

## Focus Locally

- Be an active, helpful member of your home community. Volunteer to cover childcare needs for neighbors or to check in (by phone/from a distance) on the elderly. If you're part of a religious community, see if there are ways that you can provide support through them. Check with organizations where you have volunteered in the past to see if you can step back into previous roles.
- Use [idealists.org](https://www.idealists.org) or [volunteermatch.org](https://www.volunteermatch.org) to seek other local options, but be ready for slow responses.

## Volunteer Virtually

- [Operation Warm](https://www.operationwarm.org) has a list of 25 ways to volunteer virtually
- [Paper-airplanes.org](https://www.paperairplanes.org) invites volunteers to provide online tutoring to “bridge gaps in language, higher education, and professional skills training for conflict-affected individuals”
- [Dosomething.org](https://www.dosomething.org)'s nine places to volunteer online and make a real impact
- [The United Nations Volunteers](https://www.unv.org) (UNV) program contributes to peace and development through volunteerism worldwide. Online volunteering allows organizations and volunteers to team up to address sustainable development challenges – anywhere in the world, from any device.

## Engage in Free Online Learning Opportunities

- [Class about pandemics from Harvard](#)
- Class about [community change in public health from Johns Hopkins](#)
- [Essentials of global health](#) from Yale
- [Ivy League free courses](#) list via [freecodecamp.org](https://www.freecodecamp.org)
- Class “[An Examination of coronavirus-COVID-19](#)” from St George's University
- Georgetown offers free MOOCS including [Bioethics](#), [Biomedical Big Data](#), [Globalization](#), or [Genomic Medicine](#)

## Do Some Pre-Health Reflection and Journaling

- Use the [AAMC Anatomy of an Applicant Self Assessment Guide](#) and [AACOM's Qualities of a Successful Medical Student](#) to consider your preparation for medical school and the medical profession.
- Advice about pre-health journaling from [Princeton Health Professions Advising](#); [Missouri State University](#)

## Read & Listen

- Read **books** that provide insight about being a doctor, applying to medical school, or learning about other health careers. Check out some good reads [here](#) and [here](#).
- Read **blog posts** from current medical students
- [AACOM's Choose DO Blog](#)
- [AAMC Aspiring Docs Diaries](#)
- Listen to **Podcasts**.
- [Top 10 podcasts for pre-meds from Diverse Medicine](#)
- [Premed Mondays with Dr. Dale:](#)
- [The Short Coat Podcast](#)
- [Talking Admissions & Med Student Life hosted by Dr. Benjamin Chan](#)
- [All Access Medical School Admissions Podcast](#)

## Participate in Virtual Seminars, Fairs, and Info Sessions

- The [website of the National Association of Advisors for the Health Professions](#) has the most comprehensive list of pre-health events around the country. This list includes both in-person and virtual events, but you will notice many in-person events are canceled, and this will continue.

## Engage in Self-Care

- [CDC Advice on Managing Anxiety and Stress during the COVID-19 Pandemic](#)
- [World Health Organization Mental Health Considerations During COVID-19 Outbreak](#)
- [Advice from thewirecutter.com](#)
- Daily meditation and advice from experts via the folks at Ten Percent Happier: <https://www.tenpercent.com/coronavirussanityguide>

## Network with Local Health Professionals

- **Once the current situation has stabilized:** Contact Ole physicians near your home by searching by location in the [alumni directory](#) and on LinkedIn. It will be interesting to talk with them about their experiences as physicians, especially during this time. Shadowing is unlikely to be possible for a while.