The Pre-matriculation Program provides students from diverse backgrounds an early introduction to learning skills that will facilitate success in medical school. Using course content presented by faculty members, educational specialists help students learn and practice a variety of learning strategies in a highly structured and lower stress environment prior to beginning their first semester of medical school. In addition to participating in lectures and labs related to Block 1 courses, students engage in small and large group sessions addressing topics such as previewing for lecture, active strategies for review, time management and other skills related to self-directed learning.

The Pre-matriculation Program will include:

- **HMX Online courses:** In preparation for the pre-matriculation program, you will be completing the HMX Fundamentals courses in Biochemistry and Physiology. These on-line courses were designed by Harvard Medical School and provide a review of foundational concepts in Biochemistry and Physiology. The HMX final exams for these courses will be administered during pre-matriculation. **You should plan on spending approximately 20-30 hours in June completing these on-line modules.**

- **Physical Exam Sessions:** Working with a more advanced medical student, you will learn and practice the Core Physical Exam (PE), Cardiovascular PE, and Pulmonary PE. At the end of the program, you will complete a clinical skills exam in which you perform the physical exam on a peer.

- **Clinical Reasoning Cases:** With a small group of peers and the guidance of MDs, you will use patient cases to develop skills related to diagnostic reasoning. You will learn how to write a problem representation/summary and create illness scripts as you work to understand a patient’s chief concern and diagnosis.

- **Lectures:** In a large group setting you will attend a variety of lectures presented by UCDSOM faculty. Lectures will include content from the Anatomy, Histology, Biochemistry, and Physiology courses that you will be taking in Block 1 of medical school. You will have the opportunity to experience the pace and caliber of typical lectures and be able to ask questions and interact with faculty.

- **Labs:** You will learn how to use a virtual microscope to identify structures in Histology and will be identifying structures from prosected cadavers in the Gross Anatomy lab. Working in small groups you will practice using appropriate anatomical terminology to describe bones, muscles, blood vessels, and nerves. At the end of the program you will be able to demonstrate your anatomical knowledge by participating in a lab practical. Plan to wear scrubs!

- **Cognitive Skills Sessions:** You will learn and apply strategies for previewing and reviewing content presented in lectures. With the guidance of OSLER learning specialists you will engage with your peers in practicing time-effective, evidence-based approaches to learning that emphasize spaced review, interleaving, and recall and retrieval.

- **Wellness Sessions:** You will attend sessions lead by UC Davis psychologists on topics such as Imposter Syndrome, Growth Mindset, and Belonging in Medical School. These sessions will provide you with resources for managing your wellness as you begin the challenging endeavor of medical school.

- **Independent Reading:** You will be reading *Make it Stick: The Science of Successful Learning* and participating in weekly book group discussions to discuss effective learning strategies for medical school.

- **Formative Assessments:** You will study content presented in lectures/labs for a final exam given at the conclusion of the pre-matriculation program. This exam allows you to assess the content knowledge that you have acquired as well as the effectiveness of the study strategies that you have implemented during the pre-matriculation program.

- **One-on-One Sessions:** You will have the opportunity to schedule a meeting with one of the learning specialists at OSLER to address your individual questions and concerns regarding learning in medical school.