



# **A Roadmap to Success: Navigating Pre-Med and Pre-STEM at Community College**

Saturday, September 9, 2023  
Dr. Lorena Jauregui (she/her)  
MESA Program Coordinator  
Sacramento City College

# Agenda

## I. Get to know yourself

- A. Learning Styles
- B. Study Habits
- C. Time and energy management
- D. Physical, mental, and emotional health

## II. Get to know your support system

- A. College resources
- B. Counseling and transfer
- C. Professors
- D. Classmates

## III. Own your experience

- A. Navigating Imposter Syndrome, Stereotype Threat, Microaggressions
- B. Be proactive
- C. The big picture





Get to know  
yourself



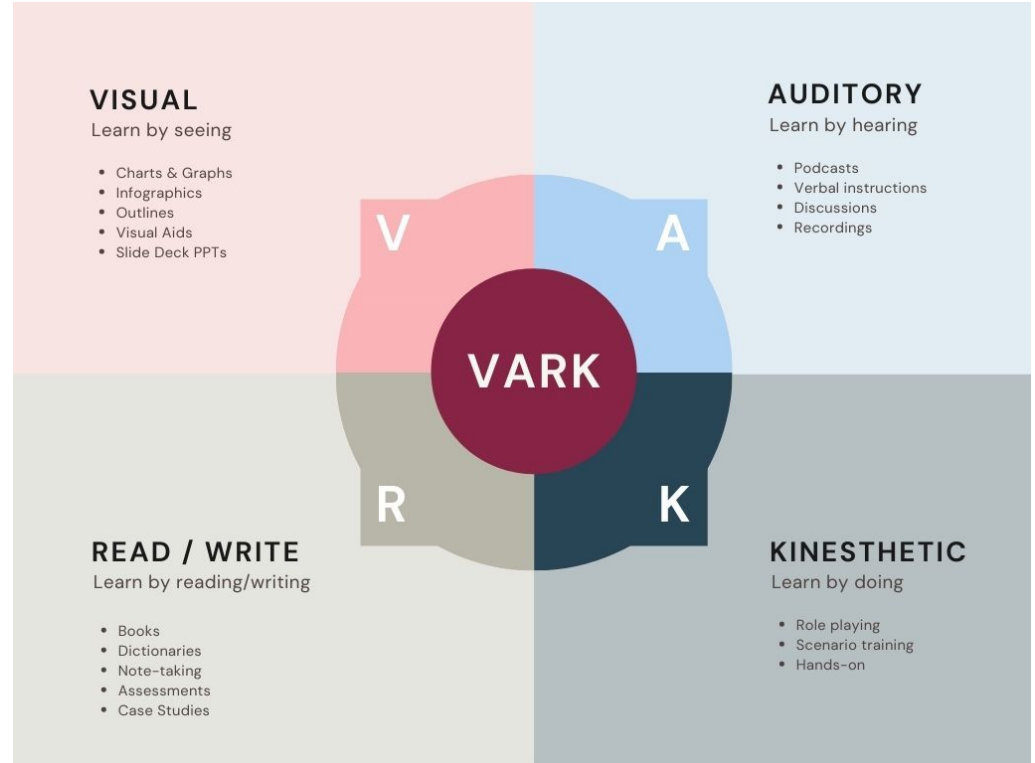
# Learning Styles

- Visual
- Aural/Auditory
- Read/Write
- Kinesthetic

Take a free assessment online

graphic from:

<https://whatfix.com/blog/multimodal-learning/>

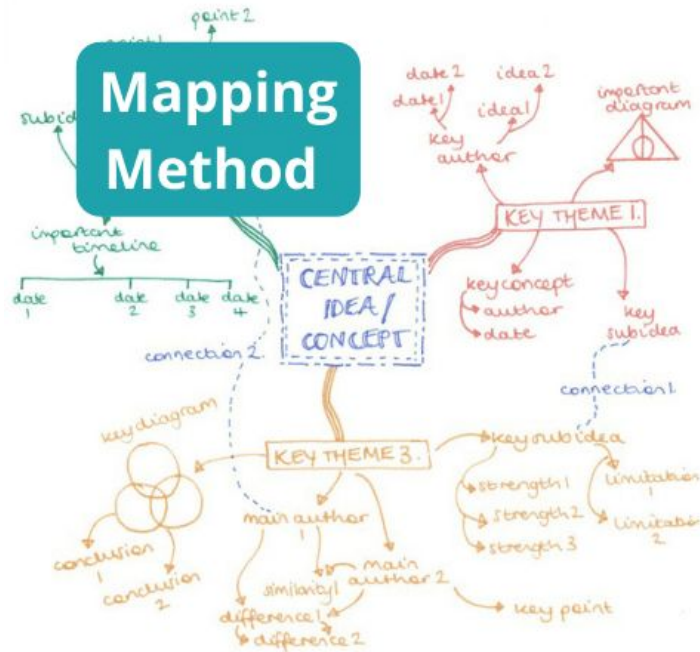


# Study Habits

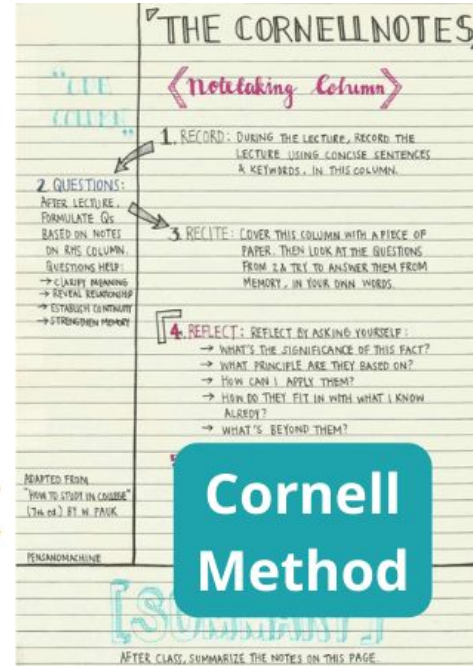
- Intentionality is key
- Routine
- Study location/environment for optimal, efficient learning
- Tools: white boards, learning websites (such as Khan Academy, etc)



# Study Habits: notetaking



Graphic from:  
<https://www.weareteachers.com/note-taking-strategies/>



# Study Habits: prioritizing

- Color code
- Example:
  - green = confident
  - yellow = unsure/not completely grasped
  - red = do not understand
- Time crunch - make intentional decisions about how much time to spend on each area



# Study Habits: record lectures/combine with notes



Video about LiveScribe:  
[https://www.youtube.com/watch?app=desktop&v=K3y1\\_hjOaCl](https://www.youtube.com/watch?app=desktop&v=K3y1_hjOaCl)



Ipad - video about Notability vs Goodnotes  
<https://www.youtube.com/watch?v=6D2PWpt2b1w>

