

MY PREMED VOLUNTEER EXPERIENCE AT THE HOSPITAL OF THE UNIVERSITY OF PENNSYLVANIA

Spring semester of my junior year at Rutgers, I started to volunteer at the Hospital of the University of Pennsylvania. The Pre-Med volunteer program at HUP consists of two levels and upon completion of Level II you get a recommendation letter based on satisfactory performance. Level I consists of 13 weeks with minimum of 4 hours of commitment per week. During orientation you are offered to pick a nursing unit with a medical specialty which interests you. I did my level I in cardiosurgery unit. My routine consisted of attending call bells, refilling the medication carts, talking to patients, clerical work, discharging patients, etc. I have volunteered at other hospitals before but, personally I really like volunteering at HUP because, I view this hospital as a building full of professionals who are trained to work together as a team to help someone feel better. I have made very good contacts with patients who are doctors and also the employees. I have definitely learned a lot during my time at HUP. It is very helpful to the people who have doubts about going to medical school or becoming a doctor. Also, it is very important to take the most advantage of this program by taking the initiative to introduce yourself with the employees who work there and also the patients. As you never know somebody's good word about you will definitely get you a strong recommendation letter. A volunteer can only move to level II if they have done satisfactory performance. I haven't started Level II yet but if I continued to volunteer in cardiosurgery unit I will get to watch three surgeries. Level II also consists of 13 weeks with minimum of 4 hours of service per week. I strongly suggest doing this program in your sophomore year because, being a pre-med junior year is going to be very fast paced and time consuming because of MCATS and application process. The volunteer program at HUP is very strict on attendance and is mandatory. This program also requires a recommendation letter, phone interview, flu shot, immunization, three hours orientation with other volunteers and in nursing unit. At last I suggest doing this program as it definitely looks nice when applying to medical school.

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