

VOLUNTEER OPPORTUNITIES FOR STUDENTS INTERESTED IN THE HEALTH SCIENCES

Undergraduate Advising and Research * Sweet Hall, 1st Floor
For appointments visit <https://premed.stanford.edu> or call (650) 723-2426

<https://undergrad.stanford.edu/advising/planning-medical-school/resources-pre-health-students>

HEALTH CARE RELATED WORK EXPERIENCE

Many students pursue a career in the health sciences without having any experience or exposure to the field (other than annual visits to the family physician). Motivation is an important factor in determining the level of success you'll achieve as a medical student and doctor. You must be honest with yourself about your motives. Have you thought about other careers and rejected them, or have you chosen medicine by default because you cannot think of anything else to do? It is very important to learn whether health care is the place for you before you invest a small fortune of time and money in health care training. Are you prepared for the emotional strains and long hours demanded of a physician? It is better to anticipate anxieties you may face and to develop a sense of confidence than to ask yourself in the middle of medical school (or even later), "What am I doing here?" You will change and grow as your exposure to practical medicine increases. The more opportunities you can give yourself to relate to people and their physical and emotional needs, the more chances you will have to mature and develop your own philosophy of the practice of medicine.

In seeking a health care related work experience, use your imagination. A hospital may seem like the most logical setting, but don't limit yourself. You might want to work with the physically or emotionally disabled, on a crisis hot-line, as a peer contraceptive counselor, or at an alternative health care clinic, to name just a few.

If you are looking for a paid position, you should check with Stanford Career Education (BEAM). Those receiving financial aid at Stanford may consult job listings maintained by the Financial Aid office. If you know of particular places where you would like to work, you should contact their personnel offices directly. There are hospitals that will contract translators on an hourly basis. If you speak a foreign language, you may want to contact hospitals and clinics in the area to see if they need translators for the language you speak. UAR oversees SIMS, a shadowing program where you can connect with and shadow doctors and other health related professionals.

IMPORTANT NOTE

Undergraduate students should be aware of two concerns in participating in medically related activities. First, many premedical students do not realize their limitations with respect to clinical or research settings. They expect or demand jobs which require training far beyond what they have had and major responsibilities to which even medical students do not have access. The second concern is that some students participate seemingly in such activities simply because they want to be able to list them on their medical school applications. The faculty sponsors of such students have complained of being "used" by students who are unwilling to do the dirty work involved in a project, yet are obviously in search of a recommendation. It is suggested that you bear these things in mind as you seek your own experiences.

Your Stanford pre-med advisors are available to discuss your interest in volunteer opportunities. Go to <https://premed.stanford.edu> and use the Make an Appointment links there to arrange an appointment.

VOLUNTEER EXPERIENCE

Some of the most meaningful health-related experiences can be obtained through volunteer work. If you would like to volunteer your time, we strongly suggest you check the local volunteer centers here or in your hometown. You will probably be surprised to learn of the many different agencies that could use your help and at the same time teach you a great deal about caring for others. We suggest you inquire as early as Autumn or Winter quarter breaks for summer experiences.

Note: The opportunities listed in the online resource "Volunteer Opportunities for Students Interested in the Health Sciences" come from a variety of sources. UAR advisors do not vet programs before including them in this handbook and do not endorse the programs. Students are responsible for conducting their own review of a program to determine its merits.

Information for listed organizations may have changed since the printing of this publication.

Abilities United

525 East Charleston
Road Palo Alto, CA 94306
Phone: (650) 494-0550
Fax: (650) 855-9710

<http://www.abilitiesunited.org/volunteer>

Abilities United supports children and adults with disabilities, their families and the community, and champions a culture in which all members of society are included and appreciated for their distinctive contributions. Volunteer opportunities including ongoing direct service in our adult day program, preschool and after school program, and one-time special events. For more information, email volunteer@abilitiesunited.org.

