THE GAP YEAR
The Pre-Health/Pre-Law Advising Center
Tuesday, February 13, 5:00-6:30pm
Webster Hall, Room 203
On the Agenda

Overview
Panel
Individual Q&A
What is a gap year?
Why take a gap year?
1. Pay off debt
2. Take a break
3. Forced to take one
Forced To Take a Gap Year?

- Don’t give up!
- Contact schools

Reassess

Refocus

Re-engage
THE GOAL

Stand Out As An Applicant
4. Become A Better Applicant

- Academics
  - Complete prerequisites
  - Strengthen GPA
- Entrance exam
  - Prepare or retake
REASONS

- Build experience
- Community service
- Volunteering
- Research
- Shadowing and clinical experience
- Retake
When would I take a gap year?

1 Gap Year

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# When would I take a gap year?

## 2 Gap Years

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POSSIBILITIES

ACADEMICS
SUMMER OPPORTUNITIES
ENTRANCE EXAM PREPARATION
COMMUNITY SERVICE & VOLUNTEERING
RESEARCH
SHADOWING/CLINICAL EXPERIENCE
ACADEMICS

Taking Classes

• Retake
• Prerequisites
• Raise GPA
• Money and time
ACADEMICS

Post-Baccalaureate Opportunities

1. Post-Bacc Unclassified Student
2. Post-Bacc Degree Programs
3. Special Master’s Degree Programs
4. Master’s Degree Programs
1. POST-BACC UNCLASSIFIED STUDENT

CONSIDERATIONS

- Take courses without being in a degree program
- Pay higher tuition
- None to few financial aid options
- Register late
- May be more inexpensive and take less time than being in a degree program
2 & 3 POST-BACC PROGRAMS & SPECIAL MASTERS PROGRAMS

- Academic Enhancers (AE)
- Career Changers (CC)
- Economically or Educationally Disadvantaged (EED) or underrepresented minorities
Possible benefits:

- Entrance exam preparation
- Research
- Clinical shadowing experience
- Letters of recommendation
- Direct acceptance
2 & 3 POST-BACC PROGRAMS IN HAWAI‘I

• ‘Imi Hoʻōla at JABSOM
• Pre-Health Post-Baccalaureate Certificate at Hawaiʻi Pacific University
# When would I take a gap year?

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SUMMER OPPORTUNITIES

● Internships and Fellowships
● Jobs
● Research
● Shadowing and Clinical Experience
SUMMER OPPORTUNITIES

Internships

● Department of Native Hawaiian Health SRI

● Queen’s Medical Center SRI

(SRI = Summer Research Internship)
SUMMER OPPORTUNITIES

Considerations:
- What the program offers
- Competitiveness
- Time, money, and energy
- Application timeline and due date
SUMMER OPPORTUNITIES

- Pre-Health Advising Center
  - Bulletin Boards
  - Newsletters
  - Current Opportunities Calendar
- Mentors
- Friends
- Family
# TIMELINE

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ENTRANCE EXAM PREPARATION

- Self Study
- Group Study
- Class (Online or In-Person)
- Private Tutor
- Consider Cost and Time
COMMUNITY SERVICE & VOLUNTEERING

● Doesn’t have to be health-related
● What community would you like to serve as a future health professional?
  ○ Age
  ○ Race and ethnicity
  ○ Location
● Time commitment
COMMUNITY SERVICE & VOLUNTEERING

• Opportunities
  ○ Blood Bank of Hawaiʻi
  ○ Hospitals
  ○ Waikiki Health
  ○ YMCA
  ○ Pre-Health Career Corps
RESEARCH

- Doesn’t have to be in a specific health field
- Structured vs. unstructured
- Opportunities
  - Professors
  - HPH Summer Student Research Program
  - UROP
  - INBRE
# TIMELINE

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SHADOWING/CLINICAL EXPERIENCE

● Gain experience in the field
● Required by some fields (e.g. OT, PT, PA)
● Learn more about the field
● Considerations
  ○ Field and school requirements
  ○ Time
  ○ Location
  ○ Specialization
SHADOWING/CLINICAL EXPERIENCE

● Opportunities
  ○ Medical Scribe with ScribeAmerica
  ○ Emergency Medical Technician at KCC
  ○ Nurse Aide, KCC
  ○ OT/PT Assistant
UPCOMING WORKSHOPS

APPLYING TO HEALTH PROFESSIONAL SCHOOL
Tuesday, February 20

THE GREs
Tuesday, February 27

APPLYING TO MEDICAL SCHOOL
Tuesday, March 6

IMI HOOLA POST-BACCALAUREATE PROGRAM
Tuesday, March 13

All workshops are from 5:00-6:30 p.m. in Webster Hall, Room 203.
Mahalo!

Please submit your evaluations before leaving.

Pre-Health/Pre-Law Advising Center
Sinclair Library, Room 108
Webpage: http://manoa.hawaii.edu/undergrad/pac/
Phone: (808) 956-8646
E-mail: uhpac@hawaii.edu