Welcome to PreMed 101
Fall 2017 | Wednesday 6:30 – 8:00pm
Location: 120 Latimer | 1 Unit P/NP | CCN: 17694
Head Facilitator: Priya Shah
Faculty Sponsor: Dr. David Presti, Department of Molecular and Cell Biology
**Please do not contact Dr. Presti, MCB personnel, or the DeCal board regarding enrollment.**

PreMed 101 Facilitators
Fall 2017
For homework grading and support throughout the course, all students will be assigned to a Facilitator based on their year, major, and interests. Your Facilitator is here to help and support you. We welcome all questions, comments, and concerns.

<table>
<thead>
<tr>
<th>Facilitator Name</th>
<th>Year</th>
<th>Email Address</th>
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<tbody>
<tr>
<td>Adrian</td>
<td>Sophomore</td>
<td><a href="mailto:adrian@premed101.org">adrian@premed101.org</a></td>
</tr>
<tr>
<td>Ivonne</td>
<td>Senior</td>
<td><a href="mailto:ivonne@premed101.org">ivonne@premed101.org</a></td>
</tr>
<tr>
<td>Kayleigh</td>
<td>Senior</td>
<td><a href="mailto:kayleigh@premed101.org">kayleigh@premed101.org</a></td>
</tr>
<tr>
<td>Maria</td>
<td>Senior</td>
<td><a href="mailto:maria@premed101.org">maria@premed101.org</a></td>
</tr>
<tr>
<td>Matt</td>
<td>Senior</td>
<td><a href="mailto:matt@premed101.org">matt@premed101.org</a></td>
</tr>
<tr>
<td>Priya</td>
<td>Senior</td>
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</tr>
<tr>
<td>Taiki</td>
<td>Senior</td>
<td><a href="mailto:taiki@premed101.org">taiki@premed101.org</a></td>
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PreMed 101 Course Policies

Course Description
This course is designed to help students interested in becoming medical doctors navigate the complex world of medical school applications. We will also address issues related to the field of medicine including alternatives, ethics, and financial concerns. The scope of this course can be expanded to fit student needs and interests.

Recommended Texts & Materials (NOT required):
1. MSAR: The Medical School Admission Requirements 2012-2013. Price: $20.00 (Online edition). Visit [https://www.aamc.org/students/applying/requirements/msar/](https://www.aamc.org/students/applying/requirements/msar/).

2. “Med School Rx: Getting In, Getting Through, and Getting On With Doctoring” by Dr. Walter Hartwig from Touro University
Attendance
• Class participation is a major component of your grade. Thus, attendance is mandatory.
• Conflicts with midterm exam times will be excused.
  o Review sessions and meetings are unexcused.
• Please be on time. Be respectful of the guest speakers and your fellow classmates.
• Chronic tardiness is not acceptable and will result in the equivalence of an absence.
  o 2 tardies = 1 absence.
• More than two unexcused absences or four tardies will result in a NO PASS grade.
• Excused absences include illness, doctor’s appointment, and other emergencies with documentation.
  o You must notify your facilitator in the event that you will be missing class.
• The last class of the semester is REQUIRED in order to receive a passing grade. We will be filling out course evaluations. Plus, you won’t want to miss the BEST guest speaker we have planned for that day!

Surveys
• To receive your point for attendance, you must complete a weekly online survey sometime within the week after attending a class (they will be due at 6:30pm on Wednesdays, and they will be focused on the previous Wednesday’s class).
• The surveys will consist of short questions asking for an evaluation of the previous class.
• The purpose of the surveys is to give us a quick feedback about our speakers, as well as provide proof of your attendance.

Assignments
• In this class, we will explore necessary skills to be successful during the application process for medical school. The assignments are a practical application of those skills.
• The Facilitators reserve the right to request a redo of any assignment.
• All students **must complete 4 out of the 6** homework assignments in order to receive a passing grade.
  o You may substitute one homework assignment with a coffee date with your own facilitator.
• **One of the 4 completed assignments must be either “Plan B” (HW #5) or “Personal Statement” (HW #6).**

Plagiarism
• Plagiarism is considered academic dishonesty and any plagiarism on assignments in this class will result in a NO PASS grade, as well as possible disciplinary action from the University Office of Student Conduct.

