



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) 2023 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.**
- We will have ZOOM workshops or in-person workshops with zoom option. Travel funding may be available for Native Hawaiian Neighbor Island students to come to Oahu for selected in-person workshops.

APPLICATION DEADLINE: EXTENDED

- **Submit application packet by SEPT 16, 2023 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 (under 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 will 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
 - Brainstorm ideas for 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 NHC OE 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 – 3pm (Hawaii time)

Workshop #1 **Date changed to Saturday Sept 30, 2023**
Workshop #2 Saturday Oct 7, 2023
Workshop #3 SUNDAY Oct 29, 2023
Workshop #4 Saturday Nov 18, 2023

Tentative dates Native Hawaiian Interdisciplinary Health (NHIH) workshops for NHSPM premed and Social work students ZOOM and in-person at Oahu sites TBA, 9am – 3pm (Hawaii time)

Workshop #5 SUNDAY Jan 28, 2024
Workshop #6 Saturday Feb 10, 2024
Workshop #7 SUNDAY March 3, 2024
Workshop #8 Saturday April 6, 2024

- Participants will schedule a NHC OE 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 NHC OE funding to assist with the cost of their MCAT prep course.

ELIGIBILITY

- Pre-med Student: Applying to University of Hawai'i John A. Burns School of Medicine (UH-JABSOM) hoping to enter medical school in July 2024, 2025, or 2026.
- At least a College Junior or Senior by Spring 2024. 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.
- 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



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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 sfernand@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 you connected with and they 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: sfernand@hawaii.edu and nhcoe@hawaii.edu