



# >>> HUAKA'I HUB <<<



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

Aloha!

Happy 2025! Although we are only two months into the new year, 2025 has already proven to be a challenging year for many. With a new administration in charge, various programs may encounter unique hurdles that could jeopardize their survival. Now, more than ever, it's essential for us to unite as a community to support the next generation of students pursuing careers in healthcare and science. Much like the snake, we will remain strategic, intuitive and intelligent in finding ways to continue this vital work.

As many of you are aware, the JABSOM Huaka'i Initiative was introduced in 2023 with a very simple purpose: to encourage and support our youth on their journeys to careers in medicine while serving as a hub to unite communities. Mahalo to those who have supported the Huaka'i initiative since its inception.

Cheers! Jaimie



vecteezy.com



Jaimie Tom, M.D.  
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## UPCOMING OPPORTUNITIES

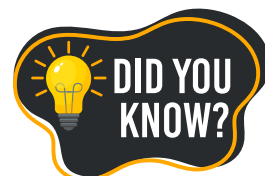
Although summer 2025 seems like a long time from now, remember that many of the applications for the summer programs are due in **EARLY** 2025! Take a look at some upcoming opportunities in store for you!

**CLICK HERE**



## DID YOU KNOW?

Students can start applying to **Early Acceptance Programs (EAPs)** as early in their senior year of high school! Once accepted, students are guaranteed a seat in medical school after completing their undergraduate degree!

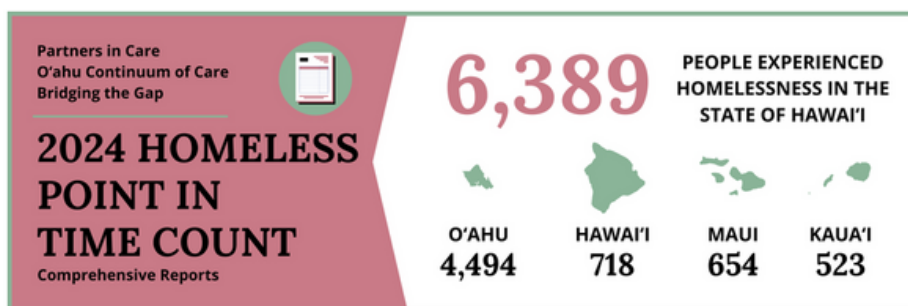


By: Kayla Mishima  
Peer Advisor  
UHM PAC





The Hawai'i H.O.M.E. Project was founded in August of 2005 with the mission to improve the quality and access to health care for Hawai'i's homeless. Since the opening of its first free clinic in May of 2006 at the Next Step transitional shelter in Kaka'ako, the Hawai'i H.O.M.E. Project has served thousands of Hawai'i residents facing houselessness while increasing student and physician awareness and understanding of the homeless and their healthcare needs.



According to the Hawai'i Health Data Warehouse

- Between 2023 and 2024 in O'ahu, there was a 12% increase in the total number of people who experienced homelessness.
- 62% unsheltered, 38% sheltered
- children account for 14% of the houseless population in Hawai'i





# Hawai'i H. S. M. E. Project

## Houseless Outreach & Medical Education

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The Hawai'i H.O.M.E. Project currently provides free medical services to houseless individuals at the Pai'olu Kaiaulu Shelter in Wai'anae, the Onelauena Shelter in Kalaeloa, the IHS Men's Shelter in Iwilei, and those that receive meals at the First United Methodist church in Honolulu. In addition to these locations, they also provide medical outreach services to the unsheltered residents staying in the Kaka'ako area using their mobile clinic.

Beyond taking care of their medical needs with nearly 2,000 patient visits annually, more than 450 free vaccinations administered, over 300 free lab tests performed, and nearly 1,500 free prescriptions filled, the H.O.M.E. project looks for other ways to support this community. In 2023 alone, the H.O.M.E. Project has distributed more than 3,000 hygiene kits, over 250 custom filled backpacks, and over 400 Christmas gifts to the keiki in this community.



