

Pathway to Med School Success: A Step-by-Step Guide to UC Davis SOM

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UC DAVIS
HEALTH

**SCHOOL OF
MEDICINE**



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A dirt road splits into two paths, leading into a field of green grass. The sky is a deep blue with scattered white and grey clouds, and a bright light source, likely the sun, is visible on the horizon, creating a lens flare effect. The overall scene is serene and evocative of a journey.

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 USF. 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





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		
Semester 1	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		
Semester 2	Pre-Calculus	General Chemistry I	Pre-Calculus	General Chemistry I	Pre-Calculus	General Chemistry I		
Semester 3	Calculus I	General Chemistry II	Calculus I	General Chemistry II	Principles of Biology	Calculus I	General Chemistry II	Principles of Biology
Semester 4	Calculus II	Physics: Mechanics of Solids & Fluids	Calculus II	Principles of Botany	Calculus II	Organic Chemistry I	Principles of Botany	
Semester 5	Calculus III	Physics: Heat, Waves, Light and Modern Physics	Calculus III	Principles of Zoology	Calculus III	Organic Chemistry II	Principles of Zoology	
Semester 6	Intro to Linear Algebra	Physics: Electricity/Magnetism	Intro to Linear Algebra	Physics: Mechanics of Solids & Fluids		General Physics I		
Semester 7	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).
- Are you on the general education right track?
 - CSU Breadth – 23 CSU Schools
 - IGETC Breadth – 23 CSU Schools, 10 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





A Few Networking Resources for Pre-Medical Students and Advisors:

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- MiMentor: <https://www.mimentor.org/>
 - Physicians Medical Forum (PMF): <https://pmfmd.com/>
 - Student National Medical Association (SNMA): <https://snma.org/>
 - Minority Association of Pre-Medical Students (MAPS): <https://snma.org/page/maps>
 - Latino Medical Student Association (LMSA): <https://national.lmsa.net/>
 - Medical Student Pride Alliance (MSPA): <https://www.medpride.org/>
 - Asian Pacific American Medical Student Association (APAMSA): <https://www.apamsa.org/>
 - Pre-Med CC: <https://premedcc.org/>
 - National Association of Advisors for the Health Professions (NAAHP): <https://www.naahp.org/public-resources/student-resources/find-an-advisor>
 - AAMC Premed Navigator: <https://students-residents.aamc.org/premed-navigator/premed-navigator>

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.



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.

You should do other health professions programs and careers to get experience for medical school.



Changing the Future Workforce

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.



Why are you
needed in
healthcare?

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

Adapted from The California Endowment's Building Healthy Communities

Community College Pathways to Medical School and Family Medicine Residency Training

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

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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>.



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



Pre-medical Requirements (UC Davis School of Medicine)



MCAT (within 36 months of applying)



Bachelor's Degree (in anything)



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

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



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?



AvenueM
Roadmap to Your Career
in Medicine



California Medicine
Scholars Program



AvenueM

UC DAVIS
HEALTH

**SCHOOL OF
MEDICINE**

What is AvenueM?

- ❑ Focuses on increasing physicians from community colleges to serve Northern California, particularly medically underserved communities. Part of this focus is recruiting a diverse group of mission-focused students.
- ❑ Designed to eliminate barriers and provide support as well as mentorship to students from all communities that have been historically excluded in medicine.
- ❑ Helps community college transfer students with ties to the Northern California Region smoothly transition to UC Davis, Sacramento State University, and Cal Poly Humboldt – and ultimately to medical school.

*The AvenueM Program represents the Greater Northern California Regional Hub for Healthcare Opportunity (RHHO) which is part of the state-wide California Medicine Scholars Programs (CMSP) network of RHHOs, administered by the California Medicine Coalition through the Foundation for California Community Colleges.

