

# JumpStart your Medical Education at the Larner College of Medicine

## Welcome Larner College of Medicine Class of 2024!

Congratulations on being accepted into our medical school! We are pleased and excited to meet and work with you in the coming year. We're confident that you, too, are excited to enter the Foundations Level of the Vermont Integrated Curriculum (VIC) on Monday August 10<sup>th</sup>.

Over the last two years the Larner College of Medicine (LCOM) has developed **JumpStart VIC**, a program designed to prepare incoming students for success in medical school. This program provides you with interactive opportunities to identify, and close, gaps in your basic science knowledge that is essential for success in our pre-clinical curriculum and which you had gained previously in your studies for the MCAT exam. It is also an opportunity for you to build a supportive community and identify strategies for success as you transition to medical school.

Completion of **JumpStart VIC** prepares you for the Readiness Exam given on the first day of class in your first medical school course, Foundations of Clinical Sciences (FoCS), on Monday August 17<sup>th</sup>. While only a small percentage of your grade, the material being tested on the Readiness Exam examines concepts that provide an essential foundation for learning in the first three weeks of the course.

In order for you to engage with **JumpStart VIC** this summer, our plan had been to continue to offer the two opportunities that were successful in 2019:

- An on-campus, 3-week active learning course facilitated by LCOM faculty with assistance from second year medical students;
- An online, self-paced review of the same material

Both mechanisms use the same pool of MCAT-driven learning objectives linked to appropriate review materials. You would assess your mastery of those objectives either in an on-campus classroom using multiple choice questions in a Team-based Learning (TBL) format or at home using quizzes comprised of the same annotated questions.



Then COVID 19 struck – to protect our communities we have changed plans. While our on-line program will remain the same, our on-campus course will become *an active learning, virtual course for those interested!* The virtual course will meet weekdays on Monday July 13<sup>th</sup> through Friday July 31<sup>st</sup> for 2 hrs beginning at 1pm EST. Prior to each session you will review the assigned objectives and review materials. Beginning at 1pm we will host an on-line TBL to review those concepts with you and your classmates. This will also give you the opportunity to meet some of your classmates, and to ask the faculty and MS2's about anything related to your next four years in our area and medical school.

Everyone is strongly encouraged to engage with JumpStart VIC before Orientation begins! We especially promote an early engagement if you fall into any of these categories:

- Want to further optimize your approach to learning in medical school

- Feel the need to “brush-up” on your basic science skills
- Took the MCAT three years ago
- Have been out of a classroom for more than 5 years
- Were a non-science major
- Received <70% MCAT score



Jumpstart VIC provided the perfect introduction to topics seen throughout FoCS. The small group setting was incredibly helpful to get to know Dr. Everse and Dr. Tracy better, and get a sense for the way in which the LCOM curriculum is structured. I would absolutely recommend this course to incoming first year students, particularly those who have been out of school for a few years or want a stronger foundation in the basic sciences.

– 2019 In-class Participant

It is worth it to get a quick review of background info needed for Block I FoCS. It is nice to have all the material in one place. The material is very easy to interact with, not too much detail and not too little!

– 2019 On-line Participant

It was a great way to become familiar with active learning and with the way in which content would be presented during FoCS. I also made some good connections with my peers that allowed me to have some solid study groups once school began.

– 2019 In-class Participant

I did not complete the entire course but instead focused my learning on gaps in my knowledge as identified through the tests. It was very helpful in filling gaps in my knowledge and refreshing my memory of more involved processes that I had become rusty on. I spent a lot of time explaining things that I learned in JumpStart to my classmates during Block 1!

– 2019 On-line Participant



### Registration Information

To be eligible to enroll in this course, please make sure you have selected Commit to Enroll at the Larner College of Medicine with the AAMC Choose Your Medical School tool. **JumpStart VIC** is FREE to all LCOM students! Secure your place today, as registration will close on Wednesday July 8<sup>th</sup>. Specific information you will need for the virtual or online programs will be emailed to prior to the start of the virtual course on July 13<sup>th</sup>.

[Click here to identify which version you will be engaging with this summer!](#)

We are happy to answer any questions you may – we just ask that you email both of us to ensure a timely response. We are happy to help you determine which version is best for you. We look forward to meeting and working with you!

Sincerely,  
Your JumpStart VIC Course Directors



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