There is an incredibly large collection of clubs here at NYMC, ranging from sports clubs to volunteering clubs to medical specialty interest groups. Unfortunately, a lot of the great things that these clubs do go unnoticed to the majority of the NYMC community.

In an attempt to give recognition to such accomplishments, the Synapse will now put spotlights on a club each month! For this issue, we have the founder and president of Beyond Bars, Rana Mehdizadeh, introduce her brand new club and their mission. Read on to find out!

Continued on page 5
Ask Mr. P.

I set out this month to answer the question that was on every fourth year’s mind... How do I get a residency interview?

Two dates dominate the M4 calendar: the first day ERAS (Electronic Residency Application Service) applications can be submitted, and match day. In-between lies the interview trail, which much like the yellow brick road, is a long and winding journey filled with mystery, dangers, and the possibility to make some great friends along the way.

I started my journey to see the wizard and gain the pearl of wisdom that would secure an interview at my number one program by gaining an insidors view from the other side of the table. Speaking with several program directors and coordinators to discover the process used to select the applicants they offer interviews to. The process starts with a simple equation: A (interview dates)*B(interviews per day) = C (interview slots) and programs ALMOST never increase the number of slots.

Beyond that there were no governing rules.

Each program had their own selection system and the spectrum was vast. On one end were programs that simply set a minimum STEP score and invited every applicant surpassing that bar. However, the number of slots does not change to mirror the number of invitations sent out and response speed is the secondary selection filter.

On the other end of the spectrum lay programs that go through every page or every application with a fine-toothed comb to find the applicants they believe will fit best at their program. These programs have identified the applicants they want to recruit and do not go back to the applicant pool when one of the potential recruits refuses an invitation or cancels an interview.

Each time I pulled back the curtain I found something different. Dozens of emails and conversations later it seemed the only way to guarantee an interview was being the perfect blend of Doogie Howser, M.D. and Dr. Oz. Then I realized there was one commonality across all programs, all specialties, all over the country. There was another person on the other side of each email.

There wasn’t an algorithm to crack because this is as much an emotional process as a numerical one. The raw scores may have landed you on the waitlist or garnered a rejection letter. Before turning to despair, reach out and start a dialogue with the program. I’ve found numerous accounts from students and program directors of an honest and well-worded email voicing your desire to be a part of that program turning a no or maybe into a yes.

I didn’t find a magic solution to ensuring you get an interview but if there is someplace you really want to end up don’t underestimate the effect reaching out to the person on the other side of the table. The worst possible outcome is getting another rejection email to add to the collection.

If there are any burning questions that you want the answer to please email me at Joshua_sterling@nymc.edu or SOM_president@nymc.edu with ask Mr. P in the subject line.
News from Medical Education

by Dr. Jennifer Koestler

New Personal Accolades and Incidents Reporting (PAIR) feature on the SOM website!

The New York Medical College School of Medicine (SOM) is confident that safe and effective care of patients is shaped by an environment of quality medical education that is rooted in human dignity. We embrace our responsibility to create, support, and facilitate a learning environment for our students and residents so that they witness and experience a sense of respect, collegiality, kindness and cooperation within our College community. This same sense is expected of all who impact the environment of patient care: administrators, advanced learners, other health professionals and staff.

The SOM recognizes its obligation to its learners to maintain a positive learning environment that is free of mistreatment, harassment, and abuse. To facilitate this process, the SOM has adopted the AAMC’s commitment to an optimal learning environment, supported a Student Liaison Committee, created a Peer 2 Peer (P2P) accountability group, and refined SOM policies and procedures related to mistreatment. In addition, we now have a **NEW Personal Accolades and Incidents Reporting (PAIR) feature** on the SOM website to allow members of the NYMC SOM community to both recognize outstanding role models of professionalism in our community AND report mistreatment incidents anonymously. The reporting feature can be accessed at the following link: **www.nymc.edu/SOM**

Please join me in celebrating this deliberate effort to support the maintenance of an optimal learning environment in the SOM. I would also like to take this opportunity to thank the collective efforts of Jennifer Whikehart, Jason Dinardi, Kevin Cummings, and Luis Montes who all worked tirelessly to create this system for us.

