UMHS
UNIVERSITY OF MEDICINE
AND HEALTH SCIENCES



Accelerated Review Program

Your foundation for medical school success



Excel in medical school with ARP

Medical school is intense and demanding—requiring you to absorb and recall significant volumes of material at a pace unlike any other academic program you've ever encountered. At the University of Medicine and Health Sciences, we are deeply committed to helping you achieve your dream of becoming a physician. It is in this spirit that we offer the **Accelerated Review Program (ARP), a one-semester preparatory program designed to fully equip you for the academic rigors of medical school.**

This one-of-a-kind program provides a tailored curriculum designed to prepare you for medical school from day one. It will help you quickly build a strong foundation for academic and professional success. You will **gain exposure to virtually every Basic Science course and UMHS faculty member**, and receive a tremendous amount of personalized attention and support in small classes. Our team of Learning Specialists will provide students with a series of advanced study skills focused on reading comprehension, time management, communication, and test-taking skills to ensure your success in medical school. Along the way, you'll **develop a strong network of relationships** with fellow classmates, student mentors, professors, and staff—all of whom are dedicated to helping you thrive.

Upon successful completion of ARP, you will be formally admitted into the UMHS medical school program. Our goal is to provide you with the academic foundation you need to succeed. Please note that students that complete ARP tend to become some of our strongest students moving forward. In fact, unlike many of the other Caribbean schools that have attrition rates that exceed 30%, **we are proud to report an attrition rate of 4%**. Once again, we are dedicated to your success.

umhs.org/review



ARP key benefits

Get ahead quickly

In just 14 weeks, you'll gain the building blocks necessary to excel in medical school.

Improve your long-term outcomes

Not only does this program reduce attrition, but former ARP students tend to be among the top-performing students throughout the university.

Strengthen your academic foundation

Get a head start on your medical school coursework with intensive preview classes centered around virtually every Basic Science discipline.



Refine your study skills

Optimize your capacity to learn with a variety of methodologies you can apply to better absorb, recall, and retain vast amounts of complex information.

Build lasting faculty connections

Work closely with the same highly credentialed, experienced, and supportive professors you'll encounter in our Basic Science Program.

Gain perspective from student mentors

Receive valuable insights and individualized guidance from medical students who are just a few semesters ahead of you.

Develop your peer network

The other students you'll meet in your small cohort will likely become lifelong friends—and they'll serve as invaluable resources throughout your medical school journey.

Build your confidence

ARP offers a unique, low-risk opportunity to prove to yourself that you're truly ready to make the most of the medical school experience.

Acclimate to your new location

Take this early opportunity to get used to island living and familiarize yourself with our beautiful St. Kitts campus and its modern facilities. +



The ARP has been a life-changing program for our students as it prepares them to overcome the challenges of medical school by providing a stronger Basic Science foundation."

Jagadeesh Nagappa, M.B.B.S., D.F.M.

Director of Accelerated Review Program
Director of Global Health Institute
Course Director and Professor of Physiology





Given the volume and pace of medical school, it's really important to have a solid foundation. ARP is here to help you thrive from the start and enjoy a smoother transition into the Basic Sciences. As part of ARP, our medical education learning specialist team offers a comprehensive course designed to equip you with the skills necessary to navigate the complex learning and testing demands of medical school."

Donna Walker, Ed.D.

Director of Learning Services



Some people make the mistake of thinking of ARP as remedial, but it's really just a foundation builder. It shows you bits and pieces of your classes, allows you to get to know your professors on a personal level, and helps you get an idea of what's expected. It gives you the tools to succeed."

Dr. Erica Barnes

Former ARP student and UMHS graduate, who is now completing a family medicine residency at Forest General Hospital in Hattiesburg, Mississippi.



After being out of school for a few years, the Accelerated Review Program provided me with the opportunity to re-familiarize myself with how I learn best, while building on my study habits to prepare me for the medical program."