TO LEARN MORE ABOUT  
THE HAWAII H.O.M.E.  
PROJECT OR TO  
DONATE/VOLUNTEER  
CLICK ON THE LINK





# HUAKA'I SPOTLIGHT: JABSOM TOURS WITH AHEC

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Are you searching for an engaging, interactive, hands-on experience for your students? Fed up with monotonous lectures? Looking for an exciting way to enhance student engagement while teaching practical skills? If you answered “YES!” to any of these questions, we have the perfect program for you: JABSOM Tours with AHEC!

Meet Mary and Zac from the Area Health Education Center (AHEC). Alongside the JABSOM Anatomy Lab and the Sim Tiki Simulation Center, they provide a variety of activities for students to delve into the world of medicine. Additional offerings include the forensics lab, kapuna care, a VR scavenger anatomy activity, and essential skills training such as taking vital signs, all of which will significantly aid your students on their journey to a medical career. During the three-hour campus visit, students can also explore the māla (garden) and learn about Lā'au lapa'au (the traditional practice of using medicinal plants for healing). Don't miss out—schedule your tour today!





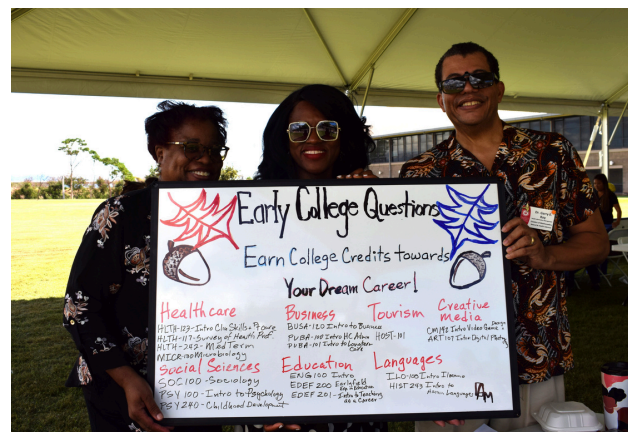


*The University of Hawai'i West O'ahu (UHWO), located in beautiful Kapolei, is the the Univarsity of Hawai'i's newest campus. Established in 1976 to provide access to higher education in Leeward O'ahu, the school became a fully accredited four-year college in 2007. Not only is UHWO one of the fastest-growing public baccalaureate colleges in the US, it has one of the most diverse student populations among four-year institutions.*

By Dr. Rebecca Romine  
Associate Professor of Biology, UH West O'ahu  
Co-lead for the Pre-Nursing Pathway

At UH West O'ahu, we are proud to be the premier UH campus for students in West O'ahu who are pursuing careers in healthcare. Since the Mathematics, Natural, and Health Sciences (MNHS) division enrolled its first six Health Sciences students in Fall 2019, our programs have seen remarkable growth, with over 200 students now enrolled across seven specialized health science concentrations.

Students can pursue either a Bachelor of Science in Natural Sciences with a concentration in Health Sciences, or a Bachelor of Applied Science in Health Professions with specializations in pre-medicine, pre-physician assistant, pre-pharmacy, pre-physical therapy, pre-occupational therapy, or pre-nursing. These innovative programs are designed to provide students with a strong foundation in STEM and biomedical sciences, preparing them for careers in healthcare, research, and the health professions.



