



MSMP NEWSLETTER

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Recent Events

9/28/19: Mentor-Mentee Mixer
 10/19/19: Suturing Workshop
 11/23/19: Clinical Skills Workshop
 11/23/19: Phlebotomy Workshop
 (Outer Island)

Upcoming Events

(Dates are tentative)
 2/22/20: Anatomy Lab Tour
 3/21/20: Medical School
 Application & Mock Interview
 Workshop
 4/26/20: Community Service
 Event: Walk with a Future Doc

Happy Holidays from MSMP!

On behalf of the MSMP Executive Board, I would like to welcome you to the Medical Student Mentorship Program for the 2019-2020 academic year. The main goals of this newsletter are to give updates on MSMP events and to provide advice on the medical school application process.

We had an eventful and fun fall semester, including our annual mentor-mentee mixer, a suturing workshop, a clinical skills workshop, and a phlebotomy workshop (at UH Hilo). Thank you to all who attended, and we hope you all had an amazing experience! We have several more exciting events planned for the Spring semester, and we hope you can join us!

All of us at MSMP are eager to support you in your pre-medical journey, so please reach out to us if you have any questions or concerns. To UH students: congratulations on finishing final exams, and we hope you are enjoying your break!



Meet the 2019-2020 MSMP Board!



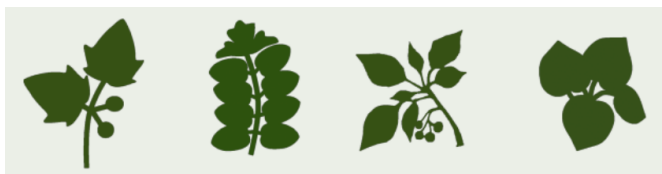
Faculty Advisor:

Dr. Ivy Nip Asano



Back row (left to right): Aiko, Ken, Darin, Andy, Cindy, Wes

Front row (left to right): Drew, Eryn, Sharon, Josh, Jenna, Eileen



Meet the Officers!

2nd Year Medical Students	1st Year Medical Students
<p style="text-align: center;">Aiko Murakami</p> <p>Roosevelt High School, 2014 UH Manoa, 2018 No gap years</p> <p>Email: aym@hawaii.edu</p>	<p style="text-align: center;">Drew Matsuura</p> <p>Iolani School, 2012 University of Washington, 2016 Gap Years: Scribe</p> <p>Email: drmatsu2@hawaii.edu</p>
<p style="text-align: center;">Ken Stridiron</p> <p>Kapolei High School, 2009 UH Manoa, 2013 Gap years: MPH, Imi Hoola</p> <p>Email: andrewk9@hawaii.edu</p>	<p style="text-align: center;">Eryn Nakashima</p> <p>Punahou School, 2013 Northeastern University, 2017 Gap Years: Scribe</p> <p>Email: eryn808@hawaii.edu</p>
<p style="text-align: center;">Darin Poei</p> <p>Iolani School, 2012 USC, 2016 Gap years: Scribe, tutoring</p> <p>Email: dpoei@hawaii.edu</p>	<p style="text-align: center;">Sharon Wong</p> <p>Kaiser High School, 2014 UH Manoa, 2018 Gap Year: Imi Hoola</p> <p>Email: sharonmw@hawaii.edu</p>
<p style="text-align: center;">Andy Hwang</p> <p>Maryknoll High School, 2012 UH Manoa, 2016 Gap years: Research, Teaching, Imi Hoola</p> <p>Email: hwanga69@hawaii.edu</p>	<p style="text-align: center;">Jenna Maligro</p> <p>Mililani High School, 2010 UH Manoa, 2014 Gap Years: Anesthesia Technician, Imi Hoola</p> <p>Email: jmaligro@hawaii.edu</p>
<p style="text-align: center;">Cindy Vuong</p> <p>Mid Pacific Institute, 2014 UH Manoa, 2018 No gap years</p> <p>Email: cvuong65@hawaii.edu</p>	<p style="text-align: center;">Josh Mostales</p> <p>Westview High School (Oregon), 2015 University of Oregon, 2019 No gap years</p> <p>Email: mostales@hawaii.edu</p>
<p style="text-align: center;">Wes McCue</p> <p>Cody High School (Wyoming), 2010 Montana State University, 2015 Gap Years: Research, professional river guide & athlete</p> <p>Email: wmccue@hawaii.edu</p>	<p style="text-align: center;">Eileen Chen</p> <p>Iolani School, 2015 UH Manoa, 2019 No gap years</p> <p>Email: esrchen@hawaii.edu</p>

Talking To Your Mentor!

