

Working with people in a clinical or hospital setting can be valuable experience if you're interested in health, mental health, social work, education and similar fields to confirm your area of interest, develop relevant skills and build a resume for jobs and/or graduate and professional school applications.

Consult the list below for some opportunities to gain this type of experience. This list is not exhaustive. Contact professionals and professors, and talk to your network of friends, family, and colleagues for insight on other ways to observe, volunteer, intern and train in your intended field. Find more experiential opportunities at <http://experience.ucsd.edu>. Join student organizations (<http://getinvolved.ucsd.edu>) to find additional leads. Learn how to "Maximize Your Volunteer Experience" by reading our helpful handout on the subject at <http://career.ucsd.edu>.

Organization & Contact Information	Description & Details
Local Hospitals	
<p>Volunteering at a hospital can give you exposure to a wide variety of patients, health care professionals, and health care situations. Though your role and responsibilities may be limited by privacy and liability rules, you can learn a lot by observing and asking questions of doctors, nurses, patients and other health care workers. Some popular, nearby options are listed below, but almost every hospital offers volunteer opportunities. Most volunteer positions will require you to attend an orientation session (often offered once a month) and pass a basic health screening/TB test. Interviews and ongoing training may be included. Contact your local hospital to learn more.</p>	
<p>UCSD Medical Centers Jacobs Medical Center Thornton Hospital Hillcrest Hospital Moores Cancer Center Shiley Eye Center http://health.ucsd.edu/volunteer/</p>	<p>Great opportunities are available right here on campus! The UCSD hospitals/clinics on East Campus (Thornton & Moores Cancer Center) and a short free shuttle ride away (Hillcrest) offer opportunities to assist with patient care, pharmacy services, emergency, cancer treatment (http://cancer.ucsd.edu/), surgery, rehabilitation, research, psychiatry, spiritual care, canine & music therapy and more. The Shiley Eye Center on East Campus (http://eyesite.ucsd.edu) allows you to observe optometrists (O.D.s) and ophthalmologists (M.D./D.O.s) and help with patient eye care in surgical, non-surgical and research settings. Requires a 100 hours/6 month commitment; 4 hours/week.</p>
<p>Rady Children's Hospital (858) 966-4021 http://www.helpsdkids.org/Page.aspx?pid=362</p>	<p>At Rady Children's Hospital, you can volunteer to work with young patients and their families in a variety of settings including patient care, surgery, physical/occupational therapy, speech/language therapy, canine therapy, translation and more. Requires a one year, 100 hour commitment.</p>
<p>Sharp Hospitals http://www.sharp.com/jobs/volunteer-opportunities.cfm</p>	<p>With 6 hospitals and multiple clinic and hospice centers throughout San Diego, Sharp hospitals offer you many opportunities to get volunteer experience in a variety of health care settings, including patient care, pharmacy, labor & delivery (Mary Birch Hospital), ICU, physical therapy, music/art therapy and more. Requires a 100 hour commitment, minimum 4 hours/week.</p>
<p>Scripps Hospitals (Incl. Scripps Memorial on East Campus - (858) 626-6994) http://www.scripps.org/about-us_volunteer</p>	<p>There are 7 Scripps hospitals and clinics in the San Diego area that accept volunteers. Get experience with patient care, cancer treatment, alcohol/drug and physical rehabilitation, nursing, spiritual care, vision services and more. Requires a 3-4 hour/week commitment.</p>
<p>Veterans Administration San Diego Medical Center (858) 642-3267 http://www.sandiego.va.gov/giving/</p>	<p>Volunteer in patient care, pharmacy, spinal cord injury, research, recreation therapy and more. Gain experience working with veterans and their families. Requires a 4 hour/week, 3 month commitment.</p>
Other Clinical Options	
<p>Pathmaker Internship Program Palomar Pomerado Health Centers Poway – (858) 613-4659; Escondido – (760) 739-3081 http://www.pph.org/ContentPage.aspx?nd=796</p>	<p>This is a popular option for pre-med and pre-nursing students. Interns here rotate through different hospital departments (surgery, nursing, labor/delivery, emergency) every three months in order to gain insight into the variety of career options in healthcare system. Located 15-30 minutes drive from UCSD, this position requires a 4 hour/week, 240 hour total commitment over 15 months.</p>
<p>Health Professions Mentor Program (through UCSD's Health & Medical Professions Preparation Program [HMP3]) http://hpmp.ucsd.edu/students.php</p>	<p>Juniors & seniors get matched with health professions mentors from many fields for shadowing opportunities. Matches & orientation occur during Fall. Matches are made on a first-come, first-served basis. Hours vary. (Also see HMP3's volunteer opportunities listed by health profession at: http://hmp3.ucsd.edu/resources.html)</p>
<p>National Free Clinic Directories http://www.freeclinics.us/ & http://findahealthcenter.hrsa.gov</p>	<p>Locate free clinics that may take volunteers in all 50 states. There are many options throughout California; find places to volunteer while you're home on breaks! Requirements will vary from site to site.</p>

