

The Pre-matriculation Program provides students from diverse backgrounds an early introduction to learning skills that will facilitate success in medical school. 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. Students will participate and be guided in activities addressing topics such as previewing for lecture, active strategies for review, time management, and other skills necessary for effective self-directed learning. In addition, students will become familiar with and engage in the different learning modalities they will encounter in the I-EXPLORE curriculum including team-based learning, problem-based learning, and peer teaching.

The Pre-matriculation Program will include:

**Problem Based Learning:** With a small group of peers, you will use patient cases to develop skills related to diagnostic reasoning. You will learn how to write a problem representation/summary and create integrated illness scripts as you work to understand a patient's chief concern, diagnosis and the mechanisms behind their presenting symptoms.

**Peer Teaching and Team Based Learning:** Peer Teaching and Team Based Learning are two teaching modalities that will be used through the I-EXPLORE curriculum. With the support of learning specialists, you will learn skills and strategies to help you prepare for participation in these sessions.

**Lectures:** You will watch a variety of lectures presented by UCDSOM faculty. Lectures will include content from courses in the I-EXPLORE curriculum. You will have the opportunity to experience the pace and caliber of typical lectures and practice learning skills that will help you be successful in your courses.

**Cognitive Skills Sessions:** You will learn and apply strategies for previewing and reviewing content presented in lectures. With the guidance of OSLEP 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 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 pre-matriculation for a final exam given at the conclusion of the 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.

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