



>>> HUAKA'I HUB <<<



**Everyone has a unique journey...
let us help you navigate yours.**

Aloha!

I really love Thanksgiving!! And it has nothing to do with turkey or pumpkin spice latte, both of which are overrated in my opinion. But rather, it's because this season always causes me to pause and reflect on the many things I have to be grateful for. Time spent with my family and friends re-centers my heart on what is most important in this ultimate huaka'i called life.

As many of you know, the JABSOM Huaka'i Initiative was launched in 2023 with a very simple purpose: to encourage and inspire youth to pursue careers in healthcare and science. Despite the many challenges facing our society and the healthcare industry, we are grateful to those who continue to work tirelessly to support and mentor the next generation of students who have chosen to pursue a career in this rewarding field. Mahalo to those who have supported the Huaka'i Initiative and who continue to do the work worth doing.

Cheers! Jaimie



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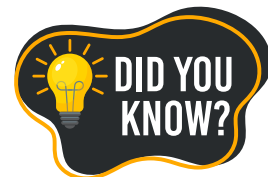
UPCOMING OPPORTUNITIES

Although summer 2025 seems like a long time from now, remember that many of the applications for the summer programs are due in **EARLY 2025!** Take a look at some upcoming opportunities in store for you!



DID YOU KNOW?

When considering a career in medicine, the Association of American Medical Colleges (AAMC) considers these [skills as essential!](#)



JABSOM NEWS: DISCOVER UH MĀNOA DAY 2024



On October 26, 2024, over 3,000 people braved the flash flood advisories and wet weather to take part in the Rainbow Warriors homecoming festivities at UH Mānoa. The event was free and open to the public. To kick off the day, UH hosted its annual open house, “Discover UH Mānoa Day” where prospective students and families could visit booths from over a 100 UH departments to learn about programs offered. JABSOM had a large booth with representatives from the MD program, ‘Imi Ho’ōla Post-Baccalaureate Program, Communication Sciences & Disorders, INBRE, Department of Tropical Medicine and ONE Health Program, Minority Health Research Training Program (MHRT) and Maximizing Access to Research Careers (MARC) Program, Pacific Center for Genome Research and the Medical Diagnosis and Treatment Summer Program. This interactive open house was followed by the “Pa’ina on the Path” which featured UH Alumni Maker’s Market, food vendors, a beer garden, keiki zone with inflatables and football-themed games, and more. The day culminated with the Bows’ big game against Nevada. Be sure to mark your calendars and check out this event next year! GO BOWS!!



Students exploring programs at JABSOM

HUAKA'I SPOTLIGHT COMMUNITY PARTNERSHIPS

Inspiring the next generation of healthcare providers and scientists may seem like a formidable challenge, but Honowai Elementary is tackling it with enthusiasm! On September 19, 2024, teachers and faculty from Honowai Elementary brought nearly 100 sixth grade students to JABSOM for an engaging campus tour. Our Area Health Education Center (AHEC) outreach team, led by Mary Piso and Zachary Olgesby, organized various interactive activities for the students to discover more about the medical school and healthcare. These included JABSOM Bingo, a session on gut microbiomes, and a workshop focused on teaching students how to measure blood pressures and vital signs. Aspiring scientists also had the opportunity to tour the UH Cancer Center, where they learned about the detrimental effects of smoking and vaping.

The following month, on October 18, 2024, 30 Honowai Elementary teachers and faculty returned to campus to participate in their own workshop. During this half-day interactive seminar, teachers learned how to integrate a common clinical scenario, like anaphylaxis, with simple simulation techniques using readily available materials (inflatable manikins) to teach their students about the roles and responsibilities of different healthcare providers. The teachers also honed their skills on how and when to use an EpiPen!

These events are made possible through the collaboration between JABSOM and dedicated teachers who are eager to explore innovative methods to bring learning to life in the classroom, guiding their students on their Huaka'i toward rewarding careers.



HONOWAI
ELEMENTARY SCHOOL



HUAKA‘I SPOTLIGHT: PAVING THE WAY

Joseph Keawe‘aimoku Kaholokula, PhD

On October 21, 2024, Dr. Joseph Keawe‘aimoku Kaholokula, Professor and Department Chair of Native Hawaiian Health at the John A. Burns School of Medicine, was honored with induction into the National Academy of Medicine (NAM). This recognition is one of the highest distinctions in the health and medical fields, representing exceptional professional accomplishments and dedication to service within the medical community. Dr. Kaholokula is the fourth faculty member from JABSOM to attain this prestigious status and is believed to be the first Native Hawaiian elected to the National Academy of Medicine.