Osteopathic Center for Children & Families (619) 583-7611 www.osteopathiccenter.org	Want to learn more about an edgy, unique type of osteopathic (D.O.) medical practice? Volunteer at this center that treats children with neurological, behavioral and learning disorders and more. Hour requirements vary. *Note: Find more traditional ways to volunteer with D.O.s at the other hospitals and clinics listed on this sheet.
Planned Parenthood (619) 881-4661 http://www.plannedparenthood.org/about-us/jobs-and-volunteer.asp	Great for those interested in women's health, reproductive issues, public health and health policy and advocacy, you can volunteer with Planned Parenthood in clinical and outreach/educational settings. Hours requirements and expected lengths of service vary depending on your role, but start from 4 hours/week, 6 month commitments.
Research Associates Program UCSD Medical Center, Hillcrest, Emergency Room (619) 543-7342 http://emergencymed.ucsd.edu/research/Pages/associates.aspx	This program allows you to combine clinical research with doctor/patient exposure. You'll be trained to assist with ongoing research projects in the emergency room, observe emergency medical care, and get to know doctors and nurses for letters of recommendation. You can even get academic credit for your work! 100 hours/6 month commitment. Very flexible hours available.
Saint Vincent de Paul (619) 645-6411 http://www.svdpv.org/volunteer.html	Excellent opportunities for students interested in careers in health, mental health, social work, education, religion & more. Assist the underserved in the San Diego area through medical, nursing & dental clinics, child care, residential assistance, education/tutoring and more. Requirements vary.
ScribeAmerica http://www.scribeamerica.com/	Want to get <i>paid</i> to get direct exposure to health care and learn medical terminology and practices? Become a scribe (like a stenographer for medicine) and assist doctors in documenting & charting medical procedures, interview patients and more. A great way to amass clinical hours for PA programs. Two part-time years or one full-time year commitment required.
UCSD Peer Counselors at CAPS (Counseling & Psych. Services) http://caps.ucsd.edu/peer.html	Serve as a mental health wellness resource for your fellow students through one-on-one and group counseling, outreach and teaching. This is a rewarding experience for students interested in mental health, social work, education and similar fields. Apply in the Spring of each year for service throughout the next academic year.
UCSD Hearts and Hands Doula Program (619) 543-6269 http://health.ucsd.edu/women/child/doula.asp	A doula is trained to give one-to-one support to women in labor. Great experience for students interested in obstetrics, nursing/midwifery, and infant pediatrics. Requires two, 12 hour on-call "shifts" a month.
UCSD Student-Run Free Clinic Projects* Medical/Pharmacy/Health http://meded.ucsd.edu/freeclinic/volunteers-sv.php Dental http://fdc-pds.ucsd.edu/ (Click "Get Involved" tab)	Medical/Pharmacy/Health – In a clinic serving patients with no other health care options, help people access low-cost/free medication, collect and enter patient data, log in and label patient medications, translate (Spanish/English) and provide administrative support for the clinic. Work with doctors, nurses, pharmacists, & UCSD M.D./Pharm.D students. Pre-pharmacy specific options available. 3-5 hours/week is typical. Dental – Gain hands-on experience in patient care, clinic operations, community service, public health, education, and health promotion under the guidance of dental professionals. Learn about becoming a Dental Health Ambassador (public dental health education), too. Commitments vary.
Fresh Start Surgical Gifts (760) 448-2021 http://www.freshstart.org/Volunteer.aspx	Fresh Start Surgical Gifts has volunteer opportunities for people of all walks of life including medical professionals, translators, photographers, and anyone who just wants to give back! If you are interested in applying to be a volunteer with Fresh Start Surgical Gifts, all volunteers must fill out the Volunteer Application , and will then receive an email with next-step instructions specific to your volunteer interest. All volunteer opportunities take place within San Diego, California at the Fresh Start Clinic, Office, or local dentist's offices.