
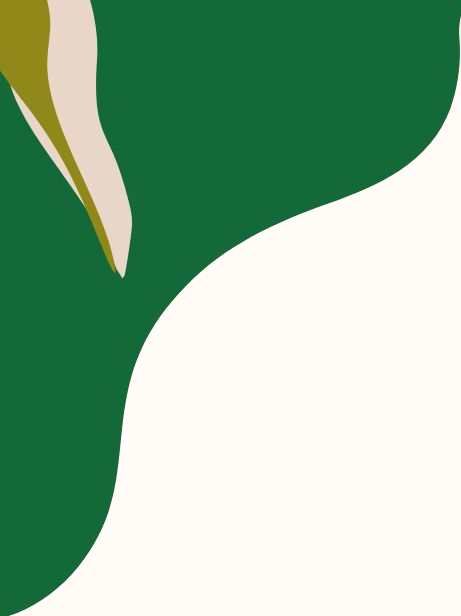

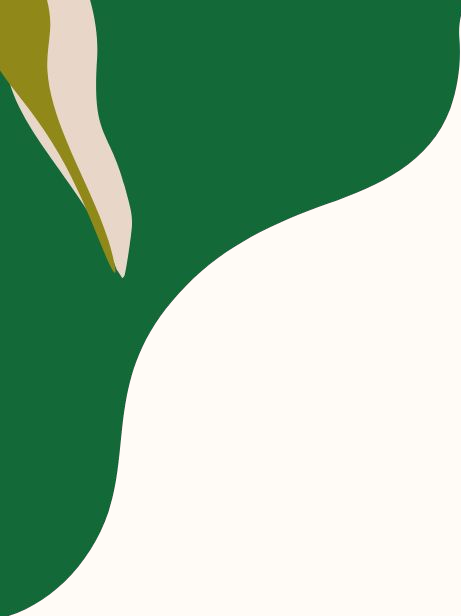




Pre-Health Dreams: Equipping High School Counselors to Prepare Future Healthcare Professionals

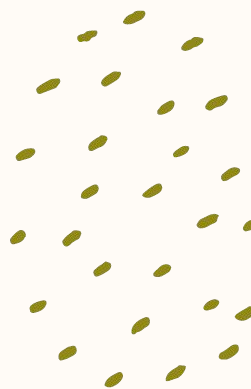
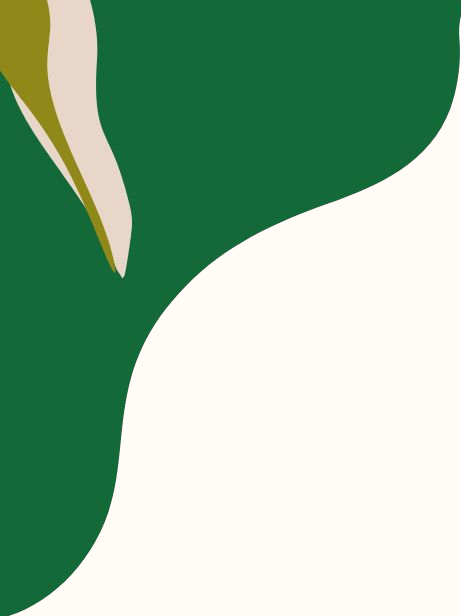
Dr. Kiana Shiroma

kianak@hawaii.edu



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2024 Medical School Acceptance Rate



