

PRE-HEALTH RESOURCES

APPLICATIONS & GENERAL

[Medical School Applicant Manual](#)



This manual details the steps applicants to allopathic and osteopathic medical schools must take to receive an institutional endorsement from the University of Pennsylvania in the form of a Health Professions Advisory Board (HPAB) committee letter as well as our recommended timeline for completing your application to medical school.

[Medical School Admission Requirements \(MSAR\)](#)



The Medical School Admission Requirements (MSAR) is an online database maintained by the AAMC that enables you to browse, search, sort, and compare information about U.S. and Canadian medical schools. It includes useful information such as course requirements, admission statistics, curriculum offerings, and tuition and aid information.

[AAMC Fee Assistance Program](#)



The AAMC Fee Assistance Program assists those who, without financial assistance, would be unable to take the Medical College Admission Test (MCAT), apply to medical schools that use the American Medical College Application Service (AMCAS), and more. The benefits include discounted fees, complimentary access to the MSAR database, free MCAT Official Prep products, and more.

[AMCAS](#)



The American Medical College Application Service (AMCAS) is the AAMC's centralized medical school application processing service. Most allopathic U.S. medical schools use AMCAS as the primary application method for their first-year entering classes.

[AACOMAS](#)



AACOMAS is the centralized online application service for the US osteopathic medical schools. AACOMAS simplifies the process of applying to osteopathic medical schools. You can select all the programs you wish to apply to, then submit one application that includes all necessary materials.

[TMDSAS](#)



TMDSAS is the centralized application processing service for applicants to the first-year entering classes at all of the public medical, dental and veterinary schools in the state of Texas.

[Gap Year\(s\) Experiences for Applicants to Medical School](#)



The majority of applicants to medical schools take one or more gap years between graduating and matriculating into medical school. There is no single "right" gap year experience; you should pursue a job, graduate degree, or experience that enriches you and helps you gain experiences that are valuable to your professional goals.

[Post-Baccalaureate Pre-Med Programs Database](#)



A searchable database maintained by the AAMC for record-enhancing and career change post-baccalaureate certificate and degree programs. The database is searchable by location and program focus among other criteria.

[Choose DO Explorer](#)



A fully searchable database that allows you to explore all of the accredited colleges of osteopathic medicine in the United States. It provides information on school locations, dual degree options, institutional campus setting, mean overall GPA and MCAT scores for enrolled students, and application deadlines.

HOSPITALS & MEDICAL CENTERS

[Children's Hospital of Philadelphia College Volunteer Program](#)



It takes a team with the right measures of technological proficiency and human touch to heal a child, and hospital volunteers are an essential part of that effort. Whether playing with children during waiting times, greeting visitors or helping families find their way in the halls, the volunteers at Children's Hospital of Philadelphia (CHOP) make a difference providing a special human connection that often eases the stress for patients and families going through difficult times.

[Magee Rehabilitation Volunteer Program](#)



The Volunteer Services Department (VSD) accepts and encourages the involvement of volunteers in various roles throughout the hospital. As a volunteer you would provide services which benefit patients, visitors and staff.

[Pennsylvania Hospital Premed Volunteer Program](#)



You will assist clinical staff in caring for our patients. You will interact with nurses and physicians, visitors, patients and families in addition to learning about the important ancillary departmental interactions between nursing units and other departments. This is an outstanding opportunity for pre-med, post baccalaureate, PA and nursing students.

[Penn Presbyterian College Volunteer Program](#)



Volunteer assignments may exist in nursing, physical therapy, occupational therapy, pharmacy or hospital administration. Other assignments may be available if your request is appropriate and the assignment is available.

[Philadelphia VA Medical Center Volunteer Program](#)



Volunteer opportunities are found in the Medical Center, Nursing Home Care Unit, and our Community-Based Outpatient Clinics. Our goal is to meet the needs of our veterans while meeting your interests, skills, and talents as a volunteer. Clinical volunteers are trained to interact with veteran patients such as reading, listening, and socializing with patients, feeding patients during mealtime, writing letters on behalf of the patient, and much more!

CLINICAL VOLUNTEERING

[Action Wellness Buddy Program](#)



Action Wellness is a Philadelphia-based organization committed to helping people living with chronic illness. The Buddy Program at Action Wellness provides volunteers who supply emotional support, companionship, and occasional assistance with the tasks of daily living within a mutually agreed-upon schedule of contact. Action Wellness provides preliminary training and ongoing peer support for Buddies throughout their service.

[Camp Kesem](#)



Kesem is a nationwide community, driven by passionate college student leaders, that supports children through and beyond their parent's cancer. Kesem's flagship program, Camp Kesem, operates free summer camps for children who have been impacted by a parent's cancer.

[Camp Promise](#)



The mission of Camp Promise is to provide a barrier-free, weeklong overnight camp for kids, teens, and adults with muscular dystrophy or select neuromuscular diseases—regardless of age, capability, or ability to pay. Volunteers are the backbone of Camp Promise. From cabin counselors to medical, program, and logistics teams, the camps are fully staffed by volunteers.

