Career Center Resources

Health & Medicine CareerMail
By signing up for the Health & Medicine CareerMail through Callisto on the Career Center website pre-med/pre-health students will receive information and announcements of coming programs and visits by medical school representatives.

Interview Preparation Programs
Each fall a series of programs will help prepare current and future applicants for the medical school interviewing process. “Preparing for Medical School Interviews” and the Fall semester Mock Interview Service are especially designed for seniors involved in the application process. Additionally applicants can sign up for mock interviews with pre-med counselors.

Fall Programs for Pre-Med Students
Fall workshops are aimed at specific groups preparing for medical school. A series of sessions specifically for freshmen provide essential information for preparing for medical school. For sophomores and juniors, several programs are offered to assist with aspects of the pre-application process from obtaining research experience to MCAT prep tips, these workshops provide the newest information and tips on being ready to apply to medical school.

Spring Programs for Pre-Med Students
Spring programs will emphasize the application process. Any student anticipating application in the next few years is welcome to attend various application workshops held every spring. Topics include obtaining letters of recommendation, what to expect on the AMCAS application, and writing your statement for medical school. Additionally the Getting Summer Experience program helps students prepare for an interesting summer experience.

Advising
The Career Center has three dedicated Pre-med/Pre-health counselors that can provide guidance on preparing for medical school, the advisability of applying to medical school and the application process. Additionally the pre-med counselors can help students with strategy for the personal statement but cannot help with edits or grammar.

While the Career Center does offer personal statement workshops in the Spring, we highly suggest that students have their statements reviewed by their letter of recommendation writers, and other friends, family members or peers who know their stories well and possess excellent writing skills.

Students have two options for pre-med counseling:
• 30-minute pre-med/pre-health appts at the Career Center (students can make appointments through Callisto)
• Pre-Health Tuesday Drop ins at VLSB rm 3060 (students can sign up on a first come first serve basis)

Resources and other materials
Many additional resources are on the Career Center website including:
• Comprehensive web pages on preparing and applying to medical school
• Online workshops on topics including: writing statements, and medical school application essentials
• Quick clip videos on topics including interviewing at medical schools and letters of recommendation

Additionally printed resources such as The Official Guide to the MCAT Exam, Pre-Med Post Baccalaureate Programs and other publications are available in the Career Center library.

More Programs for Pre Meds
The Graduate School Fair held early in the month of October includes graduate and professional degree programs with an emphasis in health. Every year medical schools and post-baccalaureate program representatives attend.

Medical School Admissions representatives visit Cal to meet you, the potential applicant. Keep an eye on Callisto and the Health & Medicine CareerMail for news of these events.

The Externship Program offers opportunities for current Cal students to spend time with Cal alumni who are working professionals. This program may include a day or a week of your time during the Winter break. Every year health professionals let you shadow them and participating develops your networking and interviewing skills.

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