



Native Hawaiian Center of Excellence
Department of Native Hawaiian Health
University of Hawai'i John A. Burns School of Medicine



NATIVE HAWAIIAN STUDENT PATHWAY TO MEDICINE (NHSPM) 2022 NHSPM PROGRAM INFO SHEET

FOR APPLICATION

- NHSPM application "Online Google form" is on the NHCOE website (student section) at <http://nhcoe.jabsom.hawaii.edu/students/native-hawaiian-student-pathway-to-medicine/>
- **Native Hawaiian Premed students (from ALL Islands of Hawai'i or in the continental USA) are encouraged to apply.**
- For now, we will have ZOOM workshops. However, travel funding may be available for Native Hawaiian Neighbor Island students to come to Oahu for in-person workshops in Spring 2023.

APPLICATION DEADLINE

- **DEADLINE: submit application packet by OCT 8, 2022 midnight Hawaii time**
 - **If you can, please submit your application several days before deadline so we can start processing them.**
 - If deadline is extended, a notice will be posted on NHCOE website (student section).

The **Native Hawaiian Student Pathway to Medicine (NHSPM)** is a program of the Native Hawaiian Center of Excellence (NHCOE) at Department of Native Hawaiian Health, University of Hawai'i John A. Burns School of Medicine (UH-JABSOM). The NHSPM program began in 2010 and guides Native Hawaiian students on their path to becoming future physicians and health professionals. The curriculum consists of workshops and individualized premed advising for scholars who have a heart to serve Native Hawaiian communities and potential to be competitive medical school applicants. There may be opportunities to do community health work and to apply for funding to prepare for the Medical College Admission Test (MCAT).

NHSPM Scholars receive

- **Workshop Series**
Topics include
 - Native Hawaiian Values, Knowledge, and Wellness
 - Advice from Native Hawaiian health professionals and med students
 - Navigating the med school application process, Mock interview feedback
 - Learning skills & strategies
 - Discussion on Community health projects such as Inspiring Native Hawaiian youth to live healthy
- **Individualized Advising / Career Counseling**
 - Discuss diverse options in the health professions and your career path
 - Discuss your medical school application strategy and community health work



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- Review your personal statement, application, grades, and MCAT scores
- Info on clinical shadowing opportunities
- Opportunity to apply for NHCOE funding for MCAT Prep
 - Test taking strategies & Course materials
 - Full length MCAT practice exams

NHSPM REQUIREMENTS

- NHSPM scholars will attend all 8 workshops (unless they have an excused absence).

NHSPM ZOOM workshops 9am – 4pm (Hawaii time)

Workshop #1 Saturday Oct 22, 2022
Workshop #2 Saturday Oct 29, 2022
Workshop #3 Saturday Nov 12, 2022
Workshop #4 Saturday Nov 19, 2022

Tentative dates Native Hawaiian Interdisciplinary Health (NHIH) workshops for NHSPM premed and Social work students

ZOOM or Oahu sites TBA, 9am – 4pm (Hawaii time)

Workshop #5 SUNDAY Jan 29, 2023
Workshop #6 Saturday Feb 11, 2023
Workshop #7 SUNDAY March 12, 2023
Workshop #8 Saturday April 1, 2023

Optional Workshop Native Hawaiian Tiered mentoring

Saturday Jan 21 or Sunday Jan 22, 2023 (TBA Zoom or Oahu site) 2pm - 4pm
For NHSPM premeds, med students, physicians, faculty

- Participants will schedule a NHCOE individualized advising session at least once a year.
- Before taking the MCAT exam, NHSPM scholars agree to study all available AAMC MCAT practice questions and practice exams prior to taking the MCAT. NHSPM scholars can apply for NHCOE funding to assist with the cost of their MCAT prep course.

ELIGIBILITY

- Preference given to Native Hawaiian applicants
- Pre-med Student: Applying to University of Hawai'i John A. Burns School of Medicine (UH-JABSOM) hoping to enter medical school in July 2023, 2024, or 2025.
- At least a College Junior or Senior by Spring 2023. College graduates from any institution (with Bachelor's degree or higher) are welcome to apply. College Freshman and Sophomores will be considered if there is space.



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- Completed (or started) at least 3 of the following pre-requisite lecture courses for taking the MCAT. If you received a C - or lower grade, consider taking 1 science class at time, re-taking class to improve grade, and avoid summer classes because they are usually more intense.
 - Biology
 - General Chemistry
 - Organic Chemistry
 - Physics
 - Biochemistry

COMPLETED APPLICATION PACKET includes

- **NHSPM application form. Please use 'Online Google form'** (see page 1). However, if you have persistent problems with the Google Form NHSPM application, please email Dr. Sasha Fernandes at sfernan@hawaii.edu because we might direct you to go to the NHCOE website (student section) to download 'PDF version' of application and submit it via email to addresses below.
- **Personal statement Essay** (attach separate document). Describe the most essential experiences in your life that led you to want to become a physician (About 1-2 pages or 500 words) Example: describe a specific story of a patient or person you met who taught you about the kind of physician you want to be.
- **Current Resume**
- **All College Transcripts (un-official copy is fine)**
- If you have a **current, past, or draft AMCAS (med school application) or Imi Ho'ola application**, please submit those document(s) as well. The AMCAS essay can be used as your NHSPM application essay.

To submit these documents

Files can be upload at the end of 'Online Google Form' NHSPM application

OR

Submit to BOTH email addresses: sfernan@hawaii.edu and nhcoe@hawaii.edu