****

**UVA Post Baccalaureate Pre-Med**

**(PBPM)**

**Program Guide**

**2022-2023**

**PROFESSIONAL EXPECTATIONS**

As a future doctor, professionalism will be expected at all times by your supervisors, colleagues, and patients. As such, the road to professional behavior will begin as a PBPM student hence the following will be expected of all students during this program:

**Addressing Conflict:** Directly and respectfully deal with conflict in a timely manner. If something is wrong, say something and work through it before a larger problem is created. Also see “Grievance Procedures” for conflicts with staff, faculty, and/or administrators.

**Attendance:** The success of the UVA Post-Bac Pre-Med program relies on the cooperation and participation of students in academic, personal, and professional opportunities during the year. This excludes activities that are announced as optional.

**Attire:** All PBPM students are expected to dress modestly for all classes, presentations, and special events.

**Classroom Conduct:** No member of the PBPM program should call out or speak over another person in class. Although discussions may become heated at times, respect for the speaker and classmates should be maintained at all times.

**Honor Code/Integrity:** With each assignment/test, you are required to write “On my honor, I have neither given nor received aid on this assignment/exam.” As integrity is an essential characteristic of a physician, you are expected to uphold this Honor Code in all situations while a student at the University of Virginia.

**Online Etiquette:** Cameras on, microphones muted upon request. Chat functions should not be used unless requested by instructor/presenter. Follow faculty guidelines for asking questions.

**Punctuality:** Prompt attendance is expected at all in-person OR online classes, presentations, and special events. If other circumstances arise, it is the student’s responsibility to notify the coordinator/host/professor/tutor/etc.

**Responsiveness:** Promptly and accurately RSVP for all events and notify coordinator if your attendance must change. Timely responses are expected to all communications from PBPM staff, faculty, and administrators.

**Technology:** Use of cell phones, computers, and/or tablets is not allowed in the US Healthcare class. Be present in the classroom and in all your interactions with PBPM staff, faculty, patients & classmates.

**Time Management/Organizational Skills:** Success in the PBPM program will require detailed time management and organizational skills. Students will need to continuously readjust their approaches and reach out to others for help in order to ensure they fulfill all of the academic, professional, and personal commitments on time and with as much preparation as needed.

**ADVISING, MENTORING & PROGRAMMING SUPPORT**

Students in the PBPM program benefit from the opportunity to obtain advice from a variety of faculty and program advisors who have extensive experience working with premed students.

In addition to managing and overseeing the PBPM program, **Susan** **Salko**, the Director of the program, and **Jillian Golaszewski,** the program’s Manager & Academic Advisor, conduct workshops regarding the medical school admissions process and preparation for medical school interviews. They also help organize educational and social events throughout the year and coordinate group orientation sessions for students interested in clinical volunteer opportunities at the UVA Medical Center or the Charlottesville Free Clinic.

You will be required to meet with at least one advisor each semester, but both are available as needed for additional individual advising. Most appointments should be arranged via email and students can expect to receive tailored advice and feedback in each advising session.

**Dr.** **Robert Powers**, a practicing physician and faculty member in the UVA Department of Medicine, is the program’s Medical Advisor.  Dr. Powers teaches the US Healthcare course and works closely with students to explore medically related opportunities and may be able to facilitate shadowing experiences.

**Professor** **Charlie Grisham** from the Chemistry Department teaches the Biochemistry course and provides support regarding academic matters.  Prof. Grisham assists students in learning how to be successful science students.

The Bridge Year is the period following the program’s completion, prior to entrance into medical school. It is the time when students will take the MCAT, submit their applications for admission to medical school, and engage in medically related activities to enhance their preparation for medical school. The UVA Post-Bac Pre-Med Program faculty and staff are dedicated to supporting students through the bridge year. PBPM advisors will assist students in developing individual plans of action for the year to enhance their readiness for medical school enrollment, whether through new experiences or the continuation of previous volunteer or paid medical-related opportunities. (See page 15.)

The [**PBPM Alumni Directory**](https://drive.google.com/drive/folders/0B5P0rrogDH31QlAwcWxITW5FYU0?usp=sharing) is available to students for mentorship, bridge year ideas, informational interviews, and resources when researching/ interviewing specific medical schools.

Students can expect the following from the PBPM program staff and faculty:

**Responsiveness & Availability:** PBPM staff and faculty will be responsive to requests and make every effort to be available when needed.

