- Volunteering
  - Crucial
    - Medicine is a service position!
      - Be willing to and enjoy serving others.
    - Start volunteering early!
  - Clinical VS. Non-Clinical Volunteering
    - Clinical
      - Taking place in a medical setting
        - Examples include reading to patients in a children's hospital or helping out in a nursing home.
    - Non-Clinical
      - Taking place anywhere outside of a medical setting
        - Examples include local churches, schools, some mission trips, etc.
  - You want both types of volunteering!
    - Medical schools want to know that you have had experience in medical settings and also that you still want to volunteer outside of the medical field when you are a physician!
  - How to acquire volunteering experience:
    - Work with your college/university!
      - Talk with advisors in charge of conducting community service opportunities.
      - Talk with on-campus organizations, including sororities and/or fraternities.
        - More helpful for acquiring non-clinical volunteering experiences
      - Consider joining a pre-medical honor society.
        - More helpful for acquiring clinical volunteering experiences
        - This can be a great place for you to also develop good relationships with other pre-medical students!
    - Check online for in-person and virtual opportunities.
  - What to expect out of volunteering opportunities
    - Be willing to participate in experiences outside of your comfort zone!
    - Ensure that the opportunity is something you would likely enjoy.
  - Post-volunteering
    - Thank coordinators for providing you with the opportunity to volunteer with their organization.
    - Have a log for volunteering experiences because this will be helpful for your medical school application process!
    - Good relationships with volunteering supervisors could result in letters of recommendation!