I hope by now you all have successfully made contact with your mentor and have been making the most out of your mentor-mentee connection! We are all excited to provide you with as much information and support for you throughout your medical school journey. There is no single “best” path into medical school — each mentor has a unique story and different experiences — so be sure to learn from your mentor’s experiences.



I remember when I was applying for medical school, and looking back, one of my challenges was that I did not take advantage of resources to assist me in applying. I wish that I had a medical student mentor who could answer my questions about medical school and the application process in general. Luckily, you do! MSMP mentors are medical students at the John A. Burns School of Medicine who volunteered with a commitment to provide you with insights and tips from a medical student’s perspective. Don’t be shy — please reach out and we will help you the best that we can!

If you need some help on what to ask or talk about here are some suggestions:

General Topics	Early undergrad/ Pre-MCAT	Planning to apply in the next 1-2 years	Currently in the application cycle
<ul style="list-style-type: none"> - What is JABSOM like (pros/cons)? - What was your journey to medical school? - Thoughts on taking a gap year - Specialties? - What would you have done differently in applying? - What was the most beneficial thing you did to prepare for med school? 	<ul style="list-style-type: none"> - Choosing a major - What extracurriculars should I get involved in? - Is medicine right for me? - Balancing school with volunteering/work - Pre-requisite courses 	<ul style="list-style-type: none"> - MCAT study resources (self-study vs prep course) - Study strategies and scheduling - Time management - MCAT target scores - Time commitment to study/prep for the MCAT - Letters of recommendation 	<ul style="list-style-type: none"> - Anything regarding the AMCAS application - Personal statement - Secondaries - Interviews - Financial aspect of the application - MD vs. DO - Choosing medical schools - Re-applying & what to do for a gap year

Fall MSMP Events

Mentor & Mentee Mixer (9/28/19): MSMP mentors and mentees met prospective matches at our annual mixer and lunch at JABSOM. Mentees also had a JABSOM tour, exploring our classrooms, medical education building, and courtyard.

Suturing Workshop (10/19/19): Mentees learned 3 basic suturing techniques from the amazing Dr. Cedric Lorenzo (General Surgery/ Minimally Invasive Surgery). They honed their suturing skills on pig's feet under supervision of Dr. Lorenzo and medical students (pics on the right). We were fortunate to also have a Medtronic representative showcase state-of-the-art electrocauterization instruments! A big THANK YOU to Dr. Lorenzo and Medtronic for your time!

Clinical Skills Workshop: History Taking and Vital Signs (11/23/19): Mentees learned how to obtain a complete history and record vitals (including manual blood pressure readings) from the great Dr. Damon Sakai (JABSOM OME director). Then they practiced their medical interviewing and vital sign skills on each other! A big THANK YOU to Dr. Sakai for your time!

Phlebotomy Workshop at UH Hilo (11/23/19): Eryn coordinated and ran a Phlebotomy workshop at UH Hilo, where students were able to practice their blood-drawing skills on manikin arms! (Some pics are below). Thanks Eryn!



Upcoming MSMP Events

Anatomy Lab Tour (Tentative date: 2/22/20):

We are planning to host a tour of our anatomy lab to provide pre-medical students with a rare first-hand opportunity to experience an anatomy lab. We will also raise awareness about the Will'd Body Program, and demonstrate how we serve as role models in showing respect and gratitude for the donors and their families and how their sacrifices help advance our medical education. We have been providing this tour for several years, and many mentees have noted that this is one of the most memorable and valuable experiences that MSMP provides!



AMCAS Application and Mock Interview Workshop (Tentative date: 3/21/20):



The medical school application process is lengthy and stressful. The goal of this application and interview workshop is to assist students by familiarizing themselves with the many requirements and aspects of the application, which also includes tips on writing their personal statement and secondary applications. We also will provide the opportunity for mentees to practice their

interviewing skills with mock interviews so we can provide them constructive feedback and advice on this important part of the medical school application!

