

Developing A Pilot Pre-Matriculation Program: Lessons Learned.

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Background

In 2016 IUSM Faculty Steering Committee tasked the Ad-hoc Student Success Committee to explore medical student success and factors that impact academic success at Indiana University School of Medicine (IUSM). The committee identified that the most important early predictor of success, at IUSM, was student performance in the first year and they went further to make recommendations. Among the five recommendations made was, adopting a Head Start Summer Prep Session which led to the pilot of a Pre-Matriculation program in July 2019.

A one-week pre-matriculation program was piloted for newly admitted first year students and the impact of the program on student success in the first semester was assessed. The program sought to take a broader approach by seeking to expose students to what to expect in first year medical school courses; instilling good study habits, beginning the development of social networks, while at the same time emphasizing wellness.

Materials & Methods

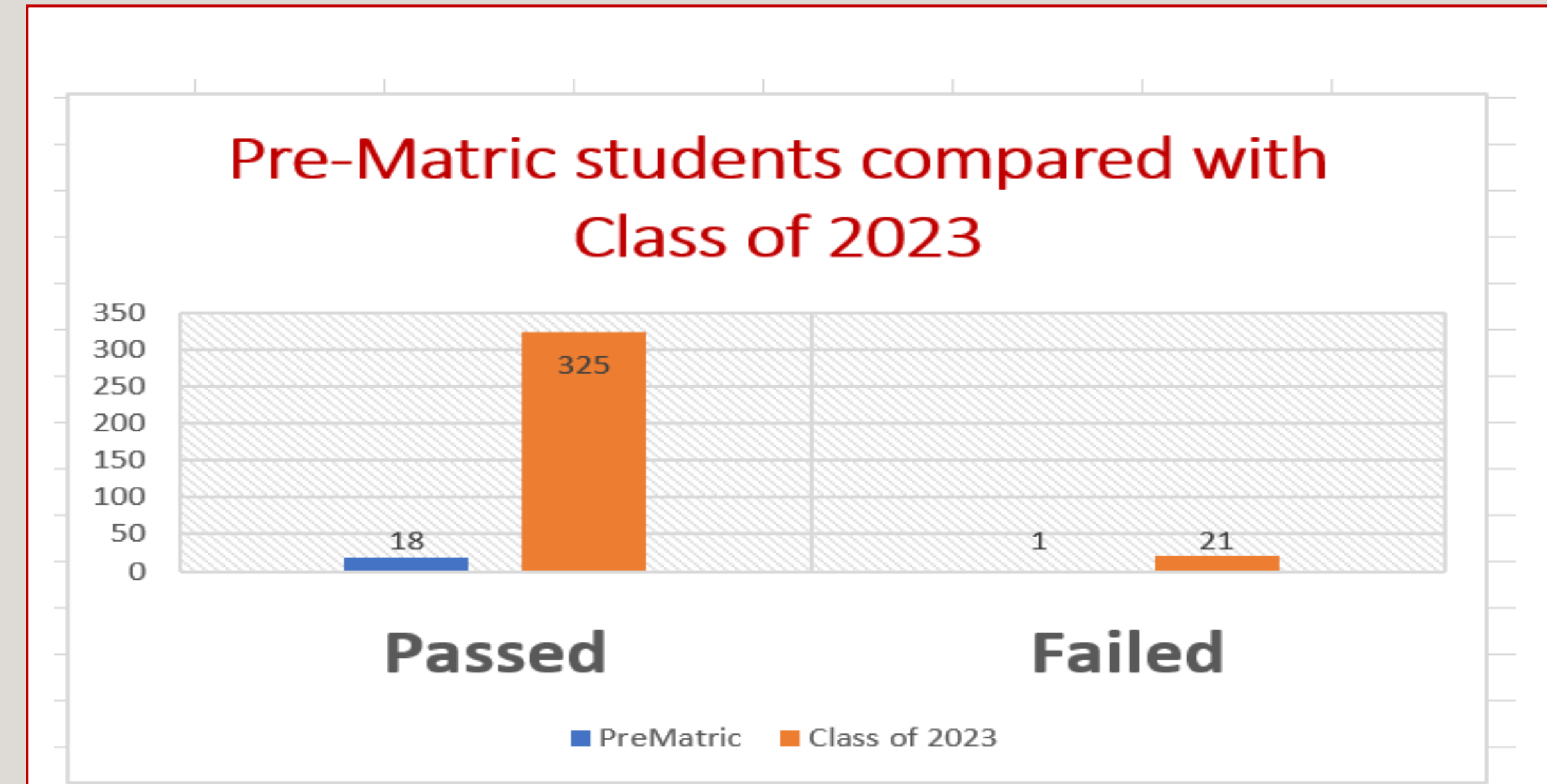
The week's activities included lectures covering first semester course by faculty, study skills, time management, introduction to student success resources and wellness activities.

