



# Fall MSMP Newsletter

## Welcome to MSMP!

Aloha to all of our new members and welcome to MSMP!

We hope that everyone who attended the mixer on Sunday, September 24th had a great time. We appreciated seeing so many new and returning faces!

In case you were unable to attend that event, don't worry, all the information we gave out will always be available on our website and in these quarterly newsletters. **Remember, if you ever feel like you are not aware of what is going on, like you need some extra information, or just want to remember our email, you can always check our website (<https://uhmsmp.org/>) or these newsletters!**

So what is the point of this document? This is here for you to be up to date on what is going on in MSMP as far as general timing of events and to have something to refer back to when it comes to resources during your pre-medical journey. We all understand (and have gone through) the stress that comes with being a pre-medical student, so this newsletter should help you all to feel more confident about your plan going forward.

There will be a newsletter put out each quarter, with different (and hopefully relevant) material in each section. Here is a brief layout of what the newsletters will focus on:

- Fall: General information, lots of resources and contact information
- Winter: Tips and Tricks for MCAT Preparation and Letters of Recommendation
- Spring: Tips and Tricks for AMCAS Application and Making the Most of your Summer
- Summer: Planning for the Upcoming School Year and the Admissions Interview

## MSMP Executive Board Profiles

There are many people on the MSMP Executive Board: 6 Medical Students from each of the 4 years and our Faculty Advisor, Dr. Ivy Nip Asano. Everyone is listed here, but our 3rd and 4th year medical students are typically too busy to make it to most of our events. If you have any questions, please reach out to any 1st or 2nd year medical student.

Inside you'll find some brief profiles about all the 1st and 2nd year board members and our contact information, so you know who and how to reach out to in case you have questions!

### Inside this issue

Welcome to MSMP .....	2
Health Career Navigator .....	2
MSMP Executive Board.....	3
For Undergrads .....	4
For Postgraduates.....	5
Opportunities.....	6
MSMP Policies .....	7

### Special points of interest

- Welcome and some brief comments about MSMP
- How to access and use the Hawai'i Health Career Navigator
- Different sections depending on where you are in your educational career
- Some opportunities to help you gain experience in health



## MSMP at a Glance: Upcoming Events

<b>September</b>	MSMP Mixer (this already happened)
<b>October</b>	Mentor-Mentee Matching (already happened) Medical Specialties Seminar (already happened)
<b>November</b>	Suturing workshop
<b>January</b>	PBL Demo
<b>February</b>	Anatomy Lab Tour
<b>March</b>	Vital Signs/Physical Examination workshop
<b>April</b>	Medical school application/Interview workshop

*If nothing else, please check out the Health Career Navigator online at <https://www.ahec.hawaii.edu/resources/health-career-navigator/>*

### Health Career Navigator: the Pre-healthcare bible for students in Hawaii

First of all, **there are two versions of the Health Career Navigator**: the normal version and the student companion version. The normal version is much longer and has more information about careers and contact information for different groups. **The Student Companion version has the more focused information.**

Let's be honest, the Health Career Navigator is a really long document. It sits at just under 100 pages, which can seem very daunting if you decide to tackle it all in one sitting. But, **a lot of the pages are actually worksheets for you to fill out and full of resources available** for those of you who are new to all of this!

So what is the purpose of these documents?

**To help each and every one of you, regardless of your educational status or place in life at the moment, to develop a plan for your future in healthcare.**

The student version is split into two sections: Personal Growth/Development and Next Steps. It might seem like a waste of time, but the first section should really help you understand what you want to get out of a career in healthcare. It might even help you to solidify your thoughts past "Well, I've always wanted to be a doctor." The **second section**, however, is undeniably the more useful section, as it **contains resources about everything from how to plan your premed courses to how to plan your interview!**

*So please check out the Health Career Navigator online at <https://www.ahec.hawaii.edu/resources/health-career-navigator/>*



**Pictured left to right:**  
**Back row:** Hollyann Loui, Brysa Kato, Blake Pinell, Jin Bae, Carrie Ip, Megan Stevenson  
**Front row:** Gabriel Monti, Lea Lacar, Pi'imauna Kackley, Reese Suzuki, Wakako Horiuchi, Chase Warashina

