Pre-Med Pair Up: A Medical Mentorship & Global Awareness Program

Karen Thompson BS, Alexandria Ponkratz BS, Margaret Gallagher BS, Erica Chou MD, Sara Lauck MD, Nicole St. Clair MD
Medical College of Wisconsin

Introduction
- Literature studies suggest widespread advantages to peer mentoring programs for both mentors and mentees. Perceived benefits of peer advising include skill building, community engagement, knowledge acquisition, cultural competency, and feeling valued and supported. Few studies exist to analyze the outcomes of mentoring programs between medical students and pre-medical students.

Goals
- Create a program that facilitates mentorship between medical students and pre-medical students. Name the program Pre-Med Pair Up (PMPU).
- Provide resources to assist pre-medical students on their journey to becoming physicians.
- Educate participants on global health topics.

Methods
- Communicate with undergraduate campuses to gauge interest in program implementation.
- Develop a program application.
- Create a needs assessment to understand student interest in a mentorship program and determine resources that would be beneficial to pre-medical students.
- Distribute applications to pre-medical students and medical students with accompanying needs assessment.

Results
- A needs assessment was completed by 43 pre-medical and 26 medical students involved in the program.
- Students identified the following items as most beneficial:
  1. Master calendar of steps for pre-medical students (91%).
  2. Curriculum that included a volunteering resource list (91%).
  3. Tips related to the MCAT, personal statement writing, and interviewing (94%).

Conclusions & Program Design
Components incorporated into PMPU based on needs assessment results:
- Application process timeline.
- Local volunteer opportunities resource list.
- Monthly e-newsletter.
- Dedicated webpage.

Program design and implementation:
- Pair pre-medical students with medical students based on common findings as indicated by respective applications.
- Design and issue monthly e-newsletters featuring articles relating to global health and highlighting relevant information regarding the application process for pre-medical students.
- Design and maintain a webpage in coordination with MCW website staff members to make program materials more readily accessible.

References

Contact & Acknowledgements
Community Partners:
University of Wisconsin Oshkosh – Elaina Jentz & Pre-Med Society
Marquette University – Shari Madhusudhan & AMSA
Website Support: Jennifer Brooks
Program Email: pmpu@mcw.edu
Program Website: http://www.mcw.edu/MedicalSchool/PMPU-Mentorship-Program.htm

Next Steps
- Distribute midyear survey to participants to assess effectiveness of PMPU and gather insight on how to improve the program.
- Implement changes based on survey results.
- Expand program to include additional undergraduate campuses.
- Through PMPU, it is believed that new data about potential benefits of pre-medical/medical student mentorship can be identified while simultaneously providing opportunities for both mentors and mentees to learn, discover, care, and lead as they explore medical-related topics together.

The Luck of the Irish
Match Day is a much-anticipated day for fourth-year medical students, for it is the day they learn where their career in medicine will take them after graduation. On this day, many discover which residency program they have been “matched” into to continue their training as physicians. Luckily for this year’s Med Pair Up, Match Day fell on one of the “lucky days of the year”, St. Patrick’s Day. So how do you get into a residency program?

The need for residency is as easy feat. Medical students spend much of their first years in

Program.htm

Figure 1. Resources medical and pre-medical students identified as helpful

Figure 2. Reasons medical and pre-medical students joined PMPU

Figure 3. PMPU webpage

Figure 4. PMPU March Newsletter