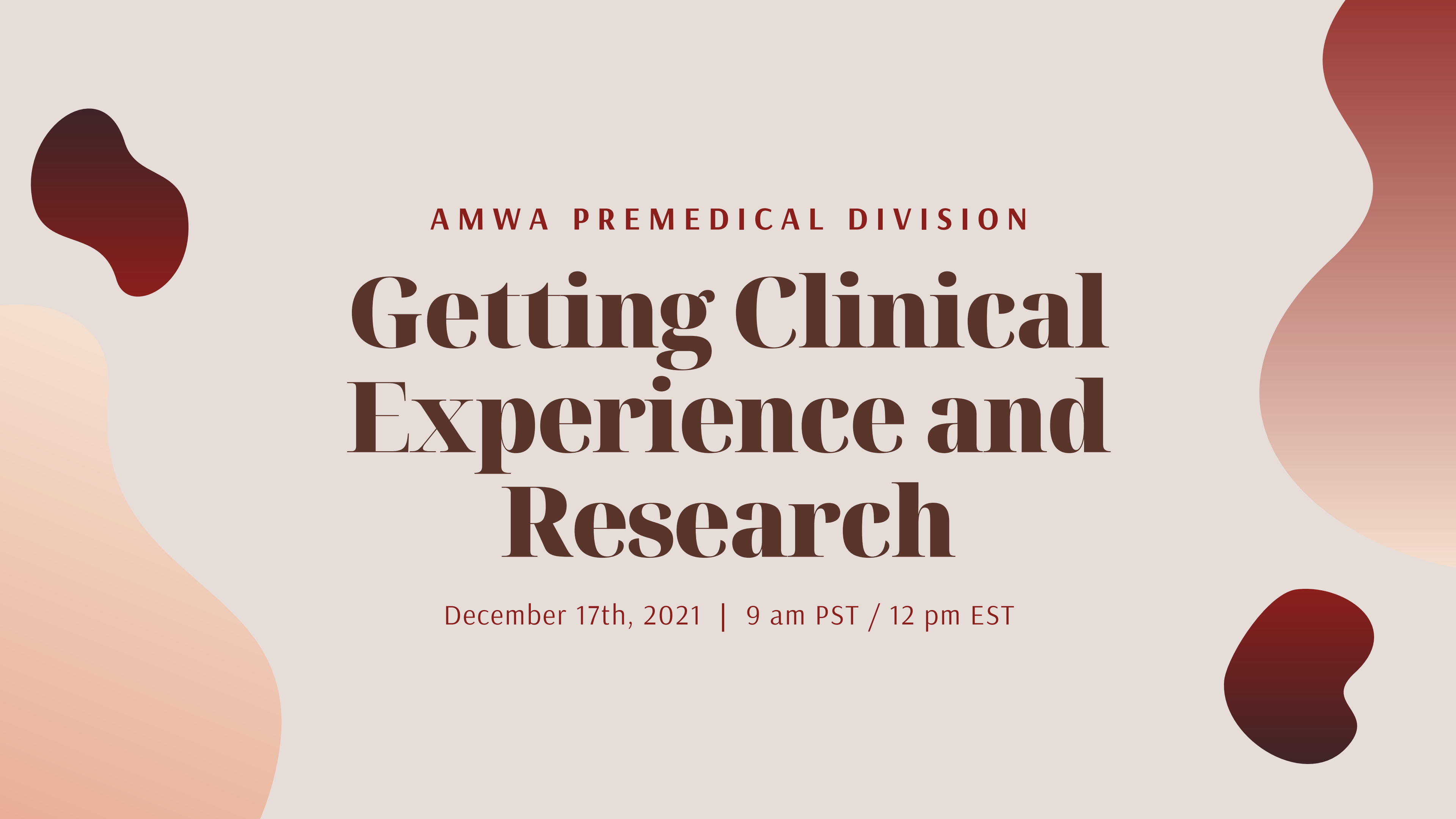
