

# Demystifying the Myths for Community College Students

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**UCDAVIS**  
**HEALTH**

**SCHOOL OF  
MEDICINE**



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# Myth Busters!

You should take a science intense course load in community college to prove you can handle harder material.

Community college requirements do not count for medical school admissions.

Staying longer than 2 years at community college is not looked upon favorably.

Medical schools do not accept students that started at community college.

Getting in C in a core science/prerequisite course automatically disqualifies you for medical school admission.

Taking the MCAT to see how you do is a good way to figure out what you need to work on.

You have to graduate from a UC school to be admitted to a UC Medical School.

You need to be a science major to go to medical school.





The journey is different  
for everyone!



# California Community College Grad!



Judy Mays & Charlene Green

With one meeting and two emails in 2007, Counselor Judy Mays changed my path. Having dropped out of Sac State, I had made a counseling appointment with her to see what my options were. She told me: "You are much farther than you think." With one semester of hard work I achieved my AA. I went on to earn my BA and my MA from USE. Just recently, I became a licensed Marriage and Family Therapist. I am now a student advisor at the UC Davis School of Medicine where I hope to do what she did for me: help students; be an advocate; do crisis intervention; but most importantly, be there for students and help them without judgment."

*Charlene Green, L.M.F.T*

Up Close: American River Foundation College, 2015







## THIS IS A LONG GAME

- This will take a while and that is okay!
- Doing well and gaining/retaining knowledge is better than finishing fast.
- It's not uncommon for STEM majors to spend more than 2 years at Community College
- Benefit of community college environment with smaller classroom sizes, access to various support entities more impacted at university level (counseling, wellness, EOPS, Umoja, MESA, tutoring).
- A longer stint at community college will be cheaper than transferring and paying university level tuition/fees.



# Examples (emphasis on example) of math/science needed to transfer for certain STEM career paths

	Engineering		Computer Science			Medicine/Vet Med		
	Math	Science	Math	Science		Math	Science	
<b>Semester 1</b>	Trigonometry	Beginning Chemistry or 1 year of HS Lecture/Lab	Trigonometry	Beginning Chemistry or 1 year of HS Lecture/Lab		Trigonometry	Beginning Chemistry or 1 year of HS Lecture/Lab	
<b>Semester 2</b>	Pre-Calculus	General Chemistry I	Pre-Calculus	General Chemistry I		Pre-Calculus	General Chemistry I	
<b>Semester 3</b>	Calculus I	General Chemistry II	Calculus I	General Chemistry II	Principles of Biology	Calculus I	General Chemistry II	Principles of Biology
<b>Semester 4</b>	Calculus II	Physics: Mechanics of Solids & Fluids	Calculus II	Principles of Botany		Calculus II	Organic Chemistry I	Principles of Botany
<b>Semester 5</b>	Calculus III	Physics: Heat, Waves, Light and Modern Physics	Calculus III	Principles of Zoology		Calculus III	Organic Chemistry II	Principles of Zoology
<b>Semester 6</b>	Intro to Linear Algebra	Physics: Electricity/Magnetism	Intro to Linear Algebra	Physics: Mechanics of Solids & Fluids			General Physics I	
<b>Semester 7</b>	Differential Equations			Physics: Heat, Waves, Light and Modern Physics			General Physics II	

\*Some fields of Engineer like Biochemical Engineer also require 2 semesters of Organic Chemistry.



# Don't do this alone – advisors & counselors

- General Education + Major Transfer reqs and/or Associate Degree reqs
- You do not have to get an AA/AS degree, but most [STEM] students end up with one as they complete transfer requirements
- Most major transfer reqs will be very similar with a few differences here and there depending on the program/school you want to transfer to.
- By at least your third semester, try to start researching and narrowing your top schools (2-5 at least), so you can make sure you are completed the necessary requirements (utilize your counselors/advisors for help and [assist.org](https://assist.org)).
- Are you on the general education right track?
  - CSU Breadth – 23 CSU Schools
  - IGETC Breadth – 23 CSU Schools, 9 UC Schools, in state and out of state public and private schools including HBCUs



### Biology (BIOL)

- Anatomy
- Biology
- Biophysics
- Biotechnology
- Botany
- Cell Biology
- Ecology
- Entomology
- Genetics
- Histology
- Immunology
- Microbiology
- Molecular Biology
- Neuroscience
- Physiology
- Zoology

