



**CELEBRATING 10 YEARS**  
School of Medicine

# UCR SOM Pathway Programs Future Physician Leaders & Health Coach Program

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Assistant Director of Pathway Programs



# Our Mission & Programs

## Mission Statement

The mission of the UCR School of Medicine is to improve the health of the people of California and, especially, to serve Inland Southern California by training a **diverse workforce of physicians** and by developing innovative research and health care delivery programs that will **improve the health of the medically underserved in the region** and become models to be emulated throughout the state and nation.

## Medical Education Program (physicians)

- MD degree
- MD/MPP joint degree program

## Residency & Fellowship Training

- Psychiatry, Internal Medicine, Family Medicine

## Biomedical Sciences

- MS degree
- PhD degree
- MD/PhD degrees

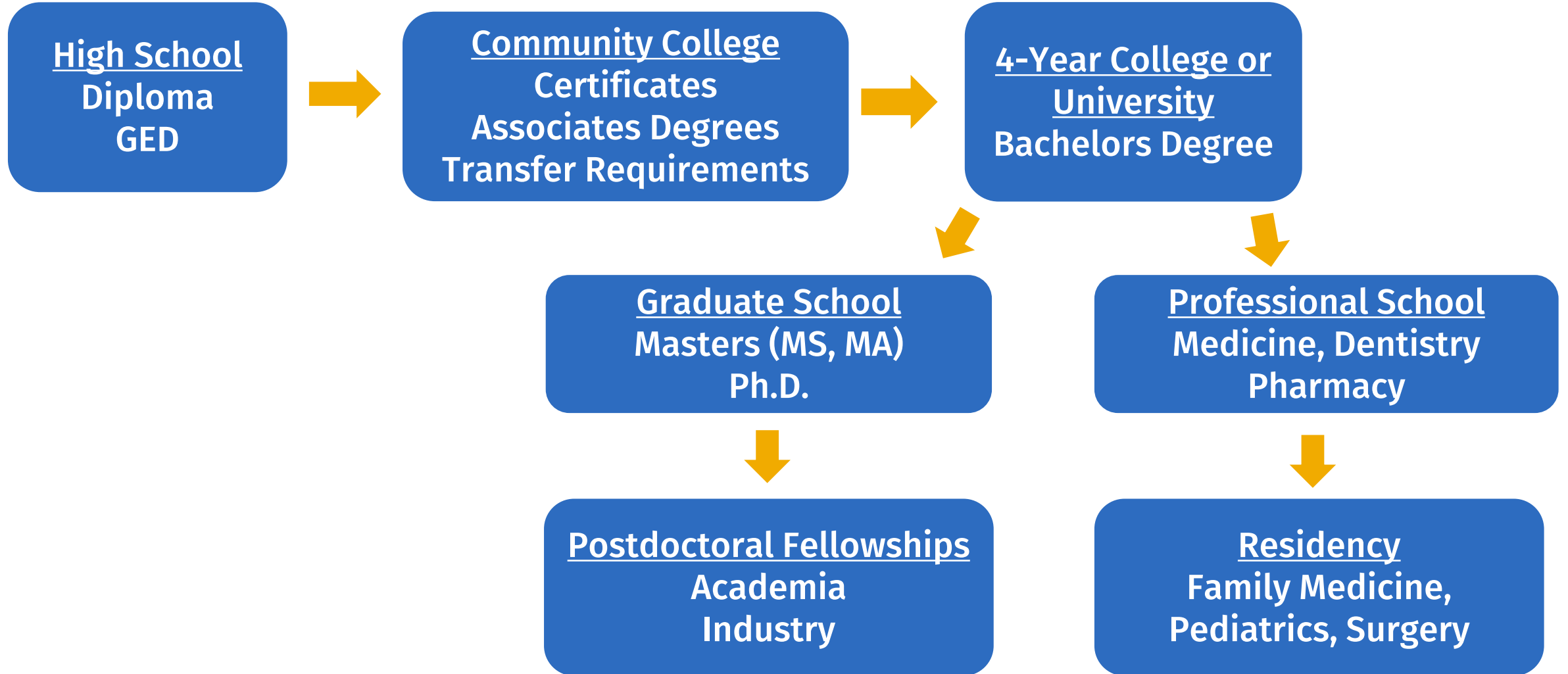
## Public Health

- MPH degree

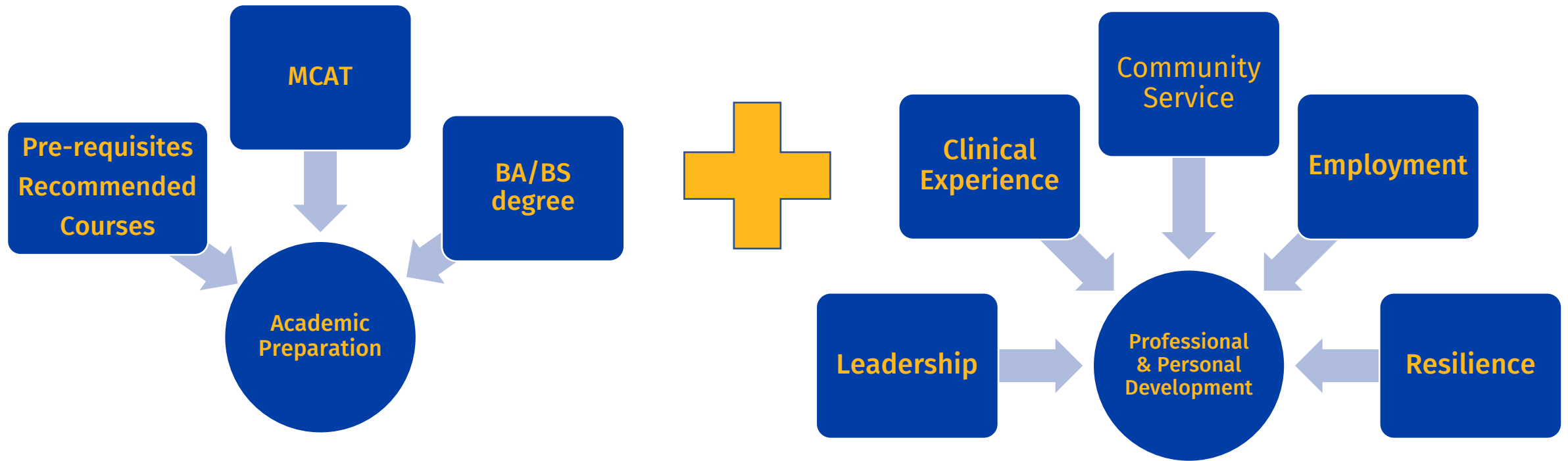


Website: [medschool.ucr.edu](https://medschool.ucr.edu)  
Instagram: [@ucr\\_school\\_of\\_medicine](https://www.instagram.com/ucr_school_of_medicine)

# Educational Roadmap



# Medical School Application Review



Pre-requisites: <https://somsa.ucr.edu/program-prerequisites>

# Future Physician Leaders

Summer program for Pre-health students who also want to fulfill a mission of service to the community

**Program Dates: June-August 2025**

**Orientation: June 2025**

**Program Symposium: August 2025**



## Eligibility Criteria:

- Attended high school, or currently attending college, or have strong ties to Riverside or San Bernardino County
- Have a commitment to serve and work with underserved population in Riverside or San Bernardino County
- Are from educationally and/or socio-economically disadvantaged background
- Have a strong interest in the health professions and science



# Program Components

## Community Health Project

Participants attend lecture once a week to learn how to develop an effective CHP while collecting data and present their research at the program symposium.

## Program Symposium

All teams present their CHP in a poster style format at the closing symposium in mid-August. A select number of teams will conduct an oral presentation at the symposium

## Leadership Lecture Series

Once a week, participants attend a series of lectures, workshops, or group discussions from various healthcare professionals to encourage participants to think critically while reflecting on a variety of health issues in the Inland Empire.

## Mentorship Program

Participants will be paired with a UCR medical student. They will join a group of other FPL participants and address various topics related to the medical school journey.