Community Service Event: Walk With a Future Doc (Tentative date: 4/26/20): We are excited to partner with Walk With a Future Doc (WWAFD), which is another student-run organization at JABSOM! Each 4th Sunday of the month, WWAFD brings together medical students, JABSOM faculty, Next-Step shelter residents, and friends and family members to walk around Kaka'ako Waterfront Park. Our goal will be to join WWAFD on their monthly walk and to support them with community service and healthy lifestyle aspects. This will be a great event for mentees to join other members of the JABSOM community and get exercise and serve the community!



For those NOT applying in the next year

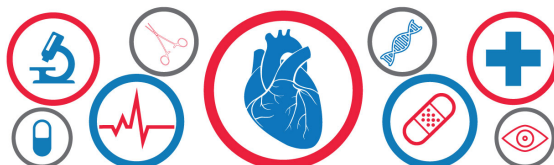
Focus on:

- **Performing well in classes.** The main thing you should focus on is having a good GPA, which is one of the most important aspects of your application. That being said, don't get discouraged if you receive a grade that was not up to your expectations. Keep working hard — medical schools like to see a positive trend of GPA improvement throughout college — so don't let one bad grade discourage you from your medical school dreams!
- **Choosing a major that is right for YOU.** Find a major that you are passionate about, not necessary whatever will help you complete required med school courses. It will be easier to do well in classes that you find interesting! Each JABSOM class has a wide range of majors. There is no single best major to get into medical school.
- **Learning about medical school requirements.** Begin looking at specific medical school course requirements. Each medical school has different course pre-requisites, so take a look at their school website or purchase a MSAR subscription via the AAMC website. [MSAR](#) has the course requirements of every medical school in one location.
- **Making sure that medicine is right for you.** Medicine is a long journey and you can use shadowing experiences to learn more about medicine.
- **Participating in extracurricular activities.** Get involved! Whether it is a health-related school organization, volunteering, research, or work, medical schools will want to see that you are well-rounded and have long-term commitments in extracurricular activities that you are passionate about besides just academics.
- **Getting to know your professors and pre-med counselors.** They may write you letters of recommendation in the near future!



Too early to stress about:

- **MCAT studying.** Focus on doing well in your classes
- **AMCAS Applications.** Don't worry about completing this until you decide to apply.



For those planning to apply for the upcoming cycle

You have most, if not all, of your pre-requisite courses completed. You are committed to applying to medical school and are ready to take the MCAT. Now what?

- **Consider if you are actually ready to apply.** Don't apply until you feel ready to do so. Don't be afraid to take a gap year (or 2). Make sure that you have a well-rounded application with solid GPA, MCAT, extracurriculars (ie. research, clinical experiences, shadowing, community service, etc).
- **Identify when you want to apply.** There is only one application cycle each year that opens in May-June. Majority of medical schools have rolling admissions, meaning that they review applications as they receive them (and in turn, offer interviews and acceptances). Thus, it is advantageous for you to apply as early in the cycle as you can.
- **Decide and plan when to take the MCAT.** This is a major time commitment, and the amount of study commitment required varies by person. Consider how much time you can commit to study and allow yourself enough time to do give your best effort — Don't rush it!
- **MCAT studying.** Consider how you study best. Self-study with prep books vs attending prep courses? Take as many practice (full-length) tests and do as many practice passages and questions as you can! This will help you build stamina and get an idea of the types of passages/questions they ask, in addition to assessing areas for improvement.
- **Decide on which schools to apply to.** Check out MSAR (link on previous page), which also has school-specific information on average applicant GPA, MCAT score ranges, in-state vs out-of-state acceptance rates, letters of recommendation requirements, and much more. I highly recommend reviewing MSAR as you apply to see how well you stack up against historical applicant trends. Another aspect to consider is balancing the financial burden of applying to many schools (each additional school application costs \$\$\$) with applying to enough schools to give yourself better odds of getting accepted to a school.
- **Think about who you will ask for letters of recommendation.** It is more important to get a quality letter of recommendation (LOR) than many average ones. Be sure to ask "Will you be willing to write me a strong letter of recommendation for medical school?" Also be sure to fulfill the LOR requirements of the schools that you are applying to (each school is different)



A PART-TIME JOB OPPORTUNITY!

Health Manager/Medical Assistant Position for the office of Stephen K. Buto, M.D.