### Chemistry (CHEM)

- Biochemistry
- Chemistry
- Physical Chemistry
- Thermodynamics

### Physics (PHYS)

- Astronomy
- Physics

### Mathematics (MATH)

- Applied Mathematics
- Biostatistics
- Mathematics
- Statistics

# What should I major in?

- What interests you the most!
- English, philosophy, history, and music majors have higher acceptance rates than Chemistry or Bio majors (fewer apply), but also it may take longer to graduate to get all of the pre-reqs done.
- Advantages of Science related major:
  - Premed reqs are part of the degree requirements
  - Science (BCPM) GPA is padded with more science classes (also, can be a -)
  - Better prep for the first year of medical school

\*\*\*Side note: you have to include **ALL** attempted courses on your med school application.



# What should you be focusing on now?



**Build Knowledge Foundation**—Gaining and understanding foundational concepts of the subject  
(Accessing resources: Tutoring, EOPS, Umoja, Puente, MESA, Etc.)



**Practice** – Math and Science are skills of knowledge that must be practiced



**Study Skills** – with a rigorous academic load, process information efficiently is important!



**Learning for Application** – this is knowledge you need to retain to continue to do well in subsequent courses and apply in internships and future careers



# What can you do before & after transfer?

Understand your academic record and plan your timeline for application

## Extra-curricular Activities

- Shadowing a healthcare provider
- Research
- Athletics, clubs, etc.
- Leadership skills
- Related employment (medical scribe, EMT, etc.)

## Getting Opportunities

- Pre-health conferences
- Your instructors
- Get Connected: Pre-Health Advising Offices; Pre-Med/STEM student groups
- Find mentors and build a support network (PreMedCC, MiMentor, Physicians Medical Forum (PMF), LMSA, SNMA)
- Look for summer opportunities to do research, enrichment, pathway programs, etc.







Why are you  
needed in  
healthcare?

<http://www.calendow.org/news/your-zip-code-lifetime/#>

Adapted from The California Endowment's Building Healthy Communities

Not only are we  
*talking* about it,  
but we are also  
using evidence  
to prove it!

## Community College Pathways to Medical School and Family Medicine Residency Training

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### ABSTRACT

**PURPOSE** Medical students who attend community college are more likely to express intention to train in family medicine. This study examined whether community college attendance is associated with family medicine residency training in a national sample of US medical school graduates.

**METHODS** We performed a cross-sectional analysis using the Association of American Medical Colleges matriculant files of residency trainees who graduated from medical school between 2010 to 2012. Residency specialty (family medicine vs other) was modeled using logistic regression analysis; the key independent variable was community college attendance, with categories of non-community college (reference); community college while in high school; community college after graduating from high school, then transfer to 4-year university; and community college after graduating from a 4-year university or as a postbaccalaureate. The logistic model adjusted for age, sex, race/ethnicity, years in medical school, parental education (a marker of socioeconomic status), and high school US region.

**RESULTS** Of the 43,382 medical school graduates studied, 25.9% attended community college and 8.7% trained in family medicine. In unadjusted analysis, graduates attending community college while in high school, after graduating from high school with transfer to 4-year university, or after graduating from a 4-year university or as a postbaccalaureate (12.0%, 12.7%, and 10.8%, respectively) were more likely to train in family medicine compared with their peers who did not attend community college (7.7%). Respective adjusted odds ratios were 1.47 (95% CI, 1.33-1.63;  $P < .001$ ), 1.27 (95% CI, 1.06-1.52;  $P = .009$ ), and 1.17 (95% CI, 1.06-2.29;  $P = .002$ ). Among family medicine residents, 32.7% of those who were white, 35.2% of those Asian, 50.8% of those Latino, and 32.7% of those black or African American attended community college.

**CONCLUSIONS** US medical school graduates who attended community college were more likely to train in family medicine, suggesting community college is an important pathway for increasing the primary care workforce.

*Ann Fam Med* 2018;16:302-307. <https://doi.org/10.1370/afm.2270>.

