COLLEGE OF MEDICINE
STUDENT NEWSLETTER
Lorraine Terracina, Ph.D.
Dean of Students
June 3, 2009

ANNOUNCEMENTS

MS 1: Your first day of classes for MS 2 will be Monday, August 24. You should plan to return the week of August 17 so you can be well rested and take care of all of your personal affairs before school starts. You will check your Downstate email account, during July, for instructions from Dr. James Ranck regarding the Overview block, which begins on August 24 and ends August 25. This summer, you should also log into Careers in Medicine and read the Specialty Profiles. The MS 2 class calendar is generally not posted in PRIME until the beginning of August. The week of August 17 will be MS 1 orientation. Good luck on your Neuroscience exam! Have a wonderful summer!

MS 1: ARE YOU DOING SOMETHING NICE THIS SUMMER?
If you are a rising second year medical student (current MS 1) and you do research or some other educationally related experience this summer, do not forget to have your preceptor/attending send a letter describing your experience (what you did) and how you performed to the Student Affairs Office (Box 85) for inclusion in your academic file. The letter should be addressed to me (Terracina). The letter must be from your preceptor/attending, not from you, in order to be included in your academic file. Mailing Address: SUNY Downstate, 450 Clarkson Avenue, Box 85, Brooklyn, NY 11203; or fax to 718 270-7592. You can check if it has been received by going to the Office of the Registrar and checking your academic file.

MS 2: CAREERS IN MEDICINE DURING JULY 1-3
You should plan on doing Careers in Medicine reading on the questions you should be thinking about during your clerkship rotations. Also, read more about the Specialty Profiles. Do the exercises on narrowing your career choices.

MS 2 NEWS: All MS 2 students will have to do a Basic Life Support (BLS) Recertification during Spring, 2009 before starting clerkships in July, 2009. The course you took prior to starting medical school expires this year and you need current certification for your hospital rotations.

The SOCIETY FOR VASCULAR SURGERY (SVS) wants you to know how exciting their field is. We have a brochure and DVD in the Office of Student Affairs for you to look at. Also, go to their website at www.VascularWeb.org

PHYSICAL MEDICINE & REHABILITATION: The NYS Society of PMR has a monthly lecture series at the Hospital for Special Surgery. The lectures are free and dinner is provided. http://www.nyspmr.org or email David Cheng, MD (chengd@nyspmr.org)

CONFERENCES

No notices this month

ONE YEAR RESEARCH PROGRAMS

The NIH YEAR-OFF TRAINING PROGRAM – for more information go to www.training.nih.gov/student/PrelRTA/irtamanualinterim.asp

INTERNATIONAL PROGRAMS

AMSA International Health Opportunities List
http://www.amsa.org/global/ih/intllist.cfx

IFMSA Research Exchange Projects
http://www.ifmsa.net/public/searchredb.php

IFMSA Clinical Exchange Projects
http://www.ifmsa.net/public/ecscopeselect.php

SUMMER RESEARCH PROGRAMS

No announcements this month

SUMMER (NON-RESEARCH) PROGRAMS

The SCAIFE FAMILY FOUNDATION offers fellowships to attend the one week School of Alcohol and Drug Studies (July 19-24, 2009) at RUTGERS IN NEW JERSEY. Fellowships will cover tuition, room and meals ($1320) plus a $400 stipend for travel and miscellaneous expenses. Flyer in glass bulletin board. Information booklet in the Office of Student Affairs. Application deadline June 25, 2009.

CONTESTS, PRIZES, AWARDS

No announcements this month

FUNDING FOR COMMUNITY SERVICE

The American Medical Association (AMA) is pleased to announce the availability of health lifestyles seed grants through the Fund for Better Health program. The 3 priorities for grant funding are: nutrition & physical fitness; alcohol, drug and smoking prevention; and violence prevention (domestic violence, suicide prevention, bullying internet safety). Grant amounts are up to $5000. Visit www.amafoundation.org/go/betterhealth to view guidelines and instructions and to download an application. Application deadline is July 15, 2009.