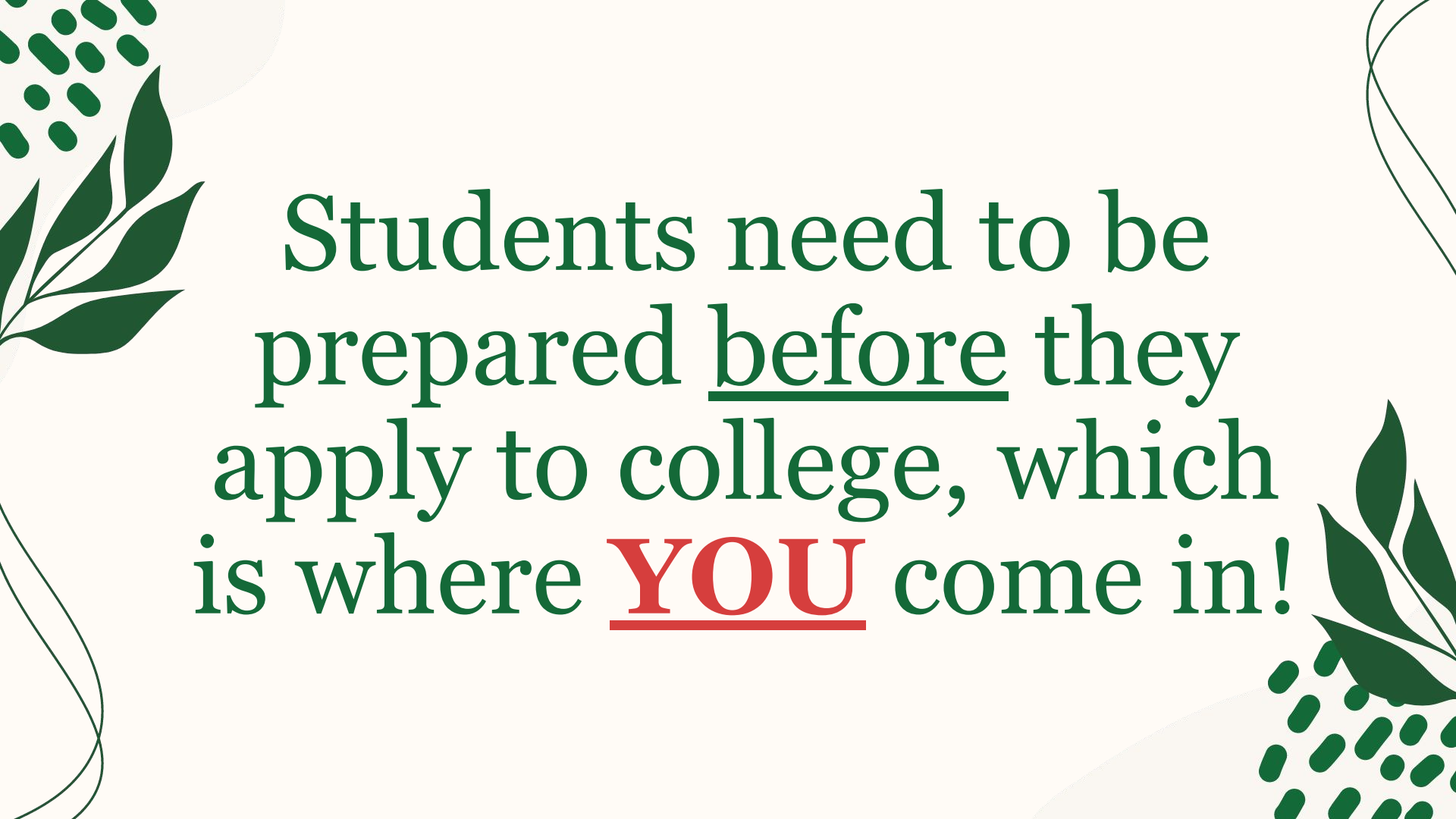
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2024 Medical School Acceptance Rate



FIELD	UH MĀNOA ACCEPTANCE RATE
Physical Therapy	38%
Medicine	40%
Physician Assistant	47%
Dentistry	59%
Pharmacy	81%





Students need to be
prepared before they
apply to college, which
is where YOU come in!