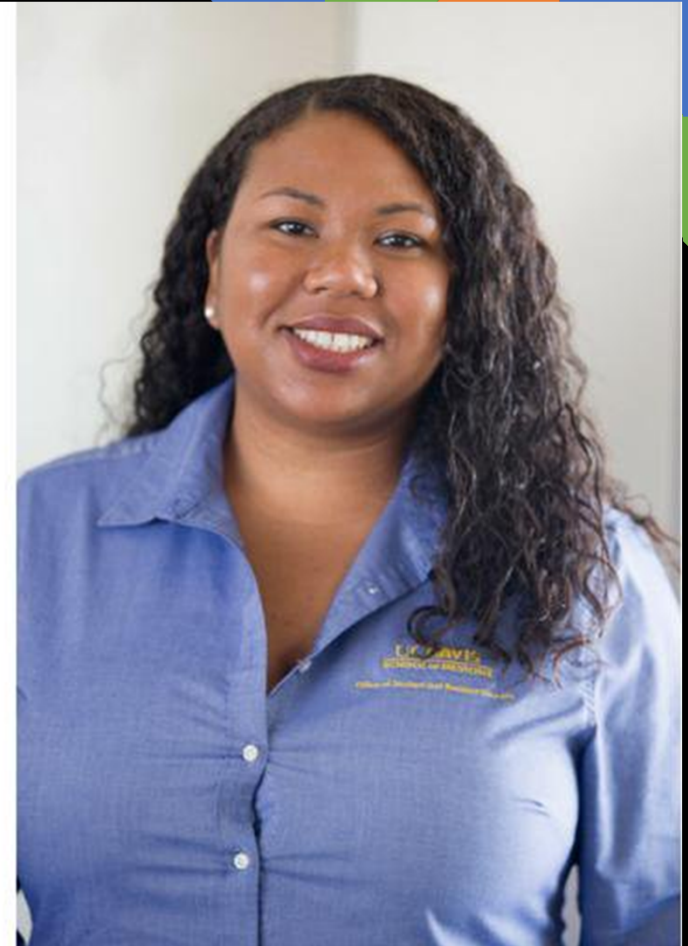


If I'm serving someone who I share some identity with, then I'm going to have a connection with them. I'm going to serve them better. I'm going to make sure they have what they need. So part of us trying to bolster the workforce is to bring these diverse views. If I have colleagues who are different than me then I learn from them.

”

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## Socially-accountable Admissions

- The obligation of schools to direct their education, research, and service activities towards addressing the priority health concerns of the community, region, and/or nation they have a mandate to serve.
- Social accountability must be an institutional priority or mission area in addition to education, research and clinical care.
- Strategy: select students from communities with greatest health needs; locate programs in communities they serve (in hopes they will return there for practice; curricula on social determinants of health; and emphasize public service and social accountability across institution.



# Recruitment and Selection Strategy

## Admissions Mission

- *To matriculate a class who will, as physicians, address the diverse healthcare workforce needs of the region...*
- Mission scholarships
  - SDS (HRSA grant)
- Mission-focused pathway programs

## Holistic Review

- AAMC: E/A/M beyond metrics (GPA, MCAT)
- Experiences (Primary care, community, service)
- Attributes (resiliency eg rural, financial need)
- Socioeconomic disadvantage-SED score

## Multi-Mini Interview

- Multiple interactions with a diversity of raters
- Because of multiple (blinded) raters, MMI more reliable and less subject to bias
- CA consortium study: MMI better predictor of clinical performance than traditional interv.

