

How To Be An Effective Pre-Med Student

L@S GANAS Research Day
March 16, 2019



**Hispanic Center
of Excellence**

Agenda

- **Introductions**
- **Overview of HCOE**
- **Preparing for medical school**
- **Developing yourself is on-going**
- **Lifelong learner**
- **Time to reflect**
- **Changing career path**
- **Freddy Jacome**

About Me

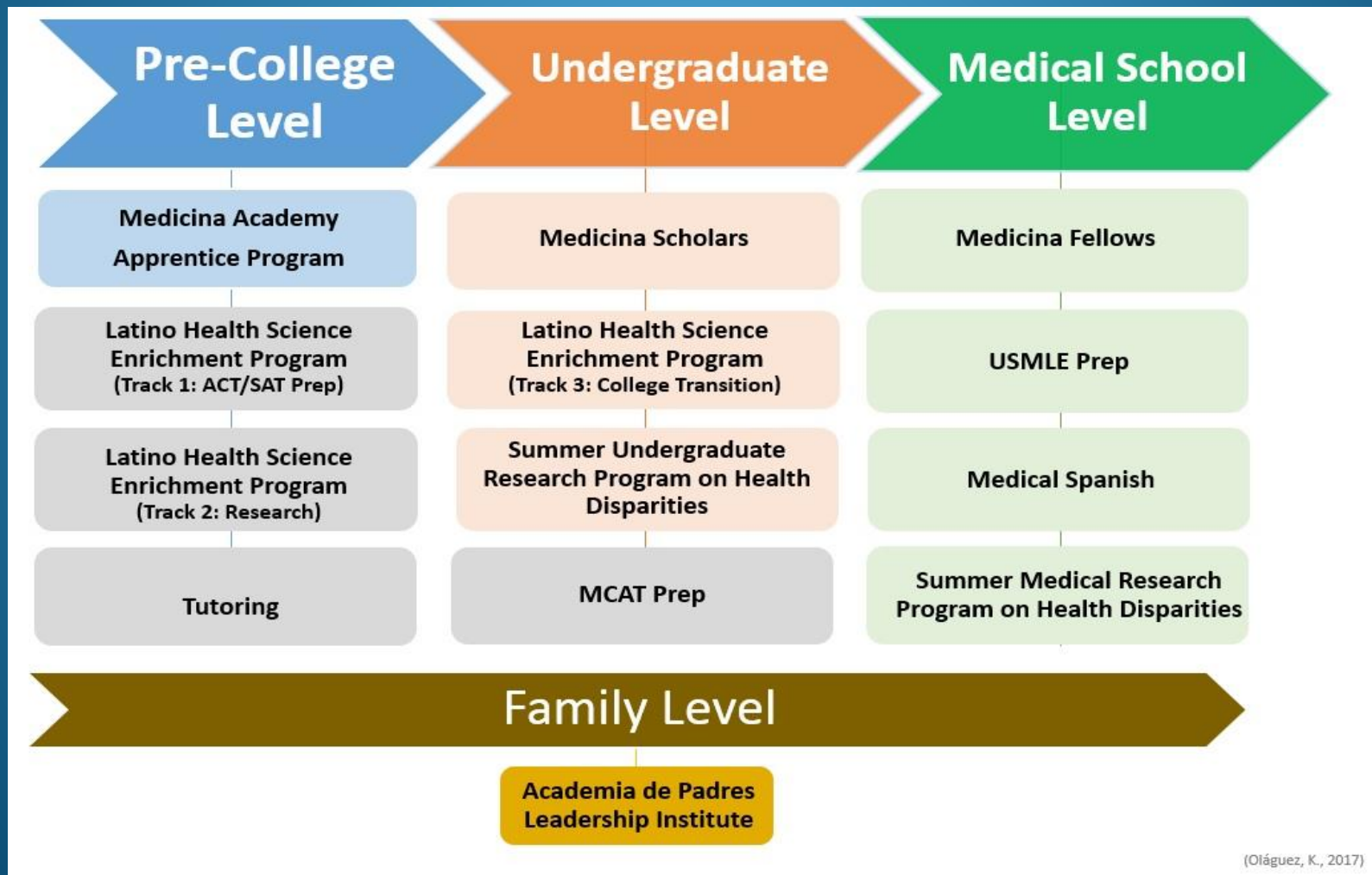
- From Chicago
- Non-traditional student
- Worked in social services and health care
- Embrace my Mexican Identity
- Healthcare is a right not a privilege