Rising MS 4 NEWS (Class of 2010)

The Dept. of Orthopedic Surgery at Stanford University is interested in attracting potential resident candidates from diverse backgrounds. The department has 10 travel grants available to assist students who cannot afford a rotation there and who would contribute to the diversity of their residency program.

The National Institutes of Health (NIH) offers a variety of short-term clinical rotations and research elective opportunities to highly qualified medical students. http://www.nci.nih.gov/training/students/clinical_electives.html

The CDC’s Epidemiology Elective Program (Epi Elective) is a 6 to 8 week rotation for senior medical students. Participants have an opportunity to learn while working with CDC epidemiologists to solve real-world public health problems. http://www.cdc.gov/eis/appeleis/elective.htm

Montefiore Elective, “Research Based Activism and Advocacy” course is being offered October 5-30, 2009. Application deadline is
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Johns Hopkins Hospitalist Program subinternship. For more information see the website at http://www.hopkinsmedicine.org/gim/training/SubI_rotation.html. To apply for the rotation, contact Emma Sullens at esullen1@jhmi.edu and say that you are interested in the Johns Hopkins Hospitalist Sub-Internship program.

Physical Medicine & Rehabilitation: The NYS Society of PMR has a monthly lecture series at the Hospital for Special Surgery. The lectures are free and dinner is provided. http://www.nyspmr.org or email David Cheng, MD (chengd@nyspmr.org)

**RESIDENCY INFORMATION RESOURCES**

Residency Match List
See the 2009 Residency Match list in the glass bulletin board next to the Office of the Registrar. The residency match lists for the last 14 years is posted on the Student Affairs website. (http://sls.downstate.edu/student_affairs/residency/index.html)

Charting Outcomes in the Match: Characteristics of Applicants Who Matched to Their Preferred Specialty in the 2007 NRMP Main Residency Match
http://sls.downstate.edu/student_affairs/residency/index.html
From the AAMC, includes information about Step 1 scores, number of programs on the rank order list, AOA honor society membership, and research accomplishments. This updates the 2005 report with the 2007 cohort. Compare the two and see if the specialities you are interested in have changed.

Results of the 2008 NRMP Program Director Survey
http://sls.downstate.edu/student_affairs/residency/index.html
From the AAMC, what residency program directors look at to decide who to invite for interview and what they look at for ranking. Organized by specialty. A must read!

Roadmap to Residency: From Application to the Match and Beyond
http://sls.downstate.edu/student_affairs/residency/index.html

The Careers in Medicine newsletter, Choices, is now available from the Careers in Medicine website (http://www.aamc.org/students/cim/choicesnewsletter.htm)

The newsletters provides important information about residency and career choice topics.

April, 2009 spotlights Physical Medicine & Rehabilitation
January, 2009 spotlights Emergency Medicine
October, 2008 spotlights Neurology
August, 2008 spotlights Otolaryngology (ENT).

A Guide to the Preparation of the Medical Student Performance Evaluation (also known as the Dean’s Letter)
http://sls.downstate.edu/student_affairs/residency/index.html
We do not send your academic file to residency programs. You fill out an application form known as ERAS, very similar to the AMCAS application in format. A letter summarizing your academic performance in medical school, MSPE, is also sent to residency programs.

**Careers In Medicine Web Site**

Careers in Medicine, a career development program to assist you in choosing a specialty and plan for residency. To access Careers in Medicine, go to www.aamc.org/careersinmedicine and click on the “Login” button on the left menu bar. If you are new to the site, you will need to register. Access has now been made easier by using the same access to MCAT, AMCAS and other AAMC sites.

Careers in Medicine has released a new tool called Residency Preference Exercise. This exercise helps medical students identify criteria important to them in selecting a residency program and, using that information, searching for and rating programs on how well the program fits those criteria.