**Tailored Advice:** With a small cohort, the staff and faculty of the PBPM program looks forward to providing tailored advice to each student’s specific needs. The staff and faculty will work with each student individually to support students’ academic and professional goals.

## ACADEMIC CURRICULUM

The PBPM program office registers PBPM students for a full-time core science curriculum each semester. This course load includes labs, lectures, and discussions each of the three semesters of the program. Students are required to complete a minimum of 6 credits over the summer sessions and a minimum of 12 credits in the fall and spring semesters. Course loads are likely to be higher than the minimum to complete all of the premedical requirements in one year. Due to the rigorous academic load and requirements of the program, as well as related out-of-classroom activities, employment during the program is discouraged.

**REGISTRATION BLOCKS**

Unpaid bills, lack of updated vaccinations or health insurance, university parking tickets, library fines, or previous registration blocks can prevent a student from being enrolled in any courses until the block is successfully removed through payment, compliance with student health regulations, etc.

Individuals may not be enrolled in courses if a registration block exists on their account.  It is necessary for students to clear all registration blocks immediately and it is the student's responsibility to ensure that all health-related regulations are met via the [Pre-Entrance Health Form for Medical & Nursing Students](https://www.studenthealth.virginia.edu/pre-entrance-health-requirements).

**PBPM CORE COURSES**

Students are registered for courses in the College of Arts and Sciences (CAS) beginning with general chemistry courses and associated discussions and laboratories during the second and third summer sessions. The fall and spring semester course load includes biology, physics, and organic chemistry courses and associated laboratories along with biochemistry in the spring. The program calendar begins annually each June with Summer Session II and ends the following spring semester in May. In addition to the program’s credit courses, students are encouraged to participate in not-for-credit activities, clinical volunteering, and shadowing opportunities to gain exposure to the practice of medicine.

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**CLASS ATTENDANCE**

Regular attendance in classes is a vital part of the educational process. At the University of Virginia each student is expected to accept the responsibility of attending classes regularly and promptly. Instructors are encouraged to state their policy on attendance to their classes.

**INTRO TO THE U.S. HEALTHCARE SYSTEM**

Dr. Powers will teach this weekly class focusing on the US healthcare system, its players and their roles, health insurance, and bioethics cases. In addition, students will present on a current topic of choice and lead a class discussion. Students are encouraged to journal throughout the year based on what they are learning in class and observing during volunteering or shadowing experiences.

Throughout the year, Susan and Jillian will host a variety of workshops focused on various aspects of the medical school application process. Assignments will be due throughout the year to help students build the pieces of their application, provide opportunities for feedback, and be prepared for when applications can officially be submitted.

**MCAT PREPARATION**

Students will be given one-year access to AAMC MCAT preparatory materials resources at the beginning of the fall semester in addition to the AAMC Medical School Admissions Requirements (MSAR).

Students are advised to take at least one practice MCAT exam during Winter Break and follow the MCAT prep guide. It is also advisable to attend any practice MCAT exams organized during the winter break & spring semester in addition to your own MCAT prep schedule. Attendance is encouraged, but not required.

**STUDENT COUNCIL**

PBPM students will elect up to two classmates for the following positions to help create an engaging and productive post-bac year for all:

**Admissions Chairs:** These students will closely with advisors to provide a warm, inclusive environment for the next class of post-baccalaureate students. Duties include organizing virtual Q&A sessions with current students and prospective students, corresponding via email and telephone, interviewing prospective candidates, and managing social media outlets. This position allows you to act as a mentor to a diverse group of people all about to start their journey towards medical school. It is important to be relatively outgoing for this position because you need to reach out and speak to new people.

**Alumni Chairs:** These student leaders will have responsibilities both during and after the PBPM program. During the year, they will update and maintain the Alumni Network, connect with PBPM via LinkedIn, and recruit alumni for special events. Once these students complete the PBPM program, they will become the point people for their cohort when communication or participation are needed for future alumni endeavors.

**Class Historians/Photographers:** These student leaders should be active participants of their cohort, supporting both Wellness & Activities Chairs with events and working with Social Media Chairs to share content. They will take photographs of their classmates at social outings and events and when appropriate in academic settings, such as before student presentations in US Healthcare class. If they cannot be present, they should assign a proxy to fulfill their responsibilities. All photos will be stored in a shared folder with UVA staff members for use by the program.