AchieveKids

Palo Alto Campus
3860 Middlefield Road
Palo Alto, CA 94303
Phone: (650) 494-1200
Fax: (650) 494-1243

San Jose Campus
1212 McGinness Avenue
San Jose, CA 95127
Phone: (408) 928-5777
Fax: (408) 928-1758

<http://www.achievekids.org>

AchieveKids serves bay area children, aged 5 to 22, with emotional and/or developmental disabilities including mental retardation, autistic spectrum disorder, mood, disruptive behavior, anxiety, and psychotic disorders. Their approach is to "Address the child, not the diagnosis." This organization leads programs that integrate mental health and special education services at their non-public school campuses. AchieveKids considers volunteers who are 18 years of age or older and available to make a regular commitment for six months or more. For more information, call (650) 494-1200, or email gmarans@achievekids.org.

Arbor Free Clinic

Menlo Park VA Facility (Sunday only)
795 Willow Road
Menlo Park, CA 94025
Weekday Phone: (650) 724-1332
Sunday Phone: (650) 493-5000, ext. 22222 (10am to 2pm PST)
<http://arbor.stanford.edu>

This health clinic provides basic health care to underserved or uninsured patients. Operated by Stanford medical students and undergraduates under volunteer faculty supervision, it is independent of any hospital or existing clinic. The clinic is open every Sunday from 8:30am to 2:30pm. For more information about volunteer opportunities or upcoming info sessions, please email: volunteer.arbor@gmail.com.

Avenidas Senior Day Health Program

Cubberley Community Center
4000 Middlefield Rd, #1-2
Palo Alto, CA 94303
(650)-289-5400
info@avenidas.org

This center offers the chance to work with the oldest of seniors providing therapies, health monitoring, activities, hot lunches, and transportation for participants (depending on interests, work can include either office tasks or working with seniors). Volunteering opportunities are available Monday to Friday, 9am to 5pm. Visit the website above for more information on the Senior Day Health Center, including an online application. **Note:** All volunteers need series of TB tests to be eligible.

Jyllian Halliburton, Manager, Volunteer Services
(650) 289-5412
jhalliburton@avenidas.org

Family Caregiver Alliance

Camp for Caring
785 Market Street, Suite 750
San Francisco, CA 94103
Main Phone: (415) 434-3388
Phone: (800) 445-8106
<http://www.caregiver.org>

Family Caregiver Alliance sponsors this camp for people who have suffered neurological anomalies (stroke, Alzheimer's, etc.). Volunteers help them with crafts, sing-a-longs, activities, etc. The camp allows the caregivers of these individuals some down time and provides a unique experience for students. For information regarding volunteering at the camp or internships, call the main number, email info@caregiver.org or visit FCA's page on VolunteerMatch.

Lana Sheridan, Administrative Assistant
(415) 434-3388 x326
lsheridan@caregiver.org

Donna Schempp, LCSW, Program Director
Donna.schempp@caregiver.org

HealthRight360

www.healthright360.org/volunteer

Our volunteer program offers volunteers and interns the opportunity to partner with us in providing members of our community with access to high quality primary medical care, behavioral health and human services. One of the greatest gifts you can make to HealthRIGHT 360 is your time. Whatever your background, skills or expertise, you can help build stronger, healthier communities. We strive to offer a variety of positions that will be mutually beneficial for both the volunteers and HealthRIGHT 360 centers throughout California.

Volunteer Coordinator

volunteer@healthright360.org

Kaiser Permanente Hospital

<https://thrive.kaiserpermanente.org/care-near-you/northern-california/santaclara/departments/volunteer-services/>

Kaiser Permanente Volunteer Services' mission is to excel in member satisfaction by providing a world class caring and compassionate experience. The time commitment for volunteering is a 4 hour shift, once a week. This department provides volunteer opportunities at the Santa Clara Medical Center and at medical offices in Campbell, Milpitas and Mountain View.

Campbell

(408) 871-6463

KP-Volunteer-Campbell@kp.org

Milpitas

(408) 945-5800

KP-Volunteer-Milpitas@kp.org

Mountain View

(650) 903-2636

KP-Volunteer-MountainView@kp.org

Santa Clara

(408) 851-1731

KP-Volunteer-Santaclara@kp.org

Lucille Packard Children's Hospital

725 Welch Road

Palo Alto, CA 94304

Phone: (650) 497-80696

<http://www.stanfordchildrens.org/en/volunteer>

Forty-five different volunteer programs exist at the Children's Hospital to work with patients. The time commitment for volunteering is a minimum of 3 hours per week for 6 months. Please visit the website for more information on available positions and requirements or contact Volunteer Services directly at volunteerservices@stanfordchildrens.org.