**SCHOLARSHIPS**

No announcements

**GENERAL INFORMATION**

**CENTERS FOR DISEASE CONTROL AND PREVENTION** (CDC) has opportunities ranging from short term internship to longer programs. Go to www.cdc.gov/phtrain for more information

**MS 4 NEWS: NIH Clinical Electives Program** offers electives (extramural credit) in 21 areas. For the list and more information, go to http://www.cc.nih.gov/training/students/clinical_electives.html
There is also a clinical elective in Medical Informatics at http://ihncbc.nlm.nih.gov/training and click on “Clinical Elective for Medical and Dental Students” Flyer in glass bulletin board.

**MS 4 NEWS: US-Mexico Border Health Scholars Program**
is a 4 week elective offered by the UT Health Science Center at San Antonio. Go to /steer.uthscsa.edu for more information and a downloadable application.

**THE NIH SUPPORTS RESEARCH CAREERS BY REPAYING STUDENT LOAN DEBT**
The NIH is now accepting applications for its extramural Loan Repayment Programs (LRPs). The LRPs repay up to $35,000 of educational loan debt annually for individuals who commit to conducting at least 2 years of qualified biomedical or behavioral research at a nonprofit institution of their choice. You must hold a Ph.D or MD to be eligible to apply. Visit www.lrp.nih.gov for more information.

**2009 RESIDENCY MATCH LIST**
We had a wonderful Match Day and wonderful placements for the MS 4 class. See the list in the glass bulletin board next to the Office of the Registrar. The same list, without names is posted on the Student Affairs website.

**JUNIOR AOA ELECTED** – Congratulations to the junior AOA (medical school honor society) members elected from the Class of 2010. List posted in the Student Affairs glass bulletin board

**SENIOR CLASS NOTES**

**MS 4 EXTRAMURAL (AWAY) ELECTIVES**
The AAMC has an Extramural Electives Compendium at http://www.aamc.org/students/medstudents/electives/start.htm in the “Students and Residents” section of the AAMC website. This lists the contact person, name and mailing address, for away electives at other medical schools.
**DIGITAL MONITOR AND POSTER GUIDELINES**

from the Office of Institutional Advancement

**Digital Monitors**

As part of Downstate's campus communications efforts, Biomedical Communications has placed digital signage monitors in strategic locations across the campus.

Guidelines and a submission form for submitting digital signage announcements are now available at http://www.downstate.edu/ia/signage.html. Requests for posting on the digital monitors can also be included with items submitted to the Announcements Newsletter.

We encourage departments and staff to work with Biomedical Communications to develop announcements for the digital signage monitors; its staff of designers can help you create visually interesting posts to draw attention to your message (hourly rates apply; submit a requisition to Biomedical Communications with your copy).

**Posters**

Please note that posters are no longer allowed in the UHB and Basic Sciences Building lobbies, and will be removed if placed there.

A posting "cube" option is now available in the lobby of the Health Science Education lobby at 395 Lenox Road for departments that want to display hardcopy posters. Submit requisitions and poster information directly to Biomedical Communications. Flyers may not be tacked on the cubes; posters on easels placed on the floor at this location will be removed.

**HOW TO HELP IN THE EVENT OF A CITY-WIDE EMERGENCY - Join the Medical Reserve Corps/NYC**

The New York City Dept. of Health is seeking health professions students (medical, nursing, health related) to join their Medical Reserve Corps. In addition to free membership, Medical Reserve Corps members will receive training on how to assist New York City in the event of a national health emergency.

The Medical Reserve Corps/NYC has been created to mobilize health professionals who want to partner with the Department of Health and Mental Hygiene during a local health emergency that would require the City to open Points of Distribution clinics (PODs). The goal of the MRC is to bring together the knowledge, expertise and skills of many different health professionals to address public health crises. Any licensed or certified health professional, who lives or works in New York City, can join the MRC. Please visit www.medicalreserve.org for more information and to register. You may also call 866-NYC-DOH1 for more information or to register, and email any questions to healthmrc@health.nyc.gov.


**DISCOUNTED SOFTWARE FOR STUDENTS**

(Announcement from SUNY Downstate’s Information Services)

The full version of Microsoft Office is now available through the New York State Microsoft Select Program at significantly reduced pricing for SUNY students and for work-at-home by faculty and staff. The Student Select program requires no funding or distribution resources by your campus. [Note: We are listed as Brooklyn, Health Science Center on the pull down menu.]