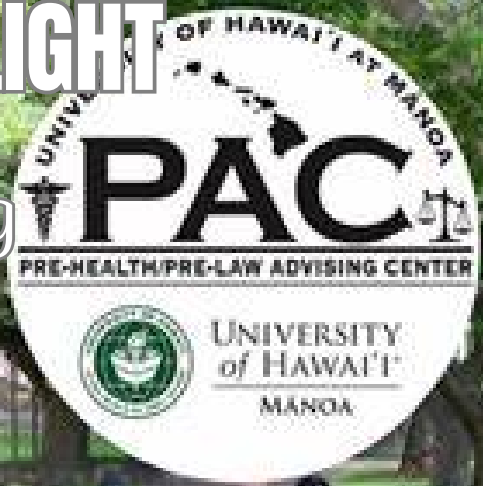
Dr. Kaholokula started his academic journey at Kapiolani Community College, where he studied Hawaiian language and soon discovered his love of academics and the power of research. He went on to earn his Doctorate degree in psychology from the University of Hawai‘i at Mānoa and is a licensed clinical psychologist. He is a translational behavioral scientist who has spent nearly three decades advancing Native Hawaiian and Pacific Islander health through research focusing on prevention strategies to achieve health equity in indigenous populations.

“Dr. Kaholokula’s election to the National Academy of Medicine is a groundbreaking moment for the John A. Burns School of Medicine, but also the Native Hawaiian community. Through his community-engaged research, culturally grounded interventions, and community-based trials, he has earned community trust and ensured their global representation,” said JABSOM Dean Sam Shomaker. “Keawe has fought to uncover health disparities in Native Hawaiians and his work will profoundly impact disease prevention in this population for generations to come.”





Career Advising



By Lauren Nakamine, Senior PAC Advisor

The Pre-Health/Pre-Law Advising Center (PAC) at the University of Hawai'i at Mānoa is a community resource that assists high school, undergraduate, and graduate students reach their professional school goals. Whether you want to go to medical school, dental school or pharmacy school, we have advisors ready to help guide you on your journey.

For incoming undergraduate and upperclassmen high school students, we recommend the following to prepare for your transition to college/university:

General Tips:

- Meet with an advisor early in your academic journey
- Do well in classes (even in high school)!
 - Take science and math courses to set a foundation
- Explore while you can by shadowing anyone and everyone!
 - Different health fields
 - Different specialties
- Look for colleges with health advising and Early Acceptance Programs (EAPs)!
- Check out our free/online workshops and presentation library

Fast Facts:

- PAC helps 1800+ students a year!
- Semesterly advising highly recommend
- Fields available for advising: Dentistry, Medicine (MD/DO), Occupational Therapy, Physical Therapy, Physician Assistant, Pharmacy



SCAN ME

<< Subscribe to our newsletter to stay up to date with new opportunities

Follow our Instagram to see upcoming events >>



SCAN ME



SCAN ME

<< Check out our website:
 If you have any questions:

- Call: 808-956-8646
- Email: uhpac@hawaii.edu

Problem Based Learning Curriculum



PBL DEMO



Date: Friday, December 13, 2024

Time: 8:30 am - 12:00 pm HST

Location: Virtual Zoom Session

Register [HERE](#)

Registration Deadline: Monday,
December 9, 2024

For over 25 years, the John A. Burns School of Medicine (JABSOM) has been utilizing an innovative learning method called Problem Based Learning (PBL). The PBL format is a form of case-based teaching that was first developed by Dr. Howard Barrows while he was a professor at McMaster University Medical School. Barrows argued that the teaching of medicine should be organized in a way that emulates the reasoning of a skilled practitioner.[1][2]. Rather than presenting information to students in a decontextualized, discipline-based way, Barrows proposed that students should be allowed to engage new information in the context of solving authentic clinical problems.[3] PBL utilizes a small group setting and incorporates faculty-facilitated but student-directed learning pertinent to the clinical case. During the first two pre-clinical years, JABSOM medical students complete 6 instructional units which incorporates PBL tutorials, supplemental lectures, labs, advanced simulation experiences and clinical skills training using standardized patients.

Another unique aspect of the JABSOM curriculum is the emphasis on Patient-Centeredness, where patients and their unique lived experiences are at the center of the student's education as they learn to communicate with patients, while maintaining cultural awareness and sensitivity, develop the skills to have patient-centered shared decision-making, and expand their awareness how these social determinants affect patient's health outcomes.

Want to learn more and try your hand at a PBL case? Sign up for our next **PBL Demo**, facilitated by current medical students. Click on the [link](#) to register.

