



MSMP

MEDICAL STUDENT MENTORSHIP PROGRAM

JANUARY 2021



**HAPPY NEW
YEAR FROM
YOUR MSMP
BOARD!**

WHAT'S INSIDE

Hello from MSMP - 1

Meet the Board - 2

Fall Event Recap - 3

Upcoming Events - 4

Talking to your Mentor - 5

Q&A with the Board - 6

Friendly Reminders - 11

Pre-Med Resources - 12

Aloha Mentees!

How are you? We hope the answer is awesome, and that your new year is off to a strong start!

Our MSMP board and mentors have loved getting to know you this past fall. Thank you for attending our events, for your enthusiasm, and for your passion to pursue medicine. You make this mentorship program so rewarding and fun!

This edition of the newsletter will tell you a little more about the people behind this program, recap on previous events, and get excited for what's to come. It will also serve as a check in with you and offer you some advice about your pre-medical journey and chatting with your mentor.

We all understand that stress of pre-med. We may not have the magic equation for what opens the doors to medical school. What we do have is personal experience, things that worked, a whole lot of "what not-to-dos." We love cheering you on in your dreams to become physicians. If you have questions, don't hesitate to email us at msmp.jabsom@gmail.com or check out our website. Cheers!

Click me



MSMP WEBSITE

MEET THE BOARD

FIRST YEARS

SHIRLEY CHENG

shirley3@hawaii.edu
McKinley High School, 2011
Santa Monica College, 2013
UCLA, 2015

PEGGY SU

peggy-su@hawaii.edu
Moanalua High School, 2009
UH Manoa, 2014

KELLIE GOYA

kellieng@hawaii.edu
Kalani High School, 2015
UH Manoa, 2019

ANNA GRAGAS

agragas@hawaii.edu
King Kekaulike High School, 2013
Chapman University, 2016

ERICA SHIN

ericays@hawaii.edu
Kalani High School 2014
UH Manoa 2018

SAM ZURO

szuro@hawaii.edu
East High School (Utah, 2014)
BYU-Hawaii, 2018

SECOND YEARS

EILEEN CHEN

esrchen@hawaii.edu
Iolani School, 2015
UH Manoa, 2019

JOSH MOSTALES

emostales@hawaii.edu
Westview High School
(Oregon), 2015
University of Oregon, 2019

DREW MATSUURA

drmatsu2@hawaii.edu
Iolani School, 2012
University of Washington, 2016

ERYN NAKASHIMA

eryn808@hawaii.edu
Punahou School, 2013
Northeastern University, 2017

JENNA MALIGRO

jmaligro@hawaii.edu
Mililani High School, 2010
UH Manoa, 2014

SHARON WONG

sharonmw@hawaii.edu
Kaiser High School, 2014
UH Manoa, 2018



DR. IVY NIP ASANO

Faculty Advisor



Pictured left to right:

Back Row: Eileen, Jenna, Drew, Josh, Eryn, Sharon
Front row: Peggy, Erica, Sam, Shirley, Kellie

RECENT EVENTS

MADE POSSIBLE BY **zoom**



VIRTUAL MIXER

September

We kicked off fall with our opening MSMP mixer (virtually this year, what's new) The event featured an introduction to MSMP, breakout rooms with games for mentors and mentees to get to know one another, and a Q&A session. We also had the chance to hear from Dr. Asano, JABSOM's director of admissions, regarding application updates, Thank you, Dr Asano for your time and words of advice!



AMCAS APPLICATION & INTERVIEW WORKSHOP

October

We hosted a virtual workshop on applying to medical school followed by mock interviews with medical students. We hope it was helpful for mentees to review the logistics and timeline of applying, and to practice your interviewing skills before the real deal! Thank you to our fellow medical students who volunteered their time to assist with mock interviews and provide feedback to the mentees.

"I wanted to thank you for making me feel so comfortable. I could only hope to have an interviewer like you during the real thing!" - A grateful mentee



SPECIALTIES SEMINAR

November

It was a blast being able to showcase an amazing panel of community physicians, who sat down with students via breakout rooms to share their "why" and personal experiences throughout medicine.

"Realizing that so many physicians are so eager to share their experiences and advice with the pre-medical students was very reassuring and such a great thing to witness! Definitely demonstrates that the physicians of our community are genuinely interested in providing support to students."

Thank you for supporting and encouraging the upcoming generations of doctors!