West O'ahu Student Career Expo





# HUAKA'I SPOTLIGHT UH West O'ahu

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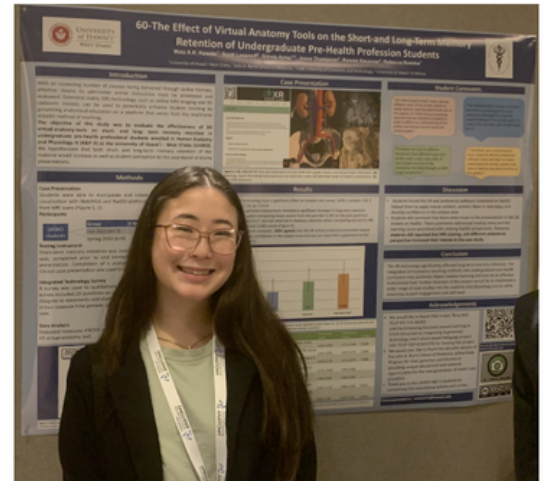
The dedicated faculty at UH West O'ahu focus on experiential, aina-based learning beyond the classroom, encouraging high-impact activities like undergraduate research. More than 35 students have gained hands-on experience in projects funded by the NSF and NIH, and the Hawai'i IDeA INBRE program has enabled students to present their research on the U.S. mainland, boosting their academic and professional growth.

Innovative learning opportunities for health sciences students include the integration of augmented reality (AR) in Anatomy and Physiology courses through the zSpace AR system, allowing students to analyze MRI scans of human cadavers and engage in problem-based learning. This combination of AR technology with traditional methods prepares students for success in healthcare fields.

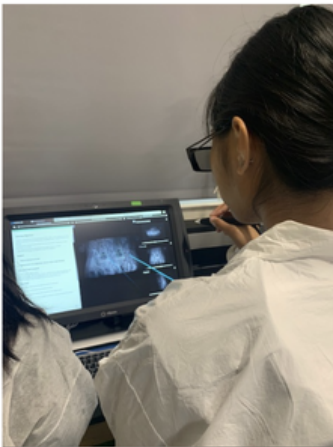
Additionally, the NSF TCUP-funded Pukoa Kani Aina project allows students to research ecosystem revitalization using cultural and technological approaches. Aina- and Place-Based Learning is central to their educational philosophy, as seen in a recent transdisciplinary experience in Hawai'i Island that deepened student connections to the land and its resources.



UHWO BAS-Health Professions pre-medical student Kalāwena Kalehuawehe ('23) presenting her research at the JABSOM Biomedical Symposium.



Maia Kawelo, UH West O'ahu pre-Physician Assistant student ('23) presenting her research at the American Association for Anatomy's Anatomy Connected Conference.



UH West Oahu Human Anatomy & Physiology student using zSpace Augmented Reality software in class.



UH West Oahu Anatomy & Physiology students in the Anatomy lab classroom using zSpace AR technology.



**Start your huaka'i to higher education at UH West O'ahu. To learn more about the Bachelor of Applied Science degree click on the link**



UH West O'ahu students restoring the dryland forest on Hawai'i Island Palamanui campus.

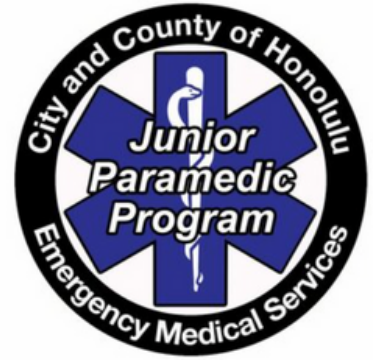


# STUDENT OPPORTUNITIES... EMS EXPLORERS PROGRAM

By: Kayla Mishima  
Peer Advisor  
UHM PAC

Interested in Emergency Medical Services or just wanting to get hands-on experience in a medical-related field? If so, look no further! **The EMS Explorers Summer Program** - part of the Honolulu Emergency Services Department - may be of interest to high school students (**9th-12th grade**), where former students share that they learned the valuable skills and knowledge necessary in emergencies! The program provides participants who may be interested in a career with EMS or any medical related field with training, hands-on experience, and community services. The program also encourages and promotes teamwork, leadership skills, responsibility and character development.

Want more information about this program? Click on the link or Email **[explorerems@honolulu.gov](mailto:explorerems@honolulu.gov)** for further questions!





