

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 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.helpskids.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/volunteergiving.asp</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>Clinical Care Extender (CCE) Internship Program Palomar Pomerado Health Centers Poway – (858) 613-4659; Escondido – (760) 739-3081 http://www.pph.org/PPHContentPage.aspx?nd=353</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, 270 hour total commitment.</p>
<p>Community Health Clinics in San Diego County http://www.co.san-diego.ca.us/cnty/bos/sup2/help/healthclinics.pdf</p>	<p>This link lists clinics where you may be able to volunteer to work with patients and practice language skills. Contact each clinic separately to inquire about volunteering. Hours requirements will vary from site to site.</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/volunteer.htm)</p>

National Free Clinic Directory http://medkind.com/Scripts/Modules/Module6/A1.idc?Code	Locate free clinics that take volunteers in all 50 states. There are many options in the LA and Bay Areas; find places to volunteer while you're home on breaks! Requirements will vary from site to site.
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/san-diego-riverside/volunteer-29262.htm	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.
San Diego Hospice and Palliative Care (619) 278-6451 http://www.sdhospice.org/volunteer.htm	Volunteer in private homes (with supervision) or long-term care facilities for chronic pain and end-of-life patients. Volunteers can help with patient care, companionship – even pet therapy! 4 hrs./week.
ScribeAmerica http://www.scribeameric.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_ed_web/peer_ed_faq.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 School of Med. Student Apprenticeship Program http://som.ucsd.edu/human-resources/internship-opportunities	Clinical research, human resources and other internships are offered throughout the year to UCSD undergrads. Being an intern can get you research experience, exposure to the UCSD medical and health sciences programs and faculty and more. Hours and commitments vary.
UCSD Student Health Advocates (858) 534-2419 http://studenthealth.ucsd.edu/advocates.shtml	Learn about medicine, nursing, public health, health policy, and more while promoting healthy living for your fellow UCSD students. Conduct outreach presentations on general and sexual health, help with intake and basic health screenings of patients at the Student Health Center and more. Apply in the Winter Quarter and train in the Spring Quarter to commit to working 3-5 hours/week for the following school year.
UCSD Student-Run Free Clinic Projects* Medical/Pharmacy/Health http://meded.ucsd.edu/freeclinic/volunteers-sv.php Dental http://fdc-pds.ucsd.edu/ (Click "Volunteer" 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.
*Often have waitlists to participate, but well worth the wait!	<ul style="list-style-type: none"> • Animal Support Foundation (http://sdshelters.com/Volunteer.html) - Volunteer with animal shelters and pet rescue organizations for animal experience. • Helen Woodward Animal Center (http://www.animalcenter.org/volunteer/) – equine therapy, exotic animal care, pet encounter therapy and more. • Contact local veterinary offices and animal hospitals to gain veterinary exposure and experience.