HCOE's Mission

To improve the medical care of Latinos in Illinois by providing programs that strengthen the pipeline and increase the number of Latino applicants pursuing health careers; enrich the education of Latino students, with emphasis on producing linguistically and culturally competent practitioners, and build partnerships with others that share the same vision.

HCOE's Pipeline



My Role at HCOE

- Undergraduate Programming
- LaHSEP, Medicina Scholars and the Summer Undergraduate Program
- Academic Advising
- Screen medical school applications

Preparing for Medical School

Why Medical School?

Know Why Medical School

You will be asked frequently

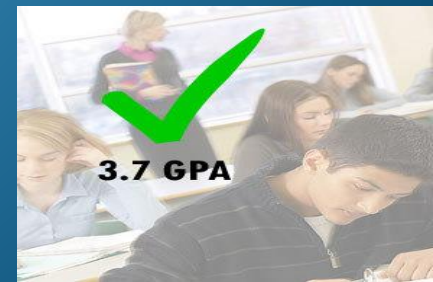
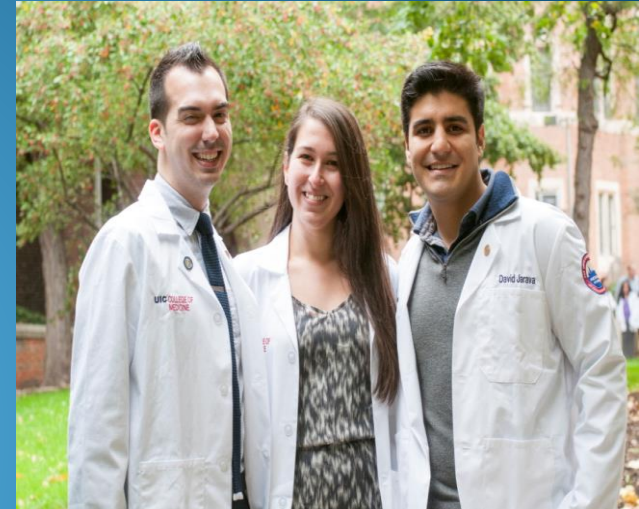
Own it