Data Collection

Comparative analysis of two similar surveys administered to participants at the end of one week of participation in the program and at the end of first semester at IUSM, to determine the extent to which the goals of the program were met.

References

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- Kebaetse, M. B., Kebaetse, M. M., Gaonyadiwe G. N. O., Mogodi, M., Wright, J., Falama, R., & Park, E., (2018) Learning support interventions for Year 1 medical students: A review of the literature. *Medical Education*, 52:263-273
- Schneid, S. D., Apperson, A., Laiken, N., Mandel, J. Kelly, C. J., & Brandi, K. (2018) A summer pre-matriculation program to help students succeed in medical school. *Advances in Health Science Education* 23:499-511
- Kosobuski, A.W., Whitney, A, Skildum, A., & Prunuske, A. (2016) Development of an interdisciplinary pre-matriculation program designed to promote student self efficacy



Pre-Matriculation Program at Van Nuys (Med Sci) building – 635 Barnhill Dr., Indianapolis, IN. 46202

	Sunday July 21st	Monday July 22nd	Tuesday July 23rd	Wednesday July 24th	Thursday July 25th	Friday July 26th
Rooms		810/11/16	810/11/16	810/11/16	810/11/16	810/11/16
7:00 a.m.		Breakfast in Tower	Breakfast in Tower	Breakfast in Tower	Breakfast in Tower	Breakfast in Tower
8:00 - 8:45 a.m.		Connections Activities/student volunteers	Continuation of On Being Grateful w/Photo Activity	Connections Activities/student volunteers	Connections Activities/student volunteers	Connections Activities/student volunteers
9:00 - 9:45 a.m.		Welcome to IUSM - Haywood Expectations for the week etc. - Iyabode	Onlinex video with tutors available to coach students	Small group tutoring over Histology lecture	Time Management	KCY/Hohey
10:00 - 10:50 a.m.		Fundamentals of Health and Disease - Rudick	Preworking material - how to prepare for lectures specific to Histology lecture on Epithelial Tissue	Study time	Stress Management Cunningham/Lasek	Mental Health Cunningham/Lasek
11:00 - 11:45		Interact with faculty	Physician Mentors/Mathews	Student panel	Carer/Sharp	
11:45 - 12:00 noon		Travel Time	Travel Time	Travel Time	Travel Time	Travel Time
12:00 noon		Lunch with ODA/Sotto	Lunch with SAMA	Lunch with Lord Advisors Heath/Jewellen/Mathews/Ridder/Sharp	Lunch with faculty Adebisi/Ismun/Melita/Hinkle	
1:00 - 1:15 p.m.		Travel Time	Travel Time	Travel Time	Travel Time	Travel Time
Rooms		311A/R/312A/R/C	311A/R/312A/R/C	810/11/16	311A/R/312A/R/C	311A/R/312A/R/C
1:15 - 2:00 p.m.		Introduction to Molecular Biology Harrington	Histology Lecture - Vargo	Histology: MCT and PhD Mock Exam	ODA - Sydney Rucker	Wellness: On Being Connected! Calabrese
2:00 - 3:00 p.m.		Interact with faculty	Interact with faculty	Debrief on Mock Exam	Impostor Syndrome Walwood	
3:00 - 4:00 p.m.		What do tutors do? I.T. how to organize material specific to PhD material - intro to pharma/Immun/Genes/Lane	Meet MSA Deans: Klemetz/Reiser	Meet MSA Deans: Rusk/Haywood	Wellness: On Being Brave w/Outdoor Activity	Evaluate the week
4:00 - 4:30 p.m.		Wellness: On Being Empathetic w/Journal Activity	Wellness: On Being Resilient w/Journal Activity			Transition to Walwood: Bauwens home
4:30 - 5:00 p.m.		Wellness: On Being Grateful w/Photo Activity				Dinner @Walwood/Bauwens's home
5:30 p.m. -		Dinner at Daily 386	Dinner in the Tower	Dinner in the Tower	Dinner in the Tower	