Financial Aid Updates

by Dean Anthony Sozzo

How the **BANNER software project** will change Financial Aid processing Next Year:

The Office of Student Financial Planning, and all of NYMC/Touro, will be moving to the BANNER software system. It will be live in March for the 2016-17 Fin/Aid processing year. The financial aid process will be different through the BANNER software. Other departments will also be moving to BANNER i.e. Registrar, Bursar, Student Housing Admissions and many other departments. You will have better access to data and do many functions through a self-service portal. Many of you have used a self-service portal. Banner is in 1,500 institutions and you may have also used BANNER at a previous institution. The project is still in the building and testing stages however once ready we will make sure you are trained for the new process. Fin/Aid launches in March.

**Self-service portals offer one stop shopping where students can access important data 24/7.** You can check your fin/aid status and also better understand and manage your loan portfolio and options. Self-service portals can link to a whole host of websites and documents and remind you what is missing to complete your financial aid. This is similar to tracking a package or being warned if you didn’t click a field before you made a purchase. Banner will not proceed with your financial aid application unless you meet all the requirements built into the procedures and panels. This too is similar to what we currently do however you will be notified in a quick electronic way.

So, stay tuned over the winter months as NYMC/Touro rolls out the student components of BANNER. **Expect a number of how to videos**, from me, carefully explaining how to use the new system in Financial Aid.
News from Student Affairs

This Academic Year is well underway and hopefully you are all doing well. Please remember the support services that are available to you through Student Affairs. Our Academic Support Specialist, Kristina Petersen, PhD, is available to meet with students or can help arrange study groups or tutors. The Student Affairs Deans, Drs. Ayala, Perla and Rachlin are always available to meet with students for academic, personal or career advising. We have our Wellness team of Drs. Stern and Baird, and both the Student Affairs Deans and the Wellness Team are available during off hours through the 911 emails should there be an emergent situation. All students are assigned to a house for advising, both with a peer mentor and a house dean. **You must meet with your House Deans twice a year, once each semester.** If you have not scheduled your first semester meeting, try to get that done as quickly as possible. Here is a list of the Houses and their assigned deans:

Susan Rachlin, MD
Maria Capparelli, MD
Karen Murray, MD
Daniel Zelazny, MD
Mill Etienne, MD, MPH
Kathryn McGoldrick, MD
Roger Chirurgi, MD
Joseph Giamelli, MD
Gladys Ayala, MD, MPH
Fern Juster, MD
Elliott Perla, MD
Elliot Perla, MD
The Wright House
The Gray Crump House
The Branch House
The Remsen House
The Burgess Holley House
The Stowe House
The Lozier House
The Lozier House
The Bryant House
The Bryant House
The Kogel House
The Steward House

- The Office of Student Affairs

Updates from the Library

by Marie Ascher

Here are a few things to look out for in the library:

**New microscope exhibit in the library.** Jay Tartell, MD (Class of 1982), who is an avid collector of NYMC memorabilia and artifacts has donated his collection of historical prize microscopes to the university. These are on display in the library corridor alongside the William Cullen Bryant and Hahnemann & Homeopathy displays also curated and donated by Dr. Tartell. Many thanks to Dr. Tartell for these gifts.

Speaking of exhibits, have you seen the National Library of Medicine exhibit, “*And there’s the humor of it: Shakespeare and the four humors.*” in the BSB Lobby? It will be on campus through Thanksgiving time, in various locations. Check it out.

You asked and we are delivering... **coat hooks on study carrels!** I take it as an excellent sign that this is what you are asking me for!

**Custom remote login.** We are continuing to work on making your library barcode sign-in easier for you. As a reminder, please know that you can call the library (914-594-4200) and change your login to something memorable.

Also in the pipeline: **renovations to Mastronardi and 24/7 access** to the top-front area of the library. Hoping to have these in place by the new calendar year. There will be cards in the Mastronardi room for you to write your thoughts on the space or you can send suggestions directly to marie_ascher@nymc.edu. Very excited about both of these developments. In the meantime, we will honor your extended hours requests.

Last but not least, we also are completing a purchase order for a **3-D Printer** as well as a bigger, better wall monitor for the Novitch Computer Lab. Can’t wait for us all to play with the printer and consider how this developing technology might impact your future life as health care providers. Funding for these technology projects came from Dr. Mark Novitch. The library is eternally grateful for his support of innovations in information technology for our students.