Whether you are sure

Still Exploring

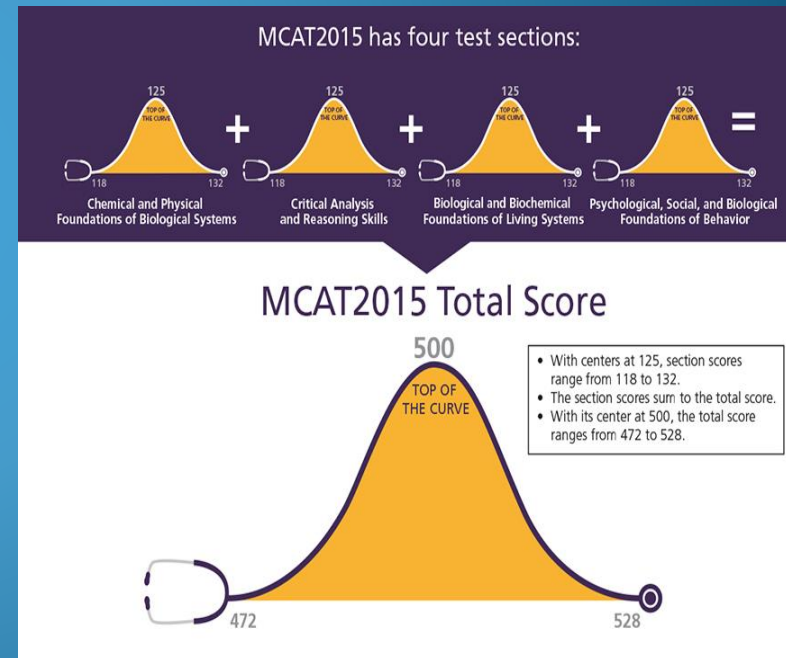
Begins First Year

- Begins freshman year
- Pre-requisites for medical school
- Cumulative GPA 3.70-4.00 throughout undergraduate career
- Cumulative GPA 3.50-3.70 Biology, Chemistry, Physics and Math (BCPM)



Explore Medicine, Application Process & MCAT

- Explore different areas of medicine
- Know all there is to know about applying to medical school—American Association of Medical Colleges (AAMC)
- Learn about the MCAT
- Attend workshops on the MCAT and on applying to medical school



Motivation for Medicine & Volunteering

- Demonstrate Motivation for Medicine
 - Volunteering at hospital or clinic
 - Begin early in undergraduate career
 - Spanish or other language
 - Community Service

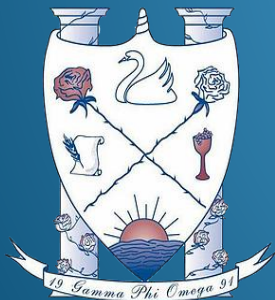
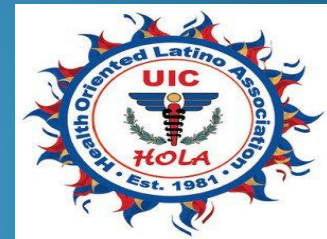
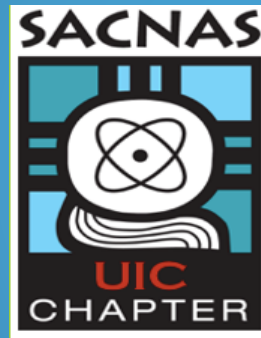


Leadership

Campus and Community Involvement



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L A R E S
The Latin American Recruitment
and Educational Services Program



Electronic Journal



- Journal your experiences from your volunteer, research and leadership
- Will save you time when you apply to medial school



Advising

- Meet with advisor at least once per semester
- Establish Goals & provide updates
 - Developing your leadership
 - Increase the competitiveness of your application
- Support throughout your undergraduate career



Relationships

- Develop relationships with professors
- Research mentors
- Campus work supervisors, volunteer coordinator (s) and advisors



Developing Yourself Lifelong Learner

Developing Yourself

- **Attending conferences**
- **Not settling and pushing yourself to excel**
- **Advocating for yourself = Advocate for others**
- **Seeking help/Asking for feedback**
- **Presentation/Communication Skills**

Further Development

- Mature
- Initiative
- Be humble
- Lifelong learner
- Have a mentor

BE STRONG
WHEN YOU ARE WEAK,
BRAVE
WHEN YOU ARE SCARED,
AND HUMBLE
WHEN YOU ARE
VICTORIOUS

REFLECTING ON MY JOURNEY



Changing Career Paths

Changing Career Paths

- Stuck with my science major
- What careers can I pursue?
- Is it too late to change paths?