**Faculty Advisor:**  
**Dr. Ivy Nip Asano**



## The MSMP Executive Board

1st Year Students	2nd Year Students
<p><b>Wakako Horiuchi</b></p> <p>Sacred Hearts Academy, 2012    Johns Hopkins, Neuroscience, 2016</p> <p>1 Gap Year: Research    New MCAT</p> <p>Major Extracurricular (EC): EMT volunteering</p>	<p><b>Jin Bae</b></p> <p>Hawai'i Baptist Academy, 2010    Univ. of Washington, Biology, 2014</p> <p>2 Gap Years: EKG Technician    Old MCAT</p> <p>Major EC: Hospice Volunteering</p>
<p><b>Pi'imauna Kackley</b></p> <p>Kamehameha Schools, 2008    CU Boulder, Psychology, 2012</p> <p>5 Gap Years: Mult. Health Jobs    New MCAT</p> <p>Major EC: Counselor at Children's Hospital</p>	<p><b>Carrie Ip</b></p> <p>Waiakea High School, 2011    UH Hilo, Biology, 2015</p> <p>1 Gap Year: 'Imi Ho 'ola Baccalaureate Program, 2015-16    Old MCAT</p> <p>Major EC: Dance</p>
<p><b>Lea Lacar</b></p> <p>Aiea High School, 2013    UH Manoa, Biochemistry, 2017</p> <p>No Gap Years    New MCAT</p> <p>Major EC: Pre-Medical Association (PMA)</p>	<p><b>Brysa Kato</b></p> <p>Punahou High School, 2012    UH Manoa, Biology, 2016</p> <p>No Gap Years    Old MCAT</p> <p>Major EC: Mortar Board National Senior Honor Society, DMEAP Program</p>
<p><b>Gabriel Monti</b></p> <p>Cypress High School, 2011 (CA)    UCLA, Microbiology, 2015</p> <p>2 Gap Years: Research    Old MCAT</p> <p>Major EC: UCLA Sailing Team</p>	<p><b>Hollyann Loui</b></p> <p>Moanalua High School, 2012    UH Manoa, Molecular Cell Biology, 2016</p> <p>No Gap years</p> <p>Major EC: Music</p>
<p><b>Reese Suzuki</b></p> <p>'Iolani School, 2013    UH Manoa, Biology, 2017</p> <p>No Gap years    New MCAT</p> <p>Major EC: AccesSurf Volunteering</p>	<p><b>Blake Pinell</b>    <a href="mailto:blakep@hawaii.edu">blakep@hawaii.edu</a></p> <p>Moanalua High School, 2012    UH Manoa, Molecular Cell Biology, 2016</p> <p>No Gap Years    New MCAT</p> <p>Major EC: MSMP, DMEAP Program</p>
<p><b>Chase Warashina</b></p> <p>Mid Pacific Institute, 2011    UH Manoa, Biology, 2015</p> <p>2 Gap Years: ER Scribe    New MCAT</p> <p>Major EC: Asian American Junior Chamber of Commerce</p>	<p><b>Megan Stevenson</b></p> <p>Sacred Hearts Academy, 2012    Washington University in St. Louis, Biomedical Engineering &amp; Anthropology, 2016</p> <p>No Gap Years    Old MCAT</p> <p>Major EC: Alpha Omega Epsilon (Engineering Society)</p>

**Our 3rd Year Board Members:**  
Megan Araujo, Lauren Azuma, Mike Brigoli, Carlthan Ling, Kyle Miyazaki  
**Our 4th Year Board Members:**  
Shannon Kogachi, Sagar Shah, Jordan Wang, Katharine Wong, Christina Wu

### Links to Valuable Resources Online for All Undergrads

- **JABSOM Admissions Website**—what JABSOM requires of its applicants, but remember every medical school is different. <https://jabsom.hawaii.edu/mdadmissions>
- **UH MSMP Website**—click the links on the left for information from medical students and lots of links to additional resources. <https://uhmsmp.org>
- **AAMC MSAR Website**— Medical student admission requirements all explained, but this costs money! <https://students-residents.aamc.org/applying-medical-school/applying-medical-school-process/deciding-where-apply/medical-school-admission-requirements/>

## Attention all UNDERCLASSMEN (Freshmen and Sophomores)

What we think it is too early for:

- Studying for your MCAT. You should instead focus on your test taking strategies!
- Planning your AMCAS application. You haven't done your extracurriculars yet and you will undeniably change as a person during undergrad!