Dr. Kirthana (Kerthy) Sugunathevan

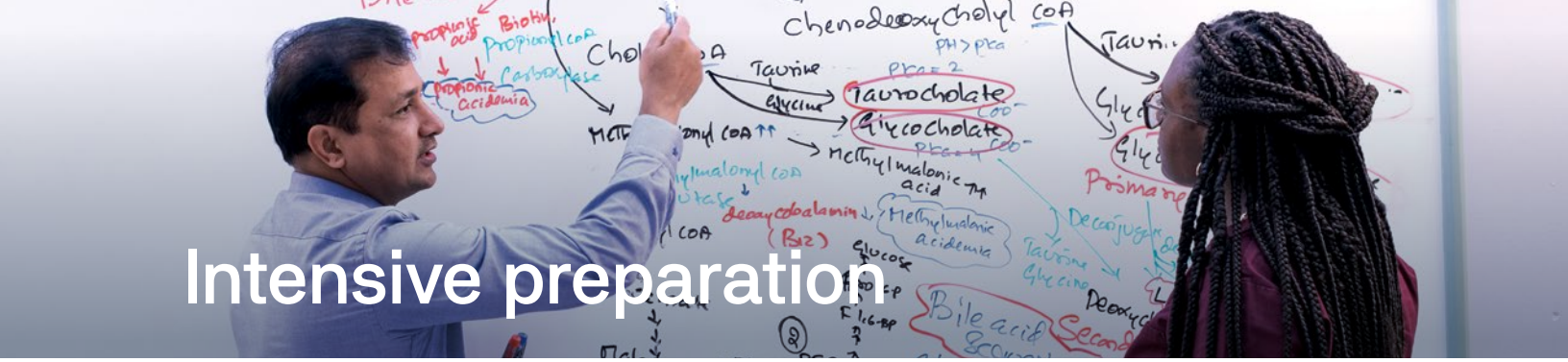
Former ARP student and UMHS graduate, who is now completing a surgery residency at Detroit Medical Center in Detroit, Michigan.

I think ARP is a good transition from undergraduate to medical school...[Some] of the best things you learn in ARP are how to study, and how to invest and manage your time."

Dr. Edwin E. Méndez Velázquez

Former ARP student and UMHS graduate, now Emergency Director at San Carlos Borromeo Hospital in Moca, Puerto Rico





Intensive preparation

ARP's rigorous and deliberate structure instills academic confidence and discipline, ensuring you'll be ready to transition into the Basic Science Program.

Academic courses

ARP's curriculum encompasses foundational material from virtually every class in the Basic Science Program. The program also features a system-based course, which integrates multiple disciplines. Completing this series of brief, intensive courses permits you to demonstrate your ability to quickly digest and retain the wide variety of information presented in medical school.

Each of the academic courses includes a short examination at the end of the course to permit faculty to evaluate your progress and development. A comprehensive final examination is also given at the end of the program.

Discipline	Duration
Study skills and professional communication	Throughout the semester
Medical terminology	2 weeks
Anatomy	3 weeks
Anatomy laboratory	3 weeks
Neuroanatomy	2 weeks
Histology	3 weeks
Physiology	3 weeks
Medical cell biology	3 weeks
Biochemistry	4 weeks
Microbiology	3 weeks
Genetics	1 week
Immunology	2 weeks
Neurobehavioral sciences	4 weeks
Pathology	2 weeks
Cardiovascular system	6 weeks

For full course descriptions, visit **umhs.org/review.**

Learning skills and professional communication strategies

The Study Skills and Professional Communication course prepares students to become more effective learners as future medical students. Throughout the program, the course prepares students for academic success by supporting the mastery of:

- Research-based learning and study strategies
- Concept mapping
- Critical-thinking skills
- Goal-setting strategies
- Time-management principles
- Note-taking methodologies
- Digital tool practices

Additionally, the course features learning opportunities designed to help students develop **highly effective professional and interpersonal communication skills** for use in medical and health science contexts—which can be applied both with colleagues and with future patients. In particular, students will develop cultural competence and learn a variety of oral and written communication skills, so that they can be better prepared to deliver health care to diverse populations.