**And as always contact us for research assistance or with suggestions.** We are here to work with you and provide you with the space, resources and services you need.
Beyond Bars is a new program that aims to improve health education among underserved populations. Started by Rana Mehdizadeh and held at Woodfield Cottage, Beyond Bars aims to provide the support and resources underprivileged youth need to thrive later in life. However, the benefits are truly two-fold. In addition to educating arrested youth and providing them with the resources to make healthy choices, the program also aims to train future healthcare professionals to empathize with a patient’s past, note that it may be a contributing factor to their health, but ultimately be non-judgmental and look beyond it.

The truth is that many of the teens currently at Woodfield Cottage (as well as juvenile detention centers nationwide) come from low socioeconomic backgrounds and simply have not had the support, resources, and/or education needed to reach their full potential. These teens are generally very intelligent and interested in learning about their health and bettering themselves, but haven’t had the opportunity to do so. Some may have forgone schooling to work and provide a source of income for their families; others may not have even had a choice, and had been forced into illegal activity by a third party.

Beyond Bars aims to right this wrong by holding weekly discussion-based health education classes for the kids at Woodfield. Through these classes, we also hope to create a strong support system for them as they go through the long and stressful process of awaiting their court dates and sentencing. Though it is currently in its beginning stages, we hope to see Beyond Bars become a staple of New York Medical College, providing a well-rounded education for physicians years to come.

If you would like to give recognition to a club here at NYMC, please email any suggestions or blurbs to Paul at Seung_Jeong@nymc.edu

NYMC Joins the Good Food Farmers Network!!

Members of the NYMC community are invited to join the Good Food Farmers Network and sign up for weekly fresh produce delivered right to campus. Organic vegetables and fruit, grass-fed meats, pastured poultry and eggs and other specialty items are available.

After 35 people sign up, farmers will begin their weekly deliveries to the front of the Medical Education Center on Wednesdays from 4:00 to 6:00 p.m. You may sign up week to week and are not locked into a contract or extended timeframe.

The Good Food Farmers Network is a farmer-owned, collaborative effort among regional farms working to support sustainable agriculture and beginning farmers. Their fresh food is grown and harvested with great care, and produced without pesticides, synthetic fertilizers, or genetically-modified organisms, and with the highest degree of animal welfare and environmental stewardship.

For more information and to sign up, please visit www.goodfoodfarmers.com
Class Updates

Class of 2019

We are almost done with our first block of medical school!! Make sure to take any extra time you might have in the start of the new block to relax, check out any clubs you might be interested in, and volunteer with Gold Humanism Honor Society for CARES week (check your email: events are November 2-13, plus a midnight run on November 21st).

Very Important Updates:
- Don’t forget to come up with a creative Halloween costume for the NYMC Halloween Bash on November 7th in the MEC Cafeteria (scrubs/white coats don’t count!).
- Powderpuff: The ladies of the Fallopian Fury have put in some serious practice for the powderpuff football game this year (November 7th) and need good cheer-leaders for a successful game. This is your chance to really shine from the sidelines - no pom-poms or dance skills required!
- Congratulations to everybody for finishing our first OSCE, and don’t forget to keep your eyes peeled for an email with your preceptor assignment!
- Biochem or physiology making you nervous? Remember there are free peer tutoring services, study partner matches, workshops, and one-on-one academic counseling options. Contact Dr. Kristina Petersen to sign up.

Good luck!!
- 2019 Senators

Class of 2018

Congrats M2’s... with round 2 of tests in the books, it’s time to relax and enjoy life! (Wait, Mirco is in two weeks???)

UPDATES:

STEP 1 VENDOR FAIR is coming soon. Believe it or not, it’s time to start thinking about Step 1 preparation. There will be vendors from the myriad of companies, including Kaplan and Doctor’s In Training. Even more importantly, there will be FREE FOOD!!!! So come assuage your neuroses with some super in-advance planning.

POWDERPUFF is this Saturday (11/7)! It’s time to assert our dominance over the M1’s and show them what real skill, passion, and unreasonably crazy fans look like! Come for the football and stay for what is sure to be an amazing (and totally not embarrassing) half-time show!

NYMC HALLOWEEN PARTY will be directly after Powderpuff at 7pm. Wear your costume, drink some adult beverages, and bask in the glory of our Powderpuff victory!

NYMED TALKS is April 8th, 2016. This is a reminder that it is a COMPLETELY STUDENT-RUN EVENT and we need your help! There will be a presentation with more information after micro doomsday, but if you are interested in getting involved, please contact one of your friendly M2 senators!

