

The background features a dark blue gradient with a subtle pattern of white dots. Overlaid on this are several circular elements: a large scale on the left with numbers from 140 to 260, and several smaller circles with dashed lines and arrows, some containing solid lines, suggesting a process or cycle.

# HAWAII'S UH JABSOM AND YOUR MISSION DRIVEN LIFE

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# HOW TO GET INTO MED SCHOOL

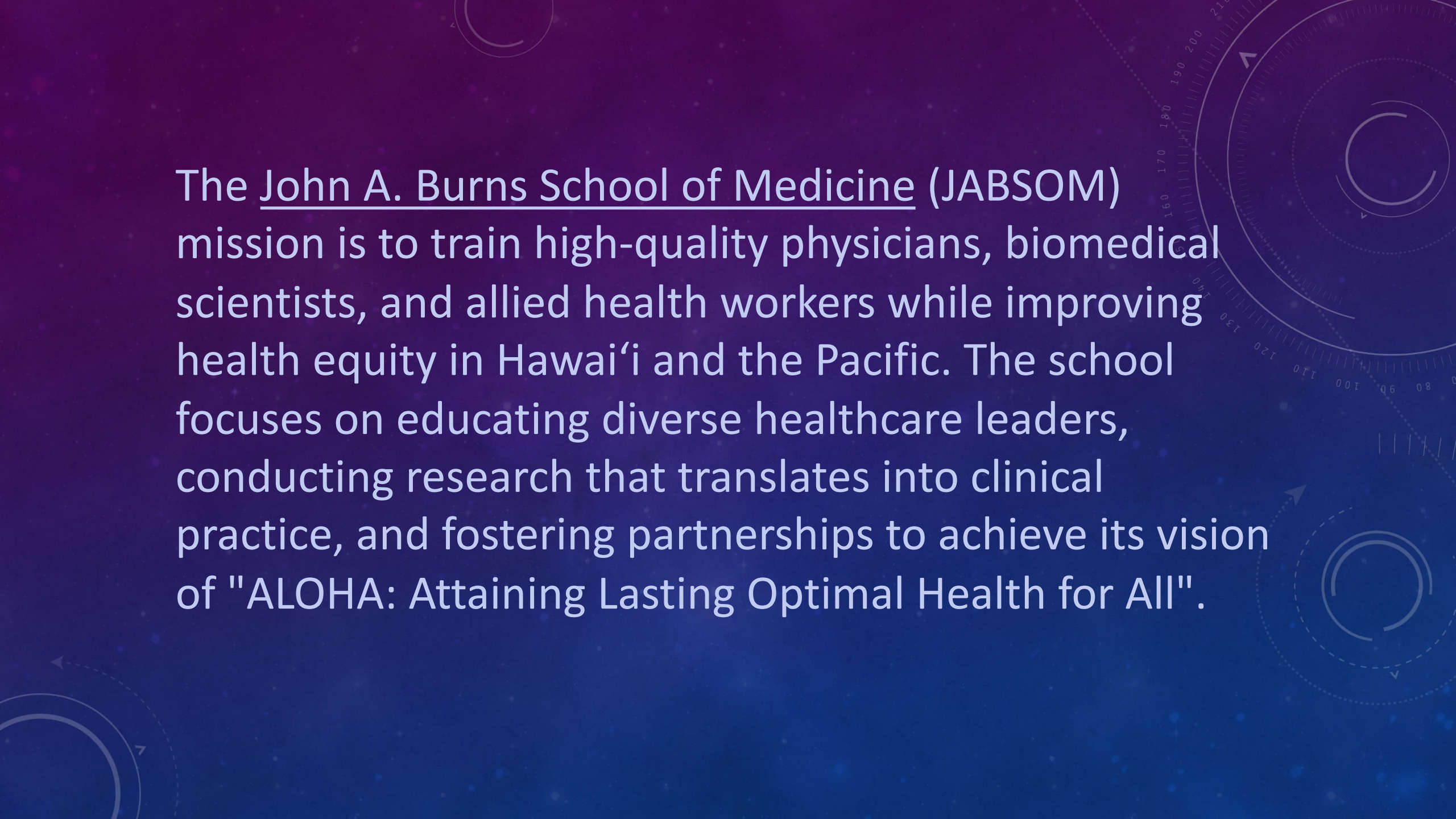
- College grades—if not great, then go to Grad school (PH, CMB, etc.)
- MCATs-choose B and go on
- \*Letters of Recommendation-professors/supervisors who know you well and can speak to who you are
- \*\*Personal Statement-where you tell them why you are special and what your mission is
- \*\*Interview-opening pitch, have list of things you want to get across, have questions for the interviewer

# WHAT IS YOUR MISSION?

- It can't be: "I want to help people"
- How? Where? Who? When?
- Drives everything you do-so might be mentioned in letters of recommendation\*
- Essay\*\*
- Interview:
  - Opening pitch\*\*
  - Leadership, stress management, face challenges, ambiguity, team work, honesty, maturity, humanity, interest, altruism

## WHY IS JABSOM SPECIAL?

- First US School to go full Problem Based Learning-which I consider student based learning
- Work in the community starts day 1
- Rural experiences from the second unit
- Student run activities welcomed and encouraged
- First Department of Native Hawaiian Health in world
- Goal is to train physicians for across Hawaii and the region
  - MD2, MD5, half of third year, 4<sup>th</sup> year

The background features a dark blue gradient with scattered white dots. On the right side, there are several overlapping circular patterns, some resembling protractors with degree markings (e.g., 80, 90, 100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200, 210, 220) and others with dashed lines and arrows, suggesting a technical or scientific theme.

