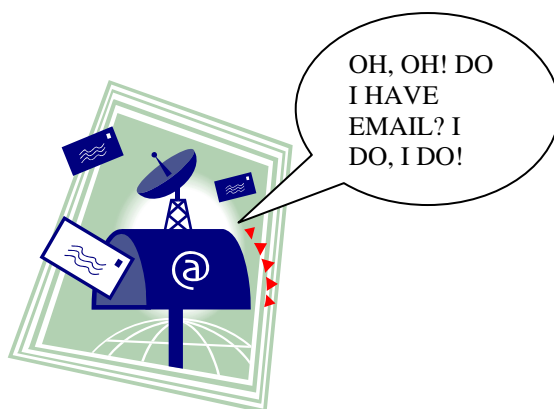
Jeff Tecosky-Feldman

Jtecosky@haverford.edu
Pre-Medical advisor for minority students in science.

PSYCHOLOGY

Wendy Sternberg

Wsternbe@haverford.edu
Neural and Behavioral Sciences (NBS) advisor.



Browse Health-Related Courses

The following courses may intrigue those students interested in health. Please note that not all courses are offered every year/semester, and new courses do arise periodically.

** Courses in health can be found anywhere, but those courses in the Independent College Programs, Biology, Anthropology, and Sociology departments are the easiest places in which to find them. **

HAVERFORD COLLEGE

INDEPENDENT COLLEGE PROGRAMS DEPARTMENT

Epidemiology and Global Health: ICPRH221A01

Professor Edwards

This course examines the interplay of biomedical, societal, and ethical concerns in global health. An extended unit on epidemiology offers quantitative tools for analyzing the effectiveness of various public health responses, while readings, guest speakers, and films highlight the influence of cultural, economic, and political factors. Students will research health issues in a population of special interest to them and raise awareness or advocate for a public health concern of their choice.

Medical Ethics, Human Health and Human Suffering: ICPRH257B01

Professor Guyer

As medical practice and medical research grew during the 20th century, so did the need for an ethics component to both endeavors. Study of specific cases clarifies why medical ethics became a necessity.

Issues in Urban Public Health: ICPRH222B01

Professor Hoerlin

This course incorporates a broad definition of health and focuses on major urban problems such as infant mortality, teens at risk, violence, substance abuse, and HIV/AIDS. Using Philadelphia as an example, the course considers how local government, hospitals, and managed care systems try to address issues, and the social-economic-racial-political barriers involved. There will be guest speakers from the Philadelphia area.

Violence and Public Health: ICPRH281B01

Professor Edwards

An interdisciplinary seminar course analyzing the advantages and limitations of a public health perspective on violence. We will examine how every-day violence, direct political violence, and structural violence affect public health, as well as evidence that violence is preventable and amenable to public health strategies.

Bodies of Injustice: Health, Illness and Healing in Contexts of Inequality:

ICPRH302A01

Professor TBA

A course that analyzes students' past fieldwork in the health field in international, social justice, anthropological, and sociological frameworks.

BIOLOGY DEPARTMENT

Perspectives in Biology: Tropical Infectious Disease:

BIOLH124E01

Professor Okeke

An examination of factors that contribute to the emergence and endemicity of selected infectious diseases in tropical developing countries, with a focus on diseases where transmission routes are unique to tropical developing countries or unknown. Examples will include waterborne, vaccine-preventable and zoonotic (animal transmitted) infections. Course participants will examine the microbiological, epidemiological and public health factors that control the emergence or persistence of infectious diseases in the tropics.

Perspectives in Biology: Toward an AIDS-Free World: BIOLH131H01

Professor Guyer

This course looks at the AIDS pandemic, from Westerners' first awareness of AIDS in the '80's to contemporary efforts to prevent/treat the disease. We will consider the biology of the AIDS virus and how identification of its genes and proteins and understanding of its natural history in human hosts helped guide scientists' research activities. We will examine social, political, epidemiological and economic factors that have complicated efforts to halt the spread of the disease and the ethical violations that have thwarted AIDS research and the development of effective treatment strategies.

