

# Pre-Medical Preparation Pathways for Underrepresented Student Populations

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# Agenda:

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- UC Diversity Statement
- Pre-medical Experiences and Pipeline Programs for Underrepresented Students
- Medical School Application
- Resources



# University of California Diversity Statement

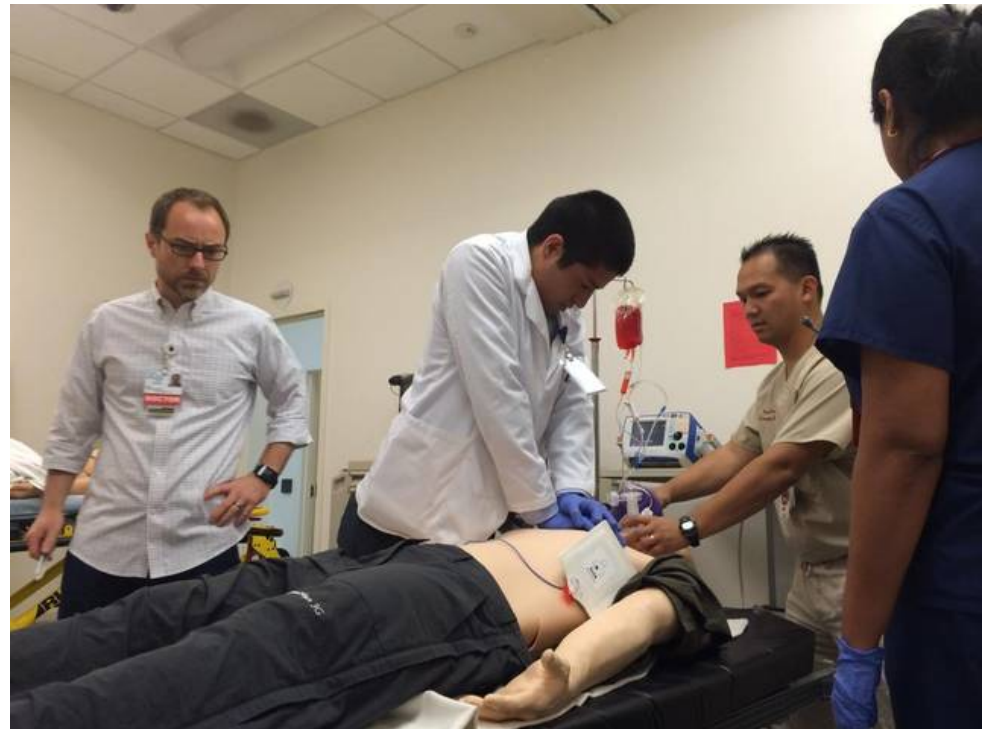
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“Diversity – a defining feature of California’s past, present and future – refers to the variety of personal experiences, values and world views that arise from differences of culture and circumstance. Such differences include race, ethnicity, gender, age, religion, language, abilities/disabilities, sexual orientation, socioeconomic status and geographic region, and more.”

# Pre-medical Experiences and Resume Building

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- Volunteer or paid clinical experience
- Research experience
- Leadership roles



## Other Types of Experiences to Consider

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- Jobs – even if not clinical
- Community service – even if not clinical
- Family obligations (i.e. translating at doctor's appointments, caring for younger siblings)
- Focus on longevity of activity, rather than number of weekly hours committed (i.e. 1-2 hours per week or every two weeks, for 1-2 years)

# Undergraduate Pipeline Programs

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Here are some examples of UC Pre-Medical Pipeline Programs:

- UC Davis:
  - Academic Preparation and Enrichment Program (APEP)
  - Medical School Preparatory Enhancement Program (MSPEP)
  
- UCLA:
  - Pre-medical/Pre-dental Enrichment Program (PREP)
  
- UC Riverside:
  - Future Physician Leaders Information
  - Health Coach Program

# UC Postbaccalaureate Consortium

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- Mission:
  - To increase the number of physicians who practice in physician shortage areas of California, by assisting capable and dedicated students from disadvantaged backgrounds in gaining admission to medical school.
- 1 year program
- 5 campuses: UCD, UCI, UCLA, UCR and UCSF
- Includes:
  - upper division science coursework
  - MCAT preparation
  - Advising and mentorship
  - Skills assessments
  - Professional development
  - Medical school admission process guidance