Grading
• Grading is based on your attendance record and completion of homework assignments.
• Assignments will be graded based on the following:
  o Check ✓ = Satisfactory
  o Check minus ✓− = Unsatisfactory, please redo
General Policies
Due to the nature of the course and our desire to be respectful and courteous to our speakers, our course has both NO LAPTOP and NO EATING policies. Repeated breaking of these policies will result in a NO PASS grade.

Assistance
We want this class to be a great learning experience for you. It is our pleasure to assist you in any way we can. If you have questions about an assignment or concerns unrelated to this course, please notify a facilitator. If you have health, family, or work situations that interfere with your ability to study or attend class—let a facilitator know right away so we can discuss how best to resolve it.

**LECTURE SCHEDULE**

*This schedule is tentative and subject to change.*
*Please check bCourses and the course website, as well as come to class to receive updates.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>August 30th</td>
<td>An Introduction to the Pre-Med Experience at UC Berkeley</td>
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<td><em>Course Overview and Student Expectations</em></td>
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<td><em>PreMed 101 DeCal Head Facilitators</em></td>
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<td>September 6th</td>
<td>Life as a Cardiothoracic Surgeon</td>
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<td><em>Curtis Wozniak, MD</em></td>
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<td><em>Cardiothoracic Surgeon, Military Physician</em></td>
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<td>September 13th</td>
<td>Medical School Applicant and Student Panel</td>
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<td><em>A panel of medical school applicants and current medical students.</em></td>
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<td>September 20th</td>
<td>Everything You Need to Know about the MCAT</td>
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<td><em>Dale Schmidt from The Berkeley Review</em></td>
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<td>September 27th</td>
<td>Teaching and Medicine</td>
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<td><em>Prasanna Jagannathan, MD</em></td>
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<tr>
<td></td>
<td><em>Assistant Adjunct Professor at UCSF &amp; Former Teach for America Corp Member</em></td>
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<tr>
<td>October 4th</td>
<td>Medical Ethics Debate</td>
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<td><em>Priya Shah, Head Facilitator</em></td>
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<td>October 11th</td>
<td>Alternative to an MD: Physician’s Assistant</td>
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<td><em>Carlos Jaramillo, PA</em></td>
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<td>October 18th</td>
<td>Introduction to Neurology</td>
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<td><em>Jerome Chin, MD, PhD, MPH</em></td>
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<tr>
<td></td>
<td><em>Neurologist, International Physician &amp; UC Berkeley lecturer</em></td>
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October 25th  
Radiology  
Josh Lilienstein, MD  

November 1st  
ENT Surgery  
Noriko Yoshikawa, MD  

November 8th  
Alternative to an MD: Doctor of Osteopathy  
Steven Davis and Lisa Waits, DO  

November 15th  
Family Practice  
Steve Kim, MD  

November 22nd  
THANKSGIVING—NO CLASS  

November 29th  
Life in the ER  
Desmond Carson, MD  
Emergency Medicine Physician at Doctors Medical Center  
(A TTEN DANCE IS MANDATORY FOR COURSE EVALUATIONS)  

-------------------------------------------------END OF CLASSES------------------------------------------

See next page for homework assignments.
HOMEWORK ASSIGNMENTS

All homework assignments must be turned in at the end of class on the assigned due date. Email submissions will not be accepted. To be considered a complete homework assignment, please follow these criteria:

- All assignments must be typed, double spaced, and 12 point Times New Roman font.
- The pages must have 1 inch margins.
- The minimum amount to be written is 1.5 pages.
- In cases of plagiarism, you will receive a NO PASS grade and will be reported to University Officials.
- Assignments will be graded based on the following:
  - Did the student meet all of the above format criteria?
  - Did the student plagiarize?
  - Did the student answer all of the assigned questions?

Homework #1: Personal Reflection and Semester Goals

**Part 1:** Please reflect on the following questions: Why do you want to be a doctor? What experiences in your life have shaped your desire to be a doctor? If you are not sure that being a doctor is the right path for you right now, please reflect on why you do or do not want to be a doctor.