What we think you should focus on:

- **Meet with an academic advisor**
- **Settle on a major.** You can always switch, but it gets harder to do the longer you wait.
- **Do well in your classes** (GPA gets your foot in the door at every medical school.
- **Join PMA or another health-related club.** Experience and networking are important, but don't sacrifice your whole life for this!
- **Reach out to volunteer organizations** (see last page) **or physicians** you have met **for shadowing.** Only do this if you feel ready, it can always wait until later. Being early never hurts, though!
- **Look for research or other longitudinal experiences.** It is best to have something that you can say you were a part of for a long time. If you begin research now and keep at it for 4 years, it looks better than four 1-year projects. It doesn't have to be research (many people choose student groups or volunteering), but research does lend itself to long term work.

*It is way too early to look at MCAT or AMCAS application planning. Focus on your major, grades, and getting longitudinal experience.*

## Attention all UPPERCLASSMEN (Juniors, Seniors, and Super-seniors)

What we think it is too early for:

- Planning your AMCAS application, unless you intend to apply right after graduation
- Preparing for your interview (work on your ability to speak comfortably with physicians)
- Picking a specialty in medicine (most commonly done the 3rd year of medical school)

What we think you should focus on:

- **Do well in your major and science courses.** Good GPA is basically a requirement.
- At least **plan when you want to take the MCAT.** Remember to register early, since spots fill up and **prepare a study plan** if you know the date is within 6 months, give or take. **Registration for 2018 dates will begin in LATE OCTOBER,** so plan accordingly!
- **Reach out to professors for letters of recommendation.** If you don't have anyone suitable, then start making connections to get one! Remember, aim for 2 science and 1 non-science professor's letter, just to be safe.

*You should already have decided on your major and begin planning for your MCAT date. If you are a Filipino student, reach out to Dr. Hazel Abinsay ([habinsay@gmail.com](mailto:habinsay@gmail.com)) for help with personal statement, application, and interview mentoring.*

## Attention all POSTGRADUATES

What we think you should focus on:

- **Prepare for your AMCAS application in the summer.** This means planning your:
  - **MCAT**, if you haven't already taken it or need to retake it.
  - **Letters of Recommendation.** Choose professors who know you well, not the most "important" professors at your school!
  - **Choice of Medical Schools.** Be strategic, but don't be afraid to apply broadly.
  - **Personal Statement.** It is early in the year, but never too early to start a draft!
- **Plan your gap years** appropriately. This means thinking about:
  - **What type of experience you are looking for.** The most common experiences include research (may have to be on the mainland), health-related volunteering, health-related working, and additional education (Master's or PhD programs)
  - **How you are going to survive** in the mean time, especially if you plan to mostly volunteer in health-related fields

*You should already have everything planned for your AMCAS application (MCAT, LORs, Choice of schools) and a plan for your years before you start medical school. If you are a Filipino student, reach out to Dr. Hazel Abinsay ([habinsay@gmail.com](mailto:habinsay@gmail.com)) for help with personal statement, application, and interview mentoring.*

## Attention all NON-TRADITIONAL STUDENTS

What we think you should focus on:

- **Choose your medical schools carefully.** Many schools have slightly different requirements for admission. Some may require an extra language class, some may not. Some may take courses up to 10 years old, some may only accept up to 5 years. This can be a big deal if you need to go back and take courses, so it is a good idea to begin with the end in mind here!
- **Show a dedication and passion for the field of medicine.** Many of you already have careers and adult lives, but you all have a reason to go into medicine. Make sure that comes across in your essays and experiences. For example, if you are applying because of a personal experience with medicine that motivated you, make sure to talk about the effect it had on you and how you want to affect medicine.
- **Check to see what other requirements you may need to fulfill.** This is partially addressed above, but you don't want to be denied acceptance because you forgot to take a biochemistry lab. Be careful to make sure you fulfill all requirements for the medical schools you are applying to and double check how long it has been since you took a given course to ensure it hasn't "expired."
- **Nail down your letters of recommendation.** This is your main advantage over the traditional applicant because you can have letters from a number of different areas. Never be afraid to get a professional reference from a previous employer or volunteer coordinator! Not all schools will accept these, but plenty do!
- **Ensure you know what your plan for after medical school is.** You will be dedicating at least 4 years of your life to medical school and you will likely not be able to generate any income during that time. Then at least 3 years for residency, plus a fellowship for some specialties. That is a lot of time. Make sure you have a plan for how you are going to handle those responsibilities and those you might already have (family, work, etc.).
- **Play to your strengths, especially professionalism!** You are an amazing person, or else you would not be making this decision. Make sure that comes through!