# The Gap Year: a year between college and applying to medical school

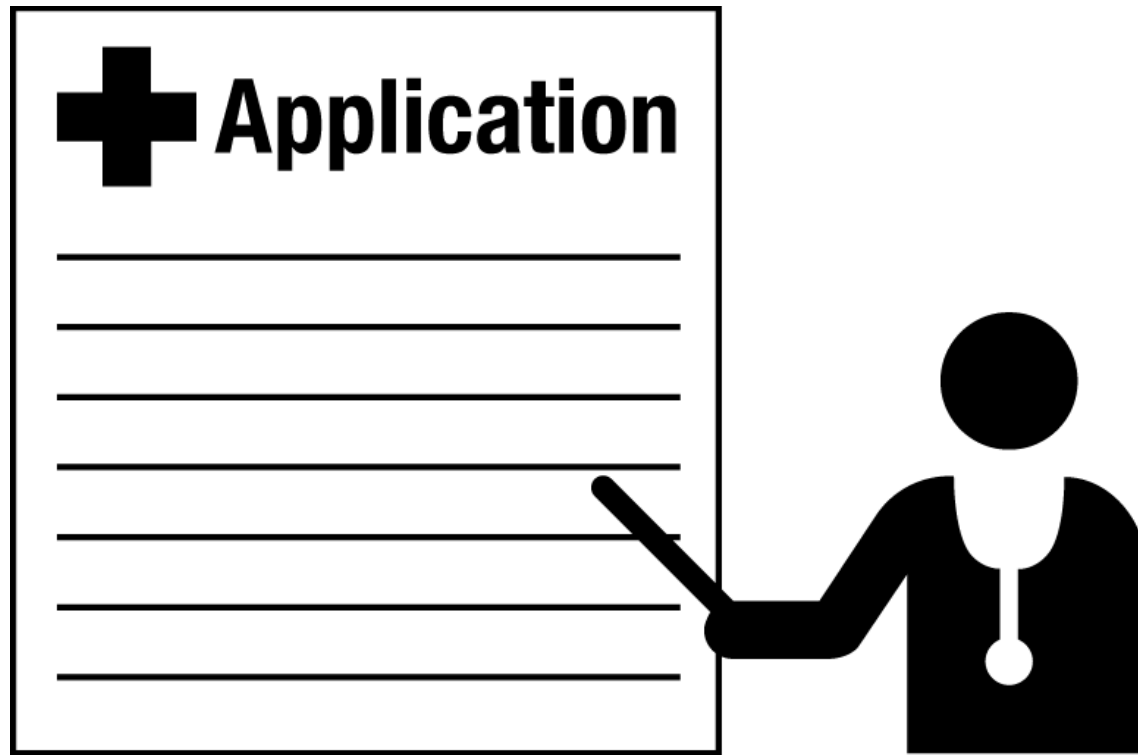
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- An extra year of coursework towards the GPA
- An extra year to gain experiences and build relationships with faculty for letters of recommendation
- More time to prepare for the MCAT
- Not missing classes to travel to interviews during the fourth year of college
- Minimizes the burden of finishing college strong while focusing on the medical school admission process
- Working and saving some money for the expensive admission process



# The Medical School Application

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## What medical schools consider:

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- Two major areas of interest:
  - Metrics (GPA and MCAT scores)
  - Experience and background information



# Holistic Review

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- To provide an individualized consideration of every applicant;
- To provide a comprehensive approach to considering applicants;
- To understand the importance of the road traveled by a student through their life experiences;
- To widen the lenses we use to consider the applicant;
- And review students using their experiences, attributes and metrics

# Metrics

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- GPA averages:
  - They RANGE!
  - 3.0+ (sometimes lower)
- MCAT scores:
  - They RANGE!
  - Old MCAT: 22+ (sometimes lower)
  - New MCAT: 496+ (sometimes lower)
- Underlying theme: students should be advised individually based on their entire application

## Context, or the “distance traveled”

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- Passion
- Life Experiences
- Interest/Activities
- Culture
- Communities
- Language
- Race/Ethnicity
- Challenges along the way



# Challenges

- Time management
- Study Skills
- Underprepared
- Language Barriers
- Illness
- Imposter Syndrome
- Stereotype threat
- Survivor's Guilt
- Cultural mismatch
- Transition Shock
- Financial Burden
- Life issues
- Self Sabotage



# Writing the Disadvantage Statement

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- **Target areas:**

- **Social** -- Examples: Being treated differently due to ethnicity, language, religion, or other social identities
- **Economic** -- Examples: Receiving any form of government aid; growing up in a single parent household; living below the poverty threshold
- **Educational** -- Examples: Overcoming a learning disability; attending under-resourced primary and secondary schools

# What to include in the Disadvantage Statement

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- Buzzwords that help with the writing process:
  - First generation American
  - First generation college student
  - English is second language
  - Low income/parent careers (i.e. field laborers or factory employees)
  - Low parent education
  - Single parent
  - Large household
  - Worked since a young age; support family
  - Low performing high school
  - Lack of resources
  - Neighborhood violence
  - High teen pregnancy in community
  - Unique hardships



## More application details

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- How many schools?
  - Most students apply to an average of 15-25 medical schools across the nation (not just in CA)
  
- When to apply?
  - Rolling admissions (year-long process)
    - Primary application: June-October
    - Secondary applications & interviews: September-March
    - Acceptances: September-June
  - Better to apply “later” with a stronger application, than “earlier” with a weak application

## Resources

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- AAMC( Association of American Medical Colleges)  
<https://www.aamc.org/>
- MSAR (Medical School Admission Requirements)  
<https://services.aamc.org/msar/home#null>
- UC Postbaccalaureate Consortium  
<https://postbac.ucdmc.ucdavis.edu/>
- 2016 MCAT and GPA data “Using MCAT Data in 2016 Medical Student Selection
- <https://www.aamc.org/download/434596/data/usingmcatdata2016.pdf>  
(my favorite pages of this PDF are pp. 17, 41, 48-50)