Immunology: BIOLH308D01

Professor Punt

This course will provide an introduction to the rapidly expanding discipline of immunology. Students will learn about the molecular and cellular basis of the immune response through the study of the genetics and biochemistry of antigen receptors, the biochemistry of immune cell activation, the cell physiology of the immune system, immune memory, immune tolerance induction and immune-mediated cell death.

BRYN MAWR COLLEGE

SOCIOLOGY DEPARTMENT

Sociology of AIDS: SOCLB310, and Sociology of AIDS Internship: SOCLB315001
(these two courses must be taken concurrently)

Professor Porter

SocB310: An analysis of major sociological issues related to AIDS, including the social construction of the disease, social epidemiology, the psychosocial experience of illness, public opinion and the media, and the health care system. The implications of political and scientific controversies concerning AIDS will be analyzed, as will the impact of AIDS on the populations most affected in both the United States and Third World countries. Must be taken concurrently with Sociology 315. SocB315: An internship that supplements coursework on HIV/AIDS.

ANTHROPOLOGY DEPARTMENT

Medical Anthropology: ANTH210

Professor Pashigian

An examination of the linkages between culture, society, disease and illness. A wide range and distribution of health-related experiences, discourse, knowledge and practice among different societies and among different positionings within society are considered. Sorcery, witchcraft, herbal remedies, healing rituals, folk illnesses, modern disease, scientific medical perception, clinical technique, and epidemiology are examined as diagnoses and therapies embedded within social forms and practices that are culturally informed and anchored in a particular historical moment. Prerequisite: ANTH 102 or permission of instructor.

Nutritional Anthropology: ANTH232

Professor Murphy

This course will explore the complex nature of human experiences in satisfying needs for food and nourishment. The approach is biocultural, exploring both the biological basis of human food choices and the cultural context that influences food acquisition and choice. Material covered will primarily be from an evolutionary and cross-cultural perspective. Also included will be a discussion of popular culture in the US and our current obsession with food, such as dietary fads.

Anthropology of Reproduction: ANTH312

Professor Pashigian

An examination of social and cultural constructions of reproduction and how power in everyday life shapes reproductive behavior and its meaning in Western and non-Western cultures. The influence of competing interests within households, communities, states and institutions on reproduction is considered.

BIOLOGY DEPARTMENT

Biology and Public Policy: BIOLB210

Professor Greif

A lecture/discussion course on major issues and advances in biology and their implications for public-policy decisions. Topics discussed include reproductive technologies, genetic screening and gene therapy, environmental health hazards, and euthanasia and organ transplantation. Readings include scientific articles, public policy and ethical considerations, and lay publications. Lecture three hours a week. Prerequisite: one semester of introductory biology or equivalent, or permission of instructor.

SWARTHMORE COLLEGE

SOCIOLOGY AND ANTHROPOLOGY DEPARTMENT

Culture, Illness, and Health: SOAN045B

Professor Piker

Everything humans do is culturally constructed. Our experiences of health, illness, and healing are no exception. This course examines the cultural construction of health, illness, and healing by looking at (mainly) anthropological treatments of these issues. Case materials will be drawn from a number of cultures, non-Western as well as Western, and will treat the intersection of non-Western and Western healing systems. We'll wind up with an anthropologically informed, social-historical look at the biomedical model that dominates the modern American experience of health, illness, and healing.