# Community Health Project

A Community Health Education Project (CHP) is the development and implementation of health education material used to promote health, prevent illness, and improve the health of specific populations. A CHP can take various forms depending on the topic, presentation technique, and what the community needs.

## WHAT DOES IT REQUIRE?

For the FPL CHP, you'll choose a health topic based on Healthy People 2030, research the topic, create an intervention to address your chosen health topic, create a visual health education presentation and present it at the symposium.

## CAN I DO THIS ALONE?

No. The success of any CHP requires teamwork. You will need to work collaboratively with your team to create an effective CHP to reach your target audience.

## WHAT IF MY TEAM NEEDS HELP?

Your team will be guided through the development of the CHP by the Community Health Education Coordinator.

# Leadership Lecture Series

- FPL participants are required to attend a weekly lecture series (two hours).
- Guest speakers may be health professionals who are part of the Riverside or San Bernardino county community and will discuss health disparities in the region.
- These lectures will be held virtually via zoom.



## Future Physician Leaders Program Guest Speakers



**DENISSE A. MARTINEZ, MD**

Dr. Denise Martinez holds the position of Associate Dean of Diversity, Equity, and Inclusion and serves as a Professor of Family Medicine at the UC Riverside School of Medicine. Her unwavering commitment to DEI and addressing health disparities has garnered her numerous accolades, including the prestigious 2023 Distinguished Alumni Award for Early Career Achievement from the University of Iowa, the institution's highest honor. In 2022, Dr. Martinez was recognized as one of the 100 Inspiring Hispanic/Latinx Scientists in America by Cell Mentor. Additionally, she was previously honored with the 40 Under 40 Award for Minority Health by the National Minority Quality Forum.



**EVELYN VAZQUEZ, PHD, MS**

Dr. Evelyn Vázquez, Ph.D., M.S. (she, her, ella), was born in Guerrero, Mexico, and is the eldest daughter of a teenage single mother. Raised in a rural, low-income environment, she became the first in her family to attend college. Dr. Vázquez is a community psychologist and health equity researcher specializing in qualitative and transformative research, including action research and community-based participatory research. Her work centers on the structural and social determinants affecting the mental health and well-being of historically marginalized communities, including racial and ethnic minorities, sexual and gender minorities, low-income individuals, immigrants, people with disabilities, and first-generation college students.



