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From: Missouri Area Health Education Centers

## Prep for Success Intensive – Pilot 2014

Aspiring dentists and physicians from across Missouri spent a week in Kirksville on the campuses of ATSU and Truman State University preparing for the high stakes admissions exams they will have to conquer as part of the application and admission process for dental or medical school. Representatives of the MAHEC network began planning fall 2013 for a pilot summer 2014 statewide program to bolster admission test readiness of undergraduate/ pre-health professions students. For a variety of reasons, students from underserved rural and urban areas and underrepresented populations are most challenged by standardized exams and access to commercial test prep courses are financially out of reach for many students.

The nine undergraduate students who participated in the pilot year came from 6 of the 7 AHEC regions and a mix of urban and rural backgrounds; six (6) were pre-med and three (3) were pre-dental. Most of the participants had previous involvement in MAHEC programming.

The main focus of the workshop was providing academic enrichment (in chemistry, biology, physics, visual/spatial perception, sociology, psychology, verbal and quantitative reasoning) to assist the students in preparing for the Medical College Admissions Test (MCAT) or Dental Admission Test (DAT). Additional opportunities were provided to assist the participants in their career development, including:

- 24/7 presence of a medical student and a dental student who served as mentors
- Opportunities to interact with a variety of individuals who spoke to them regarding medical and dental education and practice
- Outdoor skills and team-building exercise using the Truman State University ROTC obstacle course

PSI was partially supported by a contract from DHSS and implementation was a collaborative effort of the Kirksville College of Osteopathic Medicine, Missouri School of Dentistry and Oral Health, Truman State University, the ATSU-KCOM AHEC office, and Northeast Missouri AHEC. Regional centers and their partner agencies identified qualified students for participation in the program.

Participants were unanimous that the program was valuable, should be continued, and that they would recommend the program to other students.

***MAHEC: Connecting students to careers, professionals to communities, and communities to better health***



*Participants at PSI*

*MAHEC is a partnership of seven locally-governed organizations and three university-based health professions education programs working statewide to increase the numbers of Missouri youth entering stable, high-paying jobs as healthcare professionals and the numbers of professionals caring for underserved populations.*

*The MAHEC partners include:*

- A.T. Still University – Kirksville
- University of Missouri – Columbia
- Saint Louis University
- Northeast Missouri AHEC – Kirksville
- Northwest Missouri AHEC – St. Joseph
- West Central Missouri AHEC – Lexington
- Mid-Missouri AHEC – Rolla
- East Central Missouri AHEC – St. Louis
- Southeastern Missouri AHEC – Poplar Bluff
- Southwest Missouri AHEC – Springfield