Our Therapeutic Culture: SOAN045D

Professor Piker

During the past half century, a psychotherapeutic ethos has risen to vast importance in America. Why so and how so? 1) Those who embrace this ethos - e.g., psychotherapists, their patients and clients, the pharmaceutical industry - propound that this development is warranted because, a) there has been an escalating epidemic of mental illness, or, b) advances in medical science have revolutionized understandings of mental illness, making them eminently medically treatable diseases, or, both (a) and (b). 2) This course takes a different approach, and looks at the triumph in our times of the psychotherapeutic ethos from ethnomedical and social historical perspectives: How does the content of this ethos respond to issues of personal well being (and its opposite) that in all cultures are phrased by ethnomedical systems? How does the rise to importance of this ethos relate to other recent developments in our culture? In other words, why now? Therapeutic fads and the claims of the therapy industry will be critically evaluated. Upon completion of this course, you should be equipped to think and write usefully about the following: Most Americans who, in seeking therapy, profess distress are among the most privileged, pampered, indulged, and affluent people who have ever walked the face of the earth. Just what the hell is actually going on here?

Comparative Perspectives on the Body: SOAN049B

Professor TBA

This class explores how different societies regulate, discipline, and shape the human body. In the first part, we examine theories of the body and how they have evolved over time. In the second part, we focus on in-depth ethnographic cases and compare diverse cultural practices that range from the seemingly traditional practices, such as circumcision, foot binding, and veiling to the currently fashionable, such as piercing,

tattooing, dieting, and plastic surgery. By comparing body modification through space and time, we ask questions such as: Is contemporary anorexia similar to wearing the corset during the 19th century? Is female circumcision different from breast implants? Furthermore, we investigate how embodiment shapes personal and collective identities (especially gender identities) and vice versa.

ECONOMICS DEPARTMENT

Health Economics: ECON075

Professor TBA

This course applies the tools of microeconomic analysis to the health care industry. We will analyze the determinants of demand for and supply of health care, including the relationship between demographic variables, health status, and health care consumption. The structure and behavior of the major components of the supply side will be studied, including physicians, hospitals, and insurance companies. The variety of ways in which the government intervenes in the health care sector—regulation, antitrust, social insurance, and direct provision—will be considered. Finally, we will study some more specialized topics, including the intersection of bioethics and economics, mental health economics, and international health system comparisons. Students will write a series of short papers, examining medical, economic, and policy considerations related to a health problem or issue.

UNIVERSITY OF PENNSYLVANIA

** Any and all courses in the Health and Societies Department **

Apply for Health-Related Programs

There are many opportunities for Haverford students to get involved with health issues both on campus and off. Volunteer programs, student-run seminars, and intern/externships all provide students with a chance to gain valuable experience in healthcare and health-related projects.

HAVERFORD 'N HOSPITALS

Haverford 'n Hospitals is a community service club for students interested in a medical career. Participants gain first-hand experience in hospital environments.

HOSPITALS WITH VOLUNTEER OPPORTUNITIES:

Lankenau Hospital
Bryn Mawr Hospital
Thomas Jefferson Hospital
Children's Hospital of Philadelphia (CHOP)
Temple University Hospital
Puentes de Salud*
Our Lady of Lourdes Hospital (Camden, NJ)

*no application process needed



FOR INFORMATION ABOUT VOLUNTEER APPLICATION PROCESS:

There will be a meeting held during the first weeks of the school year to sign up to volunteer at one of the above-mentioned Philadelphia or Main Line Area Hospitals.

CONTACT:

Shelly Mintz (mmintz@haverford.edu)

**** A note of advice from '08-'09 Co-Presidents Kim Dao and Jennifer Atlas on Haverford 'n Hospitals:**

*The two hospitals that are closest to Haverford are Bryn Mawr Hospital and Lankenau Hospital. Having volunteered at **Bryn Mawr Hospital**, Kim can say that each of the wards offer a variety of different experiences. For example, student volunteers in the Surgery Center can often stand in on surgeries. In the Emergency Room, student volunteers can set up rooms, deliver meals, and learn a great deal about general patient care. If you would like a position at this hospital, it is best that you call the volunteer coordinator as soon as possible because popular jobs tend to fill up fast.*