What To Know





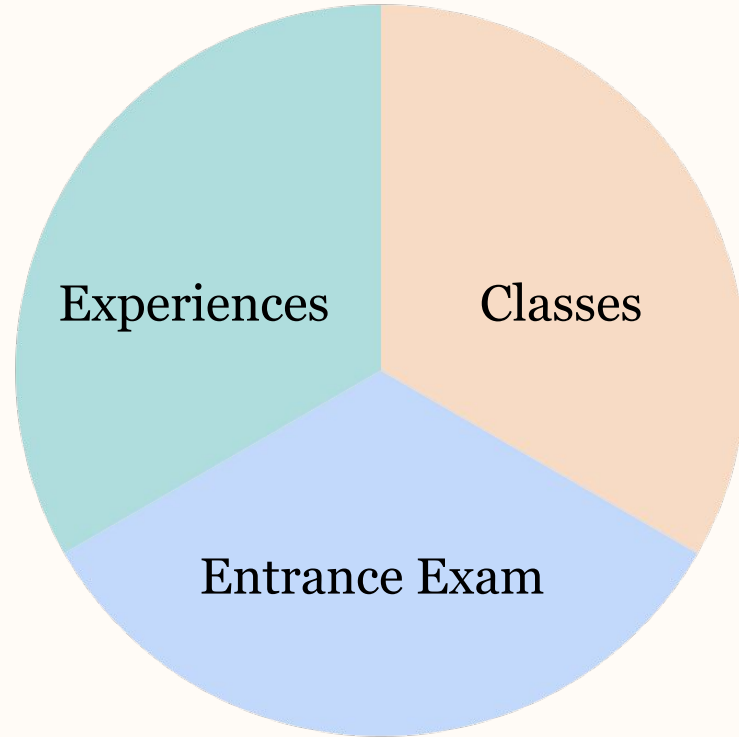
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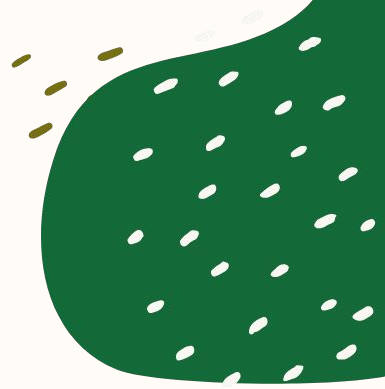
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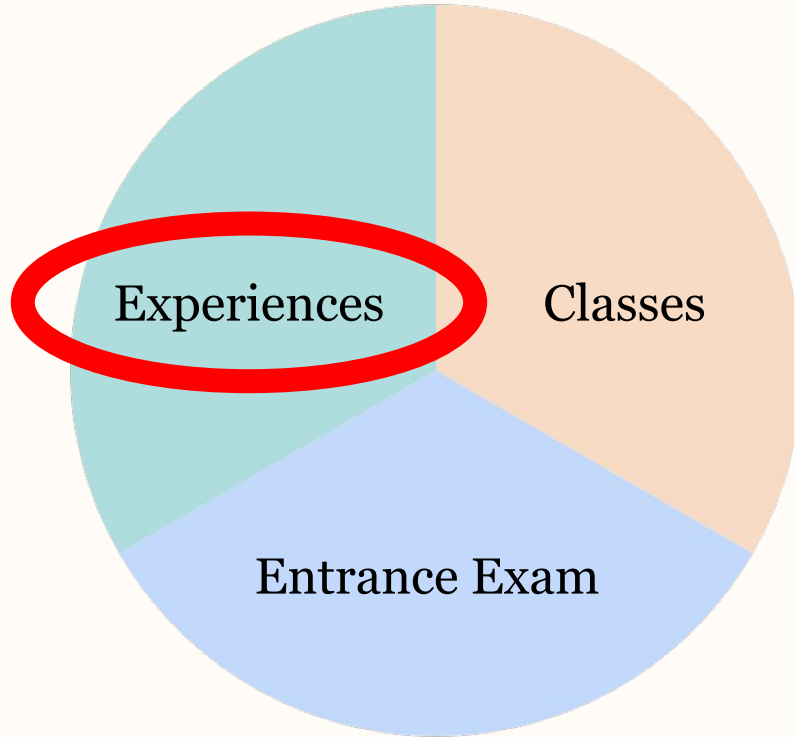
Pre-Health Students



Ensure that
healthcare is the right
field for them!



