



University of Hawai'i at Mānoa
John A. Burns School of Medicine

'IMI HO'OLA

POST-BACCALAUREATE PROGRAM

651 Ilalo Street, MEB • Honolulu, HI 96813
Telephone: (808) 692-1030 • Fax: (808) 692-1254

"THOSE WHO SEEK TO HEAL"

2024-2025 Application Booklet



APPLICATION BOOKLET

JOHN A. BURNS SCHOOL OF MEDICINE • UNIVERSITY OF HAWAII

About The Logo



An apprentice learned the art of diagnosing by practicing on pebbles that a kahuna laid out on a mat in the form of the human body. A pupil learned in this way how to feel with his fingers the symptoms of various illnesses. Some 480 white, red, and black pebbles arranged in the shape of a man represented some 280 diseases.

When a student had become thoroughly familiar with abnormalities as represented by the pebbles, he was allowed to perfect his technique by practicing on the sick.

Courtesy of Bishop Museum Press
Honolulu, Hawai'i
Hawai'i: A Pictorial History



'Imi Ho'ōla class of 2023

Nature of the Information in this Catalog

The information in this application packet was accurate at the time of preparation. Fees, deadlines, academic requirements, courses, and other matters described in this application packet may change without notice. The contents are solely the responsibility of the author(s).

EEO/AA Policy Statement

The University of Hawai'i is an equal opportunity/affirmative action institution and is committed to a policy of nondiscrimination on the basis of race, sex, age, religion, color, national origin, ancestry, disability, marital status, arrest and court record, sexual orientation, or status as a covered veteran. This policy covers admission and access to, and participation, treatment, and employment in the University's programs, activities, and services. For more information on equal opportunity and affirmative action policies and complaint procedures for the UH Mānoa Campus, contact:

Lori M. Ideta, Ed.D.
Interim Vice Chancellor for Students
University of Hawai'i at Mānoa
2600 Campus Road, QLC 409
Honolulu, Hawai'i 96822
Tel: (808) 956-3290
Fax: (808) 956-3292

For more information contact:

'Imi Ho'ōla Post-Baccalaureate Program
John A. Burns School of Medicine (JABSOM)
651 Ilalo Street, MEB
Honolulu, Hawai'i 96813
Email: imihoola@hawaii.edu
Tel: (808) 692-1030
Fax: (808) 692-1254
Email: imihoola@hawaii.edu
Website: <http://jabsom.hawaii.edu/imihoola>

VISION OF JABSOM

Maika'i Loa: Attain Lasting Optimal Health for All (ALOHA).

MISSION OF JABSOM

JABSOM, as part of the fabric of Hawai'i, is a diverse learning community committed to excellence and leadership in:

- Educating current and future healthcare professionals and leaders.
- Delivering high-quality healthcare.
- Conducting research and translating discoveries into practice.
- Establishing community partnerships and fostering multidisciplinary collaboration.
- Pursuing alliances unique to Hawai'i and the Asia-Pacific region.
- Acting with forethought regarding right relationships, respect, and moral action. *Pono*.

'IMI HO'ŌLA

The mission of the 'Imi Ho'ōla Post-Baccalaureate Program is to improve health care in Hawai'i and the Pacific Basin by increasing the number of physicians through a 12-month educational program that addresses disadvantaged students' academic needs. 'Imi Ho'ōla's goal is to support diversity of the physician workforce and produce physicians who demonstrate a strong commitment to practice in underserved communities in Hawai'i and the Pacific. Up to 12 students from economic, social, and/or educational disadvantaged backgrounds can be selected to participate in the Post-Baccalaureate program. Applicants have diverse backgrounds and are motivated to overcome challenges that have prevented them from achieving their academic potential.

'Imi Ho'ōla Objectives

- Identify, recruit, and select students from disadvantaged backgrounds.
- Assess students' knowledge base and learning skills, and develop an educational plan to increase their performance in these areas.
- Improve student learning effectiveness with emphasis on concepts and principles of biology, chemistry, biochemistry, ethics, communication, and professionalism.
- Increase the retention of 'Imi Ho'ōla graduates enrolled in JABSOM.

'Imi Ho'ōla Alumni Profile

To date, 306 former 'Imi Ho'ōla participants have graduated from JABSOM. The graduates are in residency training or practicing in Hawai'i, Commonwealth of the Northern Mariana Islands, Guam, Micronesia, American Samoa, and the continental United States.



Medical Education Building at the JABSOM Kaka'ako campus.

