

## Vitals Lifeline from Health Professions #9

January Interim, our favorite time of the year!

This is because many of our pre-health students are out shadowing during the January Interim for 30 hours a week and earning academic credit. This is an amazing opportunity to gain exposure to health care and gain shadowing hours for your application.

If you are thinking about this for January 2024, here are some of [our partner sites for next year](#). Or you can also create your own, for additional details connect with Heather or Heidi.

Our podcast for this vitals email is focused on access to care. Something we guarantee you are going to need to know about and learn about for an interview for any health profession program. This is the question **Health Care For All MN** is asking, *shouldn't our health care be accessible, affordable and comprehensive?*

Podcast #44: [Health Care For All Minnesota](#)

We spoke to Health Care For All Minnesota volunteers Judy Schultz and Edi Thorstensson, both retired longtime Gustavus employees about the organization Healthcare for All Minnesota, that advocates for universal single payer for Minnesota. Listen [HERE](#)

Heather & Heidi

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Additional information for reference from podcast:

*"[Health Care for All Minnesota](#) promotes affordable, high-quality healthcare for every Minnesotan through advocacy, education and community organizing. Healthcare is an essential human need. Unequal access to healthcare is an injustice. It is critical to remove the profit motive from healthcare."*

*[Download Free Ebook](#): Healing Health Care: The Case for A Comprehensive Universal Health System, by, John Marty, Roseville, MN*

*Another similar group [PNHP- Physicians for a National Health Program](#): PNHP believes that high-quality health care is a right of all people and should be provided equitably as a public service rather than bought and sold as a commodity. **The answer to***

**our health care crisis is clear. We propose a publicly financed, non-profit single-payer national health program that would fully cover medical care for all Americans.**

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**6 Things To Do Over Winter Break for Premeds** In addition to rest and relaxation, here are six activities for premeds to consider over winter break. [Read more.](#)

**Learn What's on the MCAT Exam with the Official AAMC MCAT Content Outline** The [What's on the MCAT Exam? Content Outline](#) is an important place for examinees to start their exam preparation. This resource contains a complete description of all the content and skills they are responsible for knowing on the MCAT exam. It also describes the exam's framework, which is organized around foundational concepts, content categories, and scientific inquiry and reasoning skills.

**How to Get Research Experience** Working in a research setting can help make you a competitive medical school applicant and help you to determine if a career in medicine or medical research is right for you. [Read more.](#)

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***Gustie Internship referral:***

**Linnea Schmidt, PhD, a 2011 Gustavus grad currently working as a Sr. Medical Affairs Specialist in Urology & Pelvic Health at Boston Scientific**

Our Urology Marketing team has internship opportunities for summer 2023 in Marlborough, MA or Minnetonka, MN. If you are interested in Medical Device Marketing, I'd be happy to forward your names/contact info. If you are interested to learn more, reach out to [Linnea.Schmidt@bsci.com](mailto:Linnea.Schmidt@bsci.com)

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HealthPartners Neuroscience Research Internship [Application Form](#)

Are you interested in gaining experience in a clinical research or lab setting? Health Partners has three different types of unpaid volunteer internships available:

- clinical/health service research
- biology research

- clinical psychology research

With all three internships, students will help contribute to the understanding of neurodegenerative/neurologic diseases, be a team member on neuroscience research projects, and receive free parking while working 30-40 hours per week for 10-12 weeks. Start and end dates are flexible. If you are interested, please fill out the form [HERE](#).

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### [Move for America Fellowship Program](#)

The Move for America Fellowship, in partnership with AmeriCorps VISTA, is a paid, 12-month immersive service learning experience grounded in community engagement and civic participation. As a Fellow, you will serve in a local nonprofit to convene diverse community perspectives to solve local challenges collaboratively and compassionately.

#### 1. [Living Stipend and Benefits](#)

- \$17,600 annual living stipend
- \$6,000 housing support
- Up to \$1,000 in relocation assistance
- Earn a \$6,895 education award for future education or to repay school loans

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### **This January! Resumes & Internships!**

Gustavus Career Development graduate intern, Ashley, will be reviewing resumes throughout January.

Appointments are not necessary. Use the links below to get on her list!

[Resume Drop Box](#) : submit your resume for review

No resume? Here's a [Resume Template!](#)

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Join Career Development for the Minnesota Private Colleges' Job & Internship Fair on February 22nd! [Register here](#).

Registered students will receive information on how to upload their resume to the job fair site, which allows employers to set up interviews with you the day of. Workshops for resumes, professional dress, and other tips & tricks will be hosted during the weeks of February 6th & 13th! Additional information attachment below.