Pre-Health Students



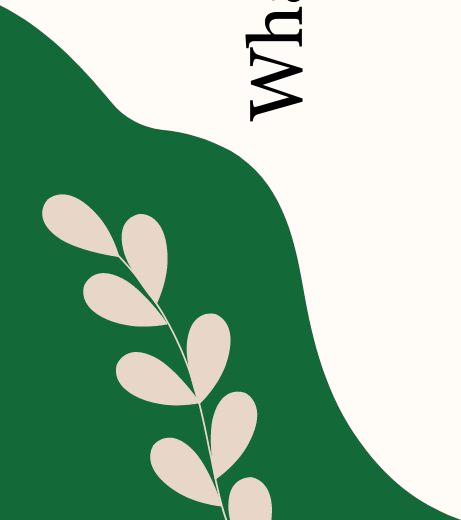
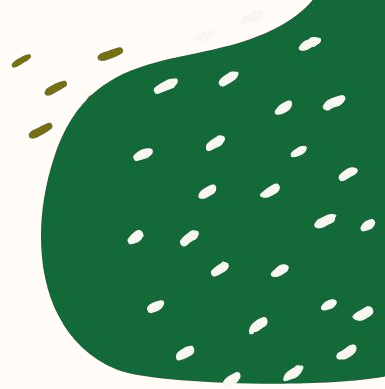
What to start NOW:

Explore!

Attend online events

Shadow and/or work when possible

Start a résumé and update it!



Gaining Experience

Applicants benefit from gaining experience in their desired health profession to confirm their career choice and meet school requirements, such as shadowing or hands-on patient contact. Professional schools also encourage applicants to pursue passions outside their health field to become well-rounded candidates. To connect their interests to their chosen profession, applicants should consider how their unique skills can contribute to patient care. For example, a passion for music could be applied by exploring its impact on patient recovery and well-being.

Internships/Fellowships	+
Shadowing	+
Patient Contact	+
Research	+
Community Service	+
Volunteering	+
Student Clubs	+



Follow us on
Instagram
@uhmpac

Pre-Health/Pre-Law Advising Center
Pre-Health Workshop Series
Spring 2025
SWIPE <<<

Hosted by
AACP's Pharm4Me

PHARMACY SCHOOL PERSONAL STATEMENT WORKSHOP
April 17th at 12PM HST
Get expert advice, learn what admissions committees look for, and how to make your personal statement stand out!
Sign up through our LinkTree!

Collin W.
Pre-Health Advisor
Degrees: B.S. in Biology
Fun Fact: I was the youngest contestant ever to compete in the Hershey Half Marathon!

Pre-Health Workshop Series
Parallel Plans: Gap Year & Other Options
Tuesday, March 4th, 4-5:30PM | Online
Dear pre-health students like yourself! Ask us your questions about their classes, extra-curricular activities, entrance exams, application process. This is a great way to connect with others with your same professional goal.
To sign-up, please refer to our LinkTree!

Minnesota Postbaccalaureate Readiness in Metabolism, Endocrinology, and Diabetes
MN PRIMED
ABOUT OUR PROGRAM
MN PRIMED is a 2-year research-focused post-baccalaureate program designed to develop the next generation of researchers in the field of diabetes and metabolic health.
BENEFITS
• Annual salary of \$42,000
• Funding for lab support and travel allowance
• "Inclusive lab rotation" experience
• Career counseling and guidance
• Peer mentoring
CONTACT US
@uhmpac@uhm.edu
uhmpac@uhm.edu
MEDICAL SCHOOLS, UNIVERSITY OF MARYLAND