Job Description: We are currently seeking a positive, highly motivated individual to fill the important position of Health Manager/Medical Assistant in our office. One part time (Mon/Tue/Thur/Fri) position is available (24-28 hours/week). If selected, you will assist the MD in patient care with the following responsibilities:

1. Patient intake and outtake: Taking vital signs, working with patients to schedule their procedures, patient education about preparation for their procedures, scheduling appointments.
2. Administrative Duties: Fax and phone handling and facilitating communications between our office and the offices of our patients' primary care physicians and between our office and the centers/hospitals where our patients undergo procedures. At times, coordination with our billing service may be needed.
3. Case Management: Arranging for the return of patients who are due for health screenings and for surveillance of high-risk health conditions. This includes updating the database of each returning patient.
4. Data Management: We use electronic medical records, but are also converting paper charts into the EMR format.
5. Population Health Management: Participating in projects to improve the well-being of our entire patient base.

Qualifications: Applicants should have an interest in medicine, possess strong computer skills and excellent verbal and written communication skills, and have a dedication to customer service and a willingness to work in a fast paced, deadline-driven environment. A college degree is required.

Who We Are: A Honolulu physician who is a medical subspecialist and who performs medical procedures at four different centers. Our office is seeking a new addition to help us achieve our goals of personalized, high-quality subspecialty care for our patients. We strive to work closely with the primary care physicians who refer to us and with medical subspecialists of other disciplines (hospitalists, anesthesiologists, surgeons, pathologists, radiologists).

To Apply, Please Provide: A cover letter detailing your interest in this position and a CV/resume to: stephenbuto@gmail.com.

A FULL-TIME JOB OPPORTUNITY!

Manakai o Malama – Pre-Health Professions Fellowship

Hours: Full time, year commitment (40 hrs/week)

Location: 932 Ward Ave #600, Honolulu, HI 96814

Manakai O Malama is Hawaii's largest integrative medical clinic in Hawaii, offering a range of medical and rehabilitative services. The Pre-Health Professions Fellowship offers an opportunity to gain meaningful clinical experience working directly with a variety of providers in a medical clinic setting. As a Pre-Health Professions fellow you will be responsible for front office clinic operations, including pre-visit planning, appointment check in, scheduling, coordination of outside referrals, and other administrative duties. Gain valuable knowledge of the EPIC EMR system, medical terminology, insurance, and clinic operations. You will also have the opportunity for clinical observation of our various providers, provider led seminars on relevant topics in healthcare, and clinical skills instruction. Competitive pay, equal opportunity employer. **Please feel free to contact Taylor at taylor@manakaionalama.com**

Thanks,
Taylor Cabral
Patient Liaison

Manakai O Malama
Integrative Healthcare Group & Rehabilitation Center
932 Ward Ave., Ste. 600, Honolulu, HI 96814-2193
P: (808) 535-5555 F: (808) 535-5556
www.manakaionalama.com

Pre-Med Resource List with Links

[UH Manoa Pre-Health Advising Center \(PAC\)](#)

- Contains an abundance of information and resources regarding medical school: prerequisite courses, advising, volunteering and shadowing opportunities, research opportunities, pre-med programs, MCAT prep advice, and much more.

[AHEC Health Career Navigator](#)

- A great comprehensive guide for pre-healthcare students. There are two versions — this guide helps you to plan your future in healthcare so be sure to check it out!

[AAMC MSAR](#)

- Medical school admission requirements all in one place. Provides information on school-specific applicant average GPA & MCAT, letters of recommendation, course requirements, and much more. You need to purchase an annual subscription, but you should also be able to access the site for free on the PAC computers.

[AAMC MCAT](#)

- Where to register for the MCAT along with FAQs

[JABSOM Admissions Website](#)

- Check out JABSOM's admission requirements!

[Imi Hoola Post-baccalaureate Program](#)

- Imi Hoola is program within the Department of Native Hawaiian Health that accepts up to 12 students each year from economic, social, and/or educational disadvantaged backgrounds, who demonstrate a commitment to practice in underserved communities. Completion of the 12-month program results in entrance into JABSOM as 1st year medical students.

[AHEC Pre-Health Career Corps](#)

- PHCC is an organization that provides access to an abundance of resources and involvement opportunities!

[MSMP Website](#)

- Check out our website!



Friendly Reminders

- If you are unable to contact your mentor despite multiple attempts or have any other problems or conflicts, please let us know at msmp.jabsom@gmail.com
- Completed contracts and dues are required to attend events
- If you have to cancel a RSVP, please do so ASAP so that we can coordinate the appropriate amount of food to provide and also out of courtesy for your fellow mentees so that we can open up a spot for someone else to attend our events