Welcome Larner College of Medicine Class of 2028!

Congratulations on being accepted into our medical school! I am pleased and excited to meet and work with you in the coming year. I’m also confident that you, too, are excited to enter the Foundations Level of the Vermont Integrated Curriculum (VIC) on Monday, August 5th.

Over the last five 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 12th. 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 three opportunities that were successful in 2023:

- An on-campus, 3-week active learning course facilitated by LCOM faculty with assistance from second-year medical students;
- An on-Zoom, 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

All 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/on-Zoom classroom using multiple choice questions in a Team-based Learning (TBL) format or at home using quizzes comprised of the same annotated questions.
This year our in-person and virtual courses will meet weekdays starting on Monday, July 8th through Friday, July 26th for 2 hrs (in-person: 9 – 11 am and our on-Zoom: 1 – 3 pm). Prior to each session you will review the assigned objectives and review materials. Beginning at 9 am or 1 pm we will host an online 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

**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 3rd. 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 8th.

Honesty, doing jumpstart was crucial to eliminating some of my anxiety about medical school. Truthfully, the review material was helpful, however, the most valuable aspect was becoming accustomed to TBL and making friends with multiple people before orientation. – 2022 In-class Participant

I think this pre-orientation course is beneficial to any student from any background. While those with weaker science backgrounds benefit greatly from a content standpoint, other aspects can help all students. For example, we got to learn campus layout, scanning into the buildings, configuring and learn how to use our surfaces, and understand LCOM’s learning/teaching style. – 2023 In-class Participant

Dr. Everse and the TAs were very nice and helpful and I felt by attending JumpStart it gave me a very nice transition especially that I haven’t been in class in couple of year and haven’t been studying for a while so jump start helped me get in the habit of studying in the same setting that we will have when we start FoCS but without being stressed. – 2022 Virtual Participant

**Click here to identify which version you will be engaging with this summer.**

I am happy to answer any questions you may have – feel free to call or drop me an email! I am happy to help you determine which version is best for you and I look forward to meeting and working with you!

Sincerely,

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