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.

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:

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‘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
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 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, 297 former ‘Imi Ho‘ōla participants have graduated from JABSOM. The graduates are in residency training or practicing in Hawai‘i, Guam, Micronesia, American Samoa, and the continental United States.

‘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.

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., Samoa, Guam, Micronesia, CNMI).

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:

• Completed Course Work
  The following course work must be completed by June 2023. 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.

<table>
<thead>
<tr>
<th>Science Prerequisites</th>
<th>Semester Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biology (with lab)</td>
<td>8</td>
</tr>
<tr>
<td>General Chemistry (with lab)</td>
<td>8</td>
</tr>
<tr>
<td>Organic Chemistry (with lab)</td>
<td>8</td>
</tr>
<tr>
<td>General Physics (with lab)</td>
<td>8</td>
</tr>
<tr>
<td>Biochemistry (no lab required)</td>
<td>3</td>
</tr>
</tbody>
</table>

• 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.

• MCAT (Medical College Admissions Test)
  The MCAT must have been taken within three years of the expected date of matriculation into medical school (2024), i.e., the MCAT needs to have been taken between January 2021 - September 2022*. There are no minimum MCAT requirements set at this time.

• AAMC PREview™ Professional Readiness Exam
  must be taken on one of the 2022 exam dates. Exams taken from June 2022 to September 30, 2022 will be considered for the 2023 application cycle. Tests taken in October 2022 or later are not valid for the 2023 application cycle. For more information regarding AAMC PREview exam dates, click here.

Effective 4/17/2021, in alignment with JABSOM admissions, the ‘Imi Ho‘ōla program is implementing the following changes due to the current COVID-19 pandemic:

• Online lab courses will now be accepted from Spring 2020 to Spring 2023 until further notice. Online lab courses may be used towards fulfilling prerequisite requirements for General Biology, General Physics, General Chemistry, and Organic Chemistry as outlined on the JABSOM Admissions Requirements page.

We do not prescreen or prequalify applicants to the program.
ADMISSION MATERIALS

- ‘Imi Hoʻōla Application
  Answer all questions. If a question does not apply to you or your situation, indicate by typing “NOT APPLICABLE” in the appropriate space. Blank responses will affect the processing of your application.

- Letters of Recommendation
  Two letters of recommendation are required of each applicant. Instructions are printed on the “Letter of Recommendation” form and should be read carefully. Two signed letters of recommendation must be emailed directly from the recommender to the ‘Imi Hoʻōla program at imiapps@hawaii.edu. At least one of the two letters should be from a professor or an advisor who can accurately assess the applicant’s academic performance. Letters of recommendation must be submitted directly from the recommender via email by the submission deadline. No third party recommendation letters will be accepted (i.e. Interfolio or similar system.) AMCAS Letters of Recommendation cannot be used.

- Verification of Science Prerequisites
  Students must complete the form and provide a description for each course listed.

- JABSOM Application
  To be eligible for ‘Imi Hoʻōla you must have applied to JABSOM for the year 2023 entering class. 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 Hoʻōla.

INTERVIEW PROCEDURE

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

CRIMINAL BACKGROUND CHECK PROGRAM:

‘Imi Hoʻōla participates in the Criminal Background Check (CBC) program. Students who are admitted into the program will undergo a Criminal Background Check. ‘Imi Hoʻōla reserves the right to use information from the CBC in determining a student’s status in the program. More information about CBC can be found on the AAMC website at https://students-residents.aamc.org/applying-medical-school/article/criminal-background-check-service/

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 imihooola@hawaii.edu for application status. (see Application Checklist on page 7).

All application materials become the property of the ‘Imi Hoʻōla Post-Baccalaureate Program and cannot be returned or forwarded elsewhere. Applicants should make copies of all application materials for personal reference. The program recommends that the application be typed. Sign all application materials where indicated.