*Although neither of us has volunteered at **Lankenau**, we have heard many wonderful things about this hospital. In contrast to Bryn Mawr, it is not as suburban, and it has a trauma care center to deal with all of the trauma injuries from the Main Line area. It is a little farther away from Haverford, but if you are out of luck at Bryn Mawr for a position of your choice, Lankenau is your best bet. It also tends to be the most popular hospital to volunteer at among Haverford students.*

*If you would like to volunteer in Philadelphia, there is Jefferson, the Children's Hospital of Philadelphia, Temple University Hospital, and a new Spanish-speaking clinic called Puentes de Salud. **Jefferson** is an urban city hospital with a very active emergency room; it receives many trauma victims. **Temple University Hospital** is located in the inner-city northern Philadelphia and has an active ER. **The Children's Hospital of Philadelphia (CHOP)** is in University City and is one of the nation's top children's hospitals. Jennifer has volunteered there and can attest to both the lengthy application process and great opportunities.*

*Jennifer has also volunteered at **Puentes de Salud**, a health clinic located in South Philly that provides free care to the underserved Latin American and Mexican immigrant populations, undocumented or not. Puentes de Salud has an emphasis on preventative medicine and public health. Volunteers will have hands-on opportunities to take medical histories, talk with patients in the waiting room, and work with physicians. There is no application process for Puentes de Salud. Everyone is welcome. However, if you can speak Spanish, you will be able to do more and better interface with the patients. The clinic is run from 6 to 9:30 pm on Thursday nights.*

*Lastly, we even have an opportunity to volunteer in a different state. Kim is connected to **Our Lady of Lourdes Medical Center** in Camden, New Jersey. It is about a 45-minute train ride directly to the hospital, but it is well worth the trip. The hospital serves an incredibly diverse population, ranging from the really wealthy to the extremely poor, and many people of all different ethnicities.*

****If you would like to hear more about Jennifer's or Kim's experiences volunteering at Bryn Mawr Hospital, CHOP, Puentes de Salud, or Our Lady of Lourdes, please contact them directly. Jennifer's email address is jatlas@haverford.edu and Kim's email address is kdao@haverford.edu. For general information on the Haverford 'N Hospitals program, please contact Shelly Mintz, mmintz@haverford.edu.****

CENTER FOR PEACE AND GLOBAL CITIZENSHIP (CPGC)

PROGRAM OVERVIEW:

A great way to study and engage in issues pertaining to health is through Haverford's Center for Peace and Global Citizenship (CPGC). You can pursue a fully funded health internship that promotes social justice, either in the United States or abroad. Smaller research grants are available to pursue an in-depth interest in health over winter, spring, and fall breaks. The CPGC will also cover expenses for you to attend conferences that pertain to social justice and complement your academic and extracurricular interests. CPGC also brings in speakers on health and holds discussions throughout the year.

CPGC is a fantastic resource for all students interested in issues of health as pertaining to social justice. It is time-intensive to apply for grants, so it is important to start the application process early. Although obtaining funding through CPGC takes time, it is well worth the effort in the end.

MORE IN-DEPTH INFORMATION ON CPGC: (as taken from the CPGC website)

The Center for Peace and Global Citizenship extends Haverford's long-standing commitment to social justice, working to help create a more just and peaceful world through research, education, and action. The Center encourages interdisciplinary collaboration and curricular innovation at Haverford, while pursuing broader initiatives beyond our campus. Both local and global in reach, the Center seeks to widen and deepen Haverford's connections with social change organizations and to encourage an integrated approach to pressing social, cultural and ethical concerns. To achieve these goals, the Center sponsors and supports a range of initiatives that stand at the nexus of liberal learning, critical reflection and social action.

- **Summer Internships Program** supports Freshman, Sophomores, Juniors, and Seniors to spend 4-10 weeks volunteering with and learning from social service agencies around the world, focusing on community outreach and integrating academic learning with practical experience through a plethora of options including: self-designed internships, organized program, organization partnerships, continuing connections internships, faculty-student partnerships, independent student research projects, and senior bridge internships.
- **Student Research Fund** supports student research locally, domestically, or internationally that occurs over any of the four breaks (Fall, Winter, Spring, or Summer), or that occurs throughout the semester or year and intersects with the CPGC mission of furthering peace and social justice.
- **Service Learning Fund** supports individual and group service learning projects occurring domestically and internationally.
- **Campus Events Fund** supports individuals, partnerships or groups as they design, prepare for, and implement on-campus events.