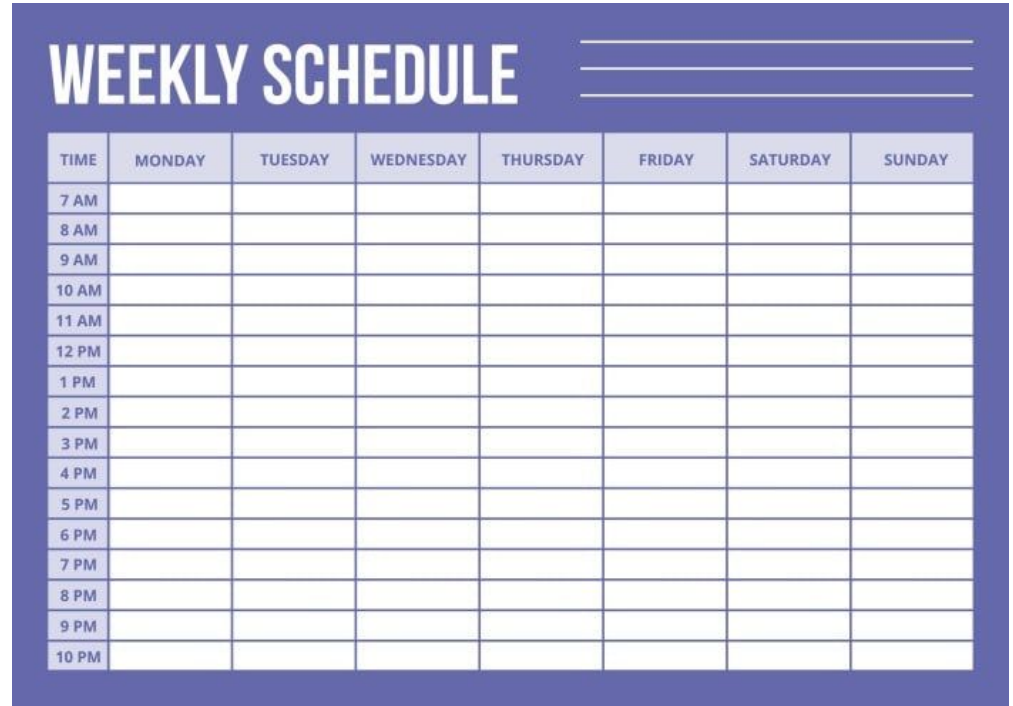


How to use Anki Flashcards  
<https://www.youtube.com/watch?v=WmPx333n5UQ>



# Time and Energy Management

- At least once... write out your weekly schedule on a spreadsheet
- Factor in every minute of the day
- I like 30 minute increments
- Don't forget to include:
  - Sleep
  - Shower time
  - cooking/meal prep
  - meals
  - transportation/travel time
  - class/lecture/lab
  - study time (2-3 hours per unit)
  - exercise/breaks
  - social time
- Scale back where you need to. ENERGY management is important.



**WEEKLY SCHEDULE**

| TIME  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------|--------|---------|-----------|----------|--------|----------|--------|
| 7 AM  |        |         |           |          |        |          |        |
| 8 AM  |        |         |           |          |        |          |        |
| 9 AM  |        |         |           |          |        |          |        |
| 10 AM |        |         |           |          |        |          |        |
| 11 AM |        |         |           |          |        |          |        |
| 12 PM |        |         |           |          |        |          |        |
| 1 PM  |        |         |           |          |        |          |        |
| 2 PM  |        |         |           |          |        |          |        |
| 3 PM  |        |         |           |          |        |          |        |
| 4 PM  |        |         |           |          |        |          |        |
| 5 PM  |        |         |           |          |        |          |        |
| 6 PM  |        |         |           |          |        |          |        |
| 7 PM  |        |         |           |          |        |          |        |
| 8 PM  |        |         |           |          |        |          |        |
| 9 PM  |        |         |           |          |        |          |        |
| 10 PM |        |         |           |          |        |          |        |

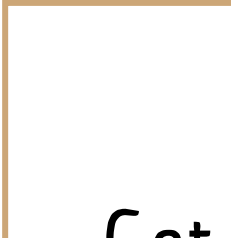
graphic from:

<https://wepik.com/template/simple-hourly-weekly-schedule-r-1055632119>


# Physical, Mental, and Emotional Health

- Exercise
  - walking
  - strength/muscle maintenance (yoga)
  - stretching (very simple)
- Diet
  - balanced meals
  - fresh foods
  - takes planning, but can be quick and worthwhile
- Outside time (sunshine & fresh air)
  - reduce screen time
  - be with nature
- Know your resources on campus & off
  - free food pantry
  - counseling services
  - health center





Get to know your  
support system



# College Resources

MESA

EOPS

TRiO

Tutoring Center

Transfer Center

Career and Internship Center

Honors Program

Student Clubs and Professional Student Chapters (AMSA)



# Counseling and Transfer

## Get familiar with your transfer plan

- meet with a counselor
- meet with university representatives
- practice navigating transfer tools
- [www.assist.org](http://www.assist.org)
- Prioritize your degree path (then fill in general education, etc)

