



TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER™

School of Medicine

Supporting Learners from Small Communities at TTUHSC School of Medicine

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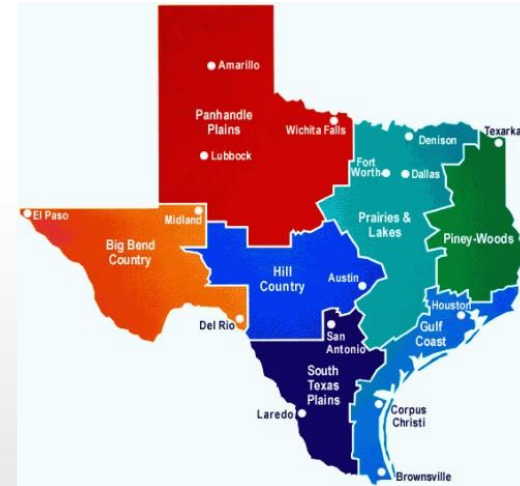
Small community learners at TTUHSC SOM

Who are they?

- Broadly speaking, our small community learners come from AHEC defined West TX areas:

- Panhandle
- South Plains
- Big Bend
- Alpine

“Small community”
Pop. < 1000 up to
about 20,000



- During admissions process students are able to self-identify as being from a West TX community (some vetting from SOM Admissions to verify)
 - ~ 50% of current SOM students identify as being from a West TX community
 - ~ 15% of current SOM students are 1st generation in higher education

Challenges learners from small communities may face



◆ Academic

- Limited academic prep/Basic science leveling needs
 - Completed secondary and/or premedical requirements in a small educational environment

◆ Financial

- Educational aid funds may be split between supporting student and family's financial needs

◆ Social/cultural/familial beliefs and expectations

- Ongoing caretaker role for individuals “back home”
- Loss of home environment support structure(s) → family/friends/faith community
- Reluctance to ask for help at all or until under significant academic and/or emotional distress

◆ Career development

- 1st generation in higher ed – “Don’t know what they don’t know”
 - May not effectively seek out or advocate for career development opportunities



Supports and resources

“We’re here for you”



- “Institutional home” for students while completing the MD curriculum
 - Structure – this is what you need to do
 - Guidance – this is how you can do it
 - Support/Advocacy – here’s help/encouragement toward earning your degree
 - Accountability – these are the consequences when you don’t do what you are supposed to do as a member of the SOM community
- Intentional support and encouragement message introduced during incoming student orientation
 - Regularly reinforced during group (e.g., class meetings/town halls) and individual student encounters
- Open door, multiple OSA team member approach to convey accessibility and approachability for all student personality types
 - Which “family member” do you need/want to talk to?

There’s always LOVE
(coffee and snacks)
in the OSA 😊



Proactive support and engagement

- ◆ Each academic year all Year 1 – Year 3 students have at least 1 one-on-one wellbeing check in conversation with OSA team member
 - Year 1 – Director of Student Affairs (LPC background)
 - Year 2 – Assistant Dean for Student Affairs (PhD in Clinical Psychology)
 - Year 3 – OSA team member associated with student’s clinical campus
- ◆ Check ins include:
 - Exploring challenges and supports to personal and academic wellbeing
 - Screening for food/housing/financial insecurity concerns
- ◆ Subsequent targeted/ongoing follow up done as needed based on
 - Faculty/peer referral
 - Academic/behavioral performance concern
 - We “know” a check in with a student is needed

Resources available to students

Academic

HAVING TROUBLE? TUTORING CAN HELP!

March 27, 2016
Written by: [Claire Egan](#)



EVERYONE CAN EXPERIENCE ACADEMIC DIFFICULTY AT ONE TIME OR ANOTHER.



Research indicates that **Peer Assisted Learning (PAL)** – aka peer tutoring) is a viable method for assisting medical

students who have experienced some level of academic difficulty (Burgess A, McGregor D, Mellis C, 2014. BMC Med Educ. 14:115). Working with someone who is close to you, in terms of experience, but has completed a specific learning experience can really make a difference. To facilitate this service, the School of Medicine offers a PAL program. Currently, the focus of the tutoring program is for students in Years 1 and 2. Students from the year above are paired with interested individuals for formal tutoring sessions.