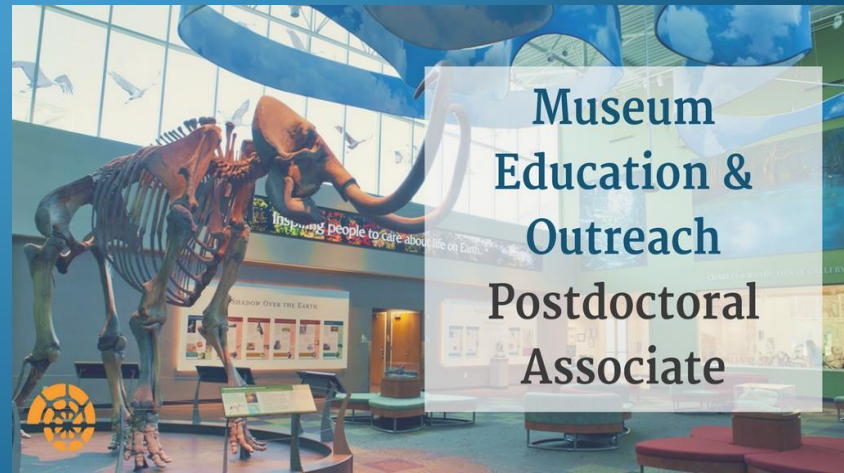


Reflect & Follow Passion

- Follow your passion
- Explore careers
- Meet with advisor

Opportunities

- Masters degree or PhD programs
- Life Science Visualization
MS Biomedical Visualization
- Genetic Counselor
- Environmentalist
- Research Assistant
- Case Manager



DO NOT GIVE UP

Do Not Lose Sight of your Dream

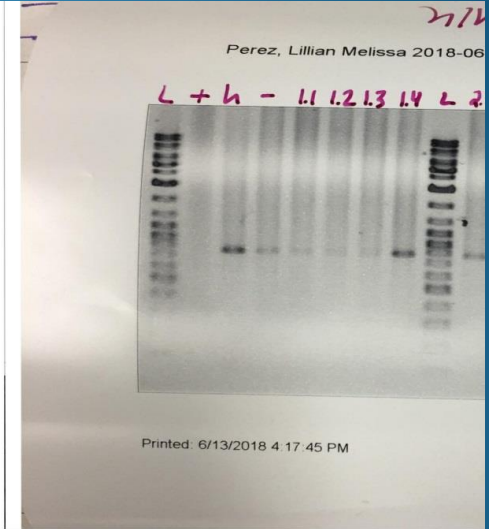
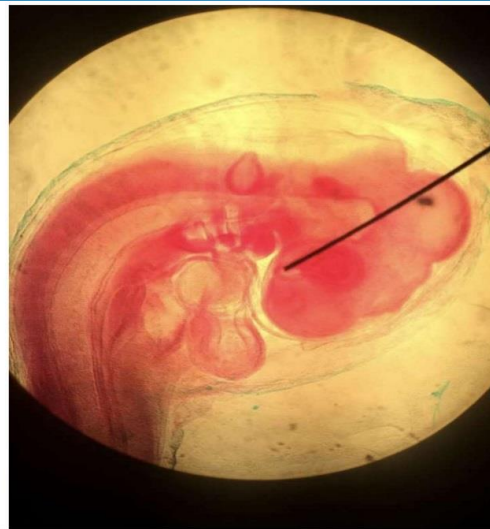
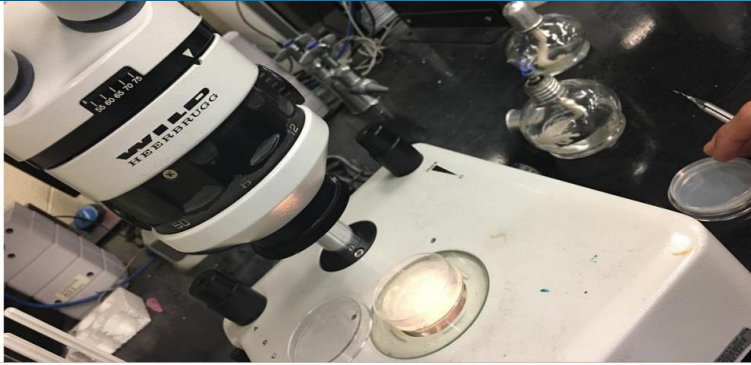
- Do not let the finances interfere with your dream
- Do not let anyone interfere with your dream
- Do not let the rigor of courses interfere with your dream

JUST DO IT.



Freddy Jacome

My Experience



Guidance/Mentorship



Reflect



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Gracias!
Thank You!