



Association of Native American Medical Students (ANAMS)



1225 Sovereign Row, Suite 103
Oklahoma City, Oklahoma 73108
Tel: (405) 946-7072
Fax: (405) 946-7651

PRE-MEDICAL STUDENTS - “Big Bro, Big Sis”

Purpose:

ANAMS acknowledges the pathway into the health professions as a challenge and the importance that Native students have a link to the resources within the overall medical field network. The program is to provide those a chance to learn more about the arena of medical school as well as receive hints to becoming a competitive applicant for medical schools. We encourage students to participate in encouragement programs and seek resources to help them on their pathway into medicine. We understand that the motivation in some people may be fleeting to go into medicine for many reasons and therefore we encourage one to keep an open mind.

Matched by:

- Demographics
- Location, unless specified by pre-med student

Content information for exchange:

- Education status
- Expectations
- Email and phone number

Additional tools (found as separate documents):

- Excel list of matches
- General requirements for Medical School Applications
- College brochure of programs
- HS brochure of programs

5 TIPS/SUGGESTIONS TO PRE-MEDICAL STUDENTS:

- 1) Remember you are applying to a profession, not just a next step after college.
- 2) Your college major study does not have to be in science (you only have to complete the prerequisite courses and MCAT test).
- 3) Reflect constantly what a good doctor could be and expand upon perspectives other than medical knowledge content (i.e., individualized care, interpersonal trust, ethical issues, business vs. care, representation/advocacy for community, social issues with health disparities, etc.).
- 4) Know that you are entering a life-long learning profession which is often practiced with art on a foundation of constantly changing scientific information (learn how to have balance in your life).
- 5) Know your weaknesses and challenge yourself (i.e., find courage to perform a presentation, ask if you don't know something and test yourself after, be open with your parents, challenge your self-esteem, etc.).