TIES TO HAWAI'I AND THE PACIFIC

‘Imi Ho‘ōla **only accepts those with ties to Hawai‘i or the Pacific**. We review each applicant based on the following:

- Birthplace
- High School attended or graduated from
- University graduated from
- Legal residency
- Parents' legal residency

An applicant must demonstrate that at least three of the five criteria listed have ties to either Hawai‘i or the U.S. Affiliated Pacific (e.g. American Samoa, Commonwealth of the Northern Mariana Islands (CNMI), Federated States of Micronesia, Guam, Republic of the Marshall Islands, and Republic of Palau).

DISADVANTAGED CRITERIA

An individual from a disadvantaged background is a person who:

- Comes from an environment that has prevented the individual from obtaining the knowledge, skills, and abilities required to enroll in and graduate from medical school; and/or
- Comes from a family with an annual income below low-income thresholds based on family size as published by the U.S. Census Bureau.

ACADEMIC REQUIREMENTS

Admission into the program is based upon several factors that demonstrate the applicant's likelihood to successfully complete medical school. To be eligible for admission, an applicant must have fulfilled the following requirements:

- **GPA**
An applicant must have at least a 2.0 cumulative undergraduate GPA to be considered.
- **Conferred Baccalaureate Degree**
An applicant must have graduated with a bachelor's degree prior to the start of the ‘Imi Ho‘ōla.

‘Imi Ho‘ōla conducts a holistic review of potential applicants which includes the most recent MCAT scores and GPA as part of this process.

Completed Course Work

The following course work must be completed by June 2024. The science courses should be of the type acceptable for students majoring in these areas (not survey-level) AND, where indicated, should include laboratory experience. Additional enrichment in the biological and social sciences (e.g., Immunology, Genetics, Human Anatomy, Physiology, Embryology, Psychology, Sociology, English, and Speech) is encouraged.

Science Prerequisites

- ✓ General Biology-one academic year* with lab
- ✓ General Chemistry-one academic year* with lab
- ✓ Organic Chemistry-one academic year* with lab
- ✓ General Physics-one academic year* with lab
- ✓ Biochemistry-one course (no lab required)

**One academic year is equivalent to two semesters or three academic quarters. More*

information about science prerequisites can be found on the JABSOM Admissions page.

Due to the COVID-19 pandemic, JABSOM will continue to accept online lab courses from 2020 – until further notice. Online lab courses may be used

towards fulfilling prerequisite requirements for General Biology, General Physics, General Chemistry, and Organic Chemistry.

- **MCAT (Medical College Admissions Test)** The MCAT must have been taken within **three years** of the expected date of matriculation into medical school (2025), i.e., the MCAT needs to have been taken between January 2022 -September 2023. There are no minimum MCAT requirements set at this time.
- **AAMC PREview™ Professional Readiness Exam** must be taken within **three years** of the expected date of matriculation into medical school (2025), i.e., January 2022 to October 2023 will be considered for the 2023 application cycle.

We do not prescreen or prequalify applicants to the program.

ADMISSION MATERIALS

There are five sections of the online application:

1. 'Imi Ho'ōla Application – Part 1
2. 'Imi Ho'ōla Recommendation Form
3. 'Imi Ho'ōla Application – Part 2
4. 'Imi Ho'ōla Consent Form
5. 'Imi Ho'ōla Verification of Science Prerequisites

Please refer to the 'Imi Admissions Webpage for more information about admissions requirements.

- **Letters of Recommendation**

We have implemented a new letter of recommendation submission process. 'Imi will review the 2 letters of recommendations listed on your application. 'Imi has also added a section to include an alternate letter writer that can be submitted and will be reviewed if needed. Letters of recommendation are an integral part of the admission process and are carefully reviewed. The recommender should be able to accurately assess your academic and professional performance and comment on your potential to succeed in the 'Imi Ho'ōla Post-Baccalaureate Program at JABSOM. Applicants will enter the contact information of the recommenders in the online application. A generated email and link will be emailed to the recommender. This link is unique to each recommender and should not be forwarded to others.

- **JABSOM Application**

To be eligible for 'Imi Ho'ōla you must have applied to JABSOM for the year 2024 entering class and have a valid JABSOM application that includes the secondary application and payment of the application fee. The JABSOM application is due on November 1. JABSOM participates in the American Medical College Application Service (AMCAS). The service permits an applicant to file a single application which is forwarded to as many participating medical schools as designated. AMCAS forwards JABSOM a copy of the completed application. The application is available on-line at www.aamc.org. Application fees for AMCAS and/or JABSOM may be required.

- **Consent Form**

Complete and submit the consent form to permit the Admissions Officer at JABSOM to release a copy of your AMCAS application and Verification of Science Prerequisites Form to the 'Imi Ho'ōla.