The screenshot displays the ASSIST website interface. At the top, the ASSIST logo is followed by the text: "The official course transfer and articulation system for California's public colleges and universities". Below this, there are two main search panels. The left panel is titled "ASSIST is here to help" and contains a message about using ASSIST with a counselor, a section for "Important Notes from ASSIST", a "Now Available: 2023-2024 Transferable Course Lists" section with a link to "Frequently Asked Questions", and a "Navigating the ASSIST website" section with a link to a video tutorial. The right panel is titled "Search below for articulation agreements" and "Search below for transferable courses". Both search panels have dropdown menus for "Academic Year" (with "2022-2023" selected in the first and "2023-2024" selected in the second), "Institution" (with "Select an Institution" selected in both), and "Agreements with Other Institutions" (with "Select an Institution" selected). The "Search below for transferable courses" panel also has a "Community College" dropdown (with "Select a Community College" selected) and a list of radio button options: "CSU Transferable Courses", "CSU GE-Breadth Certification Courses", "CSU US History, Constitution, and American Ideals Courses (CSU AI)", "IGETC for UC and CSU", "UC Transferable Courses", and "UC Transfer Admission Eligibility Courses". Both search panels have a "View Agreements" or "View Transferability Lists" button at the bottom.

# Professors

- Hang out before and after class; casually chat
- Attend office hours
- Prepare to request letters of recommendation
- Build relationships
- Could lead to unknown opportunities (research experiences, etc)



# Syllabus

- Read your syllabus thoroughly
- it is a contract between you and your professor
- look for mistakes your professor makes!

# Classmates

- MAKE FRIENDS
- Study groups - but also keep focused! :) ... set a timer for chatting in between, etc
- Study buddies
- Socialize (without academics)
- Build your village







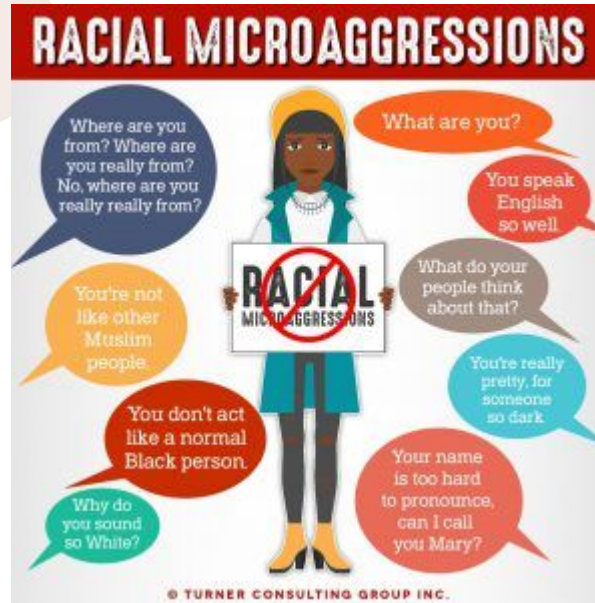
Own your  
experience



# Navigating Imposter Syndrome, Stereotype Threat, Microaggressions

## Impostor Syndrome

/im'pəstər/ ' /sin, drōm/  
A concept describing individuals who are marked by an inability to internalize their accomplishments and a persistent fear of being exposed as a "fraud".



Definition:  
**STEREOTYPE THREAT**  
a self-confirming concern that one will be evaluated based on a negative stereotype.

# Navigating Imposter Syndrome, Stereotype Threat, Microaggressions

- Recognize when you are experiencing imposter syndrome, stereotype threat, performance anxiety, etc.
- Document your achievements so that you can tangibly remember them.
  - Quantitative: keep track of your grades or make a checklist of each concept as you learn it
  - Qualitative: journal about how good you feel knowing that you learned and absorbed content each day



# Navigating Imposter Syndrome, Stereotype Threat, Microaggressions

- Visualizing and expecting success is a long-proven technique (especially in athletics)
- Lean on your community, talk about these experiences, validate them for yourself and for others
- Say “yes” to opportunities that intimidate you; step out of your comfort zone
- Be change agents



# Power Pose with Dr. Amy Cuddy



[20-min TED talk Dr. Amy Cuddy](#)

# Be proactive

- Reach out to that professor
- Send that awkward email
- Introduce yourself to that classmate
- Attend that workshop or presentation
- “the squeaky wheel gets the grease”

*Be Brave!*

# Big picture

We are all just out here doing our best. We all get nervous. We all make mistakes. We all want to get that thing we're trying to grab. That community college professor gets nervous on the first day of class. That doctor gets nervous on the first day of med school. We are all here for you. We want you to succeed.



# Gracias

Contact:

Dr. Lorena Jauregui

[jauregl@scc.losrios.edu](mailto:jauregl@scc.losrios.edu)