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 (imihooola@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, an individualized 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. 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 2023-2024 class will begin on July 11, 2023 and run through June 11, 2024. (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

<table>
<thead>
<tr>
<th></th>
<th>AT HOME (Family)</th>
<th>OFF-CAMPUS (Roommates)</th>
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</thead>
<tbody>
<tr>
<td>Tuition &amp; Fees*</td>
<td>$3,736 ($6,744)*</td>
<td>$3,736 ($6,744)*</td>
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<tr>
<td>Books &amp; Supplies</td>
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<td>$1,350</td>
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<tr>
<td>Meals &amp; Housing</td>
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<tr>
<td>Personal Expenses</td>
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<tr>
<td>Transportation</td>
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<td>$1,649</td>
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<tr>
<td>Health Insurance (self)</td>
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<td>$4,177</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td><strong>$20,229 ($23,237)</strong>*</td>
<td><strong>$27,296 ($30,304)</strong>*</td>
</tr>
</tbody>
</table>

*Cost for non-residents in parenthesis.  
*Based on UH Graduate Student tuition for 2021-2022

## Tuition & Fees

Tuition is based on the resident and non-resident graduate tuition figures for School Year 2021-2022. 'Imi Ho‘ōla courses are offered through Outreach College at the University of Hawai‘i at Mānoa. Tuition fees will be updated on our website as soon as they are available.

Students enrolled in ‘Imi 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

Figures based on average cost for books for 2021-2022.

## Meals & Housing

Figures provided by Financial Aid Services for School Year 2021-2022 and adjusted for the 12-month program. Program’s shadowing experience cost in a rural setting is included.

## Personal Expenses

Figures provided by Financial Aid Services for School Year 2021-2022 and adjusted for the 12-month program.

## Transportation

Figures based on average cost of gas, parking, and car insurance for 2021-2022.

## Health Insurance

Health insurance is a requirement for all ‘Imi Ho‘ōla students. Figures are based on the HMSA student plan for School Year 2021-2022.

Revised: May 2022
An Equal Opportunity/Affirmative Action Institution
APPLICATION CHECKLIST

ALL of the following items must be received by the ‘Imi Ho’ōla program by **November 1, 2022** for your application to be considered for the 2023-2024 class.

- Completed ‘Imi Ho’ōla program application form
- Two ***SIGNED*** letters of recommendation • must be emailed directly from the recommender to the ‘Imi Ho’ōla program at imiapps@hawaii.edu. AMCAS Letters of Recommendation cannot be used. *No interfolio letters accepted.*
- Verification of Science Prerequisites and Course Descriptions • a separate description for each course listed is required.
- Application to JABSOM through AMCAS • for the 2023-2024 class, concurrent with ‘Imi Ho’ōla program Application.
- Signed consent form

Application Submission Instructions:
The ‘Imi Ho’ōla Post-Baccalaureate Program will accept applications for the ‘Imi Ho’ōla Class of 2023-2024 via secured email using UH Filedrop.

1. Submit your application and supporting materials via **UH File Drop.**
   - Click [Imi UH FileDrop Instructions](#)
   - Update expiration timer to 14 days
   - Update the name of your file to: Last Name, First Name_Form Name (i.e., Smith, Sam_Imiapp2022)
   - The recipient email address to be used is imiapps@hawaii.edu

2. Email imihoodla@hawaii.edu if you are unable to upload your documents via **UH File Drop.**

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

*Tips for using and printing fillable PDFs*

**Save the form to your computer before filling it out!**
We suggest that you first download the PDF form to your computer, and then open it with Adobe Reader prior to filling it out. You can either type information directly into each field, or copy and paste text into the cells. The font is preselected and cannot be changed.

**Use the latest version of Adobe Reader**
To open, complete, and print the PDF application forms, you will need Adobe Reader (the latest version is recommended). If you do not have it installed on your computer, you may download the latest version free of charge from [http://get.adobe.com/reader/otherversions](http://get.adobe.com/reader/otherversions).

Upon signing the application documents, the form will LOCK and you will NOT be able to make any edits or changes to what you have entered. Please ensure that you have completed each section and reviewed your application prior to signing each document.

**Mac users: Do not use Preview to fill out the PDF form.**
**Chrome users: Do not use Chrome PDF Viewer to fill out the PDF form.**

For more information contact:

‘Imi Ho’ōla Post-Baccalaureate Program
John A. Burns School of Medicine
651 Ilalo Street, MEB
Honolulu, Hawai’i 96813

Email: imihoodla@hawaii.edu
Tel: (808) 692-1030
Fax: (808) 692-1254
Website: [http://jabsom.hawaii.edu/imihoodla](http://jabsom.hawaii.edu/imihoodla)

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

**Late or incomplete applications will not be considered.**