CONNECTING WITH A TUTOR.

To find a tutor, contact Allison Perrin, MS, LPC, Director of Student Affairs at Allison.Perrin@ttuhsc.edu or by phone at 806-743-3005.

Peer Assisted Learning (PAL) program

- Free service to students/tutors paid by OSA
- One-on-one sessions available (by student request or SOM direction) for academically “at risk” students
- Virtual and in-person office hours open to all students (2 hr sessions 2x/week)

Financial

Helping Hands Food Pantry



The TTUHSC Helping Hands Food Pantry is an ongoing endeavor of the TTUHSC community working together and with members of the Lubbock Community to fight and end food insecurity for the members of the TTUHSC family (students, staff and faculty). We are dedicated to ensuring that no member of the TTUHSC family goes hungry and that every member of our family has access to nutritious food.

Any member of the TTUHSC family may submit a request for a Kindness Kit for themselves or another TTUHSC family member. **All requests are confidential.**

Request a Kindness Kit

“...dedicated to ensuring no member of the TTUHSC family goes hungry and every member of our family has access to nutritious food”
“Any member of the TTUHSC family may submit a request for a Kindness Kit for themselves or another TTUHSC family member”

Short term/emergency loans available through TTUHSC Office of Financial Aid

YOUR LIFE *our purpose*



Resources available to students

Emotional/Mental health


Program of Assistance for Students

Home > Centers & Institutes > Counseling

Counseling

Assisting Students of TTUHSC

PAS is a helping resource for students of the Texas Tech University Health Sciences Center. Our aim is to promote health and wellness in your personal life and your academic life.



TTUHSC provides each student with up to eight (8) free, confidential counseling sessions per fiscal year (September – August). Students on the Lubbock campus and students in online programs at TTUHSC receive services through the Counseling Center @ TTUHSC, which is located in the east wing of the main TTUHSC building (1A300).

For students on TTUHSC's other campuses, here is Contact Information for the PAS provider(s) in your location.

See **Contact Information** to access counseling services in your area.

To schedule please call 806-743-1327 or 1-800-327-0328.

Printable Brochure 

Click here for access to:



If you are in crisis and one of the following applies to you:

- You feel you are in immediate danger of harming yourself.
- You feel you are in immediate danger of harming someone else.
- You have recently been assaulted or had a traumatic experience.

TAO → interactive, self-guided, web-based program
Provides strategies to help manage common wellbeing concerns (e.g., stress, sleep difficulties, social anxiety, depression, conflict)

Modules available 24/7
“... allows [students] to get effective treatment when [their] schedule or life makes it hard to get to the counseling center”

“..aim [of PAS] is to promote health and wellness in [students’] personal life and...academic life
TTUHSC provides each student with up to eight (8) free...counseling sessions per fiscal year (Sept – Aug)”

Resources available to students

◆ Career development

- “Just in time” longitudinal career advising curriculum (Year 1 – Year 4)
 - Understand yourself/Specialty exploration and “fit”
 - Apply for and “get a job”
 - 1) Job in desired specialty and at the institution they most want to train
 - 2) Job in the specialty they want
 - 3) Job
- Mentorship opportunities (structured/formal)
 - Medical Student Summer Research Program (research)
 - Texas Tech Apprenticeship Program (clinical)
 - Rural community clinical experience electives available each year of the curriculum
 - Students assigned specialty specific mentor(s) when transition to clinical curriculum
 - Family Medicine Accelerated Tract (FMAT) program

SOM students returning to practice in a small community



- ◆ FMAT program
 - High % of FMAT students come from West TX communities
 - 83 FMAT grads since 1st graduating class (Class of 2014)
 - 49 have finished residency training
 - 31/49 (63%) are practicing in a rural or medically underserved area
 - 27/49 (55%) are practicing in a West TX community
- ◆ Rural health tract residencies associated with TTUHSC programs
 - Family Medicine
 - Trainees placed in Alpine, Fort Stockton, Sweetwater, and Pecos (populations ~ 6,000 – 12,000)
 - Surgery
 - “Additional time dedicated to endoscopy, interventional radiology, OB/GYN, otolaryngology, and urology in order to gain additional skills in these important areas [for rural medical practice]”



Thank you!