### Links to Valuable Resources Online for Everyone out of School

- **Everything on the previous page for undergrads!**
- **UH Manoa Pre-health advising committee (PAC) website for medicine**—great information that EVERYONE should read through (note that allopathic medicine is the traditional MD program). <https://manoa.hawaii.edu/undergrad/pac/health/medicine/>
- **AAMC MCAT Website**—how to register, FAQs, and a calendar of dates for 2018. <https://students-residents.aamc.org/applying-medical-school/taking-mcat-exam/>
- **'Imi Ho'ōla Post Baccalaureate Program**—'Imi Ho'ōla is a program located within the Department of Native Hawaiian Health that addresses disadvantaged students' academic and social-emotional needs. <https://jabsom.hawaii.edu/ed-programs/imi/>
- **Accepted.com Non-traditional medical school applicants**—useful list of resources and podcasts (if you like that), but beware that they want you to pay for their service beyond the free articles/blog posts <https://www.accepted.com/medical/non-traditional-students>
- **Princeton Review Non-traditional medical student advice page**—Similar to previous resource, beware paying for information you can get elsewhere! <https://www.princetonreview.com/med-school-advice/non-traditional-applicants>

## Getting Involved—Volunteering and Other Opportunities

This is a list of organizations and contact information for the appropriate person in each group. Each of them have contacted MSMP in order to be included here., so this is by no means an exhaustive list. If you are aware of any additional opportunities, please email us and let us know! If you are interested in any of them, **please reach out and see what the commitment and environment is like! It's never a bad idea to have more experiences, but value depth over breadth!**

### HOME Project

HOME stands for Homeless Outreach & Medical Education and is an important part of JABSOM's education. These are great opportunities to be involved and meet Dr. Omori, the Director of Medical Education.

HOME Waianae Carnival

**October 28th, 2017 10am-3:00pm**

HOME Clinic Volunteering (with medical students from all years and local physicians. Keep in mind there is a waitlist)

**Mondays, Tuesdays, and Thursdays**

Contact: **Dr. Jill Omori** [jill.omori@hawaii.edu](mailto:jill.omori@hawaii.edu)

### Tar Wars Hawai'i

Volunteer as a mentor and educator to children around Oahu. Tar Wars Hawai'i, a tobacco prevention program for 5th graders, presented the Tar Wars curriculum to over 1,200 fifth grade students last year.

Contact: **Carrie Ip**, [carrieip@hawaii.edu](mailto:carrieip@hawaii.edu)

### Monthly Mala Cleaning

**2nd Thursday of every month**

Help maintain our traditional Native Hawaiian medicinal garden

Contact: **Kamuela Werner**, [kamuelaw@hawaii.edu](mailto:kamuelaw@hawaii.edu)

### Atlantis Project Fellowship

The Atlantis Project Fellowship is currently accepting applications for a unique opportunity for any pre-health student to experience health care systems abroad through shadowing doctors in multiple specialties for 20+ hours each week in Europe and South America during winter or summer break. In addition to providing the shadowing experience, the Atlantis Fellowship helps students improve their applications (e.g. med school, advanced practitioner) through extra opportunities such as volunteering, medical humanities research, and MCAT and AMCAS prep. Through experiencing the differences between U.S. and international healthcare, Fellows distinguish the areas of overlap in these health care systems, highlighting the essential elements of medicine, the physician's role, and the significance of a healthcare team in a patient's treatment. Alongside the shadowing experience, the program depending on the location and program dates provides weekly excursions with transportation, daily light breakfast, and two to four group meals at local restaurants during the week. With all these experiences, Fellows are also given free time after internship hours and on the weekends to explore the location of his or her program and immerse themselves in the location's culture.