NEIGHBOR ISLAND/PACIFIC ISLAND PANEL

January

Our latest event was a Q&A session specifically for mentees from the neighboring/pacific islands. Thank you to our outer island mentors for sharing your personal experiences of how you overcame the hurdles of fewer resources and opportunities.

UPCOMING SPRING EVENTS



FEB *Medical Interviewing & Clinical Skills Workshop*

MAR *Application/Personal Statement Writing Workshop (tentative)*



APR *PBL Demonstration*

MAY *Neighbor Island/Pacific Island Panel*



JABSOM JOURNEYS PODCAST



WHY A PODCAST YOU ASK?

- To offer you an additional resource, whether you are applying to medical school now, or just embarking on your pre-med path.
- Convenience! You can listen to podcasts on the go.
- To expand on pre-med topics not covered in workshops/websites
- To provide sneak peeks into the JABSOM curriculum and our personal experiences in applying to JABSOM.

We are excited to announce a project that has been in the making for some time now...a pre-med podcast! Led by Shirley Cheng, the podcast features interviews with our very own JABSOM students talking story about their journeys in pre-med to JABSOM. The best part: it's recent and relevant experience. Not advice from a 2005 forum on Student Doctor Network.

Our first podcast has a tentative release date of 1/25/2021. New episodes will be posted monthly. Stay tuned!

TALKING TO YOUR MENTOR

Apart from the events, a large part of the Medical Student Mentorship Program is to, well, 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! Please know that all of the students who signed up to mentor WANT to help you, answer your questions, and ease your pre-med angst. We were in your shoes once (can't say that we miss it). Many of us participated in the MSMP program as pre-meds and found it to be an invaluable resource. Others didn't know about the program and wish they had!

There is no single "best" path into medical school – each mentor has a unique story and different experiences. Our suggestion is that you take advantage of this program to learn as much as you can and pick your mentors' brains! No matter where you are in the journey, keep persevering. Don't be afraid to ask questions and reach out if you need help.



Not sure what to talk to your mentor about?
Feeling intimidated by this whole pre-med thing?
Here are some questions and ideas for you to get the ball rolling!

GENERAL TOPICS	EARLY UNDERGRAD	PLANNING TO APPLY IN 1-2 YEARS	CURRENTLY APPLYING
<ul style="list-style-type: none"> • What is JABSOM like? Pros/cons? • What was your journey to medical school? Triumphs? Sighs? • Why do you want to go into medicine? • Thoughts on taking a gap year? • What was the most beneficial thing you did to prepare for medical school? • What would you have done differently if you were to apply again? 	<ul style="list-style-type: none"> • Choosing a major • Pre-requisite courses • Is medicine right for me? • Help with timeline and logistics for applying to school • What extracurriculars should I get involved in? • What did you do to gain clinical experience while in undergrad? • Balancing school with volunteering and work 	<ul style="list-style-type: none"> • MCAT study resources (self study vs prep course) • Study strategies and scheduling • MCAT target scores • Time commitment to prep for MCAT • When is the ideal time to take the MCAT • Retakes • Not feeling ready • Letters of recommendation • MD? DO? 	<ul style="list-style-type: none"> • Any aspect of the 15-some page long AMCAS application • Personal statement help • Secondary applications • Interview (what to do vs what not to do) • Financial aspect of the application • Choosing medical schools • Re-applying and what to do for a gap year

Pre-med culture can be tough. At times, it can make you feel like you're not qualified to apply. You may be asking yourself things like...

Why are these "weed out" classes so hard?

Am I cut out for this?

How can I stand out in the sea of equally qualified candidates?

Am I on the right track?

For this reason, we decided to put together a little panel of questions for you.

Q&A WITH THE BOARD

Hint: The colors of our names correspond to the colors of answers

Disclaimer: The following responses are not officially affiliated with JABSOM Office of Admissions. This is just us sharing our thoughts on different aspects of applying to medical school.



SHIRLEY CHENG

Secretary



KELLIE GOYA

Oahu Community Outreach



ANNA GRAGAS

Neighbor Island Community Outreach



ERICA SHIN

Media Coordinator



PEGGY SU

Treasurer



SAM ZURO

Newsletter

WHAT WAS YOUR MAJOR? MINOR?

Microbiology, Immunology, and Molecular Genetics (this was considered one major lol)

Molecular and Cell Biology

Health Science with an emphasis in Physical Therapy, Minor in Kinesiology

Molecular and Cell Biology

Microbiology with minor in business administration (2014), and MPH

Biology (Biomedical emphasis), Minors in Chemistry and Spanish

DID YOU TAKE A GAP YEAR? IF SO, WHAT DID YOU DO DURING THIS TIME?