As always, don’t forget to add any of your club events to the Student Events Calendar on the bulletin board right outside the cafeteria.

Good luck studying and may the force (and football) be with you!

- 2018 Senators

by Hannah Gissel

by Jake Feldman
Class of 2017

As we progress through our 3rd year, we are now beginning to see the other side of medical school: the different hours, adjustment to a different schedule, the balance between daily life and life in the clinic. And as we transition from summer to autumn, many changes are amongst us as well.

Most recently, a mock site visit for the LCME took place and gave our school great perspective in what had been done, what the school excelled in, and where improvements could be made. There has and will be visits to your clinical sites. Keep in mind the positivity and motivation which had set us off into our clerkship year; and surely, this will create an exceptional atmosphere, not only for whatever accreditation event but also for our bonding as a class and with our clinical communities.

Realize that there is no faking in your demeanor and how we present ourselves as a school community at our various sites - our best disguises are but self-portraits. In essence, the best presentation is one of solemn honesty, which is precisely what the LCME... and our clerkships!... look for in an exemplary medical education and community.

In addition, many upgrades are occurring within the MEC. The library is perhaps the most impressive and curious, with recent implementation of an anatomical hologram table (which will be used in our Radiology clerkship next year), expansion of physical space and virtual resources (more details from the IT committee on access), and, most peculiar of all, the addition of a 3D printer. Perhaps best to have it for that particular occasion, than to not have it for any occasion at all.

Best wishes,
Your 3rd year senators.

Class of 2016

A quick reminder, please check your personal information in the student portal to make sure that your phone number and current mailing address are up to date. Some things just need to be snail mailed...

ERAS/MSPE/NRMP:
Another round of transcripts will be uploaded for programs on November 3rd. If you would like to opt out of that, please email registrar@nymc.edu notifying them of that.

If you have not yet registered for the NRMP, register before November 30th, 2015 to avoid late fees. Just do it now, give up whatever little money you have left already.

Congratulations to those who have now completed the Step 2 exam! Please talk to Student Affairs or your advisors if you have any questions on the score being released.

Fourth Year Rotations:
Remember to submit your Add/Drop forms in a timely manner so you can get credit for your rotations.

Interviews:
While preparing for interviews, please take a listen to the camtasia from Dr. Rachlin’s class meeting regarding the interview trail. You may have had your burning question answered about scheduling or whether or not your purple socks are kosher. Please represent NYMC better than the ankle cut white socks I’ve seen. Please.

As you are scheduling interviews, remember that clinical responsibilities should not be neglected for interviews.

Also as you continue on the trail, start taking DETAILED notes in a notepad or on your phone at the end of the day so you can look back when making your rank list. Share thoughts with your peers so you can better prepare or just reflect.

Yearbook:
As you continue to have fun and enjoy your free time, the yearbook needs to fill itself with your pictures! Please send them to nymcyearbook2016@gmail.com. Anything goes, we mean anything. Sarah Hochendoner will do her magic and make sure you look pretty. See her emails regarding specifics. Dig into your hidden facebooks and dusty files and find those awkward photos from Halloween parties, school events, and bar nights and whatever reminds you that we’re about to be MD, profeshinals.

Useful resources:
FRIEDA: Online resource that lets you look up info about residency programs
DOXIMITY: Another online resource that gives you info about residency programs and medical schools that they tend to favor
NRMP THE MATCH PRISM: App that you can download that helps you track the programs you’ve applied to and interviewed at.
Netflix: If you want to chill.

Any questions or concerns, please don’t hesitate at all to contact your class senators. Especially if it’s about socks.

-2016 Senators
Wonderful acts are occurring all over campus every day. Peer to Peer (P2P) has developed Professionals of NYMC to provide a forum for students to recognize each other as peer role models. We want to showcase students who demonstrate the ideals valued most as future healthcare professionals. This initiative aims to recognize students within the NYMC community who embody the school’s core graduation competencies, including outstanding acts of patient care, interpersonal and communication skills, collaboration, and professionalism.

With Professionals of NYMC, we hope to inspire all members of our community to make a positive difference in the lives of others. During each edition, one selected winner per class will receive a gift card, as well as recognition in their Medical Student Performance Evaluation (MSPE) during application to residency! Make sure to check out all of the outstanding students in InTouch Weekly, NYMC Synapse (the Student Senate newsletter), the widely distributed campus flyer, and on the digital signage.

