

A NEW NORMAL: SOCIALLY-DISTANCED SERVICE, ONLINE LEARNING, AND INNOVATION.

# PENN PBS NEWSLETTER

## CommuniTea Time

STUDENTS STAYING CONNECTED



On July 14th, we hosted our first CommuniTea! As a reflection of our continued commitment to community, we launched a series of CommuniTeas—a bi-weekly opportunity hosted by members of the PBS E-Board and fellow Pre-Health students over Google Hangouts. Each CommuniTea will provide the opportunity discuss topics requested by members of our community! Stay tuned for our next CommuniTea announcement posted to Facebook, Instagram (@upennpostbacsociety), or through your Penn email! Grab a beverage and we'll see you there!

## HERE'S HOW YOU CAN HELP



## Service & Social Distancing

VOLUNTEER OPPORTUNITIES

Since Spring, we have been giving back to the community from our homes. Here are some ways you can get involved!

- **Online Tutoring:** The Northeast Academy of Philadelphia needs tutors to work with young students (grades 3-5) in the ESL Chinese community teaching Math, Science, and Reading & Writing in English. If you would like more information, send CVs to Dr. Wei (weixie.pie@gmail.com) and Ben Fischer (fiscbr@sas.upenn.edu)
- **The Penn Future Women in Health Tutoring Society:** Now recruiting tutors for Penn science courses (pre-med & upper level biology/BIBB), as well as MCAT/DAT test prep. To apply or for more information, e-mail Ari Michelson at pfwh tutoring society@gmail.com
- **Mask Making:** PFWH has a goal to make 1,000 masks this summer and need extra hands! Masks will be donated to local Philadelphia non-profit organization, Project HOME. To get involved, email Ari Michelson: atm2152@sas.upenn.edu
- **Card Writing for MANNA:** MANNA provides medically tailored meals & nutrition education to those suffering from life threatening conditions in Philadelphia. They are in need hand written cards/notes to deliver with meals. To contribute, email Sofia Arruda: sarruda@sas.upenn.edu

Check out Penn Pre-Health Connect for the full descriptions and stay tuned for more opportunities in the fall semester!

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### GET IN TOUCH!

EMAIL:  
UPENNPBS@GMAIL.COM

INSTAGRAM:  
@UPENNPOSTBACSOCIETY

### Currently on



Mask Mode



## MCAT Question of the Month:

CHECK THE BOTTOM OF PAGE 2 FOR THE ANSWER!

WHICH PHOTORECEPTOR IS MOST SENSITIVE TO LIGHT?

- A. RETINAL GANGLION CELLS
- B. RODS
- C. CONES
- D. BOTH CONES AND RETINAL GANGLION CELLS
- E. NONE OF THE ABOVE



## Coping with the "New Normal"

CHALLENGES OF THE ONLINE LEARNING CURVE

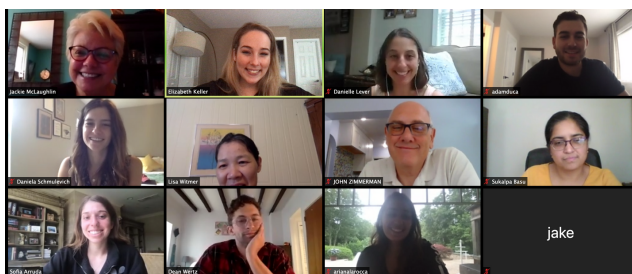
We asked fellow students on Instagram what your challenges were with online learning. Here's what your peers had to say:

- "Motivation."
- "Not getting to meet the people in my classes/in the program."
- "Communicating with professors."

Online learning is new experience for us all. Professors are adapting to virtual teaching and we're adapting to virtual learning! Here's some ways your classmates are making this "new normal" work, as well as their tips for incoming students:

- "Start and end your work at set times each day so it doesn't feel endless or overwhelming."
- "Make a schedule and take study breaks!"
- "Set up the environment up for success - desk, supplies, snacks, etc."
- "Attending weekly Town Halls via Zoom lets me ask professors questions and offers some sense of normalcy in this."
- "Take time for YOU. Get fresh air. Exercise!"

The Fall semester may look different than what we're used to or expected, but this change allows for our community to come up with innovative ways to adapt to this new era - together.



## Penn Pals: the student-run Podcast

BRINGING PHILADELPHIA'S STORIES TO YOU FROM A DISTANCE

Coming soon from a socially-distant set near you: "Penn Pals," a Penn Pre-Health Programs Student-Run Podcast! Look forward to alumni & current student features, interviews from guest speakers, community stories, and life talks as students in Philly! We're rising to the challenge of bringing a sense of community wherever you may be!



## Journal Club is Back!

A MESSAGE FROM DR. ZIMMERMAN

Hello Pre-health Students!

Journal club is coming soon! Starting the first week of the fall semester, which begins Tuesday, September 1st, we will again begin weekly meetings.

Please go to the following google form and choose the day and time that works best for you. If you are flexible, then still indicate your best day and time (You can then adjust if your favorite day and time does not work for most respondents).

<https://forms.gle/oBnjMwCthvqVxYQW7>

See you in September!

John Zimmerman



### MCAT Question of the Month Answer

ANSWER: "B"

### MENTAL HEALTH RESOURCES:

- SAMHSA'S NATIONAL HELPLINE - 1-800-662-HELP (4357) - A FREE, CONFIDENTIAL, 24/7 TREATMENT REFERRAL & INFORMATION SERVICE FOR INDIVIDUALS AND FAMILIES FACING MENTAL HEALTH HARDSHIPS AND/OR SUBSTANCE USE DISORDERS.
- NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) - MENTAL HEALTH EDUCATION, SUPPORT GROUPS, NAMI HELPLINE, VIDEO RESOURCE LIBRARY, ONLINE DISCUSSION GROUPS, ETC. - [HTTPS://WWW.NAMI.ORG/SUPPORT-EDUCATION](https://www.nami.org/support-education)
- CRISIS TEXT LINE - TEXT HOME TO 741741 TO CONNECT WITH A CRISIS COUNSELOR