By: Kayla Mishima  
Peer Advisor  
UHM PAC

## UH Mānoa Pre-Health/Pre-Law Advising Center

Office of Student Academic Success

Location: Physical Sciences Building, Room 214



Whether you are looking to apply to UH Manoa or looking at other universities, **anyone** can schedule an appointment with a peer advisor! Together we will discover the best route to your career goals, choose classes and extracurriculars, and more!

Unable to find a time that works best for you? Get your questions answered via email **uhpac@hawaii.edu** or call us at **(808) 956-8646** during our office hours!

Check out our website for information on all pre-health careers and upcoming workshops and opportunities.

**SCHEDULE AN**  
**APPOINTMENT TODAY**

Click the link!



### Pre-Health Workshop Series Spring 2025

**Talk Story with JABSOM Admissions**

Tuesday, February 18th at 4-5PM | Zoom

**`Imi Ho`ola Program**

Tuesday, February 25th at 4-5PM | Zoom

**Parallel Plans: Gap Year & Other Options**

Tuesday, March 4th at 4-5:30PM | Zoom

**Pre-Health Student Panel**

Tuesday, March 25th at 4-5PM | Zoom

### Office Hours:

Monday-Friday from 8:30AM - 4:00PM

We take walk-in appointments as well!

### TO REGISTER:

Scan the QR code or  
click the link

**TINYURL.COM/YEA**  
**SWAUU**



SCAN ME

\*High school students are not able to sign up for the certifications (i.e., BLS and HIPAA), but are free to sit in on any other workshops!





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.

Volunteer Opportunities

Research Opportunities

Scholarships

Shadowing & Internships

Clinical Skills Workshops

Academic Advising

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

E: [phccshawaii.edu](mailto: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!





## C.A.N.O.E



## Pre-Health Academy 2025

CREATE AND NAVIGATE OPPORTUNITIES IN EDUCATION

**JUNE 30 – JULY 18: ONLINE MODULES****JULY 20 – JULY 27: RESIDENTIAL PROGRAM AT UH MĀNOA + \$1,000 STIPEND****RECEIVE 3 COLLEGE CREDITS VIA UH WEST OAHU**

- STUDENTS WILL BE ENROLLED IN THE HLTH123 COURSE
- INTRODUCTION TO CLINICAL SKILLS
- PATIENT CARE AND INTERVIEWING
- SOFT/HARD SKILLS BUILDING
- CAREER EXPLORATION
- CLINICAL SKILLS

**CERTIFICATIONS**

- CPR-FIRST AID
- OSHA
- SEIZURE FIRST AID

**PBL (PROBLEM-BASED LEARNING)**

- CRITICAL THINKING AND ANALYSIS
- EXPLAINING CONCEPTS
- WORKING IN TEAMS

**1 WEEK RESIDENTIAL PROGRAM AT UH MĀNOA**

- FULL SCHOLARSHIP FOR MEALS, FLIGHT, AND BOARDING
- HOUSING AT UH MANOA DORMITORIES
- \$1,000 STIPEND UPON SUCCESSFUL COMPLETION OF THE PROGRAM

**ACADEMIC STATUS UPON APPLYING**

- GRADUATING HIGH SCHOOL SENIORS (RESIDENT IN THE STATE OF HAWAII)
- COLLEGE STUDENTS CONSIDERING TRANSFERRING TO UH MĀNOA
- NON-TRADITIONAL STUDENTS
- MUST PROVIDE THE MOST RECENT TRANSCRIPT (UNOFFICIAL ACCEPTED)
- 2.5 GPA AND ABOVE
- HAWAII STUDENTS ACCEPTED

**ELIGIBILITY**

- FIRST-GENERATION COLLEGE STUDENT
- ECONOMICALLY DISADVANTAGED STUDENT
- UNDERREPRESENTED MINORITY GROUP
- VETERAN

**NO ADMISSION/TUITION FEE**

APPLICATION DEADLINE:

**04.18.2025**

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