**MOAZZUM BAJWA, MD, MPH**

Dr. Moazzum Bajwa is a family physician and director of Community Health & Social Medicine at Riverside University Health System (RUHS/UCR) Family Medicine Residency Program. He partners with community organizations to promote global health justice through advocacy and research. Dr. Bajwa is an associate professor of family medicine and director of the Longitudinal Ambulatory Care Experience at UC Riverside School of Medicine.

## About FPL

The Future Physician Leaders (FPL) program is a summer mentorship initiative designed for aspiring healthcare students who are committed to serving their community. This twelve-week program consists of four key components: Leadership Development, a Mentorship Program, a Speaker Series, and concludes with a Recognition Ceremony showcasing the final presentations.

## Contact Information

Program Coordinator  
Johanna Navarrete, M.Ed.  
johanna.navarrete@medsch.ucr.edu  
website: [fpl.ucr.edu](http://fpl.ucr.edu)



# Mentorship Program

- FPL participants will be paired with a UCR School of Medicine Medical Student mentor.
- It will be a group mentorship program in which a range of 5 to 8 students will be expected to meet on a weekly basis.
- You will be expected to participate in weekly activities that may be designed by the Program Coordinator or UCR School of Medicine Medical students.



For more information and to apply please visit, <https://fpl.ucr.edu/>

Health Coach Program is brought to you by:



# Health Coach Program

The Health Coach Program is a community-based collaborative with UCR SOM and RUHS-Medical Center that trains pre-health students (recent graduates or in their last two years of undergraduate studies) to guide patients through lifestyle goals in partnership with a healthcare team. Health Coaches gain professional development in preparation for medical school and health professions programs.

## Expectations

Professionalism, Teamwork, & Communication

## Training

Motivational Interviewing, communication, skills to advocate for patients and be a liaison



## Volunteer Commitment

The Health Coaches volunteer a minimum of 8 hours per week with an expectation to complete a minimum of 260 hours within the program year (September – June 30).



# Health Coach Program

Academic Year Program for students on a pre-health journey who want to contribute to direct patient care by working with an interdisciplinary healthcare team.

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**30-35**

Health Coaches  
per cohort

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**10-12**

Total number  
of clinics

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**1,570**

# of Patients Served  
2020-2021

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**8,227**

Hours of Collective  
Service 2020-2021

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# Health Coach Program Expectations

## Time Commitment:

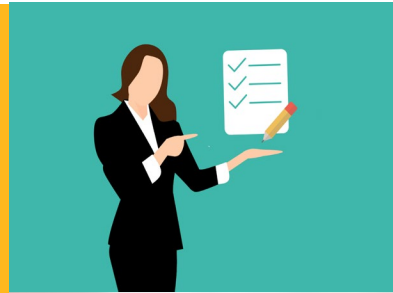
All health coaches are required to volunteer a minimum of **8 hours/week or 32 hours/month** this translates to a minimum requirement of **256 patient hours within the academic year (September – June 30).**\*

BREAKDOWN OF TOTAL HOURS DEDICATED TO HEALTH COACH PROGRAM	
<b>256*</b>	<b>PATIENT HOURS*</b>
50 – 60	ONBOARDING & TRAINING (JUNE – AUGUST)
10 – 15	PLANNED & UNPLANNED MEETINGS / ADMIN
Up to 40**	HCP RECRUITING EVENTS THROUGH UCR
<b>316 – 331</b>	<b>ESTIMATED TOTAL HOURS</b>

## Who can apply?

### Eligibility Requirements:

- 3<sup>rd</sup> or 4<sup>th</sup> year undergraduate students
- Community College students transfers to a four-year college by fall
- Recent college graduates.
- Have strong ties to Riverside or San Bernardino County
- Have a commitment to serve & work with the Inland Empire's underserved population.
- Those from educationally and/or socio-economically disadvantaged backgrounds are encouraged to apply.
- Have a strong interest in a healthcare career
- Minimum Biology, Chemistry, Physics, Math (BCPM) GPA of 3.0.
- All college majors welcomed



## What do I need to apply?

### Online Application at [hcp.ucr.edu](http://hcp.ucr.edu)

- **A Letter of Recommendation** to attest to your character and professionalism. Letter may be written by an undergraduate faculty, pre-health advisor, mentor or an employer.
- **Resume**
- **Unofficial Transcripts**
- **Application and short answer essay questions.** The application and essay responses assess your professionalism, communication and teamwork skills.

## Want to get involved?

We encourage you to fill out this form to learn more about what programs interest you and we will contact you with more information and future opportunities. We welcome questions at [pathway@medsch.ucr.edu](mailto:pathway@medsch.ucr.edu).



Website: [pathwayprograms.ucr.edu](http://pathwayprograms.ucr.edu)

Email: [pathway@medsch.ucr.edu](mailto:pathway@medsch.ucr.edu)

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