INTERVIEW PROCEDURE

Applicants are invited for in-person or online interviews based on selection by the 'Imi Ho'ōla Advisory Committee; therefore, there are no automatic, or courtesy interviews. Interviews for 'Imi Ho'ōla are conducted in April.

CRIMINAL BACKGROUND CHECK PROGRAM:

'Imi Ho'ōla participates in the Criminal Background Check (CBC) program through Certiphi. Students who are admitted into the program will undergo a Criminal Background Check. 'Imi Ho'ōla reserves the right to use information from the CBC in determining a student's status in the program. Please see the [AAMC Criminal Background Check Service](#) page for more information.

ADMISSIONS POLICIES

Email is the primary mode of communication between the program and applicants. Applicants should regularly check the email address they provided on their application for status updates.

Applicants are responsible to ensure that all required materials have been received by the application deadline. Email imihoola@hawaii.edu for application status.

All application materials become the property of the 'Imi Ho'ōla Post-Baccalaureate Program and cannot be returned or forwarded elsewhere. Applicants should make copies of all application materials for personal reference.

Applicants who wish to withdraw their application can do so at any time and for any reason (e.g., acceptance into another program). The applicant must notify the program immediately via email (imihoola@hawaii.edu) to formally withdraw.

The 'Imi Ho'ōla Post-Baccalaureate Program curriculum consists of three phases over a 12-month period. Courses are taught by medical school faculty. Components of the three phases vary from tutorials, to lectures, workshops, and oral presentations. Students learn to think critically, evaluate new information, research data, and apply their knowledge. They become actively involved in the learning process and are not simply passive recipients of information. Participants have an opportunity to interact with medical students and faculty, meet professionals from other health fields, and have early exposure to the teaching and evaluation (testing) methods involved in the first-year of medical school at JABSOM.

PHASE I: Summer Orientation and Assessment

Phase I consists of collecting baseline data on students' competency in biochemistry, their level of skills development in learning and reading, and the identification of their personal preferences and natural tendencies. Students are provided with resources and strategies to maximize development and enhancement of their skills in reading, critical thinking, organizing information, exam preparation/exam taking, time management, as well as oral/written communication. Activities are conducted to enhance students' reflection on how their values, habits, learning preferences, and self-concept impact their academic performances and interpersonal relationships. Based on students' strengths and areas of need, a learning plan is developed and shared with the student.

PHASE II: Post-Baccalaureate Enrichment

The focus of Phase II is to improve learning effectiveness with emphasis on the concepts and principles of biology, biochemistry, humanities, ethics, communication, and professionalism. In this phase of the program, students continue to develop their learning skills in note-taking, structuring and organizing information, conceptualizing, critical thinking, recall, and test taking. These skills are integrated within the content areas of the following courses: Medical Biology, Medical Biochemistry, and Humanities in Medicine.

PHASE III: Pre-Matriculation

To ease the students' transition into medical school, they are introduced to JABSOM's Problem-Based Learning (PBL) model and experiences that will enhance their transition to medical school. Students gain hands on experience with evaluation tools utilized in medical school, continue to develop critical thinking/reasoning skills, and enhance strategies to promote wellness, well-being and professionalism within healthcare.



***The 2024-2025 class will begin on July 23, 2024 and run through June 17, 2025.
(Dates are subject to change)***

MEDICAL BIOLOGY

Fall/Spring—11/11 credits

This is an intensive, comprehensive study of biologic principles with emphasis on the structure and function of cells, tissues, and organs. It covers many of the major concepts in cell biology, genetics, molecular biology, embryology, histology, and physiology. Students participate in critical thinking and problem-solving exercises, independent study, PBL modules and MEDLINE searches. This class includes a weekly anatomy lab.

