

PRE-HEALTH RESOURCES

GENERAL 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.



[Choose DO Explorer](#)

A fully searchable database that allows you to explore all 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.



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

The majority of applicants 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.



[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.



[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.

APPLICATION SERVICES

[ADEA Associated American Dental Schools Application Service \(AADSAS\)](#)



The ADEA Associated American Dental Schools Application Service (ADEA AADSAS) is the centralized application service for all U.S. dental schools. Dental school applicants benefit by being able to complete one standardized application. Dental schools benefit by receiving uniform information on all applicants.

[American Association of Colleges of Osteopathic Medicine Application Service \(AACOMAS\)](#)



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.

[American Medical College Application Service \(AMCAS\)](#)



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.

[Texas Medical & Dental Schools Application Service \(TMDSAS\)](#)



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.

CLINICAL VOLUNTEERING: HOSPITALS & MEDICAL CENTERS

[Center for Surgical Health](#)



The Center for Surgical Health at Penn Medicine aims to improve the surgical health of vulnerable individuals and under-resourced communities. Volunteers assist patients with appointment scheduling, coordinating transportation, answering questions about surgery, and more.

[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. 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.

[Cooper University Hospital Volunteer Opportunities](#)



Volunteers gain experience in a hospital nursing unit through providing comfort to patients of all ages. You may be responsible for pharmacy and lab rounds, responding to call bells, helping patients with their meals, or fulfilling patient and family requests.

[Fox Chase Cancer Center Volunteer Services](#)



Volunteers can donate their time by assisting nurses and doctors in the hospital's clinical areas, supporting the work of research scientists, helping with fundraising efforts, and sitting on committees.

[HUP Volunteer Programs](#)



Volunteers at the Hospital of the University of Pennsylvania help to provide services to patients and caregivers from all over the world in one of the nation's leading academic medical centers.

[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.

[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. 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: PROGRAMS & ORGANIZATIONS



[Penn Clubs](#)

Penn Clubs is meant to be your central source of information about student organizations at the University of Pennsylvania. Keep discovering new clubs throughout the year, not just at the SAC Fair. You can search for clubs by name or filters, browse club descriptions and student experiences, or bookmark favorites!



[Action Wellness Buddy Program](#)

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



[Brain Exercise Initiative \(BEI\) at Penn](#)

The Brain Exercise Initiative (BEI) is a student group that aims to prevent memory loss among Alzheimer's patients through brain exercise. Members volunteer at retirement homes and administer math, reading, and writing exercises with elders.



[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. From cabin counselors to medical, program, and logistics teams, the camps are fully staffed by volunteers.



[Colleges Against Cancer \(Relay for Life\)](#)

Colleges Against Cancer is a college branch of the American Cancer Society responsible for organizing the annual Relay for Life fundraiser. Penn CAC also facilitates clinical volunteering opportunities with cancer patients and survivors.

[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, every Saturday in the heart of West Philadelphia.



[Dementia Art Therapy Alliance \(DATA\)](#)

Dementia Art Therapy Alliance allows undergraduate students from Penn to volunteer at a memory care facility and do arts and crafts with residents living with neurodegenerative diseases.



[Dental Bridges](#)

Dental Bridges is a student-run initiative focused on oral health promotion within the greater Philadelphia community through outreach and education. Students work alongside faculty at Penn Dental Medicine to assist with their community dental care programs.



[Focus First Philly](#)

Focus First Philly is a student-run vision screening initiative targeting pre-school aged children in underserved daycares and head starts in West Philadelphia. Focus First Philly performs free vision screenings and then coordinates free or subsidized follow-up care with their partners at Wills Eye Institute, where those children receive a full eye exam from an ophthalmologist.



[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.



[Guatemala Health Initiative](#)

The central goal of GHI is to put knowledge gained through participatory research and clinical and cultural experiences into developing effective, sustainable, and culturally sensitive health interventions and partnerships at Hospitalito Atitlán.



[Heart Health @ Penn](#)

This student-led organization is dedicated to promoting heart health through education, community engagement, and preventative measures. Our mission is to raise awareness about heart disease, address the unique needs of the West Philadelphia community, and reduce cardiovascular-related deaths. Members will have the opportunity to organize and participate in CPR training sessions, design and distribute educational materials, and engage with local residents to promote heart health.



[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.



[Medical Interpreters @ Penn](#)

Medical Interpreters @ Penn helps Penn students become cultural advocates and interpreters at various clinics in Philadelphia by coordinating translator training and placement. MI@P aims to help improve patients' quality of life by promoting equal access to healthcare regardless of one's socioeconomic and cultural background.



[Medical Volunteers for Prevention](#)

Medical Volunteers for Prevention aims to reach marginalized communities and share the knowledge needed to lead a healthy lifestyle, with the underlying belief that preventative healthcare will make a difference in the lives of many.



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

MANNA uses nutrition to improve health for people with serious illnesses who need nourishment to heal. From 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 NJ, and beyond.



[Parkinson's Pals](#)

Parkinson's Pals facilitates volunteer opportunities between passionate students and Parkinson's patients. Each student is assigned a patient for a 4-to-6-week time period and the pair meets virtually over Zoom each week.



[Penn Alzheimer's Buddies](#)

Alzheimer's Buddies is a student group at the University of Pennsylvania that pairs members with nursing home residents experiencing dementia to alleviate the emotional and social challenges that stem from Alzheimer's disease and related afflictions.



