# Guest Speaker Takebacks

## UCF AMSA

### August 12, 2020

**1) How do you think medicine will change or look like in the next 10 years?**

It will not really change. Medicine is a field that will never go away – at some point in our lives, we will fall sick and eventually die. There is also no fear that robots will take jobs away. Many students are still going to medical school face-to-face.

There will, however, be a more open mind to adapt due to change. In the case of the pandemic, telemedicine is becoming more prominent. Of course, only so many fields can switch to a virtual platform. For example, while a pediatrician will be able to consult patients via telemedicine, gynecologists will have a harder time to transition. At the end, it will depend on the patient.

Another important change we can predict is the importance of having medical equipment at home. People may have to take their own blood pressure, for example, and report to doctors through telemedicine. This will of course require training for individuals, and although the measurements will not be accurate, having a number is better than having none.

**2) Do you have any tips now that we will be entering freshmen year of college?**

Definitely plan ahead and stay serious. Do not be overambitious when signing up for your commitments. Make sure that you know which courses, which internships, which clubs, which shadowing opportunities, which research groups you want to be involved in. Planning ahead is much better than planning in the moment when you have hundreds of things swarming in your head.

Use freshmen year to explore your interests, especially in classes, but make sure that you do not slack off on them. It will hurt your GPA.

Research is a huge commitment. We recommend not jumping right into it your freshmen year, especially when you have had no prior experience. Scale it down instead. The best shot to finding a professor who can offer you a place in their lab is cold emailing. Read about their research and express how fascinated you are about the topic (do not fake it, of course). You might be able to conduct literature reviews for the group, which are becoming a more common thing right now. Eventually, you can do research alongside a clinic or at the hospital. You can also become a teacher assistant (TA) if you get A’s in your classes, which is sometimes a paid job.

**3) What general electives do you think will help us besides pre-med requirements?**

Sociology is recommended, because it allows the students to get a better understanding of not only individual people and their anatomy, but how people interact. It also will help if you want to take different paths than a surgeon and nurse, for example.

If you are really interested in something more than your major, you can choose to double major or minor. Just make sure that you do not choose to do so only because it will look good on medical school applications.

You should also choose to join clubs that are of interest to you. It does not have to be aligned with academic interests – personal interests work too. Join around two to three. If you stretch yourself just for the medical school application, you will not be able to commit as much to each and eventually earn a leadership position. Everyone has 24 hours per day.

**4) In this pandemic, we can see in America that many are not convinced of the science and the data. How do you think science education and advocacy should change to address these issues?**

Unfortunately, it will be hard to change minds. The problem is how the pandemic is being politicized. The effects should not be different for each party – the virus affects people from both parties. Efforts should be pushed to normalize the wearing of masks.

There is also the case of social media. Many people are using their political sides to attack others. Social media should not be a weapon; it should be a tool that brings people together to help educate on the potential harms of not listening to the science, the data, and how we can benefit when everyone plays a role in keeping each other safe.

There also needs to be a better and easier-to-understand method of educating the public on how the virus works. Naturally, it is easier to doubt something when you do not know the whole story. If we are able to communicate these technical, scientific terms to the non-scientific public (on what the virus is, how it spreads, how it can be stopped, for example), hopefully there will be a change.

One thing that many people forget is that we need to keep ourselves healthy not only physically but mentally. We are all stuck at home, and not being able to socialize with others in our household in a face-to-face conversation is not normal for us.

**5) What made you decide to be a doctor?**

Mostly, it was knowing from a young age that we love to help others and enjoy hands-on activities. The passion solidifies with relevant coursework like AP Biology and AP Chemistry. Sometimes, the volunteering at hospitals and clinics helps to connect what you learn in school by giving a glimpse of your passion in action.

**6) We have heard that some students take a gap year either to study for the MCAT or engage in research, internships, or clinical experiences. What are your thoughts on this?**

It is actually a bit uncommon, at least on our end, that students take a year off just to study for the MCAT. It should really only take a couple of months to study if you are on top of your game. Rather, it is more common to see a gap year being taken to both study and work on research, internships, and clinical opportunities.

**7) We are now seniors in high school, and interviews are one of the most nerve wracking parts of the college application process. Do you have any tips on how we can present ourselves in the best light?**

Definitely do not fake yourself. Especially for medical school applications, they already know everything about you, and if you pretend to be someone else, they will catch it for sure. Just be confident in yourself. Be prepared to be questioned “why did you choose medicine?” It will be a good idea to talk about your past experiences in undergraduate years that has really left a concrete impact on your ambitions to pursue medicine (use anecdotes to support your reasons). The fact that you are offered an interview is already a big thing, so you do not have to sweat about it.

**8) Do you know of any opportunities for us high school students that we can look out for? Does UCF AMSA provide any opportunities for high school students?**

Right now, things are a little tough regarding volunteering. We are, however, open to a mentorship program! You can always contact us and ask for our phone numbers and text each other. Let us know if you have any more questions.

We are also thinking of starting a community service event to thank health care workers. You all can help us out once we solidify this idea. Check out the website for any updates.

Thank you, UCF AMSA!