Have you seen a classmate do something awesome and inspiring? Send your nominations to nymcp2p@gmail.com so that they can appear in the next edition of Professionals of NYMC!

AWARD WINNERS

Class of 2016: Kume Mekuria – “Kume continuously checked in on me almost daily during a very difficult time in my life. He is truly a compassionate and supportive person, and I feel super lucky to have someone like him in our class.”

Class of 2017: Caitlin Gillooly – “Caitlin started at my clinical site a couple weeks before me and was a fantastic mentor. She went out of her way to teach me the ropes and even did more than her fair share of the work while I was still getting my bearings. Best of all, she supported me when I goofed (several times). She really made that rotation better through her professionalism and kindness.”

Class of 2018: Freddy Martin – “Freddy always makes himself available to help others. He goes above and beyond the call of duty to help us with course work, labs, and even history/physical preparation. I’m not sure I would’ve gotten through first year without him.”

“He is a dedicated classmate who has helped many of us study and focus during stressful times. His door is always open, for studying, for Cuban coffee, or even some good homemade Cuban food. As a medical student, he is exemplary.

Class of 2019: Paul Tesoriero – “One night, I was walking past the 3rd floor mods, and I saw about 15 students inside, all with their microscopes, and it was hosted by Paul. His unending kindness and passion for helping others to succeed is evident. He continuously volunteers his time to help those in need.”

ADDITIONAL OUTSTANDING PROFESSIONALS OF NYMC

CLASS OF 2016: Alexey Abramov, Shilpa Vijayakumar
CLASS OF 2017: JoonHee Cho, David Lindsay, Shannon Daly, Alex Lundy
CLASS OF 2018: Beth Buehrer
CLASS OF 2019: Ebrahim Afshinneko, Terrance Dolan, Mahd Nishtar, Nik Uppaluri
New Senate Subcommittee Members!

Curriculum Committee
- Alexandra Berardi (M1)
- Ella Christoph (M1)
- David Payne (M2)
- Virginia Leone (M2)
- Steph Hernandez (M3)
- Sandra Seelig (M4)
- Alexey Abramov (M4)
- Bailey Fitzgerald (M4)

IT committee
- Adam Karp (M1)
- Cole Papakyrikos (M1)
- Eric Stumpf (M2)
- Amanda Ferguson (M3)
- Ari Morgenthaler (M3)
- Wayne Colizza (M4)

Wellness Committee
- Anita Goyal (M1)
- Shannon Kiang (M1)
- Garrett Aronson (M1)
- Molly Kobitz (M1)
- Naz Khajouinejad (M1)
- Amanda Moyer (M2)
- Hannah Stoops (M3)
- Allison Weiffenbach (M3)
- Maggie Johnson (M4)
- Emily Unks (M4)

Also welcome your new Course Representatives!

M1
- Anatomy - Ariel Kwart
- Histology - Maria Navarro
- Ethics - Joseph Rudman
- FCM - Nickolas Srica

M2
- Pathology - Linda Song
- Pharmacology - Balu Vemula
- Microbiology - Julia Blanter
- Ethics - Evan Einstein
- FCM - Quang Lam

Meet Your Student Senate

Back (left to right):
- Paul Jeong, Justin Cole, Phil Maynard
- Alec Selby, Adam Gordon, Josh Sterling
- Steve Shapero, Sarah Hochendoner
- Henry Feng, Oded Tal

Front (left to right):
- Maya Rubin, Jake Feldman, Amanda Feeney, Lydia Bunker, Hannah Gissel
- Jess Kumar, Alyssa Simeone

Not Pictured: Kelvin Luu

Left to right:
- Zaza Atanelov, Jessica Oh, Qais Karim

Find out more about the NYMC student senate at: http://www.nymc.edu/medical/senate/
CO-EDITORS-IN-CHIEF / CREATIVE DESIGN

Seung (Paul) Jeong - M2
Joshua Sterling - M4

CONTRIBUTORS

Marie Ascher - Director of the Health Sciences Library
Dr. Jennifer Koestler - Senior Associate Dean for Medical Education
Jake Feldman - M2
Henry Feng - M3
Hannah Gissel - M1
Sarah Hochendoner - M4
Rana Mehdizadeh - GSBMS Student
Dr. Susan Rachlin - Associate Dean for Student Affairs
Anthony Sozzo - Associate Dean for Student Affairs
Director of Student Financial Planning and Activities
Oded Tal - M4