Map of Program Partners and Scale

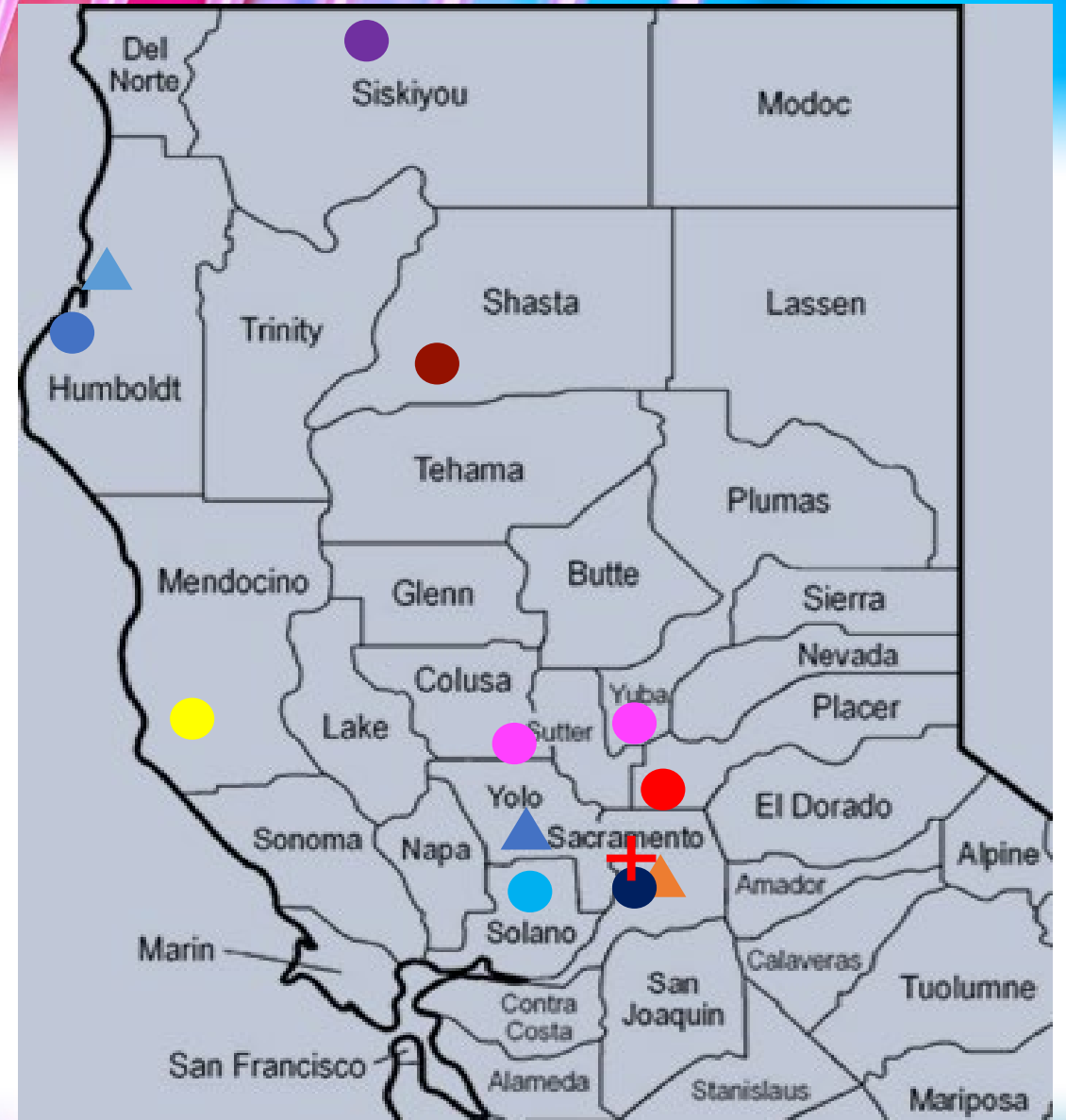
+ UCD School of Medicine

4-Year Institutions

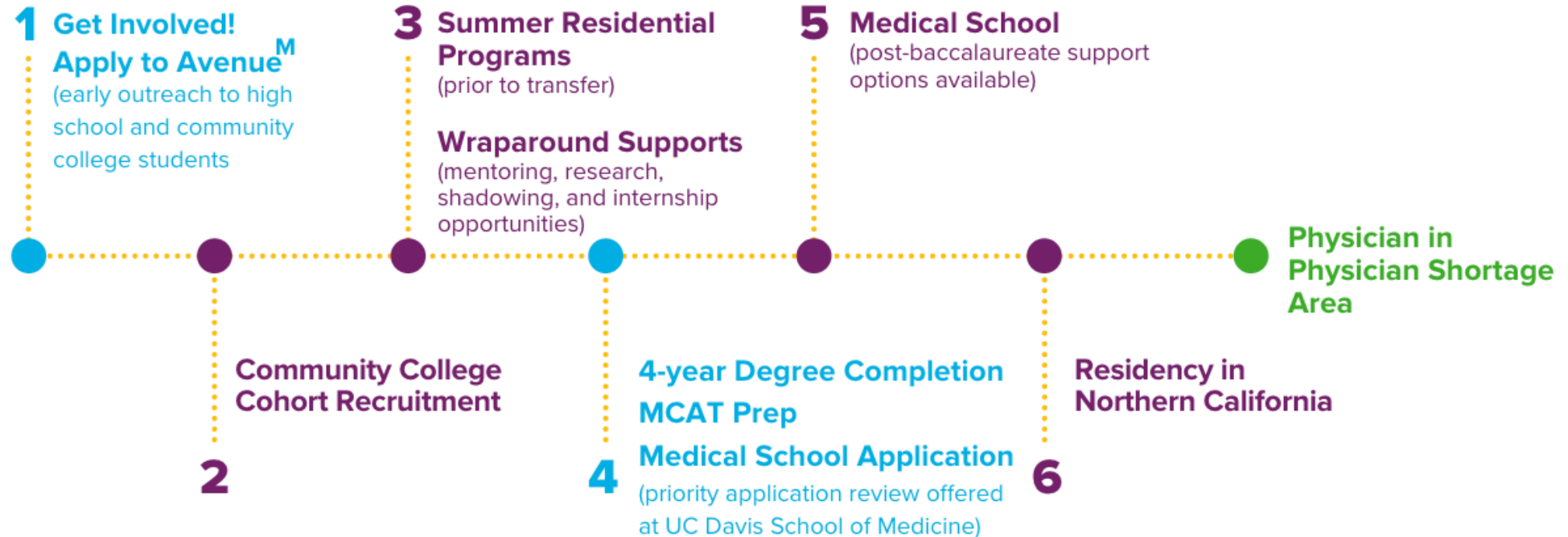
- ▲ UC Davis
- ▲ Sac State
- ▲ Cal Poly Humboldt