1. Barrows HS, Tamblyn R, 1980.

2. Barrows HS, 1985.

3. Yamada, Seiji; Maskarinec, Gregory G. (2003-12-01). "'Authentic' problem-based learning, instrumental rationality, and narrative". *Asia Pacific Family Medicine*. 2 (4): 226–228. doi:10.1111/j.1444-1683.2003.00099.x. ISSN 1447-056X.

FREE online Anatomy Textbook wins WOW award

Thanks to dozens of collaborators across the University of Hawai'i System, an online, zero-cost textbook for two popular anatomy and physiology courses will replace the textbook that was used by over 4,000 students across 10 campuses during the last academic year. The various textbooks currently used for these courses cost around \$200 for a single textbook. The **Anatomy Textbook Project**, which could save University of Hawai'i students more than \$400,000 a year, has earned a WOW award from the WICHE Cooperative for Educational Technology (WCET). UH is a member of WICHE (Western Interstate Commission for Higher Education), which works to improve access to higher education and ensure student success. The WOW (WCET Outstanding Work) award, recognizes outstanding efforts to apply innovative solutions to a challenging educational need. Eleven faculty members and dozens of collaborators across all 10 UH campuses worked on this multi-year Online Educational Resource (OER) project. The resulting textbook covers two semesters of course content. Because it is an OER, faculty can continue to update, refine and improve the content.



Free Anatomy Textbook!



Scholarship Database

“The Kūlia Project is a scholarship database dedicated to connecting Pacific Islander high school and undergraduate students with educational funding opportunities. We recognize the unique challenges and rich cultural heritage of students from across Oceania. Our mission is to bridge the gap between talented Pacific Islander students and the financial resources they need to pursue higher education. We compile scholarships from various sources, including government programs, private foundations, and community organizations that specifically support Pacific Islander students, Native Hawaiian students or have a focus on promoting diversity in education”. - *Jada Lee, Founder*

www.kuliaproject.com



Scholarships

Click here!



Among the many initiatives the Hawai'i/Pacific Basin Area Health Education Center (AHEC) participates in to implement recruitment, placement, and retention strategies to meet the health workforce needs of the community, state, and region, one of the main focus areas is educating K-16+ students about health careers to inspire them to pursue professions in healthcare. Throughout the year, AHEC sponsors workshops that give students an opportunity to explore careers in healthcare. Their complementary year-long program, Pre-Health Career Corp (PHCC) is a great way for students interested in healthcare to build their connections for mentoring, shadowing, volunteering and research opportunities. To learn more, check out their website or scan the QR code.

Keep an eye out for the next TEEN Camp.

PHCC
Hawaii Pre-Health Career Corps

<https://www.ahec.hawaii.edu/phcc/>
E: phccshawaii.edu
P: (808)375-7996

The Hawaii Pre-Health Career Corps is a free year-round program for individuals interested in pursuing careers in health. Its purpose is to increase awareness about health careers, provide mentoring, shadowing, and research experiences, and provide campus exposure to health careers. This program is for students of any age who live in Hawaii or have ties to Hawaii.

- We'll guide you through scholarship application and ways to pay for medical school
- Academic advising, resume reviews, MCAT prep, and mock interviews
- Learn clinical skills like suturing and casting at our workshops
- Help finding research, volunteer, and internship opportunities



SCHEDULE YOUR TOUR TODAY!

Scan the QR code or click the link
JABSOM TOURS



<https://www.ahec.hawaii.edu>



JABSOM GROUP TOURS 2024-2025



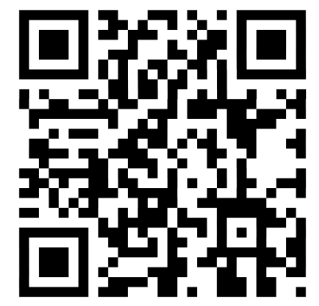
JABSOM Campus Tours are more than a walk around campus: it is an immersive experience where students get to participate in a wide range of hands-on activities that will get their creative juices flowing! Simulation lab, anatomy demos, PBL cases, forensic science activities, vital signs, suturing, and much more!





REGISTER
HERE!

HTTPS://FORMS.
GLE/JIMX5N8VOZY
RWK5Y6INK



REGISTRATION DEADLINE: JAN. 17, 2025

O'ahu 2025

THC

Teen Health Camp

TEEN HEALTH CAMP IS AN ANNUAL &
FREE 1-DAY EVENT. LEARN CLINICAL SKILLS
LIKE SUTURING, CASTING, AND MORE!



SATURDAY, FEBRUARY 1, 2025

**JOHN A. BURNS SCHOOL OF MEDICINE
MEDICAL EDUCATION BUILDING
651 ILALO ST. HONOLULU, HI 96813
8:00 AM - 2:30 PM**

If you have any questions, email phcc@hawaii.edu