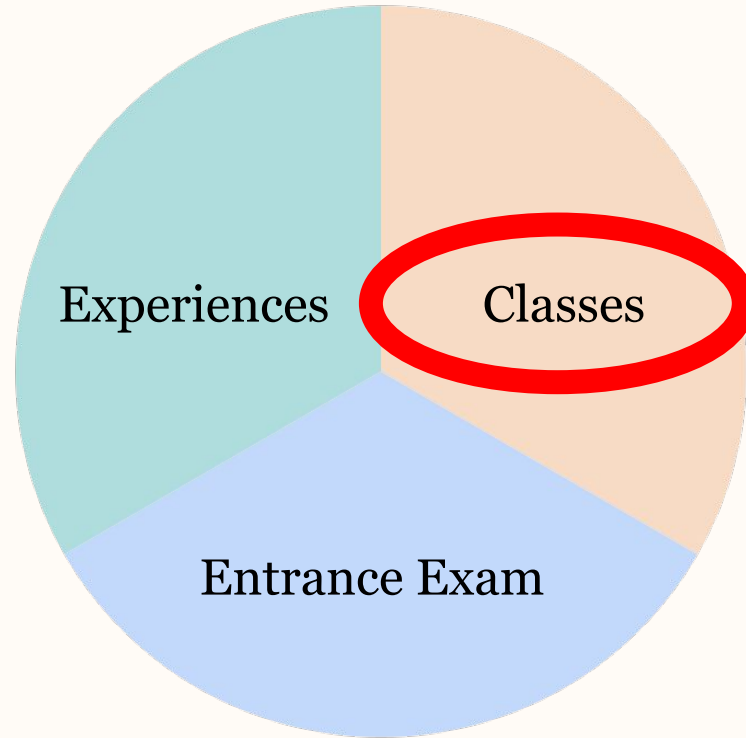
Pre-Health Workshop Series
Mini Ho'ola Program
Tuesday, February 25th, 4-5PM | Online
Unsure if you want to go straight into health professional school after completing your undergraduate? Discover some parallel plans that health students have explored before attending graduate school.
To sign-up, please refer to our LinkTree!

Pre-Health Workshop Series
Talk Story with ABSOM Admissions
Tuesday, February 18th, 4-5PM | Online
How will you score? Planning to apply for medical school this summer? Attend this workshop and learn about the UHM John A. Burns School of Medicine and completion of this program guarantees a spot at JABSOM. Qualified students are strongly encouraged to apply.
To sign-up, please refer to our LinkTree!

Pre-Health Workshop Series
Mock DAT/GRE/MCAT
Saturday, February 15th, 9AM | Online
How will you score? Find out by taking a full-length practice test under realistic testing conditions provided by Princeton Review. Try your hand at the types of questions you'll see on the real test and get a personalized score report highlighting your strengths and areas of improvement.
To sign-up, please refer to our LinkTree!

OPEN TO UNDERGRADUATE STUDENTS OF ALL MAJOR
MANOA POLITICAL INTERNSHIPS
DEADLINE EXTENDED TO FEBRUARY 22nd
LEARN MORE

Pre-Health Students





QUALITY

OVER

quantity



Common Pre-Health Courses

- Intro to Biology: BIOL 171/L & 172/L (**NOT BIOL 101!**)
- General Chemistry: CHEM 161/L & 162/L (**NOT CHEM 100!**)
- Organic Chemistry: CHEM 272/L & 273/L
- College Physics: PHYS 151/L & 152/L
- Composition I & higher: ENG 100 & 2XX
- Calculus I: MATH 215 or 241