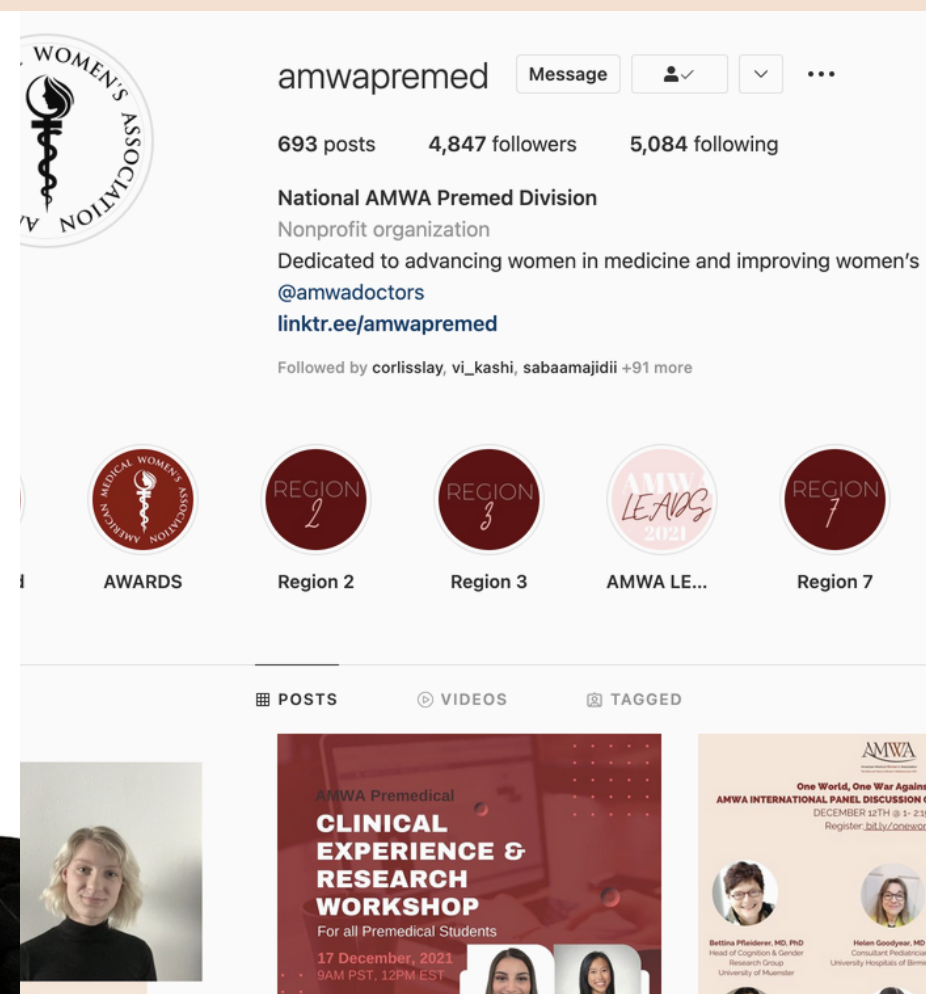