**Faculty Liaison:** In coordination with the program staff and faculty, this person will assemble dates for all major class assignments, projects, and exams into a composite calendar at the onset of the semester. Dates will be uploaded into the program’s main calendar located on the student website. The calendar can be updated if assignment date changes are made by professors during the semester. Additionally, the Faculty Liaison serves as the collective voice for the cohort in communicating between the class, professors, and the advisors. Lastly, they can organize study groups for students wishing to work together in small groups. Important qualities and skills for this position include leadership, organization, proactivity, attention to details, diligence, and reliability.

**MCAT Chair:** This student leader will coordinate with classmates to schedule MCAT prep study sessions, practice exams, and checkpoint reminders throughout the year. Whether it is sharing MCAT question sets, communicating important dates or deadlines related to the exam, this person will be point person for all things MCAT exam related.

**Social Media Chairs:** These student leaders will also collaborate with Class Historian/Photographer, Wellness & Activities Chairs, and/or Jillian to curate content for @uva\_pbpm Instagram account. An appreciation and/or talent for aesthetics, graphic design, and professionalism are required.

**Wellness & Activities Chairs:** These student leaders are responsible for planning and organizing social events that help foster a sense of cohesiveness within the cohort and student engagement within the greater Charlottesville community.  It is important to be organized, creative, inclusive, punctual, engaging, and have strong communication skills. Another aspect of the role includes coordinating with the staff to plan, setup, tear down, and support the staff and cohort with logistics related to cohort events. The Wellness Chairs are also tasked with maintaining a healthy culture on any student communication/social media platforms (GroupMe, Signal, Facebook, Instagram etc). The Activities and Wellness Chairs add some fun to the year and remind people of the importance of balancing academics with social/well-being.

**Special Events Committee Chairs:** It is important to celebrate student accomplishments, especially at the end of the program. These student leaders will work with other Council members and program advisors to coordinate Mid & Year-End celebrations.

**ACADEMIC REGULATIONS & POLICIES**

**HONOR CODE**

The purpose of the Honor System is to sustain and protect a community of trust in which students enjoy the freedom to develop their intellectual and personal potential. Each student is charged with the responsibility to refrain from dishonorable conduct. The essence of the system is that a student's word as a member of the University can be accepted without question and that any violation of a student's word is an offense against the entire student body. An honor offense is defined as an intentional act of lying, cheating, or stealing which warrants permanent dismissal from the University. Criteria regarding an honor offense, and other related information may be viewed online at http://www.virginia.edu/honor/

**STUDENT RESPONSIBILITIES**

All PBPM students must maintain good financial and social standing at the University, and complete the following by the end of each semester of the program:

- Satisfactory completion of a minimum of 6 credits in the summer, and 12 credits in the fall and spring semesters.

- Volunteer and related medical opportunities contracted between the student and the program each semester (case-by-case basis).

Students unable to satisfy these requirements by the end of the summer or fall semester may be required to leave the program.

**ACADEMIC STANDING**

Students admitted into the PBPM program are expected to complete all course requirements within one academic year consisting of three consecutive terms (summer, fall, spring) of matriculation into the program.  All PBPM students are expected to maintain satisfactory academic progress toward program completion. Students are considered to be in good academic standing at the end of a semester if, in that semester, they have completed all course work with a minimum cumulative GPA of 3.0.  *Upon the completion of the semester, the PBPM office reviews each student’s academic standing and progress toward program completion.  If a problem arises, the student will be notified.*

Note: if a student receives lower than a 3.0 in any semester, his or her chances of admission to medical school are severely hampered. It is the PBPM program’s recommendation that such students seriously consider a voluntary withdrawal and enrollment in a less intensive program. The program director can assist students with researching other options.

**SUCCESSFUL COMPLETION**

Students who successfully complete the PBPM program will have met all the curricular requirements within the time allowed, observed the rules and regulations of the University, including the Honor Code, and will otherwise be in good academic and financial standing with the University.

The University reserves the right to withhold the transcripts of financially delinquent students or when students have engaged in Standards of Conduct violations at or prior to graduation ceremonies. The University also reserves the right to revoke degrees previously conferred when the student has not satisfied the rules and regulations of the University or is found to be in breach of the Honor System.

**AUDITING**

A student enrolled in the PBPM program may not audit core program science courses or labs unless approved by the program director and course professor.