Maryellen Brady, Director of Volunteer Services
(650) 497-8696

Nidia Medina, Volunteer Services Program Coordinator
(650) 497-8696

MayView Community Health Center

270 Grant Avenue
Palo Alto, CA 94306
Phone: (650) 327-1223
Fax: (650) 327-8572
<http://www.mayview.org>

Clinical Placement Patient
Interaction
900 Miramonte Avenue, 2nd Floor
Mountain View, CA 94040
Phone: (650) 965-3323

Patient Advocates Program
785 Morse Avenue
Sunnyvale, CA 94085
Phone: (408) 746-0455

Community Health Center volunteers may be able to help with special projects including our patient satisfaction survey, or with one-day events like painting our exam rooms. Interested Stanford students should contact the [Office of Community Health at Stanford](#). The Patient Advocates Program provides health care to a diverse socio-economic population with emphasis on treatment for the total person. Interested Stanford students should contact the advocate program at Stanford. Spanish is required.

Harsha Mehta, Director of Clinic Operations
(650) 965-3324
hmehta@mayview.org

No One Alone (NOA) (Volunteer with Stanford Health Care)

Advance Directive Volunteer

Spiritual Care Service for Stanford Health Care

Stanford Hospital
(650) 723-5101
<http://stanfordhealthcare.org/for-patients-visitors/spiritual-care-service/volunteering.html>

NOA volunteers are trained to be with patients in their last hours before death or who are alone and lonely. Volunteers are asked to read, play music, encourage memories and simply to a listening presence for the patients.

An Advance Directive allows patients to write down certain key preferences about their health care and name someone to make health care decisions for them if they cannot. Advance Directive volunteers are trained to assist patients in understanding and filling out the Advance Directive document, find witnesses, and distribute copies to the patient, their agents, and appropriate medical personnel. For more information and to apply email Spiritualcare@stanfordhealthcare.org to request an application. After your application is completed and returned, an interview will be scheduled, followed by onboarding and training.

On Lok Senior Health Services

Adult Day Health Care
1333 Bush Street
San Francisco, CA 94109
Phone: (415) 292-8888
<http://www.onlok.org>

This center provides comprehensive medical services for frail elders in San Francisco who are at risk of being placed in a nursing home. Services include primary and specialty home medical care, nursing, social work, PT, OT, recreation, nutrition, home care, transportation, etc. Volunteers assist in various capacities, usually at one of their day health centers in San Francisco, Fremont, or San Jose. Positions are available from 10:30am-3pm,

Monday - Friday only. For more information, email volunteer@onlok.org or visit their website under the Volunteer section.

May Liu, Volunteer Department
(415) 292-8768
mayl@onlok.org

Pacific Free Clinic

1835 Cunningham Avenue
San Jose, CA 95122
Phone: (650) 721-2786
<http://pacific.stanford.edu/>

The Pacific Free Clinic (PFC) is a student-run clinic that opened in May of 2003. It is located in East San Jose, an area with a high population of medically underserved individuals and families. The Pacific Free Clinic was established by students at the Stanford University School of Medicine to address the unmet health care needs of immigrants with limited English proficiency by offering free health care services and education in a linguistically and culturally appropriate manner. Services offered include health screenings, basic medications, and referrals. Specialty services provided include hepatitis, ophthalmology, and women's health clinics by appointment. The clinic is open on Saturdays.

Pathways

Home Health, Private Duty & Hospice Foundation
585 North Mary Avenue
Sunnyvale, CA 94085
<http://www.pathwayshealth.org>

Pathways is a community-based, non-profit organization providing Bay Area families with the help they need to confidently and successfully manage care at home. Volunteer or intern projects may include bereavement support, providing companionship, developing a bridge to the Chinese community, and working directly with patients and their families. For volunteer information, contact Toni Brandon.