This program is separate from Select programs for institutional acquisitions and is an alternative to the Microsoft Campus Agreement Student Option.

Microsoft Office is available for both PC (Windows) and Apple Macintosh platforms. Windows Vista upgrades are also available through Select. This and other software negotiated for SUNY such as Adobe, SPSS and Quark are available on-line from University at Buffalo UBMicro IT Support Services, the HP designated SUNY distributor for the Microsoft Select Program.

Individuals may order these products from our secure web site at http://www.ubmicrosuny.com/.

**WHERE TO GET DIFFERENT TYPES OF LETTERS**

http://sls.downstate.edu/student_affairs/where_to_get_letters.html

**Attendance:** Letters simply certifying that you are in a student in school, or in good academic standing, etc. may be obtained directly from the Registrar’s Office. This also applies to applications for away (extramural) electives.

**Scholarship Letters and School Letters of Recommendation for Special Programs:** If you are applying for a scholarship, award, or special program (e.g. summer research, summer clinical, Alaska Health Service elective, NIH research year, etc.) and they require a letter of recommendation from the school, or a letter from the dean, or something more than attendance, then this goes through the Office of Student Affairs.

Write out your name, the nature of your request, the complete title and mailing address of where the letter should be sent, any deadline date, any items, which must be included in the letter, and any information which you would like included about activities, which you have been involved in during medical school. Allow 5 business days for completion.

**Faculty Letters of Recommendation:** If you are a MS 1 student applying for a summer program or a scholarship which requires a faculty letter of recommendation, remember your preceptors, small group discussion leaders, etc. that you have had in your courses may be able to write you a letter if you don’t feel you know your block director well enough. If you still feel you are having a problem or don’t have enough references, then drop off a copy of what you are applying for to the Office of Student Affairs along with a note describing your problem and I will provide advice on what you should do.

**Jury Duty Letters:** You can request a letter from the Office of Student Affairs requesting the court to postpone your dates of jury duty. We have no guarantee that the court will do so. Bring the original copy of your summons to the Office of Student Affairs. The court’s final decision prevails. You may need to serve during your vacation period.

**DIRECTOR OF STUDENT COUNSELING**

This is a reminder that we have a director of student counseling, Dr. Christine Saunders-Fields. To schedule an appointment, please telephone 718 270-1408 or email her at counseling@downstate.edu All appointments and sessions are completely confidential. I strongly recommend the relaxation exercises for everyone! The service is free of charge.

**EPOCRATES** is offering Epocrates Essentials to you. To check if your handheld device is compatible, to www.epocrates.com/products/essentials/requirements.html You are allowed one download per year up to four years. Email me to receive the URL link. You will be taken to a product demonstration/log in page and then to a product demonstration. After viewing the demonstration, you may download Epocrates Essentials.

**CHILD CARE**

The Children’s Center at SUNY Downstate provides daycare services for children age 2 months –5 years and is fully licensed by the NY Dept of Health & Bureau of Day Care Services. Hours are 7:30 a.m.-5:30 p.m., Mondays-Fridays. Location is 440 Lenox Road. Openings are available. If you would like more information or a tour, contact

**DO YOU KNOW WHERE TO GO IN CASE OF AN EMERGENCY? HURRICANE EVACUATION ZONE FINDER**

Find out if your address is located in an evacuation zone. Go to www.NYC.gov/hurricanezones

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http://www.ubmicrosuny.com/.

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Students should Press "2" to hear the status of classes in your individual program. All others, Press "1" to continue to the main menu.

When you press "2," you will hear
For MS1 press 1
For MS2, press 2
For College of Nursing, press 3
For College of Health Related Professions, press 4
For the School of Graduate Studies, press 5
For the Masters in Public Health, press 6

College of Medicine, Years 1 & 2 only
Once you press the appropriate year, your block director will have an announcement, which states the class schedule for all activities for that day, for that block.

College of Medicine, Years 3 & 4
Follow the schedule at your clinical site. Contact your preceptor and your clerkship director if you are unsure about your responsibilities or the clinical schedule.