Special Course Types

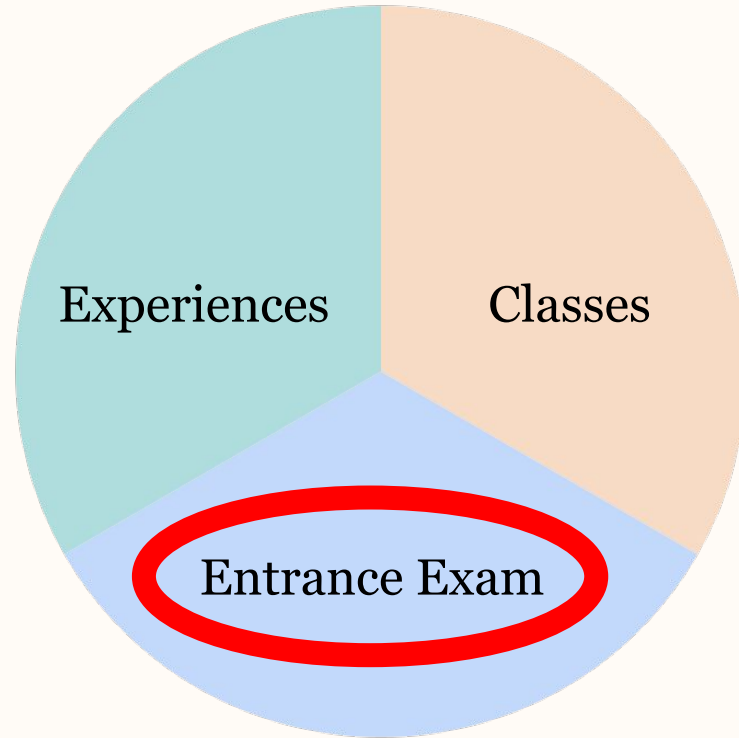
AP/IB Credit

Dual enrollment



Community college grades
stay with students **FOREVER!!!**

Pre-Health Students



What to do NOW:

- **Take lots of science and math classes to prepare for college**
- **Consider if AP/IB and dual enrollment is best for the student**
- **Do well in classes!**

What to do LATER:

- **Still do well in classes**
- **Choose the right major**
- **Take lots of notes**
- **Keep your textbooks**

What To Look for in Colleges



Pre-Health Advising Centers Provide

One-on-One
Advising

Career Exploration

Academic Planning

Workshop and
Orientations

Engagement
Opportunities

Test Prep Materials

Lending Library

Comprehensive
Website

AND MORE!

Encourage students to seek these services!

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Pre-Allopathic Medicine at UH Mānoa

Allopathic physicians (MDs, or Doctors of Medicine) focus on diagnosing and treating disease; treatments include prescription medication and surgery. About one-third of the nation's physicians are generalists, or "primary care" doctors, although that percentage is declining as more physicians choose to become specialists. Generalists include fields such as internists, family physicians, and pediatricians. Specialists focus on a particular disease, system, or part of the body; examples include neurologists, oncologists, and cardiologists, to name only a few.

[Explore](#)

Click here to learn more about the field of allopathic medicine, such as what to expect in medical school and how to become a licensed physician.

[Prepare](#)

Click here to learn about the required prerequisites, getting relevant experiences, researching medical schools, and the MCAT.

[Apply](#)

Click here to learn about the application process for medical school and financial aid opportunities.