Expert faculty

Former ARP students say that getting to know your professors before medical school even begins is one of the main advantages of the program. While all classes at UMHS are smaller than you'll find at most other medical schools, the ARP classes are truly intimate, with just a handful of students working closely with each professor in a hands-on environment. There's simply no better way to build lasting connections with the people who will become your teachers for the next several semesters—and to allow them to get to know you, as well.

As a student in ARP, you'll learn from specialists in the basic sciences. Our highly qualified and credentialed professors are dedicated to your success. They have terminal degrees and/or significant professional experience in their respective fields of study. Most importantly, UMHS faculty members share a love of teaching. They pride themselves on working closely with students to provide a nurturing learning environment.



Building your community

“As an ARP student, I benefited immensely from the mentoring program. My mentor took me under her wing and assisted in easing my transition into a medical school curriculum. She has served as my mentor ever since. I was very much appreciative of her guidance along my journey, and as a result, I decided to become a mentor myself.”

Allyson R. Shipp, MMS
Former ARP student,
current fourth-year clinical student



Medical school can be mentally and emotionally challenging, so it’s important to develop a network of personal relationships with people who can truly relate to what you’re going through.

Peers

As an ARP student, you will forge irreplaceable bonds with the other students in your cohort. You will get to know each other quickly during these small, intensive classes. By the time you start medical school, you’ll already have friends and colleagues you can turn to for advice, to compare class notes, or even just to grab a drink after a tough exam. In fact, many former ARP students say they continue to keep in touch with the friends they met in this program well into the rest of their academic and professional careers.

Student mentors

The UMHS Mentoring Program is for students at all levels—including ARP students. When you sign up, you’ll be paired with an upper-level student with whom you’ll meet regularly on a one-to-one basis. Your mentor will be there for you to answer questions and offer guidance throughout your academic journey. They will be able to share insights based on their own experiences at UMHS and offer valuable perspectives from their vantage point a few semesters ahead of you. In many cases, new students find the mentorship experience so valuable that they sign up to mentor other incoming students in future semesters. +





Campus resources and facilities

UMHS recently developed two options for students entering ARP. An **online** option gives students the freedom and flexibility to enter the program from the convenience of their homes. This is especially enticing for professionals who can benefit from this phenomenal experience while remaining committed to their current position.

For those who want to have an **in-person experience**, we also offer the program at our state-of-the-art campus in St. Kitts, where you'll have full access to our learning specialists and medical school faculty, as well as our anatomy lab, library, and learning resource center. You will also enjoy the collegiality of a medical school environment.

Wireless campus

Our robust wi-fi network allows students to access class notes and the learning management system from anywhere.

Modern anatomy laboratories

Our 11,000-square-foot anatomy building, equipped with state-of-the-art audio-visual equipment, is home to both the gross anatomy and neuroanatomy laboratories and offers extensive hands-on learning opportunities.

Human simulation laboratories

UMHS is a leader in the use of human simulation models for medical education. Our human simulation laboratories are designed with the functionality and appearance of a 24-bed hospital ward or clinic. We have a variety of high– and low-fidelity simulators, including iStan®—one of the most advanced, realistic, wireless human simulators available today. We also have Next Generation Harvey®—The Cardiopulmonary Patient Simulator, as well as an ultrasound machine.

State-of-the-art classrooms

Our classrooms feature the newest technology, enabling professors to present critical visual information through high-definition LCD projectors and easily viewed large-screen monitors.

Extensive medical library

The Anne Ross Library and Learning Resource Center (LRC) houses an impressive collection of multimedia, books, and journals in both hard copy and electronic formats. It also has break-out study rooms with computers and audio-visual equipment for a variety of viewing and listening needs. The wireless environment on campus extends throughout the facility, and all desks are laptop/tablet computer ready.

The LRC is equipped with 60 computers for students to access educational programs, software, online databases, email, and other educational resources. The library and LRC staff are available to assist students with research and information retrieval, encouraging the ongoing development of information literacy skills. +

"ARP gave me the tools, resources, and time I needed to be better prepared for the start of my medical career. I developed a solid study method and met a group of friends that I'm glad to call family. The experience is intense, but it is a great stepping stone into medicine. Four years ago, I was an ARP student, and today, I'm a UMHS graduate who matched in internal medicine in the state of Washington."