[CUT Hypertension](#)



CUT Hypertension is a program started by Penn Med's chapter of the Student National Medical Association (SNMA). Medical students and undergraduate volunteers provide blood pressure screenings and information about the risks of hypertension, especially among Black males, every Saturday in a barber shop in the heart of West Philadelphia.

[Good Shepherd Penn Partners Volunteer Program](#)



Good Shepherd Penn Partners volunteers provide service to patients from all over the world in the region's most comprehensive post-acute care continuum. Volunteer opportunities are available in long-term acute care and inpatient and outpatient rehabilitation settings.

[JeffHOPE](#)



JeffHOPE is a group of student-run free clinics that operates under the guidance of Jefferson's Department of Family and Community Medicine. We go to four homeless shelters and one needle exchange, harm reduction program in Philadelphia every week to provide acute, basic medical care and help individuals and families experiencing homelessness access resources and healthcare providers that are better equipped to care for them long-term.

[Maternity Care Coalition](#)



Since its founding in 1980, Maternity Care Coalition (MCC) has served over 100,000 families with a focus on improving maternal and child health.

[Mazzoni Center LGBTQ Health & Well-Being](#)



Serving the Philadelphia community for over 40 years, the Mazzoni Center is dedicated to meeting the health and wellness needs of the LGBTQ communities.

[Metropolitan Area Neighborhood Nutrition Alliance \(MANNA\)](#)



MANNA uses nutrition to improve health for people with serious illnesses who need nourishment to heal. From hands-on cooking classes and nutrition counseling to the delivery of 3 meals a day, 7 days a week, MANNA provides nourishment, hope, and healing to the Greater Philadelphia area, Southern New Jersey, and beyond.

[Penn American Red Cross ***](#)



The Penn American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors. The Penn American Red Cross is actively involved in organizing on campus blood drives, providing CPR instruction and certification at affordable costs, and volunteering at the Red Cross House in University City.

[Penn Cares for Kids](#)



Penn Cares for Kids is student group that coordinates volunteers at HMS School for Children with Cerebral Palsy and other locations that are dedicated to serving children with disabilities.

[Penn Foundation for International Medical Relief of Children \(FIMRC\)](#)



The Foundation for International Medical Relief of Children (FIMRC) is an international organization headquartered in Philadelphia with chapters at universities all over the world. FIMRC at Penn aims to provide medical services through fundraising and volunteering in local and global communities.

[PennKDSAP](#)



Penn Kidney Disease Screening and Awareness Program works with community organizations to provide free community health screenings, including a physician consultation, in underserved neighborhoods throughout Philadelphia.

[Penn Medical Emergency Response Team \(MERT\)](#)



The University of Pennsylvania Medical Emergency Response Team is a student-run service organization providing emergency medical services to the University community. MERT complements the emergency medical care provided by the UPenn Police and Philadelphia Fire Department by providing professional, timely, and high-quality pre-hospital treatment. MERT also provides training and education to the both students and the community.

[Philadelphia Alliance for Labor Support](#)



Philadelphia Alliance for Labor Support (PALS) is a group of labor and delivery doulas committed to improving birth experiences and outcomes in the Philadelphia area, as well as promoting the development of new and experienced doulas. They provide trained labor and birth support people (doulas), free of charge, to people who would otherwise be unable to access doula care. They provide subsidized DONA International certified training, twice a year, to those interested in becoming doulas.

[Planned Parenthood Southeastern Pennsylvania](#)



Planned Parenthood Southeastern Pennsylvania works to protect and enhance reproductive freedom, to increase access to reproductive health services and information, and to promote sexual health.

[Prevention Point](#)



Prevention Point Philadelphia's mission is to promote health, empowerment and safety for communities affected by drug use and poverty. Volunteers are incredibly important to the work of Prevention Point Philadelphia.

[Puentes De Salud](#)



Puentes de Salud (Bridges of Health) is a non-profit organization that promotes the health and wellness of Philadelphia's rapidly growing Latinx immigrant population through high-quality health care, innovative educational programs, and community building.

[Service Link](#)



Service Link sends dedicated undergraduate, post-baccalaureate, medical, MPH, and law student volunteers to primary care and community sites in Philadelphia. Their mission is to improve the health of Philadelphians by linking them with public benefits and community resources that address their non-medical determinants of health.

[Student Hospice Organization of Penn \(SHOOP\)](#)



SHOOP helps Penn students become hospice volunteers by coordinating volunteer training and helps with community outreaching bringing the message of hospice services available for all. They are also the voice of hospice on campus, providing information on end of life issues. Students volunteer at Wissahickon Hospice and Penn Hospice at Rittenhouse.

[United Community Clinic ***](#)

The United Community Clinic (UCC) is a free treatment and assessment clinic for the East Parkside Community of West Philadelphia. UCC is organized and run through a collaborative effort of University of Pennsylvania Medical, Nursing, Dental and Social Work students and their Schools. The clinic provides a wide range of services as well as community events and outreach that draw directly from the expertise of the diverse body of students and their respective Schools that staff the clinic.