- **Off-Campus Conferences and Workshops Fund** supports individuals and groups of students to travel domestically or internationally to attend a conference, workshop, or training that engages in issues advancing peace and social justice.
- **Haverford House** provides an urban post-graduate program for community living and service in Philadelphia, while strengthening our campus connections with the city.
- **Center Café** serves as a meeting place for students, faculty and staff to gather and discuss local and global concerns. The café provides an informal environment with international news channels and publications, as well as a growing library dealing with issues of peace building, social justice, and environmental sustainability.

**CPGC SOCIAL MEDICINE SEMINAR:
A SPECIAL OPPORTUNITY**

The Social Medicine Seminar is a CPGC-sponsored program involving weekly discussions about health and social justice from international, domestic, anthropological, sociological, and biological perspectives. It is a program that students run and facilitate under the guidance of professors interested in health and biological issues. Every week, students read texts and books pertaining to health and social medicine and then discuss them. All book expenses are covered by CPGC. Students also have the opportunity to attend local conferences (also funded by CPGC), such as the Global Health Career Day at the University of Pennsylvania, and other larger conferences such as the Unite for Sight conference on global health, held every other year at Yale University.

The seminar is advertised widely on campus and it generally takes place in the spring. Students apply by answering a few questions on their interest in health. To learn more about the social medicine seminar, read CPGC's Horizon's article, Spring 2006, Vol. 3, No. 2, page 2: http://www.haverford.edu/CPGC/Newsletters/Vol_3_No_2.pdf.

Interested in finding out more? Please see www.haverford.edu/cpgc OR go to the first floor of Stokes



THE CAREER DEVELOPMENT OFFICE **(CDO)**

OFFICE OVERVIEW:

The Career Development Office is a wonderful resource for pre-health students. There are two programs of special interest, the extern program and internships, which are explained below.

THE EXTERN PROGRAM:

Shadow bi-co alumni in their workplaces over part of winter break (January 5-16, 2009) or spring break (March 9-13, 2009) and get great exposure to the fields you are interested in pursuing as careers! There are normally many alumni in the health professions, from psychologists to pediatricians to surgeons to workers in nonprofit health organizations.

Information about the Winter Break Program will be available after Fall Break and details about the Spring Break Program will be available when students return in January. See CDO for application details and deadlines.

INTERNSHIPS:

CDO has numerous listings of internships in many different valuable resources. Opportunities for the summer, school year, volunteer or paid can be found. Many of the resources are available online as well as in the Career Library in the offices (Stokes 300-HC and Campus Center 202-BMC).

Use <http://www.haverford.edu/cdo/opportunities/intern> as the gateway to the internship resources. Here you will find quick links to: our office's online listing of internships which have been sent to our office; Internship USA, Internships.com, Spotlight on Careers; helpful links to Health & Medical websites and internship listings sites, and much more.



Explore Health-Related Clubs at Haverford

The following are student organizations at Haverford, as well as Bryn Mawr and Swarthmore, that are health-related. Those interested in joining should contact the person listed below through email.

AT HAVERFORD:

AIDS Student Network (ASN)

This organization works to educate students about HIV/AIDS by holding simulations, screening films, and bringing the AIDS quilt to Haverford each year. Additionally, this club participates in many community service activities surrounding HIV/AIDS. These activities include but are not limited to the AIDS walk in Philly, volunteering in centers with HIV/AIDS patients, and fundraising activities for other HIV/AIDS charities.