MEDICAL BIOCHEMISTRY

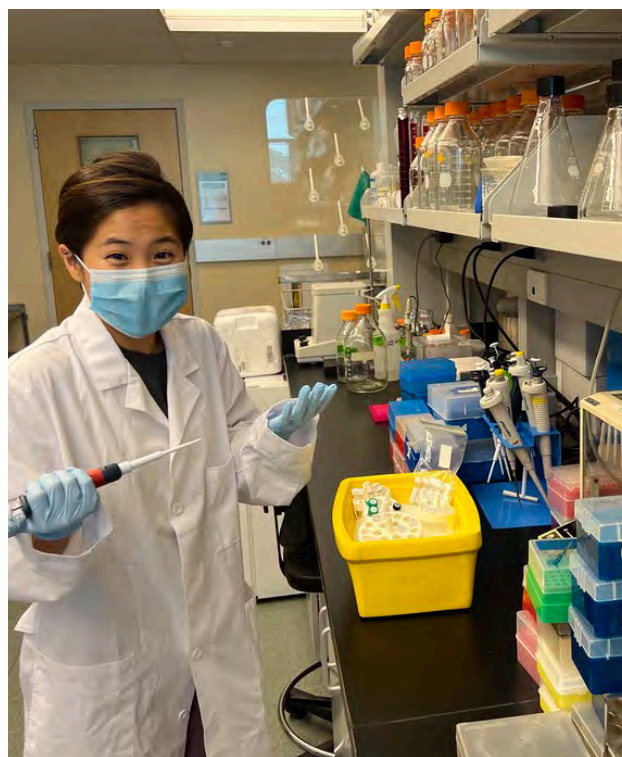
Fall/Spring—6/6 credits

Topics are selected on the basis of their importance in human medical (as contrasted with general) biochemistry and to complement topics concurrently addressed in the Medical Biology course. This course is designed to enhance problem-solving skills that students need for the PBL instructional approach at JABSOM. This class includes hands-on research experiences in Molecular Diagnostics. During the laboratory sessions, students perform genomic DNA purification, polymerase chain reaction, gel electrophoresis, and restriction enzyme digestion & mapping.

HUMANITIES IN MEDICINE

Fall/Spring—2/2 credits

Students learn about the public health view of disease, explore the roles of health professionals working in various health-care settings, and gain an awareness of health-care delivery resources in Hawai'i. The course aims to improve the students' learning skills (critical thinking and group skills) and to foster personal and professional growth.



12-MONTH ACADEMIC PROGRAM

	AT HOME (Family)	OFF-CAMPUS (Roommates)
Tuition & Fees ^o	\$3,168 (\$6,176)*	\$3,168 (\$6,176)*
Books & Supplies [^]	\$1,350	\$1,350
Meals & Housing [^]	\$6,575	\$17,357
Personal Expenses [^]	\$2,742	\$2,742
Health Insurance (self)	\$4,592	\$4,592
TOTAL	\$18,427 (\$21,435)*	\$29,209 (\$32,217)*

**Cost for non-residents in parenthesis.*

Tuition & Fees^o

‘Imi Ho‘ōla courses are offered through Outreach College at the University of Hawai‘i at Mānoa. Tuition is based on the resident and non-resident graduate tuition figures for School year 2023-2024.

^oFees are non-refundable and non-transferable.

Students enrolled in ‘mi Ho‘ōla are considered unclassified graduate students who are ineligible for Federal Assistance. Students have utilized personal loans, private scholarships, and stipends generously provided by the Queen’s Health Systems for educationally related expenses.

Books & Supplies, Meals & Housing, & Personal Expenses

Figures provided by University of Hawai‘i at Mānoa [2022-2023 Cost of Attendance](#)

Health Insurance

Health insurance is a requirement for all ‘Imi Ho‘ōla students. Figures are based on the estimated [HMSA University of Hawai‘i student plan](#) for School Year 2022-2023.

APPLICATION SUBMISSION INSTRUCTIONS

The 'Imi Ho'ōla Post-Baccalaureate Program will accept applications for the 'Imi Ho'ōla Class of 2024-2025 via our online application.

Email imihoola@hawaii.edu regarding application submission questions.

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, & A a@g d' ; gfk] fl' >gje
- & A a@g d' 'N] ja Ylagf 'g^K [d f [] 'Prerequisites

Applicants must also ahhd to JABSOM through AMCAS for the 2024-2025 class. See Page 2 for more regarding requirements (academic and screenigns).

- 9'nYa B9: KGE 'Yhhd Ylagf includes the secondary application and payment of JABSOM and/or AMCAS application fees.
- Have taken the MCAT and AAMC PREview™ within three years of the expected date of matriculation into medical school.
- Two **SIGNED** letters of recommendation
 - must be submitted directly from the recommender via email by the submission deadline.
 - Applicants will enter the contact information of the recommender's in the online application. A generated email and link will be emailed to the recommender. *This link is unique to each recommender and should not be forwarded to others.*
 - No third party or interfolio letters accepted.

Helpful Hint: Click "Save and Return Later" while filling out the application to ensure the information you entered is saved.

For more information contact:
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 Tel: (808) 692-1030
 Fax: (808) 692-1254
 Website: <http://jabsom.hawaii.edu/imihoola>

*Status updates are provided after December 1. Email imihoola@hawaii.edu if you do not receive an update.

Late or incomplete applications will not be considered.

Hand-delivery or mailed applications packets will not be accepted.

**Do not submit transcripts with application*

APPLICANT NOTES

APPLICANT SECTION



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