I took 5 gap years! First 3 years: Stayed in Los Angeles and founded a student organization in partnership with UCLA Health, the Medical Aid Initiative, that strives to reduce medical waste by redirecting excess supplies to global health organizations (website: <https://www.maiatucla.org>). Concurrently, I was working full-time as a research lab assistant at Cedars Sinai Medical Center doing translational cancer research. Last 2 years, I moved back to Oahu and got a job as a phlebotomist and did that for about half a year and then became a full-time clinical research associate at UH Cancer Center enrolling patients and managing a couple of breast cancer studies.

1 gap year, scribing

Took 4! Had some fun, worked as a scribe in the ED, medical assistant at a pain clinic, waitress, volunteered, shadowed, took the MCAT, finished pre-requisites at the community college and online.

Yes. Mainly scribed at Queen's ER, volunteered and studied for the MCAT

Yes, I took two gap years. One year after undergrad and one after I graduated with my master's degree. I worked, volunteered, and did some research. The year before I was accepted into medical school, I took my MCAT and got my medical school applications ready.

Yes! I took 1 gap year after graduating! I finished up some research from college, studied for my MCAT, and worked at Adventist Health Castle for the Live Well Tobacco Free Program. Also, spent the rest of my time filling up my fun meter before starting school! Highly recommend a gap year.

WOULD YOU HAVE DONE ANYTHING DIFFERENTLY REGARDING THE APPLICATION PROCESS IF YOU COULD DO IT AGAIN? IS THERE ANYTHING THAT WORKED WELL FOR YOU THAT YOU WOULD RECOMMEND TO OTHERS?

If I could redo the whole process again, I would have tried to apply when I was absolutely ready. Meaning, not applying just to see if I could get in and see where it takes me.

-Studied harder to get a higher MCAT score. Now not every school relies heavily on this factor of your application and there are other aspects of your app that help a school select students BUT it helps A TON to make you a more competitive applicant.

-Joined more clubs that were not medically related and that interested me (ie cultural groups, music groups, etc)

-Applied earlier. Your first application is due on the first day in June I believe. Although it is not bad at all to apply within two weeks of the date, it is more important to "pre-write" your secondaries and submit them within a week of receiving secondaries.

What worked: gain clinical experience! Whether it was working as a phlebotomist, in a doctor's office, etc. It helps you think clinically as you solve cases in medical school and definitely helped when me write a personal statement and during my interviews.

Maybe would have applied to more schools? Although I think if that were to happen, I would have waited until the next application cycle to be able to apply early since so many schools do rolling admission. I'd say start on all your essays early! Keep a journal or notes on all the activities you do and how they impacted you (and possible reaffirmed your desire to go into medicine) so you can provide great stories when the time comes. I spent the summer after graduation studying for the MCAT and for me that was perfect because I didn't have to worry about school and it was dedicated time I could spend to prepare.

Ideally I would have liked to embark on this journey a little sooner so that I could be out of residency at a younger age, but everything happens for a reason. :) I think I probably would have prepared for the MCAT more rigorously. I also would have tried to save a lot more money during my gap years since I was living at home during that time. I always recommend scribing in the ED to pre-medical students. I think being in the emergency department specifically is so special and educational. They will get exposure to so many different types of cases and problems, and hopefully can form meaningful relationships with the docs they scribe for.

Although I applied early, I procrastinated on sending out my secondary essays which delayed the application process for certain schools. I highly suggest submitting the application on the first day!

Yes, I would have started my personal statement a little bit earlier. I went through many drafts before I was satisfied with the final version. Additionally, I would recommend looking up the secondaries to the schools you are thinking of applying to and drafting up essays. The volume of secondary essays to complete became overwhelming because a lot of them came around the same time. Getting them done early will help reduce this stress.

I would have worked on my secondaries sooner! I remember. There is a month in between submitting your primary and receiving secondaries, during which I took a month vacation to mainland to visit my family. Then come July, the wave of secondaries hit and I regretted doing nothing during that month! Something that worked for me was having a couple of my mentors read my personal statement and offer feedback. I highly recommend recruiting some people to peer review your writing before submitting.