DO YOU HAVE QUESTIONS?
If you have a question and don’t know where to go for an answer, or have a concern, please remember that you can send email inquiries to Dr. Lorraine Terracina, Associate Dean Sophie Christoforou, or Assistant Dean Jeffrey Putman. All are available for individual appointments. To schedule an individual appointment with Dr. Terracina, send her an email (Lorraine.Terracina@downstate.edu). To schedule an appointment with Deans Christoforou or Putman, call 270-2187 or send an email. If you have a question, don’t be afraid to ask!

SUNY DOWNSTATE BRAGGING RIGHTS x 3
Congratulations to the Class of 2009 for a 99% first attempt pass rate on Step 2CK!
Congratulations to Samar Mehta, MS 3 on his selection for the NIH Fogarty/Elison one year clinical research program in Uganda!
Congratulations to Paul Kogan, MS 2 on his selection for the Doris Duke Clinical Research Fellowship at UNC Chapel Hill!

SAFETY REMINDER
University Police has reminded all of us to use good judgment when traveling to and from campus. Avoid walking in the evening hours (6 p.m.-7 a.m.) alone and use the escort service to public transportation, the parking lots or to KCH for a radius of 6 blocks of the campus. University Police prefers we use the Church Avenue station in the evening hours. Call 270-2626 and the van will pick you up from the station.

MS 1 & MS 2 CARREL COORDINATORS
MS 1 students should report carrel or key problems to Viktoriya Nikolenko in Room 605, HSEB; telephone x7524. She has an email account so you can email her.
MS 2 students should report carrel or key problems to Hugh Pitter in Room 511, HSEB; telephone X7507 and he’s on email too.

EMERGENCIES (Weather and Other Events)
(CANCELLATION OF CLASSES)
While Downstate Medical Center (school and hospital) has not been closed due to a snow emergency, if such a declaration were to be made, you would hear the notification on your local radio or television station, the same as the notification for other school closings. You may also telephone the University Operator at 718 270-1000. Only the President of the Downstate Medical Center is authorized to cancel all classes at Downstate Medical Center.

However, inclement weather or other events, may cause the cancellation of specific classes by the course instructor or college dean. If a weather emergency or other emergency event should occur, you should check the SUNY Downstate website for information. In addition, you may telephone the general campus telephone number which is 718 270-1000.

When you call 718 270-1000, you will hear, "Welcome to Downstate Medical Center and its University Hospital of Brooklyn. University Hospital and all Colleges remain OPEN today. However, college class instructors have the option of canceling individual classes. Students should Press "2" to hear the status of classes in your
INTERNATIONAL HEALTH PROGRAMS

We have no information about the quality of the following programs. Enroll in them at your own risk!

Global Service Corps (Worldwide) programs in Tanzania and Thailand address the challenge of healthcare in the developing world. For more information, contact Mayia Holliday at operations@globalservicecorps.org

Child Family Health International. Go to www.cfhi.org. Their application is at www.cfhi.org/program_intro.php4. This is not a school sponsored program and not eligible for malpractice or other coverage from the school. You participate as a private citizen.

CROSSING CULTURES SENEGAL 2009

This is not a school sponsored program and not eligible for malpractice or other coverage from the school. You participate as a private citizen.

Crossing Cultures offers a stimulating travel and educational program focused on the French-speaking Republic of Senegal, West Africa. The program dates for the 2009 Crossing Cultures program are June 29 – July 14. It will be ID’s 20th program to Senegal.

Led by two former Peace Corps volunteers, this well-established program appeals to people in and out of academia. It works well for those who want to experience family life and community projects in the rural areas of this diverse nation, and for those with special interests in dance and music training, environment, medicine, government, agriculture, language or education and health projects.

The Crossing Cultures group is small, no more than five, allowing the leaders to tailor activities to the participants’ interests. Reasonable cost. Extended stays for volunteer work or field study can be facilitated. For more information, contact:
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E-mail: janet.ghattas@gmail.com
Website: www.interculturaldimensions.org