Manager of Volunteer Services
1-888-755-7855
vservices@pathwayshealth.org

Toni Brandon
(408) 773-4219
tbrandon@pathwayshealth.org

Planned Parenthood

1605 The Alameda
San Jose, CA 95126
Phone: (408) 795-3753
Fax: (408) 297-9256

<http://www.plannedparenthood.org>

Planned Parenthood offers health services, education and public affairs programs in their 8 clinics throughout Santa Clara County. Staff and volunteers educate policy makers about legislation affecting access to, and funding for, responsible education programs and reproductive health care services. If you are interested in volunteering, email sanjosehr@pparmonte.org or contact Allison Garcia.

Allison Garcia, Volunteer Coordinator
(408) 287-7532

San Francisco General Hospital

2789 25th St. Suite 2028
San Francisco, CA 94110
Phone: (415) 206-4478
Fax: (415) 206-5965

<https://sfghf.org/>

SFGH is a general acute care hospital owned and operated by the City and County of San Francisco. Services include outpatient, inpatient, emergency, skilled nursing, mental health and rehabilitation care for adults and children. Volunteer opportunities depend on past experience and times available. For more information, contact Traci Floyd.

Traci Floyd, Volunteer Coordinator
(415) 206-8493

San Mateo Medical Center

222 West 39th Avenue
San Mateo, CA 94403 (clinics also in Redwood City, Half Moon Bay, So. SF and Daily City)
Phone: (650) 573-2222
Clinic Hours: 8:30am-5:00pm M-F
Medical Center Hours: 8:00am-9:00pm

<http://www.sanmateomedicalcenter.org>

Volunteer positions this quarter are more clerical based rather than direct patient interaction. Tasks include collaborating on projects, reports, accounting, etc. Positions are available Monday-Sunday, 6am-8:30pm (depending on department). For more information on available volunteer positions, contact Glynis Carreira.

Glynis Carreira, Volunteer Coordinator
(650) 573-3731
gcarreira@smcgov.org

Donna Lautenbach
(650) 573-2797
dlautenbach@smcgov.org

Santa Clara Valley Medical Center

751 South Bascom Avenue

San Jose, CA 95128

<http://www.scvmed.org>

Santa Clara Valley Medical Center is the only hospital in Santa Clara with an open door policy guaranteeing residents access to needed medical care regardless of their ability to pay. To view the volunteer page, use the Job Opportunities link. Minimum requirement is service for 4 hours per week for 6 months. For more information on volunteer opportunities, please contact Christina Egan.

Christina Egan

(408) 885-2581

christina.egan@hhs.sccgov.org

Stanford Undergraduate Hospice and Palliative Care (SUHPaC)

SUHPaC seeks to involve undergraduates in learning about hospice and palliative medicine and provide the opportunity for hands-on volunteering experience with local bay area hospice organizations. In addition, we host quarterly speaker and outreach events to educate the general Stanford community on what end-of-life care entails. Check out suhpac.stanford.edu for more details!

Positions include: Nursing home volunteer, Hospice patient support volunteer

Requirements include: Attending interest meeting at the beginning of the quarter, plus training and immunization requirements specific to partner hospice organizations

Student Clinical Opportunity and Premed Experience (S.C.O.P.E)

P.O. Box 19456

Stanford, CA 94309

Phone: (650) 618-1472

<http://scope.beagooddoctor.org>

The clinical mission is to help Sequoia and Santa Clara Valley emergency rooms improve their healthcare delivery; prepare and train speakers toward fluency in medical Vietnamese and Spanish; to learn by observation; and to practice the five principles of SCOPE. Visit their website to find out what they are and for applications. While any student who is interested in medicine and over the age of 18 may apply, keep in mind the average SCOPE member spends between 10 and 15 hours per week shadowing doctors, interpreting and helping to run the program. For more information, General Contact: beagooddoctor@gmail.com

Stanford University Medical School

300 Pasteur Drive

Stanford CA 94305

Phone: (650) 723-4000

<http://med.stanford.edu/education/undergrad.html>

Stanford Hospital

Volunteer Resources

300 Pasteur Drive H1130H

Stanford, CA 94305

<https://stanfordhealthcare.org/for-patients-visitors/volunteering.html>

Volunteer Resources:

(650) 723-7424

VolunteerResources@stanfordmed.org

Vaden Health Center

866 Campus Drive

Stanford, CA 94305

Phone: (650) 498-2336

<http://vaden.stanford.edu>

There are a variety of ways for students to contribute to health programs, projects, and activities. Gain hands-on knowledge and experience, enhance your leadership and interpersonal skills, and develop great new relationships while educating and empowering fellow students. Check out the Student Groups section at <https://vaden.stanford.edu/caps-and-wellness/groups> for a list of opportunities. If you are interested in pursuing a topic not listed or if you have any additional questions, please email health@stanford.edu.

Veterans Affairs Hospital (Department of)

3801 Miranda Avenue

Palo Alto, CA 94304

Phone: (650) 493-5000

Volunteer opportunities are all related to the medical field. Students can shadow and help physicians, among other duties. For more information on volunteering, contact:

Michele Larsen or Rajpreet Jandir

(650) 858-3903

V21PALVoluntaryService@va.gov

Healthy Connections Pre-medical Student Volunteer Program (at Webster House Health Center)

437 Webster Street, Palo Alto, CA 94301

<https://covia.org/webster-house/services/healthcare/>

This pre-medical student volunteer program was developed for undergraduates who are interested in a career in medicine and/or related health care fields. The Webster House Health Center Medical Director is Dr. Peter Pompei, Clinical Professor of Medicine and Geriatrician, Stanford University, School of Medicine. The services that are offered here include skilled nursing, physical therapy, occupational therapy, dietary support and social services.

The aim of this initiative is to provide students with exposure to the clinical setting, as well as create an ongoing relationship with a senior resident in need companionship. Students will have the opportunity to learn by observation, and may also assist with conducting recreational activities, answering call lights, and feeding patients with proper training and supervision by the skilled nursing staff.

Students are expected to work for approximately 6 months, at least 3 hours per week, with a flexible schedule. A minimum of 100 hours is the goal for the overall time commitment. Please contact the program administrator if you would like to apply for this opportunity.

Patricia Lau, MPA, Program Administrator

Webster House Special Projects

(650) 617-7403

plau@jtm-esc.org

PRE-MEDICAL RESEARCH AND FIELD WORK EXPERIENCE

Stanford offers a myriad of opportunities for students to become engaged in almost any kind of research or field work experience. If you are interested in a career in biomedical research, you may want some kind of research experience before you apply to medical school. Working in a laboratory environment may help you decide whether the clinical or research aspect of medicine is more appealing to you, and test your aptitude for handling laboratory problems. Medical schools generally consider an applicant's research experience to be a valuable part of their credentials. An admission officer who reviews your application will be interested in what you've learned from your investigations and the depth to which you've pursued your subject. Even if your role in the laboratory is a technical or routine one, you can develop an understanding of the overall thrust of the project. Just as opportunities for clinical work experiences are not limited to a hospital setting, research does not have to be limited to a biomedical laboratory. Many offices and departments on the Stanford campus can help you either develop your own research, offer spaces in ongoing investigations with faculty or in community projects. To become acquainted with the types of opportunities available (often for academic credit), look into several of the resources listed below.

Public Service Internships (<http://haas.stanford.edu>)

Haas Center for Public Service coordinates volunteer, internship, and action research opportunities for students interested in service in health professions. Volunteer in a local clinic treating Alzheimer's disease patients. Take on an internship in an urban health education program or a national health research laboratory. Spend a summer with a health policy congressional committee or lobbying organization in Washington, DC. Haas maintains an up-to-date listing of public service opportunities. Interested students are invited to come in and browse through the listings and seek advising and placement assistance.

Research Opportunities (<http://undergradresearch.stanford.edu/>)

The Undergraduate Advising and Research (UAR) provides many resources and information concerning research opportunities. The UAR website has information about getting started, meeting faculty, and funding research opportunities.

Independent Study

Students may arrange to do directed reading or independent research in a particular area of interest by consulting a faculty member in the relevant department. Most departments, including those at the medical school, have designated course numbers for individual work.