AMWA PREMEDICAL DIVISION

# Getting Clinical Experience and Research

December 17th, 2021 | 9 am PST / 12 pm EST



AMWA



## PREMEDICAL BROCHURE



LEARN ABOUT AMWA  
HISTORY  
ADVOCACY  
COMMITTEES  
BLOG  
MENTORSHIP  
LEADERSHIP  
AWARDS

*Our mission stands to advance women in  
medicine, advocate for equity, and ensure  
excellence in health care.*



# MEET AMWA PREMED!

Quick Introduction to AMWA before  
we get started!

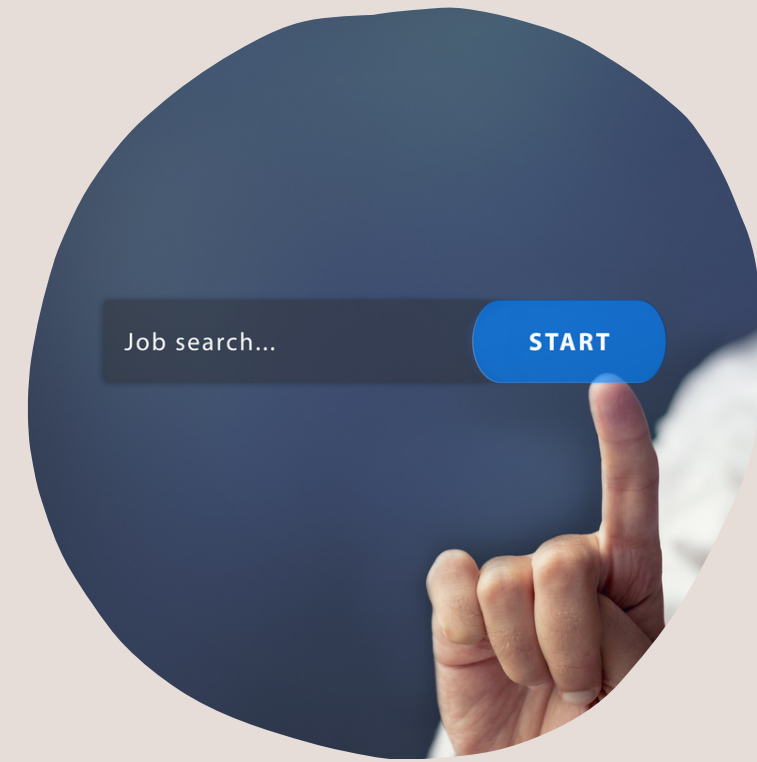
# Today's Workshop



COLD EMAILING  
AND  
COLD CALLING



ELEVATOR PITCHES



PLATFORMS TO  
FIND  
OPPORTUNITIES



# Cold Emailing

## WHAT IS AN COLD EMAILING?

A cold email is a means to start a conversation with someone you are interested in working with, learning more from, or to ask questions, without initially knowing them first hand before (either in-person or online).

## WHAT IS THE PURPOSE?

For premedical students, it is a great way to get research opportunities, job opportunities, find mentors, or ask any personal questions you may have.

## WHEN DO I USE IT?

Anytime! It could be after meeting a professor or a promising physician after a talk they give. Or it could be when you are trying to look for extracurricular opportunities and you found some options online. Or if you want to seek out a mentor.



# Cold Emailing Template

## INTRODUCTION

Quick sentence or two about who you are, how you know the person you are reaching out, what is the intention

## HOW YOU ARE QUALIFIED/ SPECIFIC INTEREST

A paragraph or two discussing your qualifications for a role and opportunity and what specifically about the role you are reaching out about interests you. No room to be vague here!

## CLOSING REMAKRS/ CV/ THANK YOU

Be sure to end the email warmly (and attach your CV and resume)! Be sure to include a line thanking them for their time and if they have any advice/help to give if they can't provide an opportunity.

Dear Dr. [REDACTED]

My name is [REDACTED] and I'm a rising sophomore undergraduate at [REDACTED] intending to major in [REDACTED] with minors in [REDACTED] and [REDACTED]. I would love to introduce myself and express my interest in working at your lab.

My very first exposure to molecular biology research was in the Summer of 2015 where I worked as a research intern at the Institute of Cytology and Genetics in [REDACTED] lab. I worked there by assisting in differentiating induced pluripotent stem cells and modifying genetically engineered plasmids under Prof. Sergei Medvedev. I was encouraged to delve deeper into the molecular world which is where I came across the CRISPR-Cas system of gene-editing tools. I was blown away by this concept on two fronts: the ethical and the scientific. I was completely mesmerized by the seemingly simple yet complex approach in transforming people's lives by deleting problematic genes that carry diseases. A curiosity to understand the full biochemical background of the gene-editing process and its societal implementation arose in me and it's continued to grow ever since.