**COURSE ADD/DROP & REFUND**

Students will be registered into the required PBPM program courses each semester by the PBPM staff. Additional coursework or the substitution of previously taken science courses may be appropriate but must be discussed with the program director and advisors prior to the beginning of each semester. *Students may not drop, add or change courses without consultation with the PBPM program director.* In such cases that warrant deviation from the PBPM sequence of courses, an individual student course plan will be determined. Students who withdraw from all courses after the term has begun will be charged tuition for the term on a prorated scale as detailed under the regulations and refund policies of the College of Arts and Sciences (CAS) as stated in the ***University of Virginia Undergraduate Record (http://records.ureg.virginia.edu)***.

**GRADE CHANGES**

No grade may be changed after it has been submitted to the university registrar without the approval of the CAS dean or his/her designee. The dean is not authorized by the faculty to change a grade submitted to the university registrar except when an instructor certifies that, because of an error in calculation or transcription, an incorrect grade has been submitted. Extra work to raise a grade, once submitted, is not permitted.

**ADVISOR ACCESS TO PRIMARY APPLICATION SERVICES**

Each student is expected to consent to advisor access for their primary application (AMCAS, AACOMAS, and/or TMDSAS). This access will allow advisors the ability to monitor the progress of students in the application process in order to report outcomes. Please note that this access does not grant advisors to make any changes to a student’s application; it is simply for informational purposes only. Failure to comply in granting access may result in the withholding of the Committee Evaluation.

**GRIEVANCE PROCEDURES**

A student enrolled in the PBPM program who has a grievance with a faculty member, the PBPM director or academic advisor, the Dean of the School of Continuing and Professional Studies, or the Vice President and Provost of the University is invited to discuss the grievance in the following manner:

1. Concerns related to a faculty member that cannot be resolved by the two parties should be discussed with the PBPM director.

2. If the concern relates to the PBPM staff and/or faculty, the student should file a grievance with the Dean of the School of Continuing and Professional Studies.

3. If the concern relates to the Dean of the School of Continuing and Professional Studies, the student should file a grievance with the Vice President and Provost.

4. If the concern relates to the Vice President and Provost, the student should present appropriate documentation in writing to the President of the University.

**INCOMPLETE**

Circumstances beyond a student's control may arise that necessitate his or her requesting an incomplete (IN) and an IN is recorded when reasons known to the professor are judged adequate to justify an extension of time to complete course requirements. In these cases, the transcript records "IN" to indicate that the course grade is being withheld until the student completes all course requirements. The student must initiate the request for an IN, and the instructor must agree. The request must be made in a timely manner such that the professor has time to inform the student of the decision prior to the final exam for the course. The request for an Incomplete Grade Form (available on-line) must be completed and signed by both the student and instructor.

An IN may not be used to allow a student to attempt to raise a grade at the end of the term. The time to change the IN to a grade is determined between the student and the instructor. A grade of IN becomes an F ten days after the end of the examination period unless a form requesting an extension of time has been signed by the course instructor and approved by the PBPM Director. An approved grade of IN does not convert to F until four weeks after the end of the examination period. The faculty has adopted a policy that students, unless authorized by the dean’s office, must complete all course work before taking the final examination. Instructors are not authorized to extend the time for completion of course work without the dean’s approval[. Forms for securing extensions are available online](http://college.as.virginia.edu/sites/college.as.virginia.edu/files/NEWExtensionofTime.pdf).

**LEAVE OF ABSENCE & WITHDRAWALS**

Given the mandatory course sequences and the one-year limit to the program, it is impossible to take a one-semester leave of absence. Students who need to take a break from classes for any semester should look at the program’s withdrawal policies.

The following policies govern withdrawal from the PBPM Program as well as from individual courses.

**COURSE WITHDRAWAL -** With the instructor's permission, and following consultation and advisement from the director, students may seek to withdraw from a course with a grade of W at the midpoint of the course for a period of eight weeks from the term semester's (not the course's) first day of instruction. After this cutoff, students either must complete the course or, with the instructor's endorsement, submit a request for an incomplete. The PBPM director will consider a student's petition to withdraw from a course after the deadline because of compelling or highly unusual circumstances. Students who discontinue a course at any point without complying with the proper procedure may be subject to a failing grade.

**ENFORCED WITHDRAWAL -** The Dean of the School of Continuing and Professional Studies may compel a student to withdraw from the PBPM program for good cause. A student who is asked to withdraw from the program may petition the dean for readmission after one calendar year.

**MEDICAL WITHDRAWAL -** A student may withdraw from the PBPM program for reasons of health with the approval of the Dean of the School of Continuing and Professional Studies and program director. A notation of Medical Withdrawal will appear on the student's transcript.

