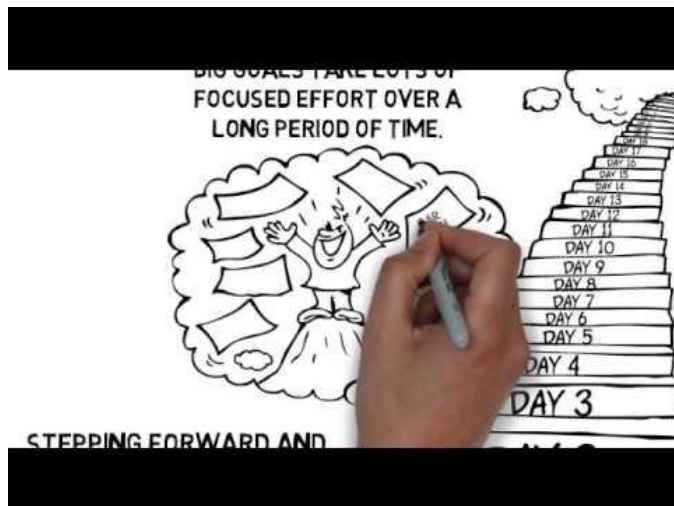




### Take a Mindful Moment via YouTube



### Starting MCAT Prep

**Your MCAT Prep starts now by learning General Chemistry (it's the first bite of that elephant! 😊)**

**Psychology/Sociology, & CARS:** These MCAT topics aren't covered in the program so we encourage you to use your "free time" now and August break to start reviewing materials. Coursera offers [a free Intro to Psychology course](#) along with [Khan Academy's Behavior Unit](#), [Individuals & Society](#), [Society & Culture](#), and [Social Inequality](#). In addition, here are some [CARS practice passages](#).

### Note this Week's Announcements

- The PBPM program follows the [UVA Academic Calendar](#) for the fall and spring semesters. Refer to the hyperlink for Fall Break, Thanksgiving holiday, etc...dates. The holiday party is usually after your last Fall semester final - date is TBD.
- Interest in a Linkage? Start by watching our [narrated Linkage PPT](#) and the [process and timeline](#). Then make an appointment to discuss your interest with Susan or Jill.
- The UVA Health & Cville Free Clinic Orientations will be on Tuesday, June 28<sup>th</sup> starting at 2:30pm.
- Save the Dates: We'll be hosting some afternoon sessions on July 6<sup>th</sup>, July 25<sup>th</sup>, and August 3<sup>rd</sup>.

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### Journal on a Reflection Question

(taken directly from medical school secondary applications)

*How do you know you want to spend your life studying and practicing medicine?*



## HOOS NEWS: Week of June 15 -21, 2022