DO YOU HAVE ANY TIPS FOR MAINTAINING WELLNESS DURING PRE-MED OR MEDICAL SCHOOL? WHAT DO YOU DO TO RECHARGE AND PREVENT BURNOUT?

Working out (I attend Orange Theory Classes and it definitely helps me during difficult times)
Being outside (hiking, going to the beach, taking my dogs for walks). Have a few close friends that you can talk to (talk out my stress, complain together, eat and drink together, having fun!)

I still struggle with this now, but make sure to schedule in breaks that force you to either go outside and get moving. Going for a run, doing a quick youtube workout, or playing outside with friends can do wonders in giving you the energy to keep going. One of the first things we were taught in med school is to take care of your goose and sharpen your saw, which is so true -- if you don't take care of yourself how can you expect that brain of yours to be effective. Make sure you take short breaks throughout so you don't burn out. This is a marathon, not a sprint!

I try to set aside at least an hour a day for some sort of physical activity to get my mind off of school business for a bit and reset. I also make sure that I eat lunch and dinner even if I feel like I don't have time to cook or make something. I try to keep in contact with friends back home to keep myself grounded and not completely be immersed in only "med school life."

Very much so. Medical school requires a lot more independent learning so I have learned to become much more disciplined. I also felt that I'm doing much more group studying than self studying which I previously did in undergrad.

Looking back, I realized that taking breaks is absolutely needed. I didn't realize I was burnt out until it hit me really hard and it took quite a bit of time to get back on track. It is important for me to find time to schedule in time to spend with my friends and family.

Determine your non-negotiables for keeping your wellness up and commit. For me, it's working out and making time to eat healthy-ish food (my brain doesn't function well on Cheez Its and ramen). The difficult part about medical school for me is learning how to take a break without guilt. There is always the voice in the back of your head saying, "You should be studying." Fortunately, I had a mentor when I first started medical school that told me to do one thing for myself every day WITHOUT guilt. This is a long haul. Yes, it requires sacrifice, but it doesn't mean you have to abandon all self-care! If you take time recharge, you will be much better in the long run.

HAVE YOUR STUDY HABITS CHANGED FROM UNDERGRAD TO MEDICAL SCHOOL? WHAT IS SOMETHING YOU WISH YOU KNEW BEFORE APPLYING TO MEDICAL SCHOOL?

Yes. No more procrastinating! I think you can get by undergrad by cramming for exams but you will crash and burn if you adopt those methods in medical school. I study daily to keep up with the material and use a variety of resources to do so. Versus in college, you have a textbook and lectures.

In undergrad, I would mainly do self-studying with a lot of rote memorization (and tbh, a lot of cramming haha), but in med school, I have really grown to like studying with friends and thinking more critically on the application of concepts. Also, I'm much better about cramming!

YES drastically. I think I've realized entering medical school that I cannot afford to procrastinate as much as I used to in undergrad. I know the pace is faster than undergrad and the amount of material covered is more extensive, so I try to stay on top of my studies as much as possible. I've also employed new study strategies that I didn't use in undergrad like Anki, case mapping, and note taking on an iPad directly onto lecture slides. But of course I still fall being sometimes and there's no way to know everything, so I just try to do my best haha.

Very much so. Medical school requires a lot more independent learning so I have learned to become much more disciplined. I also felt that I'm doing much more group studying than self studying which I previously did in undergrad.

Definitely. It took a while to find the different resources that best suit my studying habits. Previously, I would take lots of notes for my classes in undergrad. It is just not possible to do that in medical school because of the sheer amount of information we need to digest. I now use Anki and take very light notes for review.

YES. SO MUCH. I am still learning how to learn! In undergrad, I spent a lot of time writing things out and making study guides. I didn't realize how much I relied on having weekly assignments and tests to keep me on track. In med school, you only have one exam at the end that determines whether you learned the material or not. Big yikes. I learned the hard way that you have to make time to learn new material, but also spend time reviewing what you previously learned in an active way (not just passively looking at slides). I try and split my time 50% learning new material, 50% reviewing. I do a lot more watching Osmosis, Sketchy, and Boards Beyond (usually at 2x speed), and then go straight into Anki. Anki is amazing for that and if there is anything I would have done differently in college, it would be to get on the Anki train sooner!

WHAT IS SOMETHING YOU WISH YOU KNEW BEFORE APPLYING TO MEDICAL SCHOOL?

-That MSMP was a thing! You guys are already on the right track. Having a mentor, especially someone who recently got into medical school is really helpful when trying to figure out a timeline and making sure that your application is a strong one.