**VOLUNTARY WITHDRAWAL -** A PBPM student who wishes to withdraw from the program must formally complete University requirements for withdrawal. The student is encouraged to meet first with the program advisors, and then with the PBPM director for an exit interview. The student will be required to fill out the appropriate paperwork and turn in the University identification card. Leaving the program without following the requisite process results in the student's receiving a grade of F in all courses that he or she fails to complete and may be billed for unused tuition. A student who withdraws from the University voluntarily has the notation "Withdrew [date]" recorded on his or her permanent academic record.

**REPEATING COURSES**

Previously taken science courses that are duplicated in the PBPM program core course requirements may be retaken if the course or sequence of courses was completed three years or more prior to entry into the program. Consultation with the program director or academic director to determine alternative courses is required.

**ACADEMIC SUPPORT**

**ACCOMMODATION FOR STUDENTS WITH DISABILITIES**

A student enrolled in the PBPM program must inform the University of the need for academic accommodation due to a qualifying disability. Requests for accommodation should be supported by appropriate documentation of the relevant disability filed with the Student Disability Access Center (SDAC). Upon the recommendation of the Student Disability Access Center, the College of Arts and Sciences and School of Continuing and Professional Studies provide appropriate accommodations for students with diagnosed disabilities. More information can be found on the SDAC website: <https://studenthealth.virginia.edu/sdac>.

**ACCURACY OF STUDENT RECORDS & OFFICIAL CORRESPONDENCE**

Students are responsible for the accuracy of their academic records. The Office of the University Registrar provides access to SIS, the student information system, via the Internet (www.virginia.edu). Students may access their grades and their unofficial transcripts by connecting to SIS. While not an official record, the Virginia Student Academic Audit (VISTAA) is a report designed to assist currently enrolled students and their advisors in the advising process. It is the student's responsibility to point out errors in the record. Changes to the transcript are permitted only during the current and immediate subsequent semesters. Once one semester has lapsed, a student’s record is considered permanent.

The College of Arts and Sciences, the School of Continuing and Professional Studies, and the PBPM Program send much of their official correspondence via e-mail. Students are expected to open and maintain an active UVa e-mail account and are held responsible for all materials sent via electronic mail. Students using non Virginia.edu mail accounts are responsible for forwarding correspondence to their account and are directed to the ITS Help Desk located in 235 Wilson Hall (434-924-4357) or to the ITS website: [https://virginia.service-now.com/its/?helpdesk](https://virginia.service-now.com/its/?helpdesk%20) for information and assistance.

## TUTORING

## Departmental academic support is available through course teaching assistants, faculty, and tutors. The PBPM program suggests that students address academic issues early with the faculty instructor, T.A., and/or Academic Director. The program does not hire tutors for individual students.

**STUDENT AFFAIRS AND SERVICES**

PBPM students maintain a special status in the University with all student privileges conveyed through the payment of the University comprehensive fees. These privileges include full access to intramural and recreation activities and facilities, University Parking and Transportation, electronic mail, the Information Technology Center, counseling and health services, and other non-curricular activities.

# ACADEMIC RESOURCES

## INDENTIFICATION CARDS (STUDENT I.D.)

Post-Bac Pre-Med students are University of Virginia studentseligible for a University ID card. Privileges associated with the card include student health services, recreation facilities use, and student athletic purchases. Your ID will be provided to you at Orientation. There is no fee charged for the initial ID card.

All ID cards are the property of the University of Virginia and are provided for appropriate use for identification and access to services. The card is not transferable and is valid as long as the holder continues his/her specific affiliation with the University of Virginia. Any misuse, alteration or fabrication of the card will subject the holder to disciplinary action by the University.

## EMAIL ACCOUNTS

If you have problems or questions, call the ITS helpdesk at (434) 924-4357.

Note: Your UVa account is used by the University to send official communications, and you are responsible for any messages that are sent to this account. You are required to check this e-mail account or have your e-mail forwarded to an account you do check regularly.

## PRINTING

## Public printers are available throughout Grounds but can primarily be found in most libraries. For a complete list of public printer locations, please see: <http://uvaprint.virginia.edu/public-printers/locations>

## [Printme.com](http://printme.com/home) allows documents to be emailed ([hoosprinting@printme.com](mailto:hoosprinting@printme.com)) or uploaded to its cloud and users can locate a public printer to securely print their document using a unique code or barcode.

## Printing is also available from Box, Dropbox, Google Drive, and USB. Students can also set up their laptops to print on a library printer by following these directions: <http://uvaprint.virginia.edu/laptop-printing>

## [Cavalier Advantage Cards](https://cavalieradvantage.virginia.edu/) are needed for all printing and copying. Black & White documents are $.08/copy and Color is $.60/copy).

