My Plans Were Cancelled... Now What?

CBS Career
Mary Shannon Bocock and Kristen Murphy
Agenda

- Shadowing, volunteer, and other healthcare experiences
- Research
- Internships
- Job Search
- Making Connections
- Self-care
- Resources
Shadowing, Volunteering, Healthcare
Shadowing, Volunteering, Patient Care

PRE-COVID METHOD
- Shadowing
- Volunteering in a hospital or clinic
- Patient care experience

NEW METHOD
- Phone or online informational interviews
- Virtual volunteering [volunteermatch.org](http://volunteermatch.org)
- Patient care still possible (PCA, Home Health Aide)
Research
Formulating New Research Plans

- Likely not happening on campus for summer
- Broaden horizon in subject areas
- What can you do?
  - Field work, clinical work, applied (company), data
  - Research on your own!
  - Connect with researchers of interest
    - Experts @ Minnesota
New Ideas for Short Term Work

- Where were you hoping to find experience?
- Open to remote work
- Volunteer for nonprofits
- Learning Abroad Center Virtual Internships
- Micro internships
  - Parker Dewey
- SciTechsperience
- Biopharmguy
- Seasonal part-time work
Job Search
Job Search

Research companies and organizations
https://candor.co/hiring-freezes/

Continue to search for and apply to jobs

Broaden fields and industries

Job application materials must be stand-out and highlight transferable skills

Interview skills should be polished

Build network
Making Connections
Making Connections

Networking can be viewed as relationship-building

- Alumni connections: Maroon & Gold Network LinkedIn
- Personal connections: Friends, family, friends parents, etc.
Resources for Searching and Making Connections

- Ideas for Pre-Health Students
- GoldPASS powered by Handshake
- Indeed
- MN Council of Nonprofits
- Idealist
- State of MN
- Federal employment
- US Department of State
Other Things to Think About
New Ways to Spend Time

- What haven’t you had a chance to do?
- Exercise, get outside, meditate
- Maintain Relationships
- Skill Development/Courses
  - LinkedIn Learning
  - Coursera
  - MOOC courses
- Finding new opportunities takes time
Contact Us!

- **Drop-ins TODAY 2-3pm**
  - Zoom links here: [https://cbs.umn.edu/info/undergraduate/COVID19-updates](https://cbs.umn.edu/info/undergraduate/COVID19-updates)

- **Schedule an appointment**
  - [http://cbsss.appointments.umn.edu](http://cbsss.appointments.umn.edu)

- **Send an e-mail**
  - Kristen: murph094@umn.edu
  - Mary Shannon: msbocock@umn.edu