[Penn American Red Cross \(PARC\)](#)

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. They are actively involved in organizing blood drives, providing CPR instruction and certification, and volunteering at the Red Cross House.



[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.



[Penn Heroes](#)

Penn Heroes is a group of students at the University of Pennsylvania who just want to spread a little light and laughter! They volunteer at children's hospitals like St. Christopher's, visiting patients as princesses, superheroes, and other characters to bring some joy.



[Penn Kidney Disease Screening and Awareness Program \(PennKDSAP\)](#)

PennKDSAP works with community organizations to provide free community health screenings, including a physician consultation, in underserved neighborhoods throughout Philadelphia.



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

MERT 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 the Philadelphia Fire Department by providing professional, timely, and high-quality pre-hospital treatment. MERT also provides training and education to both students and the community.



[Penn Music Therapy \(PMT\)](#)

We are a student-led organization that aims to spread comfort, connection, and share the healing power of music through direct patient interaction with patients at Penn Presbyterian Medical Center. By going into patient rooms and performing music for patients, we offer care in ways that not many other forms of healing might reach.



[Philadelphia Alliance for Labor Support \(PALS\)](#)

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 subsidized DONA International certified training, twice a year, to those interested in becoming doulas for people who would otherwise be unable to access doula care.



[Planned Parenthood Southeastern Pennsylvania](#)

Planned Parenthood Southeastern Pennsylvania works to protect and enhance reproductive freedom.



[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.



[Shelter Outreach Program \(SHOP\)](#)

SHOP aims to provide meaningful, hands-on clinical volunteering experience by providing free blood pressure screenings at Philadelphia soup kitchens and providing referrals to free clinics. The second pillar of SHOP is to foster a meaningful internal community of volunteers through a volunteer cohort system and consistent social events.



[StudentsCare at Penn](#)

StudentsCare aims to connect undergraduate healthcare students nationwide with hospitalized children, their families, and isolated seniors to provide friendship and support. Students have a weekly shift time where they visit and build a relationship with patients.



[Student Harm Reduction Coalition](#)

The Student Harm Reduction Coalition (SHaRC) brings together individuals dedicated to confronting the crisis of addiction in Philadelphia. Our members are devoted to volunteer work which implements harm reduction strategies and provides advocacy through education.



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

SHOOP helps Penn students become hospice volunteers by coordinating volunteer training at Wissahickon Hospice and Penn Hospice at Rittenhouse. SHOOP is the voice of hospice on campus, providing information on end-of-life issues and bringing the message of hospice services available for all.



[United Community Clinic \(UCC\)](#)

UCC is a free treatment and assessment clinic that 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.



[University City Hospitality Coalition \(UCHC\)](#)

UCHC provides services to the homeless in West Philadelphia, including hot meals, a medical clinic, a dental clinic, a legal clinic, and referral services for shelter, housing, food, and clothing. Incorporated in

PRE-PROFESSIONAL SOCIETIES



[Alpha Iota Gamma \(AIR\)](#)

AIG is the first and only professional healthcare fraternity at the University of Pennsylvania. Founded in the spring of 2009, AIG serves as a professional, academic, and social foundation for students interested in healthcare. All Freshmen, Sophomores, and Juniors interested in healthcare are welcome!



[Asian Pacific American Pre-Medical Students Association \(APAMSA\)](#)

APAMSA provides an important venue for pre-medical students to meet, exchange experiences, and develop personally and professionally through leadership and service. APAMSA is an undergraduate student group at the University of Pennsylvania.



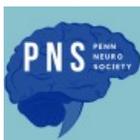
[Minority Association for Pre-Medical Students \(MAPS\)](#)

MAPS is open to all pre-medical students and is dedicated to creating more diversity in medicine. The organization provides access to everything from academic to interpersonal resources, including opportunities for shadowing and mentorship from medical students. Through facilitating study sessions, group activities, and volunteer opportunities, MAPS strives to cultivate an uplifting environment and community for minority premedical students.



[National Society of Black Women in Medicine \(NSBWM\)](#)

The National Society of Black Women in Medicine is committed to supporting current and future healthcare professionals and scientists in efforts to combat educational and professional racial inequities by promoting attainability through educational resources, unity, and mentorship.



[Neuroscience Society at Penn](#)

If you are curious about how the brain functions and how you can pursue a career in neuroscience or any related field, Neuroscience Society, a student organization at the University of Pennsylvania, is the perfect place for you! Join us for discussions, lectures, and workshops given by some of the world's most prominent neurologists and neurosurgeons from the University.



[Penn Pre-Medical Association \(PPMA\)](#)

From speaker events to physician shadowing programs, we hold various events throughout the academic year to provide opportunities for our members to experience the field of health care. We strive to focus on the well-being of students and foster connections with other peers along their pre-medical journey



[Phi Delta Epsilon \(PhiDE\)](#)

In our chapter, we strive to foster a community of pre-med students through a variety of social, service, philanthropy, and educational events. We pride ourselves for our balance between social and professional development programming.



[Pre-Dental Society](#)

The Pre-Dental Society provides programming and a community for undergraduate students at the University of Pennsylvania interested in dentistry and attending dental school. It provides a space for mentorship and discussion regarding being pre-dental at Penn, the Dental Admission Test (DAT), dental school application materials, and dental school in general. Throughout the year, we meet to discuss the direction of the club, organize fundraising opportunities for charitable organizations such as Operation Smile, and partake in volunteer experiences such as assisting with dental hygiene at local primary schools.



Career Services
UNIVERSITY of PENNSYLVANIA