Pre-Health Clubs

2024-2025 List of Registered Independent Organizations (RIOs) at UHM

Name and Website	Email	Social Media
<u>Medical Student Mentorship Program (MSMP)</u>	<u>mssp.jabsom@gmail.com</u>	<u>Facebook</u> <u>Instagram</u>
<u>Philippine Medical Association of Hawai'i</u>	<u>pmahinfo@gmail.com</u>	<u>Facebook</u> <u>Instagram</u>
<u>Pre-Dental Association (PDA)</u>	<u>pda@hawaii.edu</u>	<u>Instagram</u>
<u>Pre-Health Career Corps (PHCC)</u>	<u>phcc@hawaii.edu</u>	
<u>Pre-Medical Association (PMA)</u>	<u>premed@hawaii.edu</u>	<u>Facebook</u> <u>Instagram</u>
<u>Pre-Pharmacy Association (PPA)</u>	<u>ppa@hawaii.edu</u>	<u>Facebook</u> <u>Instagram</u>
<u>Pre-Physician Assistant Association (PPAA)</u>	<u>prepa@hawaii.edu</u>	<u>Instagram</u>
<u>Pre-Veterinary Club (PVC)</u>	<u>prevet@hawaii.edu</u>	<u>Instagram</u>
<u>Student Nurses Association</u>	<u>snamanoa@hawaii.edu</u>	<u>Facebook</u> <u>Instagram</u>
<u>Volunteers for Intercultural and Definitive Adventures (VIDA)</u>	<u>uhmanoa@vidavolunteertravel.org</u>	<u>Instagram</u>



EARLY ACCEPTANCE PROGRAMS

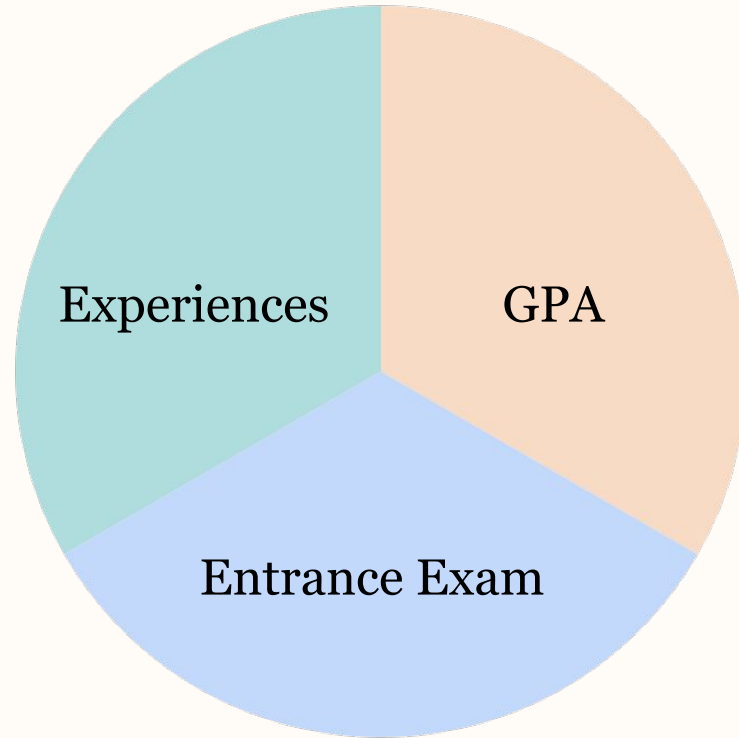
Field	School	Apply as college student?	App GPA	Need entrance exam?
Dentistry	Lake Erie College of Osteopathic Medicine	Yes	3.5 HS or 3.4 cumulative & 3.2 sci college	Yes
Optometry	Pacific University	Yes	3.2 cumulative	Yes
Osteopathic Medicine	Lake Erie College of Osteopathic Medicine	Yes	3.5 HS or 3.4 cumulative & 3.2 sci college	Possibly No
Pharmacy	UH Hilo	Prereq & Bachelor's	3.0 cumulative & sci	No
Physical Therapy	Rocky Mountain University of the Health Professions	Yes	3.5 cumulative & prereq	Yes

What to look for in colleges:

- **Pre-health advising center**
- **Tutoring services**
- **Student clubs**
- **Early acceptance programs**

Apply early!

Pre-Health Students





QUALITY

OVER

quantity





Questions?

Dr. Kiana Shiroma

kianak@hawaii.edu



@uhmpac
@prelawuhm



UH Mānoa Pre-Health /
Pre-Law Advising Center



Physical Sciences
Building, Room 214



808) 956-8646
Pre-Health: uhpac@hawaii.edu
Pre-Law: prelaw@hawaii.edu