Contact **Khristine Bacalla** - [kbacalla@hawaii.edu](mailto:kbacalla@hawaii.edu) or (808) 230-9795

As an added bonus, when people sign up through Khristine, his or her application is given priority for early review.

### National Kidney Foundation of Hawai'i

Several events coming up:

**Friday, November 3, 2017 (9am - 1pm)**

41-209 Ilauhole St

Waimanalo, HI 96795

Kidney Early Detection Screening - volunteers will be running stations involving physical measurements, blood glucose, blood pressure, urinalysis, etc.

Contact: **Jennifer Hernandez** - [jennifer@kidneyhi.org](mailto:jennifer@kidneyhi.org)

**Wednesday, November 15, 2017 (9am - 3pm)**

Hale Koa Hotel - 2055 Kalia Road

Honolulu, HI 96815 (Waikiki)

Employee Wellness Fair - promote kidney health, distributing urine test kits, and educating employees about using them. Training will be provided.

Contact: **Ann Kawahara** - [ann@kidneyhi.org](mailto:ann@kidneyhi.org)

### Job Opportunity with Dr. Stephen Buto

Health Manager/Medical Assistant Position

#### 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 hours/week). If selected, you will assist the MD in patient care with the following responsibilities:

**Patient intake and outtake:** Taking vital signs, working with patients to schedule their procedures, patient education about preparation for their procedures, scheduling appointments.

**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.

**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.

**Data Management:** We use electronic medical records, but are also converting paper charts into the EMR format.

**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](mailto:stephenbuto@gmail.com).

## Reminders for ALL MSMP Mentees

Here are the expectations we showed you at the mixer and are listed on our website. Remember that you are trying to enter a professional field, so **professionalism is a valuable quality to practice!**

- **Contact with mentor at least once per month**
- Have at least one face-to-face meeting during the academic year
- Ask questions of your mentor
- Use them! They are here for you!
- Not lose contact with your mentor

These are the requirements for your mentors, just so everything is fair. If there is a problem, let us know!

- **Contact mentee at least once per month**
- Have at least one face-to-face meeting during the academic year
- Guide mentee in developing a career/education plan in medicine
- Steer mentee towards additional resources to aid in academic or career development
- Do not lost contact with mentee

*You are making a decision to enter a career that highly values **professionalism**. Try to **embody this value** as you go through your education and MSMP.*

## Changes Coming this Year to MSMP

These are the slides we showed at the MSMP mixer. They are here again so you know what to expect in the upcoming year!

- **Attendance Policy.** If you must cancel an event RSVP, please do so at least **48 hours in advance**. This helps us to avoid wasting money on food for people who do not show up and gives us time to adjust group assignments. This is especially important for the November Suturing Workshop, where everyone who cancels last minute will have taken a spot from someone else. **Recall that the Director of Admissions at JABSOM will be checking our RSVP lists for no shows!**
- **Contracts and Dues.** You must submit **BOTH your contract and dues to attend any event** from here on out. This was poorly enforced in the past, but not anymore. Your dues go towards the programs that we put on for you, so it is not fair to our dues paying members to allow anyone who has not paid dues to attend.
- **More information on Research, the MCAT, and Volunteering.** We will be doing our best to provide opportunities and tips to you all. That is the whole point of this newsletter! Please let us know if you come across anything that might be helpful to share with your fellow students. We are happy to help!

### Help! I'm having trouble getting a response from my mentor

Please remember that your mentors are current medical students. We have tests too!

If you send an email or text message and do not hear back for while, just send your mentor another message! **THEY WILL NOT BE OFFENDED BY THIS.** We get A LOT of emails every day and it is most likely that yours just didn't make it to the front. Just send another message and your mentor should respond!

If there is a serious problem, like you haven't heard from your mentor despite sending multiple messages or you would like to request a new match, please email us at [MSMP@hawaii.edu](mailto:MSMP@hawaii.edu) and we will figure things out! We all want this to be a positive experience for everyone involved!