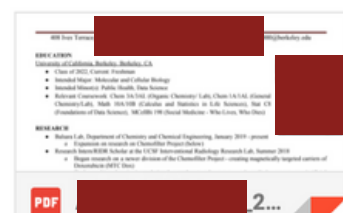
After my time in [REDACTED] although I pursued different research projects at [REDACTED] my fascination for the research never diminished. In fact, I was reminded of how deeply curious I was in this field of molecular medicine when I attend the [REDACTED] Undergraduate Research Conference as a poster presenter for research I pursued in the summer. One of the keynote speakers had talked about the delivery of CRISPR-Cas tools to diseased cells and its humble beginnings and still after years of knowing about this new technology, I was left open-mouthed about how powerful science is and how much good it can do - although not at all an easy task. After the speech, I bought a copy of your book [REDACTED] at a local bookstore and to this day, it has remained one of my favorite reads. I loved learning about the background and history as well as the complex molecular mechanisms that lie as foundation for this approach. [REDACTED] is one of my favorite chapters.

I would love to have an opportunity to work in your lab. I have attached below my CV and information about my prior research.

Thank you ahead of time!

Looking forward to hearing from you,

[REDACTED]





# **Breakout Rooms**

**Cold email drafting**

# Elevator Pitches?

## WHAT IS AN ELEVATOR PITCH?

A short description of your background and experience, where you are now, and what you are looking for.  
Should be short enough short enough to present during an elevator ride.

## WHAT IS THE PURPOSE?

Introduce yourself and your experience in a compelling way, as well as clearly communicating where you would like to go from here.

## WHEN DO I USE IT?

Introducing yourself while networking, during a job interview, in your LinkedIn profile, etc.

Your go-to answer for "tell me about yourself."

# Components of an Elevator Pitch

## LENGTH

30-60 seconds: short and sweet. Avoid talking too fast and focus only on what is essential.

## SKILLS AND EXPERIENCE

No need to share every single experience. Share what is most relevant to where you want to go from here.

## GOALS

Let them know what you are looking for.

## PRACTICE

Make sure it is clear and concise, avoid rambling, speak in a lively fashion, etc.

# Outline

Hi my name is *[name]*!

I am a *[year in school]* at *[school name]*, majoring in *[major]* and minoring in *[minor]*.

I currently *[work/volunteer/etc.]* as a *[position title]* at *[location]*, where I *[relevant roles and responsibilities that demonstrate experience/qualifications]*.

I am looking to *[what you are looking for in a new job/volunteering/research opportunity (your goals), why, and tie it to your interests]*.

*[connect what you have previously said about your experience, interests, and goals to why you would be a good fit for a position/job]*

# Example

Hi my name is *[name]*!

I am a *[year in school]* at *[school name]*, majoring in *[major]* and minoring in *[minor]*.

I currently work as a clinical research assistant at UCSF, where I collect survey data from pediatric study participants for one of our nutritional intervention studies.

I am looking to expand my clinical research experience by gaining experience with a different patient population. I have always been interested in women's health. For example, I have been really involved in HPV and cervical cancer prevention with the American Medical Women's Association.

This is why the position as a research assistant at your women's health research facility is so compelling to me. I would appreciate the opportunity to expand my clinical skills and grow as a scientist with the guidance of you and your team.

# Where can I find opportunities?

## UNIVERSITY-SPECIFIC PROGRAMS

## HANDSHAKE

Platform to for college students to find jobs / internships.