Samuel Urrutia Fraguada, MD

Former ARP student and UMHS graduate, Internal Medicine Hospitalist, Skagit Regional Health in Mount Vernon, Washington.





ARP admission

All students who successfully complete ARP with a grade average of 73% or higher are **automatically granted admission** to the UMHS Basic Science or Extended Basic Science Programs.



ARP is designed for students who have the motivation and talent to become successful physicians, but who need additional academic and study skills support to ensure they will succeed in the rigorous UMHS medical education program.

Students who need to strengthen their academic foundation should seriously consider this option to ensure their success in medical school. Students applying to UMHS may be considered for this program by the admissions department. Otherwise, students may opt to apply directly to the ARP program.

While some students enroll in medical school straight from undergraduate or master's programs, ARP has proven to be particularly beneficial for students who have been away from school for a few years, or for students for whom English is a second language.

UMHS applicants who meet all of the minimum entrance requirements for the university are considered for ARP. The UMHS Admissions Committee selects students to enroll in ARP as a prerequisite for admission to the medical school based on prior academic performance, MCAT scores, personal interviews, and other application components. In select instances, students who have already been accepted to medical school may opt to complete the ARP program first, in order to strengthen their academic foundation before starting medical school.

Tuition and expenses

While there are additional tuition and living expenses associated with the ARP program, we encourage students to view this extra semester as an investment in long-term academic and professional success. After all, former ARP students tend to be top performers in our medical school. We understand that students may be offered direct entrance into other medical schools; however, we have found that such students tend to struggle academically without this strong foundation. UMHS' attrition rate is a remarkably low 4%, which is further testimony to the success of our ARP program. Visit our website for the most up-to-date cost of attendance.



Financial aid

Sallie Mae has extended its undergraduate Smart Option Student Loan program to eligible UMHS ARP students with U.S. citizenship or permanent residency.

Scholarship

UMHS is very proud of the students who have successfully completed the Accelerated Review Program. As an incentive to excel in this program, we have developed a new merit-based scholarship to reward our high achievers.

Students who have successfully completed ARP can also qualify for a Basic Science Scholarship. This will be a merit-based scholarship reliant on the student's academic performance in ARP. To qualify, the student must have achieved a 3.0 GPA in ARP. Students who have maintained a GPA of 3.0 or greater will automatically qualify for the scholarship. Students in the four-semester Basic Sciences program will receive $2,250 per semester, while those in the five-semester Extended Basic Sciences program will receive $1,800 per semester—each resulting in a total award of $9,000. ARP graduates entering into the medical school program will be considered for the other university scholarships automatically. Students who qualify will be considered for the scholarship offering the largest amount of funding. +



Next steps

Learn more

To get more details about ARP, or even to schedule a one-on-one discussion with an admissions counselor or program director, just share your contact information and we'll connect with you soon!

umhs.org/review

Apply

Students who want to build on their academic foundation to ensure their success in medical school may apply directly for ARP at umhs.org/apply. Otherwise, students who have applied to the medical school will be accepted into ARP if the admissions committee determines that the student's performance and academic success would be substantially improved by this one-semester program. Successful graduates of ARP are automatically accepted into the UMHS medical program.

Enroll

If you've already been accepted to ARP, you can work directly with our Post-Acceptance Director, Nelida Alvarez, to complete your enrollment and begin coordinating your living and travel arrangements. Contact nalvarez@umhs-sk.net or 646.248.1766 +

Achieve your dream of becoming a doctor with the Accelerated Review Program

At UMHS, your success is our top priority! On our modern campus, you'll receive personal attention from dedicated faculty in small classes. Our students perform well on licensing exams, earn exceptional residency placements, and benefit from remarkably low tuition.

Our one-semester Accelerated Review Program is a unique pre-matriculation training module that builds on your existing knowledge and skills to provide a solid foundation for success in medical school and in your career as a physician.

umhs.org/review

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