The John A. Burns School of Medicine (JABSOM) mission is to train high-quality physicians, biomedical scientists, and allied health workers while improving health equity in Hawai'i and the Pacific. The school focuses on educating diverse healthcare leaders, conducting research that translates into clinical practice, and fostering partnerships to achieve its vision of "ALOHA: Attaining Lasting Optimal Health for All".

# EXPERIENCES THAT ALIGN WITH THE SCHOOL YOU WANT TO GO TO

- What is their mission?
- What is your mission?
- Homeless Outreach and Medical Education (HOME) Mobile Clinic
- Neighbor island students and rotations
- Wilderness medicine
- Rural medicine
- Urban underserved medicine
- Infectious (tropical) diseases (or what are the research interests at your school)

# PARTNERSHIPS

- Community based medical school
  - All hospitals and medical groups
  - Outpatient clinics
  - Community Health Centers
  - Department of Health
  - Native Hawaiian Healthcare Association
  - Pacific Island Health Officer Association
  - PIPCA, HPCA
  - International partnerships

# BUILD EXPERIENCES THAT ALIGN WITH COMMUNITY CARE

- What volunteer experiences do medical students often perform?
- What community based activities do you offer? At which points in the curriculum?
- Where can I do my clinical rotations? Are they all in hospitals or are some in the community? In FQHCs? In rural areas? International opportunities?

## HOW TO THINK ABOUT MISSION FIT?

- My mission is to x, how much time is available in the medical school curriculum to perform x?
- Do you offer experiences with disadvantaged (identify) communities?
- How do your students learn cultural humility/competency?
- What patient education opportunities do you offer?
- Does your school have a department of x (Native Hawaiian Health)?

# MENTORSHIP

- Where do you want to be in 20 years?
- Is there someone that does what you see yourself doing?
- You've found your mentor...
- If not, keep asking what people's goals/missions are and find some you identify with. Everyone needs at least 3 mentors: career, life, in your field of healthcare. These people will write your letters of support forever!
- And, don't forget to mentor others...

# WILL THE SCHOOL IMPACT YOU?

- Yes!
- If a research intensive organization, you will probably do some research
- If has high rate of placing students in primary care, you will probably go into primary care
- If lots of community work, you will do community work while you are in school and probably after
- What student run activities are there? Do they support students starting programs? THC, JHEM

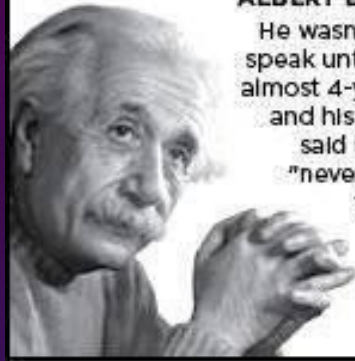
# IMPACT OF YOUR WORK

- What do you want your impact to be?
- Keep at it, touch back to your dreams often
- It will change over time, but keep making impact
- Keep your mind and your options open, you don't know where life will take you
- For wellness' sake, keep close to your friends, your family and your favorite activities

# FAILURE IS NOT FAILURE AND WHAT YOU MAY CONSIDER WEAKNESSES ARE ACTUALLY STRENGTHS

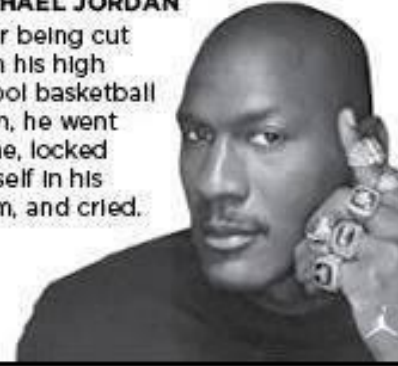
- Research is failing until you succeed
- Failure is a chance to learn about yourself
- Failure makes you resilient
- Embrace failure and learn from it
- It makes you a better applicant because you have recovered from adversity. Use it!

# FAMOUS FAILURES



## ALBERT EINSTEIN

He wasn't able to speak until he was almost 4-years-old and his teachers said he would "never amount to much"



## MICHAEL JORDAN

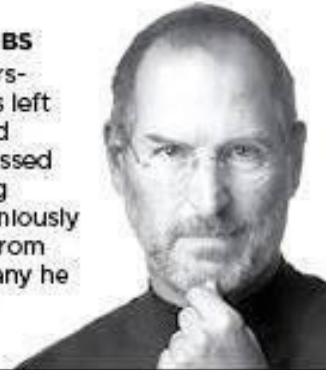
After being cut from his high school basketball team, he went home, locked himself in his room, and cried.



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## WALT DISNEY

Fired from a newspaper for "lacking imagination" and "having no original ideas."



## STEVE JOBS

At 30-years-old he was left devastated and depressed after being unceremoniously removed from the company he started.



## OPRAH WINFREY

Was demoted from her job as a news anchor because she "wasn't fit for television."



## THE BEATLES

Rejected by Decca Recording Studios, who said "We don't like their sound—they have no future in show business."

**IF YOU'VE NEVER FAILED,  
YOU'VE NEVER TRIED ANYTHING NEW**

# SO, WHAT ARE YOUR HEALTH SUPER POWERS?

- Bilingual? Trilingual?
- Experienced a personal or family lack of healthcare?
- Suffered a personal or family illness?
- Responsibilities to family business interfere with school?
- Let's use them to get you into and through medical school to serve our communities!!



THERE IS ONLY ONE THING  
THAT MAKES A DREAM  
IMPOSSIBLE TO ACHIEVE:  
THE FEAR OF FAILURE.