## CAVALIER ADVANTAGE CARDS

## [Cavalier Advantage](https://cavalieradvantage.virginia.edu/) is an account on your student ID card. The account is activated once funds have been deposited with the University. Cavalier Advantage works as a declining balance account on your card; funds must be available in the account for its use. When purchases are made, the balance decreases; when it reaches a zero balance purchases will no longer be accepted. Cash cannot be withdrawn from the account, and there is no minimum balance to maintain.

## Although students are encouraged to put funds into an account associated with their active University ID, Cavalier Advantage Generic Cards are available for purchase for $5.00 at cash deposit machines located on Grounds.

## COLLAB

Most University of Virginia faculty use Collab to communicate with students about their course(s) throughout the semester as well as to foster collaboration amongst students. To receive course information via Collab, you must have an active UVa e-mail account.

You will use your computing ID and Netbadge password to access your Collab site at: <https://collab.its.virginia.edu/portal>

# HEALTH SERVICES & INSURANCE

## HEALTH INSURANCE

All University students are required to have health insurance before arriving on Grounds. If you do not have health insurance or are not covered by another person’s policy, UVa offers a student health insurance plan that may be beneficial to you. All Post-Bac Pre-Med students are eligible to enroll in this plan. Coverage under the plan begins in mid-August and continues for 12 months. To initiate coverage, you will need to fill out the appropriate application and pay the premium. Complete information and registration forms are available online at <https://www.studenthealth.virginia.edu/insurance>.

## IMMUNIZATIONS

To become a registered student at UVa, you must have all necessary immunizations updated. You will need to complete the “Pre-Entrance Health Form” (for Medical & Nursing Students) and have it signed by your family physician, indicating that you have received the following shots. These immunizations are required by law:

* Tetanus/diphtheria/pertussis booster
* Tetanus booster (if applicable)
* Measles, Mumps, Rubella (MMR)
* Rubella Antibody Titer
* Polio (Poliomyelitis)
* Hepatitis B vaccination series & serologic confirmation of immunity
* Meningococcal Vaccine *(for students under age 22)*
* Varicella (chicken pox)
* COVID-19 Vaccine
* Hepatitis A *(recommended)*
* HPV Vaccine *(recommended)*
* Meningococcal serogroup B vaccine *(recommended)*

If you need any of these immunizations updated once you arrive in Charlottesville, you can do so at the Charlottesville/Albemarle Health Department (1138 Rose Hill Drive), (434) 972-6269. If you have additional questions or concerns, contact the Department of Student Health at (434) 924-5362. For questions regarding the pre-entrance health form, you may also email the office of Medical Records at [sth-mr@virginia.edu](mailto:sth-mr@virginia.edu).

## STUDENT HEALTH SERVICES

A portion of the University registration fees you pay is automatically applied to student medical care and covers visits to Student Health clinics (general medicine, gynecology, and mental health) during the academic year. The clinics normally operate by appointment; however, staff will see patients with urgent problems on a walk-in basis. The University only covers costs for currently enrolled UVa students with a valid student I.D., which must be presented at the time of treatment. A student’s family members are not eligible for the services provided by the UVa Student Health Office.

Student Health fees pay for:

* All visits to Student Health
* Visits to the UVa Hospital Emergency Room for illness (not injury) when Student Health is not open

Also, the pharmacy at Student Health carries some common medications at reduced prices.

**Counseling & Psychological Services** (CAPS) is located at the Student Health Center, 400 Brandon Avenue.(two blocks from UVa Hospital on Jefferson Park Avenue between Monroe & Brandon Avenue).

Daytime Phone (Monday – Friday): 434-243-5150

After Hours and Weekend Crisis Assistance: 434-297-4261.

# UNIVERSITY SPORTS & RECREATION

All University facilities are free for use by students with a valid student I.D., which must be shown at the door. A student’s spouse may purchase a pass per semester from the Intramural/Recreational Sports Department (currently located in the Aquatic and Fitness Center, (434) 924-3791, adjacent to Scott Stadium, open Monday through Friday from 8:00 am to 5:30 pm). A spouse must present the pass and a picture I.D. when entering any University recreational facility. If you and your spouse have different last names, you must bring a marriage certificate or a copy of a tax return that was filed jointly in order for your spouse to obtain a pass for the semester. Also available are family cards, which allow children up to age 17 into recreational facilities for family programs and classes and during specified family hours at designated facilities.

