Preparing Your Student for Success in Medical School
Introductions

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Acknowledgements to Lauren Henninger, MA, Lead Advisor, Iyabode Okoro, PhD, Lead Advisor and Innocent Byiringiro, MS, MD Candidate, May 2020 who also contributed in the creation of this presentation.
Disclaimer

We will not be discussing how to get your students into medical school. Rather, this will be a discussion on how to prepare your students to thrive once they gain entrance into medical school.
What do you know to be unique to this population of students?
Indiana University School of Medicine

Phase 1  
Step 1

Phase 2

Phase 3

USMLE®
United States Medical Licensing Examination®
Common Challenges

- Transition
- Study habits
- Professional development
- Wellness
- Life
Transition

• Homesickness
• Adulting
• Imposter phenomenon
• Belonging
• Adapting
Study Habits
Successful students in Undergrad

• They were the students that tutored other students
• Did not take much time to understand concepts
• Hardworking
• Motivated to learn
• Unafraid to ask questions
Study habits prior to Medical School

• Cramming
• Multitasking – with social media, etc.
• Not actively studying – i.e. highlighting
• More...
Welcome to Medical School

• Extremely high volume at a very rapid pace
• Multiple lecturers with different styles
• Requirement to adapt quickly
# 1st Year – Example Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
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<tr>
<td>ILT (Groups 8-14)</td>
<td>FCP 1 Small Group (Groups 1-7)</td>
<td>See Canvas for Details</td>
<td>FCP Small Group (8-14)</td>
<td>See Canvas for Details</td>
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<tr>
<td>FCP Professional Development Sessions: Communication Strategies and Techniques</td>
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<td>Emerson Hall (EM 303/404)</td>
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## Course Schedule

**HS Lecture: Shoulder and Scapular Region**
- **EH 304**

**HS Lecture: Axial and Cervical Regions, Shoulder, and Axilla**
- **EM 326**

**HS Lecture: Axial and Cervical Regions, Shoulder, and Axilla**
- **EM 213 (Group B: 41s present)**

**HS Lecture: Fertilization, Carotid, and Implantation**
- **EH 304**

**HS Lecture: Limb and Extremity**
- **EH 304**

**HS Lecture: Limb and Extremity**
- **EH 304**

**HS Lecture: Limb and Extremity**
- **EH 304**

## School of Medicine

[University Logo]
# 2nd Year Schedule

## October 14 - 18, 2019

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>14</td>
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<td>Columbus Day: United States</td>
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<tr>
<td>R&amp;R: Lung Cancer/Nodules/OP SCC (Ft Wayne) Panel Discussion MS B26</td>
<td>R&amp;R: Pna/Atelectasis/Sinuses (South Bend) Panel Discussion MS B26</td>
<td>R&amp;R: Pulmonary Hypertension (Northwest) Panel Discussion MS B26</td>
<td>R&amp;R: Pleura/NM/OSA (Evansville) MS B26</td>
<td>R&amp;R: ILD/HP/Pneumoconiosis (Bloomington) MS B26</td>
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<td>9 AM</td>
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<td>12 PM</td>
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<td>12</td>
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<tr>
<td>1</td>
<td>FCP: EBM #2 (Mandatory Attendance) MS B26</td>
<td>FCP Small Group: Case See Canvas</td>
<td>FCP Small Group: Case See Canvas</td>
<td>FCP Small Group: Case See Canvas</td>
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<td>ILT (For those not in small group)</td>
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**SCHOOL OF MEDICINE**
Encourage students to be aware

- Learn to live with scheduling life
- Consistent
- As much as multitasking sounds great, avoid it
- Gain experience with active learning strategies-practice questions/exams, recalling information, teaching someone material, etc.
Encourage students to be prepared to change from total independence ...

• Recognize that they are not alone
• To reach out for help
  – Ask questions from faculty; request assistance from tutors and classmates
• To live with a plan – time management is critical
MCAT VS USMLE

• What's the difference?
• How many times can they take the MCAT vs USMLE Exams?
• Why it's important to be good at standardized exams?
Professional Development

• Full-time job
• Seeing medical school as more than getting through the next exam
• Learning professionalism
• Gaining opportunities for exposure and to learn about values, skills, interests
Wellness

What are some of the common challenges faced by student doctors pertaining to wellness?
How do we prepare students for these challenges?
Mental Health Services

It is okay (and encouraged) to seek help!
Focus on Holistic Wellbeing
Maslow’s Hierarchy of Needs

- **Physiological needs**: food, water, warmth, rest
- **Safety needs**: security, safety
- **Belongingness and love needs**: intimate relationships, friends
- **Esteem needs**: prestige and feeling of accomplishment
- **Self-actualization**: achieving one’s full potential, including creative activities
8 Dimensions of Wellness

- Emotional
- Spiritual
- Intellectual
- Social

- Occupational
- Environmental
- Physical
- Financial
Wellness Goal Setting
Encourage Wellness Engagement and Self-Reflection

- Wellness student group
- Wellness events
- Wellness-related electives
- Orientation- include wellness resources and talks
Life Happens!

- Marriage, babies, family life, deaths, illness, etc..
  How to balance all of this with the demands of medical school.
Questions?
Thank you!

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