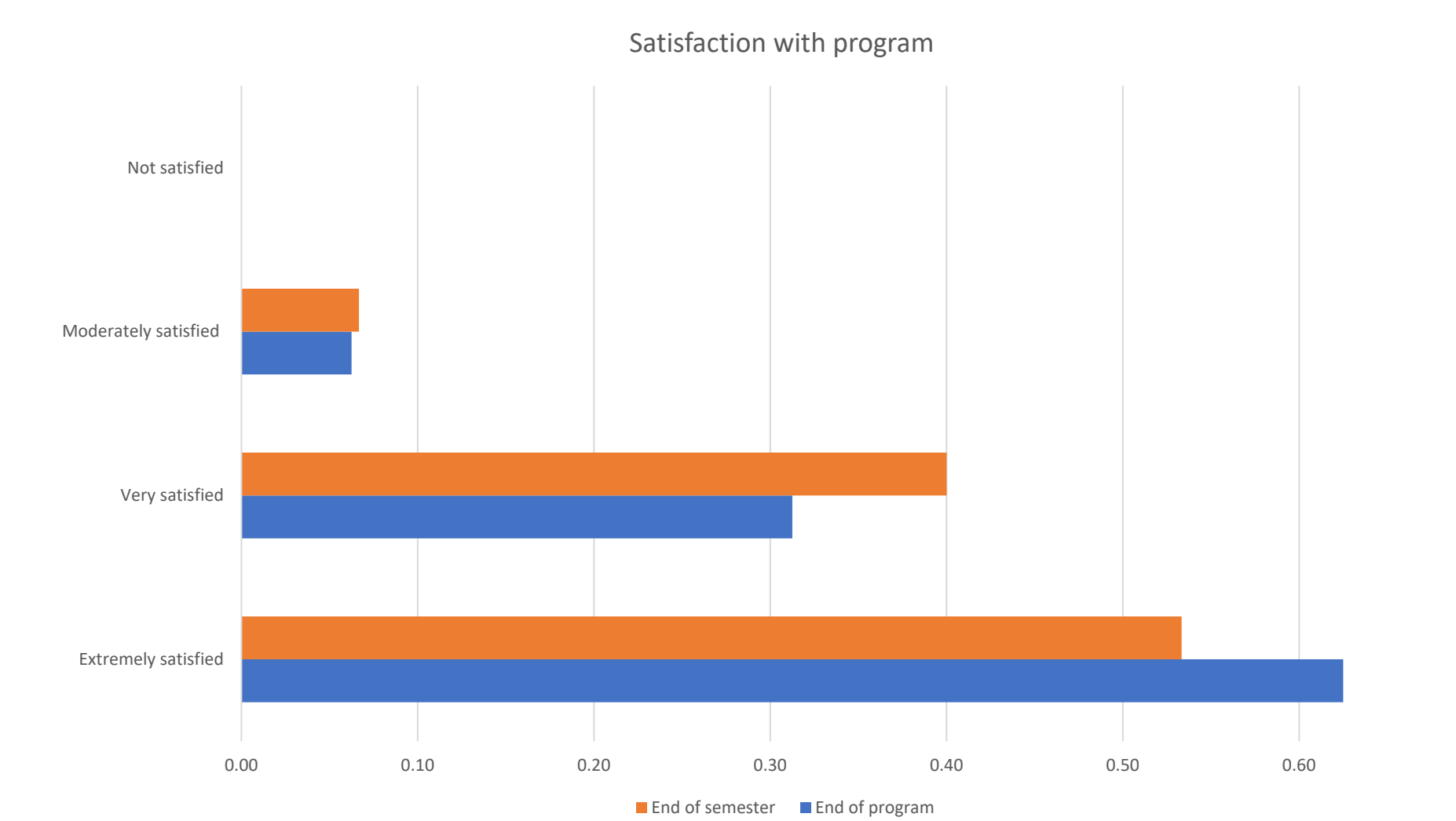


Results

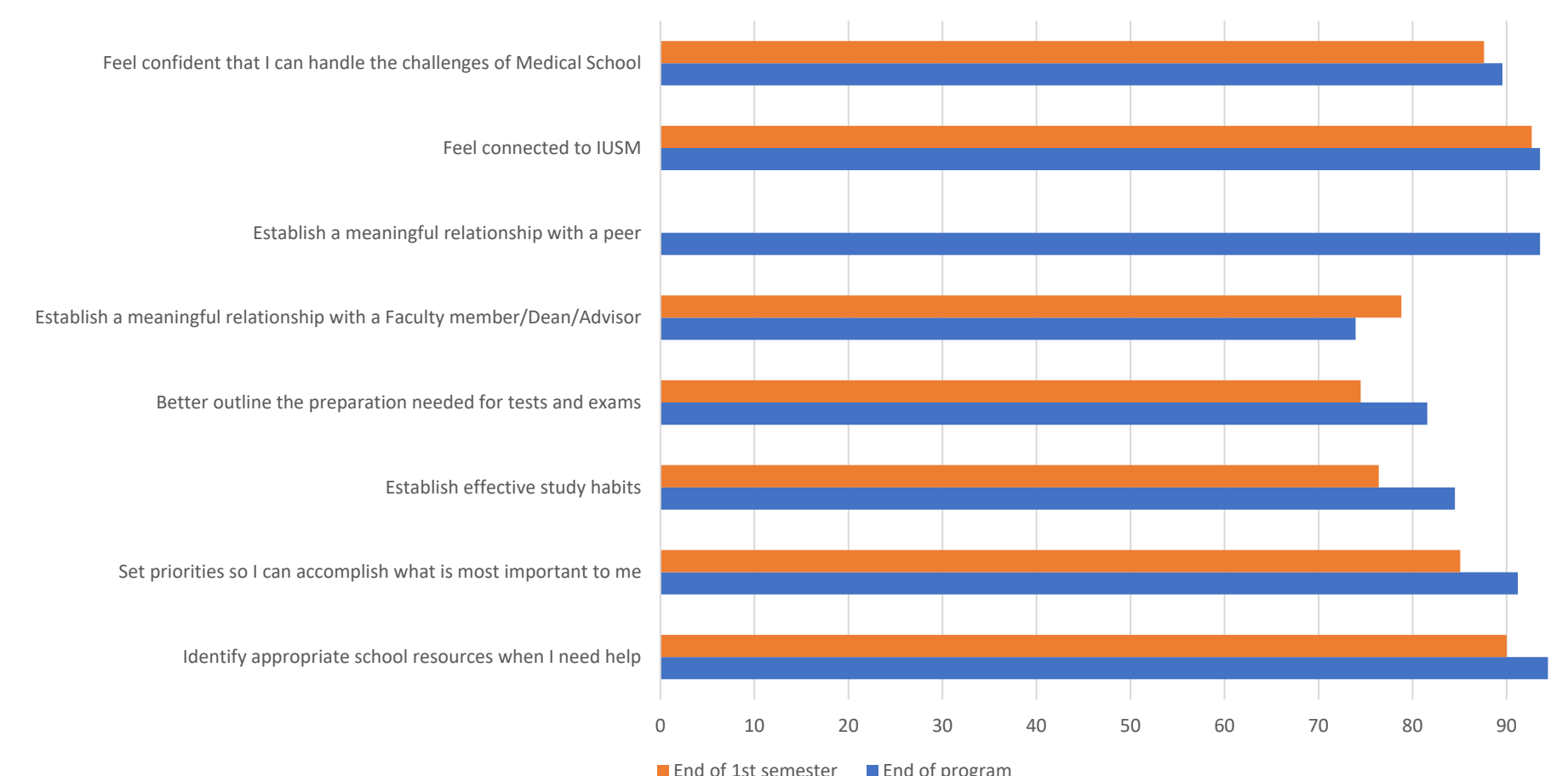
Results from the comparative analysis at the end of first semester reflected that:

- 95% of Participants in the Pre-Matriculation program passed in first semester
- 93% of participants feel connected to IUSM community
- 94% of participants were able to establish a meaningful connection with a peer
- 79% of participants were able to establish a meaningful relationship with a Faculty member/Dean
- Students' ability to establish effective study habits by the end of the semester decreased from 84.4% to 76.4%.
- Students' ability to outline the preparation needed for tests and exams by the end of the semester decreased from 81.56% to 74.47%

How satisfied were you with the Pre-Matriculation program in providing you with the resources needed to succeed in Medical School



Effectiveness of Pre-Matriculation program



Feedback from students:

- I was terrified before this program. I did not know what to expect or how medical school would work and now I feel like an "expert."
- One big thing for me is knowing what is coming next, so I am glad we got a preview of material/academic timeline. I also was glad that we got to know a lot of the resources on campus.
- The most valuable part was probably meeting with older students and learning about how they struggled and succeeded and what kind of resources/study habits they utilized.
- The time management piece
- I belong here. IUSM did not make a mistake in picking me
- Knowledge of the many resources tutoring, counselling, career advising, student workflow/study routine. Histology lecture by Dr. Vargo was fantastic.

Lessons Learned

- Interaction with peers was highly valued
- Connecting with peers allowed participants to settle easier into IUSM
- Academic content needed to be more rigorous
- Intentional sessions on Study strategies; Time Management were of great value
- Lunch time with various groups at IUSM took away time for bonding with peers
- 8:00 a.m. – 5:00 p.m. daily was tasking
- Other activities such as knowing Indianapolis will add value to the week