All Post-Bac Pre-Med students, and spouses who have purchased a recreational pass, are eligible to register for fitness programs—such as aerobics and body conditioning classes, fitness equipment usage seminars, and fitness assessments—for an additional fee. Instructional classes are also offered in activities such as scuba, tennis, squash, racquetball, Tai Chi, yoga, swimming, and various youth sports.

Recreational sports equipment may be checked out from the equipment services area in each facility. A current recreational pass or valid student I.D. must be presented. The Outdoor Equipment Rental Center also provides a large inventory of outdoor equipment available for nominal fees, including tents, backpacks, sleeping bags, coolers, stoves, canoes, and accessories. Call the UVa Outdoor Equipment Rental Center at (434) 924-7700 for more information and prices. Outings and instructional workshops are available in all recreational facilities.

Handball, racquetball, and square courts can be reserved for one hour/one day in advance by phone or in person at Slaughter and North Grounds. Tennis court reservations can be made one day in advance in person or by calling the Memorial Gym Equipment Cage at (434) 924-6204. On Friday, reservations can be made for Saturday, Sunday, and Monday.

Any recreational cardholder or full-time student may bring in guests. Guest passes can be purchased at each facility for $5 per guest per day. Hosts are limited to two guests per visit. Guests must be at least 18 years of age and be accompanied by their host at all times. For a recording listing the hours of operation for all facilities, call the Recreational Hotline at (434) 924-PLAY. Hours vary by season.

For more information on University Sports and Recreation, including a complete listing of facilities, can be found at [www.virginia.edu/ims](http://www.virginia.edu/ims).

**ACADEMIC SUPPORT SERVICES**

## BOOKSTORE

The University Bookstore is the on-Grounds source for course textbooks (organized by department and course number on the second floor of the Bookstore). Student supplies, non-textbook publications, as well as UVA souvenirs are also available. The Bookstore is located above the Central Grounds Parking Garage adjacent to the Memorial Gym. You can find the University Bookstore on-line at [www.bookstore.virginia.edu/](http://www.bookstore.virginia.edu/) or by calling (434) **924-3721.**

## INCLEMENT WEATHER POLICY

If classes are cancelled due to inclement weather, announcements will be made on UVA’s snow cancellation phone line (924-SNOW) and on local radio stations. The Inclement Weather Policy states that if the academic University is closed, all day and evening classes are cancelled.

**Student Disability Access Center**

The primary purpose of the Student Disability Access Center (SDAC) is to promote the academic success of students with disabilities by providing equal access within the University community. SDAC also strives to promote accessibility for faculty, staff, family, friends, and invited guests of the University with disabilities. All students with disabilities may seek appropriate and reasonable accommodations for documented disabilities. If services are requested, students should contact the SDAC and submit appropriate documentation at least two weeks prior to a course start date. The SDAC is located in the Elson Student Health Center at the corner of Jefferson Park and Brandon Avenues and can be visited online at https://studenthealth.virginia.edu/sdac or by calling (434) 243-5180.

**LIBRARIES**

All University libraries are open to the community. Present your driver's license or other picture identification at the circulation desk of the library to establish a user number. To obtain library assistance online visit website [www.virginia.edu/lib.html](http://www.virginia.edu/lib.html). For assistance with VIRGO, the University’s computerized library system, call the Alderman Library Reference Department at (434) 924-3021. University on Grounds library locations include:

Your ID badge gives you special privileges to use the Claude Moore [Health Sciences Library](http://www.med.virginia.edu/hs-library/) which is a favorite study spot for PBPM students.

[Alderman](http://www.lib.virginia.edu/alderman/) Libraryis the largest University library. Alderman houses the humanities and social sciences collections and is the primary graduate research library.

[Camp Library of Darden Graduate School of Business](http://www.darden.virginia.edu/library/)serves as the business graduate research library. Its general book collection has approximately 100,000 volumes. The library subscribes to over 1000 periodicals and holds the annual reports of over 1,500 companies.

Clemons Library provides abundant study space and 24-hour access. The library is also heavily used for its core collection of basic, high-use materials, its extensive audiovisual collection and its digital media technologies.