Community College/Districts

- Los Rios
- Yuba/Woodland
- Solano
- Sierra
- College of Redwoods
- College of the Siskiyous
- Mendocino College
- Shasta College
- California Tribal College



Avenue^M Scholar Journey



Continuous alternative ramp supports for careers in allied health professions or other areas

Eligibility

- Overall GPA of 3.0
- Completion of 12 units of transferable coursework at a California Community College (you will need to submit unofficial transcripts with your application)
- Have completed a Student Education Plan outlining your plan for transfer (must be completed with a California Community College counselor)

*For the AvenueM Program, the interest form is only used to identify interested applicants. To officially apply to be considered for the AvenueM Program, you must complete the application (Step 3 on the website)

Cohort 3 Recruitment Plans

- **Application currently open!**
 - Info Sessions (August, September, October, November)
 - Closes on November 30 @ 11:59 pm



Are you an aspiring healthcare provider looking to take the next step on your journey to medical school? 🏥👩⚕️🌟

AvenueM is a community college to medical school pathway program that aims to reduce barriers to entry to medical and other healthcare careers. Our program is designed specifically for community college students who have the passion and potential to pursue a career in medicine. AvenueM provides a roadmap, comprehensive support, MCAT prep, and mentorship to help you navigate the complex path to medical school.

WHEN: August 23, 2024 @ 12:00 pm
REGISTER: <https://tinyurl.com/AveMInfoAug2024>

WHEN: September 25, 2024 @ 5:00 pm
REGISTER: <https://tinyurl.com/AveMInfoSep2024>

WHEN: October 30, 2024 @ 5:00 pm
REGISTER: <https://tinyurl.com/AveMInfoOct2024>

WHEN: November 26, 2024 @ 12:00 pm
REGISTER: <https://tinyurl.com/AveMInfoNov2024>

Other California Medicine Scholars Hubs

UCSF School of Medicine-Fresno

- State Center Community College District (Fresno City College, Clovis Community College, Madera/Oakhurst Community College, Reedley Community College)
- College of the Sequoias (Hanford, Tulare and Visalia campuses)
- Merced Community College District (Merced and Los Banos campuses)
- West Hills Community College District (Coalinga, Firebaugh and Lemoore campuses)
- Yosemite Community College District (Columbia College and Modesto Junior College)

UC Riverside School of Medicine

- Chaffey College
- College of the Desert
- Norco College
- Riverside City College
- San Bernardino Valley College
- Victor Valley College

UC San Diego School of Medicine

- San Diego Imperial County Community College Association (Palomar College, MiraCosta College, Grossmont College, Cuyamaca College, San Diego City College, Mesa College, Miramar College, Southwestern College, Imperial Valley College)

<https://californiamedicinescholarsprogram.org/>

Learn more about UC Davis School of Medicine & Our Pathway Programs

- **Health Equity Academy – Leaders for Tomorrow’s Healthcare (HEALTH)** – Offers opportunities in person at the School of Medicine, within the community, virtually, as well as online communications that are structured to provide mentorship, build leadership, expand networks, and provide support for **high school students** and program alumni, to expand on the development of the skills necessary for success in both academic pursuits as well as professional development towards careers in health.
- **Medical School Preparatory Enhancement Program (MSPEP)** - Collaborative program for UC Davis and Sacramento State University **undergraduate junior and seniors students** aimed to increase opportunities for socio-economically and educationally disadvantage students to pursue careers in medicine.
- **Postbaccalaureate Program** - One-year program designed to help educationally and/or socio-economically disadvantaged **post-graduate students** become more competitive applicants to medical school. We accept first-time applicants to medical school and reapplicants. The year-long program has three major components: MCAT preparation, the academic year and the medical school application. During the summer, students prepare for the MCAT by developing test-taking strategies and study skills.
- **Virtual Tours and Outreach Events** – Virtual Tours given 3-4x per year plus various outreach events to connect with us!

Contact information

AvenueM Program

- Website: avenuem.ucdavis.edu
- Application: https://avenuem.ucdavis.edu/avenuem_application_form
- Program Email: AvenueM@ucdavis.edu

UCDSOM Admissions

- Admissions Office: hs-SOMAdmissions@ucdavis.edu
- Charlene Green, PsyD
- Website: <https://health.ucdavis.edu/medschool/>