**Part 2:** What are your goals for this semester? What will you do to ensure that you reach your goals? What do you do to de-stress? What do you hope to accomplish by December 15th, 2017? Please write about your academic, pre-med, and personal goals.

This assignment will only be graded on length. Feel free to be as honest as you feel is necessary. You will be given a chance to review this particular assignment at the end of the semester to see your progress.

Homework #2: Writing About Your Activities for Your AMCAS

For many pre-med students, little is known about the AMCAS until they are finally ready to apply. In an effort to avoid any “surprises,” we’d like to help you prepare the activities, awards, and work section of the AMCAS. When you end up applying to medical school, you will have 15 opportunities to write about your activities, awards, and work experience. However, for this assignment, please write one paragraph each about THREE of your favorite extra-curricular activities or jobs. Remember, you want to impress the medical school admissions committees, so do your best to make yourself shine!

If you do not have three activities that you are currently involved in, please research three extra-curricular activities or student organizations that you are interested in. Write one paragraph each describing (1) what the organization does, (2) how to join, (3) the requirements to join, (4) how frequently they meet, (5) and what you hope to get out of the experience by joining that particular group/organization. We hope that through this homework assignment, you will be able to get a better feel for what student groups at Cal can offer you.
**Homework #3: Map Out Your Undergraduate Career**
For this assignment you will get the chance to map out how you would like to see your undergraduate career unfold. Though it is impossible to predict exactly how your years at Cal will play out, it is important to have a timeline that will help keep the entire experience organized. The AAMC provides a basic timeline that you can use as an example, and we would like you to consider the information presented and personalize your experience with your activities, interests, and ambitions. The timeline can be found at this website: https://aamc-orange.global.ssl.fastly.net/production/media/filer_public/ba/55/ba55a911-e61f-4cfa-acf3-79bda83fcc11/timelineapplication.pdf

As a side note, please use this as an opportunity to familiarize yourself with the AAMC website. There is a wealth of information about the application process and it is worth your time to take advantage of it.

Note: Please write this in essay format (no bullet points). Also, if you are not a freshman or sophomore, focus on your final years at Cal and highlight what you would like to do to enhance and/or prepare for your application.

**Homework #4: Affordable Care Act**
Obama’s Health Care Reform, commonly referred to as ObamaCare but officially called the Patient Protection or Affordable Care Act (ACA) for short, was signed into law on March 23, 2010. The ACA is meant to “provide affordable, quality health care for all Americans and reduce the growth in health care spending, and for other purposes.” The Affordable Care Act is creating major changes to our health care system and as someone interested in joining the medical field, it is extremely important to familiarize yourself with it as it will likely impact your future career. In addition, medical school applications are often asked about the ACA in their interviews so it is in your best interest to be knowledgeable about the act. Please research the ACA and write a response explaining what you learned, your opinion on the different aspects of the reform, and how it will affect your intended profession in the medical field. (If you are uncertain what field you want to enter, you can pick any medical profession.)

**Homework #5: Plan B**
Though we may not enjoy considering the possibility, many students realize that they cannot handle the workload of a premed or medical student, decide that medicine is not the right career for them, or are rejected by medical schools (>50% of medical school applicants every year are rejected). In the event of any of those occurrences, it would be wise to have a realistic Plan B.

Please write about what you would do if you could never go to medical school (for this assignment, applying again is not an option). Include a description of the alternative studies or careers you might pursue, the requirements, why you have chosen that as your alternative, and how you intend to achieve that aim (e.g. pursuing another degree, seeking an internship, etc.). This assignment is not intended to discourage you in any way since you have a high likelihood of reaching your goals (more than 50% of UC Berkeley medical school applicants are accepted into a medical school). However, just in case you don’t, you will never be caught in the situation of not knowing what to do with your life since you have a well thought out alternative.
**Homework #6: Personal Statement**

The personal statement portion of the medical application process is your opportunity to describe who you are and why you are uniquely qualified for a career in the health professions beyond GPA and standardized test results. Advocate for yourself, and don't be modest! Medical schools receive thousands of applications from applicants with strong GPAs and MCAT scores, but they have a limited number of interview invitations to extend. Therefore the essay is a means of distinguishing yourself and it plays a significant role in determining who gets an interview.

Prompt: Why do you want to go to medical school?