The Charles L. Brown Science & Engineering Library, in Clark Hall, holds undergraduate-level materials in astronomy, biology, chemistry, math, physics, and psychology. The Brown Library has [reservable spaces](http://cal.lib.virginia.edu/) for collaborative study and teleconferencing. Brown also houses specialized research support — including [Research Liaisons](http://guides.lib.virginia.edu/profile.php?uid=114910) for the Sciences and Engineering and [Research Data Services](http://data.library.virginia.edu/), where you can find support for data analysis and statistical methods and the computational data sciences.

The Fiske Kimball [Fine Arts Library](http://www.lib.virginia.edu/fine-arts/index.html)the university community at large and supports the teaching and research initiatives of the School of Architecture, the McIntire Department of Art, and the Department of Drama.

[Law Libraries](http://www.law.virginia.edu/lawweb/lawweb2.nsf/pages/lev2calc?OpenDocument&Fr1=indexview/9Library&Fr2=/lawweb%5CLawWeb2.nsf/pages/LawIndex) require special access. Call the library administration at (434) 924-3384 for information.

[Music Library](http://www.lib.virginia.edu/MusicLib/index.html)(Old Cabell Hall) is a research library with the largest music collection in Virginia. It houses more than 100,000 monographs, scores, serials, sound recordings, and microfilms.

**BRIDGE YEAR CONSIDERATIONS**

NATIONAL PROGRAMS

**AmeriCorps:**

**AmeriCorps State and National (9-12 months)**

Provides funds to local and national organizations and agencies committed to using national service to address critical community needs in education, public safety, health and the environment. Members serve full- or part- time over a 9- to 12-month period.

**AmeriCorps National Civilian Community Corps (NCCC) (10 months)**

Full-time, team-based residential program for men and women age 18-24. Members live on one of five campuses, located in Denver, Colorado; Sacramento, California; Perry Point, Maryland; Vicksburg, MS; and Vinton, Iowa. Requires an intensive, 10-month commitment.

**AmeriCorps VISTA (1 year)**

National service program designed specifically to fight poverty. VISTA members commit to serve full-time for a year at a nonprofit organization or local government agency, working to fight illiteracy, improve health services, create businesses, strengthen community groups, and much more.

**City Year**

City Year Corps members serve full time as tutors and mentors in schools, running after-school programs, leading and developing youth leadership programs and vacation camps to make a difference in the lives of children and their communities. One year commitment.

**Health Corps**

HealthCorps®’ vision is to lead a nationwide movement toward a new generation of healthy young people. They aim to implement an innovative in-school model that inspires teens to make healthier choices for themselves and their families.

SCRIBING

**U.Va. Emergency Medicine Scribe Program**

Assist physicians by documenting patient medical records. Participants are trained in the classroom and the emergency department in order to document the history, physical exam, assessments, procedure notes, etc.

**Virginia Emergency Medicine Associates Scribe Program at Inova Fair Oaks Hospital**

Paid positions targeted at individuals interested in gaining experience in healthcare, more specifically with intent to pursue an MD, DO, PA or RN degrees.

**Scribe America:** [**https://www.scribeamerica.com/**](https://www.scribeamerica.com/)

As a central application service, you can apply to medical scribing positions in locations across the United States.

RESEARCH

**Post baccalaureate Intramural Research Training Award (Postbac IRTA/CRTA)**

Intended for recent college graduates who plan to apply to graduate or professional (medical/dental/pharmacy) school to spend one or two years performing full-time research.

**NIH Bioethics Post-Bac Fellowships (2 years):**[**https://bioethics.nih.gov/education/index.shtml**](https://bioethics.nih.gov/education/index.shtml)

Intended for recent college graduates who plan to apply to graduate or professional (medical/dental/pharmacy) school. Fellows conduct mentored theoretical and empirical research on a range of bioethical fields. For a typical fellow, this research yields multiple first-authored publications in premier academic journals. In addition to research and writing, fellows participate in weekly bioethics seminars, case conferences, ethics consultations, and IRB deliberations, and have access to multiple educational opportunities at NIH. Prior bioethics experience is not required or expected, but anyone with a strong interest is encouraged to apply.

**Massachusetts General Hospital Research Institute:** <https://www.massgeneral.org/research/careers/>

Search “Research” and other available positions at Massachusetts General Hospital in Boston area.

**Northwell Health Research Jobs:**<https://jobs.northwell.edu/research-jobs/>

Search available research positions in the Long Island/New York City region.

**Recent Graduate Research Opportunities through Oak Ridge Institute for Science & Education (ORISE):**<https://orise.orau.gov/stem/internships-fellowships-research-opportunities/recent-graduates.html>

Search available research opportunities within the federal government/agencies.