Contact: Hilary Mislán (hmislán@haverford.edu)

Student Health Committee (SHC)

The SHC aims to promote healthy lifestyles, prevent injury and disease, and assure the safe delivery of quality health services to all Haverford College students. The committee seeks to inform students of existing community resources, involve them in the establishment of additional services, and enhance communication and the sharing of information between college health professionals and students. This organization is also responsible for reporting to the student body on health policies, resources, priorities, and changed conditions. Topics of concern for this committee include: substance abuse, nutrition, sexual health, mental health, wellness, the spread of sickness, and access to medical care and vaccinations.

Contact: Gabriel Schwartz (gschwartz@haverford.edu)

Haverford Pre-Health Society

The Pre-Health Society serves to reach out to those Haverford students who are interested in pursuing careers in the health field. Besides providing comprehensive information concerning the academic aspects required for these students to achieve their professional goals, the Pre-Health Society seeks to inform students of all of the resources of health interest made available by Haverford. This includes providing a link to direct students to the large range of health-related clubs and organizations at Haverford, as well as planning its own community service activities for members to participate in.

Additionally, the Society serves to connect students to health experts, mentors, and alumni through organized symposiums, workshops, lectures, and field placements, in order for students to gain insight into future experiences they might encounter in health care. It is also a network that seeks to arrange meetings to keep its members up-to-date and informed about local and global health-related events and news.

Contact: Jennifer Atlas (jatlas@haverford.edu) or Kim Dao (kdao@haverford.edu)

AT BRYN MAWR: (see Bryn Mawr website for club co-heads)

Club PreMed

Club PreMed (formerly known as the PreMed/Pre-Health Club) is a means for Bryn Mawr College students to become familiar with health related careers and all possible life journeys involved with health. The club seeks to inform interested students that not all PreMeds finish their requirements during their undergraduate career, and we are here to help discuss alternative plans.

MAPS, Minority Association of Pre-Health Students

The Bryn Mawr College Minority Association of Pre-Health Students is dedicated to contributing to diversity in the health professions. Their primary goal is to provide minority students with support and insight into the medical school admissions process through both on campus and off campus activities. This club is associated with the Student National Medical Association (SNMA).

Student Global AIDS Campaign

Students are involved in AIDS activism, concerned with access to and money for treatment in countries that cannot afford them. Students participate in letter writing campaigns and other activities.

AT SWARTHMORE: (see Swarthmore website for club co-heads)

Children's Hospital Project

Members work with children at one of the world's leading pediatric hospitals and research facilities.

Global Health Forum

The Global Health Forum is a non-partisan, educational organization that encourages Swarthmore students and community residents to learn and talk about our country's role in our increasingly interconnected world.

**More information on these organizations can be found at:

<http://www.haverford.edu/studentlife/organizations.php>,

<http://www.brynmawr.edu/activities/studentorganizations.shtml>,

<http://www.swarthmore.edu/studentactivities.xml>**

Get Involved in the Philadelphia Area!

VOLUNTEER WITH ONE OF THESE PHILLY COMMUNITY SERVICE ORGANIZATIONS:

Acting Without Boundaries

Volunteer/office assistant for theater program for kids with disabilities.
Contact: Kathleen Cloran (610-581-0100 ext. 240)

AIDS Services In Asian Communities (ASIAC)

This is a non-profit organization dedicated to providing culturally sensitive and language appropriate HIV-related services to Asians and Pacific Islanders and their partners, friends, family members, and service providers in the Philadelphia area. Volunteers may assist in the office, translate AIDS information and educational literature, and help run special outreach activities at health fairs, community events, and other gatherings.
More information: http://www.asiac.org/a_volunteer.html

Alex's Lemonade Stand Foundation

Volunteer/office support with passion to help fight childhood cancer.
Contact: Jay Scott (610-649-3034)

Coalition Against Hunger

Volunteer as food stamp advocate, administrative volunteer, and service learning opportunity.
Contact: 215-430-0555 or info@hungercoalition.org

Project H.O.M.E.