-How much scribing experience can help you when thinking about patient cases clinically. Would recommend if you can get some sort of experience like that.

-Quality>Quantity. Be committed to extracurricular activities that you are passionate about and don't just add them to your "list" to check off a box. Don't overwhelm yourself with cramming shadowing hours, doing research, or doing community outreach just because you think you have to. Whether it is doing something medical or non-medical make sure it is something you enjoy doing!

How to handle stress and all the other mind games that we, as humans, put ourselves through. Imposter syndrome, always feeling behind, comparing yourself to others, etc.

I wish I took a few more medical school related courses such as anatomy/physiology which really would've provided the fundamentals.

I wish I knew how to manage anxiety better. The anxiety of the application process was rough for me and it felt like an entire year of my future hanging in the balance. Once the application was submitted and I couldn't do anything else to improve my chances besides pray for interview invites, it was really difficult for me not to focus on that every minute of every day... Then after interviews happened I still felt stressed about whether or not any program would accept me. I think if I had known how to manage anxiety a little better the process would have been more enjoyable and less painful

Take advantage of all the free resources that are available to you! There are lots of resources out there! I bought different prep books to study for the MCAT, but I found that the free online resources better suited my study preferences. Check if there are any university/local programs that may offer resources towards applying to medical school.

I wish I would have known how to make study schedules. I know that sounds silly but I'm more of a spontaneous /"let's figure it out the day of" kind of person and that just doesn't fly in med school. It's very easy to fall behind without a method to control the madness. I also wish I would have known how to use Anki. I feel like even just spending a couple of weeks before school to get onboarded with it would have made the adjustment easier.

ANY LAST TIPS FOR PRE-MEDICAL STUDENTS GOING THROUGH THE MEDICAL SCHOOL JOURNEY?

Just go for it! If this is you are passionate about medicine and about patients, don't hesitate to try. At the same time don't be discouraged if you don't get in. The first time applying doesn't have to be your last. Take the time to reflect to see if this is really the path for you. There are many options out there (RN, DNP, PT, etc) where you can make a contribution. But if you do end up choosing medicine and you are determined, I have faith that you will get in!

Always look for opportunities to see if this is really what you want to do! Medicine is a lifelong commitment that asks a lot out of you so make sure you're in it for the right reasons. And if it's not for you, THAT IS ALSO OKAY.

Always shoot your shot! Never knock down an opportunity just because you're afraid of being rejected or that you might not feel good enough.

Don't be afraid to ask for help! I asked for help and advice from anyone that would listen who had gone through the application cycle before. I think hearing about peoples' different journeys and paths is so helpful and inspiring. I would also recommend thoroughly researching the school's curriculum that you are applying to. Know what you are getting yourself into and figure out if it aligns with your interests/how you learn best.

Remember to take breaks and enjoy the journey to get into medical school. Though you have to time to spend on things outside of medical school and studying, it will be limited. So cherish all the adventures and events you have with your family and friends along the way!

Get to know the world and yourself before you jump into medical school. Meet new people, travel to different places, explore different cultures. Figure out what drives you and define a purpose beyond yourself. You are likely an overachieving aspiring medical student but remember you are more than just a student. Don't feel that you need to be to fit whatever mold you believe to be the "perfect medical student." Rejoice in being who you are. The journey to med school is not easy but if you are committed to it and you truly want it, the doors will open

FRIENDLY REMINDER!

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



PRE-MED RESOURCES

(Clickable links)

[UH MANOA PRE-HEALTH ADVISING CENTER \(PAC\)](#)

Here lies 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 more.

[AHEC HEALTH CAREER NAVIGATOR](#)

A comprehensive guide for pre-healthcare students. Also, they offer a 50% discount on Kaplan MCAT prep courses.

[AAMC MSAR](#)

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

[JABSOM MEDICAL SCHOOL REQUIREMENTS](#)

Check out JABSOM's admission's requirements

[IMI HOOLA PROGRAM](#)

'Imi Ho'ōla is a 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 whose goal is to increase awareness about health careers, provide mentoring, shadowing and research experiences, and provide campus exposure to health careers.

[MSMP WEBSITE](#)

Don't forget to check out our website!

[THE PREMED YEARS PODCAST - DR. RYAN GRAY](#)

Fantastic podcast if you want advice for how to prepare for medical school. Easy to listen to on the go! It's available on Itunes and Spotify. There is also an MCAT Podcast.