# Addressing the Maldistribution Requires Thinking About Workforce Needs

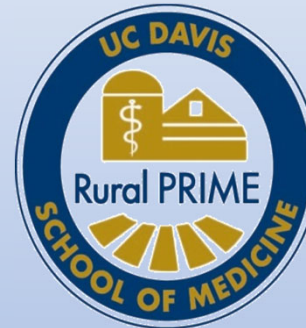
**ACE-PC**



**REACH PRIME**



**Rural-PRIME**

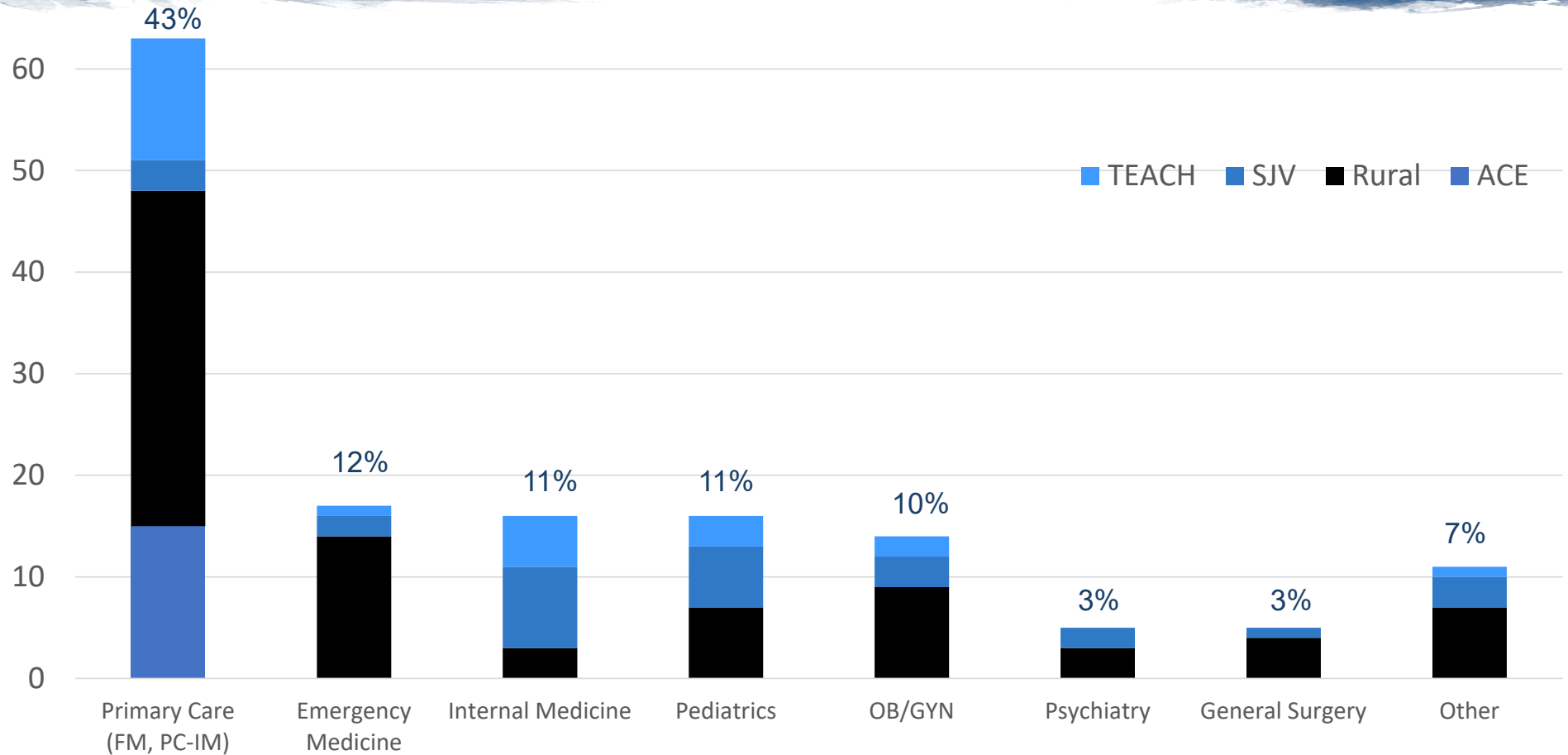


**TEACH-MS**



# Community Health Scholars Workforce Outcomes

(n=147 graduates)





# Application pro tips to start thinking about...



Build your network now!



Keep documentation of your activities for your application.



Tell a story with your whole application. Don't leave us guessing who you are.



Be authentic and vulnerable. Your story is the best part of you.



Have people who review applications, look at your whole package.

# The Application and Process

- 1) Primary Application = AMCAS
  - Biographical Info
  - Coursework
  - MCAT
  - Work/Activities (up to 15)
  - Letters of Recommendation
  - Personal Statement
- 2) Secondary Application
  - More info about you
  - School-specific short essays
- 3) Interview
  - Typically, traditional or MMI
- 4) Committee review for final decision



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# Pre-medical Requirements (UC Davis School of Medicine)



MCAT (within 36 months of applying)



3 years (90 semester hours of 135 quarter hours) in an accredited college or University/Bachelor's Degree



College-level courses  
(recommended within  
5 years of applying)

Biological Sciences: 1 year  
General Chemistry: 1 year  
Organic Chemistry: 1 year  
Physics: 1 year



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# Personal Statement “Starter Pack”

- When did you know you wanted to do medicine?
- What have you done (within your scope of a pre-med) to foster and grow this passion?
- What will you do or what will you contribute to the field of medicine?



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**THANK YOU**

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