## NETWORKING

Use your connections to find opportunities

# University-Specific Programs

## EXAMPLE

URAP at UC Berkeley

## TIPS FOR APPLYING

- Connect with other students who are in the program and ask for advice on the application
- After choosing a few labs of interest and get to know them **well**
  - *read/skim 2-3 of their papers, so you have a good idea of what the lab studies*
  - *come up with questions to ask, if given the opportunity to interview.*



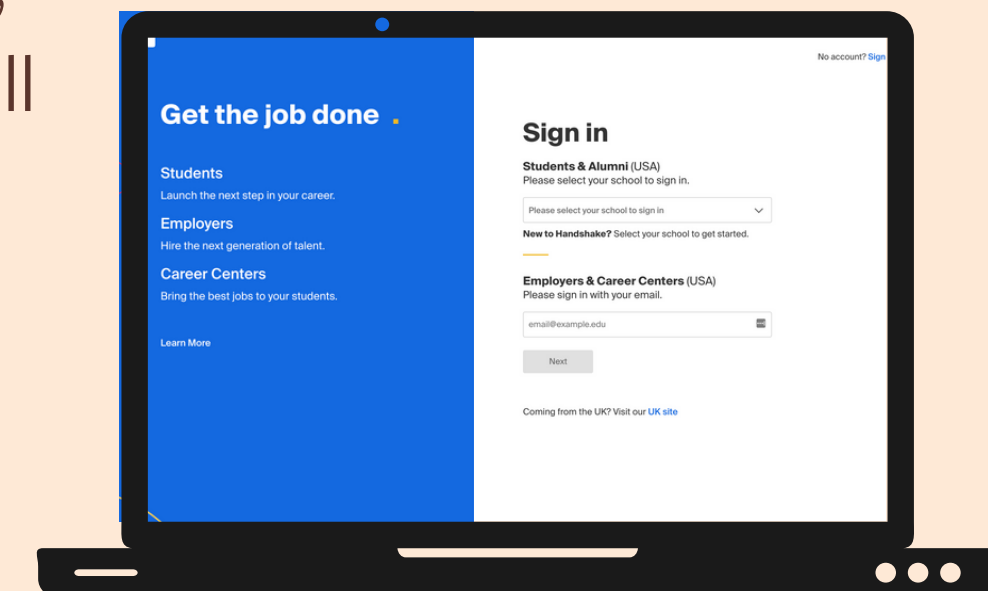


# Handshake

SPECIFICALLY FOR  
STUDENTS / ALUMNI

Your school may have a partnership with Handshake, which will allow you to use your school credentials to log in and start your job search!

Since employers know that Handshake is made for students, you are already narrowing your job search to the jobs that will consider students!



# Finding Opportunities on Handshake

## KNOW WHAT THE EMPLOYER WANTS

Handshake will show you what the employer is looking for in a candidate, and whether you meet those criteria.

E.g.: School Year, GPA, Major, etc.

Handshake will also display the job description – read that for more information on what they are looking for.

## FILTER BY WHAT YOU ARE LOOKING FOR

Use the filter option on Handshake to narrow down the opportunities:

- Full-Time Job, Part-Time Job, Internship, On-Campus Job, City/Location

## DEMONSTRATE YOUR SKILLS

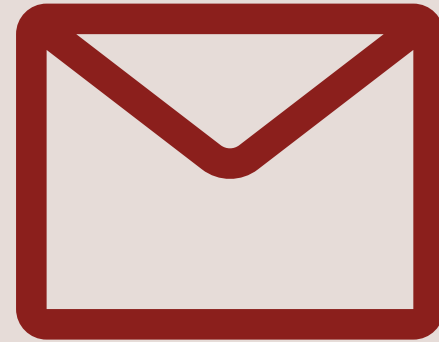
Upload relevant information to your profile that a potential employer may be interested in knowing. Handshake has areas where you can upload:

- Resume / Work and Volunteer Experience, Cover Letter, Transcripts, Relevant coursework, Relevant Skills

# Networking

Make use of your existing connections (friends, family members, professional contacts) to search for job/volunteer opportunities.

Ask people if they know of any open positions!



president@amwa-premed.org  
presidentelect@amwa-premed.org



@amwapremed  
@amwadoctors



<https://www.amwa-doc.org/pre-medical-students/announcements/>