Volunteer to help homeless by sharing a hobby, being a friend, preparing a meal, tutoring, or mentoring a student.
Contact: Erin O'Brien (215-232-7272 or erinobrien@projecthome.org)

Prevention Point:

This is Philadelphia's only provider of sterile syringe exchange. Prevention Point's mission is to "reduce the harm associated with drug use and sex industry work by offering a safe and humane alternative to the war on drugs." Volunteer here and gain great experience working directly with clients.
More information: <http://www.preventionpointphilly.org>

LEARN FIRST-AID AND GET CPR CERTIFICATION:

The American Red Cross offers many different certification courses in the Philadelphia area that you may take. Dates and locations of specific courses vary, but we have listed three that seem to be of particular interest.

To search courses: <https://secure.redcross-philly.org/Courses/>

First Aid with CPR/AED Adult

Course fee: \$79.00

Train lay responders to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in adults. Provide the lay responder with the knowledge and skills necessary in an emergency to

help sustain life and to minimize pain and the consequences of injury or sudden illness until professional medical help arrives. Length: 3.5 hours.

First Aid with CPR Child & Infant:

Course fee: \$79.00

Train individuals to become familiar with how to recognize and care for victims of illness and sudden injuries, to overcome any reluctance to act in emergency situations, and to recognize and care for life threatening respiratory or cardiac emergencies in infants and children. Length: 3.5 hours.

Lifeguard Training:

Course fee: \$495.00

To teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

****Lifeguard training requires participants to pass certain exams, and has many sessions that are mandatory and take place over an extended period of time****

VISIT MUSEUMS IN PHILADELPHIA:

The Mutter Museum

The Mutter Museum is an eye-catching, fun, and somewhat gruesome museum in downtown Philadelphia that contains a collection of body parts and medical objects dating back to 1858. These include: fluid-preserved anatomical and pathological specimens; skeletal and dried specimens, medical instruments and apparatus; anatomical and pathological models in plaster, wax, papier-mâché, and plastic; memorabilia of famous scientists and physicians; medical illustrations, photographs, prints, and portraits. The Museum is sponsored by the College of Physicians of Philadelphia.

Address: 19 South 22nd Street, Philadelphia, PA 19103-3097

Website: <http://www.muttermuseum.org>

Attend Health-Related Events

Listed below are annually run events that students interested in health may want to attend. Be on the lookout for more information as it comes throughout the year.

AIDS AWARENESS WEEK

Where: Haverford College

When: End of November (coincides with World AIDS Day on December 1st)

Description: A week coordinated by the AIDS Student Network (ASN) that includes panel discussions on the epidemic in the youth population. Additionally, panels of the AIDS Quilt are displayed in Founders Great Hall.

GLOBAL HEALTH CAREER DAY

Where: University of Pennsylvania

When: Late March

Description: A full day of panel discussions that highlights multidisciplinary, collaborative, and sustainable global health strategies. There is also a panel about various career opportunities in global health. (Registration is required beforehand, usually available online at www.med.upenn.edu/globalhealth/)

Transportation: Full reimbursement provided by Haverford's Pre-Health Society.

UNITE FOR SIGHT

Where: Yale University

When: A weekend in April

Description: 5th Annual International Health Conference including 180 expert speakers in international health and development, public health, eye care, medicine, social entrepreneurship, nonprofits, philanthropy, microfinance, human rights, anthropology, health policy, advocacy, public service, environmental health, and education. Past keynote speakers have included Dr. Jeffrey Sachs, Dr. Sonia Sachs, Dr. Susan Blumenthal, Dr. Jim Yong Kim, and Dr. Allan Rosenfield. Online registration required at <http://www.uniteforsight.org/> website (click on Global Conference link)

Transportation: Partial funding provided by Haverford's Pre-Health Society.

Additional conferences and public health events can be found at the American Public Health Association's website: [http://www.apha.org/about/calendar/pubhealthcalendar/](http://www.apha.org/about/calendar/pubhealthcalendar/**)