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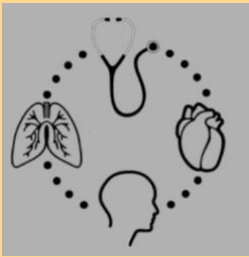
School of Medicine Student Senate, New York Medical College

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NYMC Synapse

Transmitting news to the students of New York Medical College

April 2021 Issue 30

Belated Congratulations to the Class of 2021

By Jood Ani

Hello all!

The Student Senate would love to extend a belated but nevertheless enormous congratulations to the class of 2021 on an absolutely incredible MATCH. Your last year and a half of medical school has been an eventful one to say the least but you traversed all the obstacles with grace and have made it to the finish line. The NYMC student community wishes you the best of luck on your future endeavors and careers.

What is Synapse?

The *NYMC Synapse* is a newsletter published by the NYMC Student Senate for our classmates, faculty, administration and other students at NYMC. We highlight news from student senate, medical education, student affairs, and financial planning, give important updates for each class and highlight big events, outstanding students, and extraordinary professors.

Keep an eye out for these newsletters about once a month and don't miss out on the amazing things that are happening at NYMC!

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Campus Highlights: Second Look Day with Student-2-Student Network

Interview by Jaspal Singh MS2

As the 2020 – 2021 academic year comes to a close, the Student-2-Student Network group was busy organizing Second Look Day for the incoming class of 2025. Every year around mid-April, this student led initiative allows accepted future candidates to get a feel for what life at NYMC is really like; they can get a glimpse of the student perspective, see what resources and facilities our campus has to offer, and connect with current students as well as faculty and administrators. Although normally held in person, this year the program was held completely online, offering its own set of unique challenges and opportunities.

For this month's highlight, I sat down with M2 Student-2-Student Network members Samuel Honig & Emma Dragan to get some of their thoughts on running this online seminar that still fulfilled the role of a traditional second look day.

Jaspal (J): What do you find most rewarding about being involved in second look day?

Sam (S): For me, it's most rewarding to get to show off our school to prospective students and hopefully convince them to come here. For prospective students fortunate enough to have choices in their medical school application process, ultimately deciding what medical school is right for you is an extraordinarily tough decision- so it always feels great to help these students in that process.

Emma (E): I think with the virtual application cycle this year, many students had a hard time choosing the best medical school for them because they didn't get a chance to experience the schools during their interviews. This meant that providing our accepted students with a fun, interactive, and informative Second Look day would be crucial in their decision. I thought it was a great opportunity to let students know what NYMC is all about and show them what makes this program special!

(J): What was your favorite activity of the day?

(S): My favorite activity was showing the prospective students the video tour I produced. I originally produced this tour for the M1s during orientation with the help of the orientation committee. I love getting to show off my creative side in different ways, and this video tour was one of those means of expressing my creative outlet.

(E): I really enjoyed the student panel at the end because it gave us a chance to answer some important questions and also allowed the admitted students get to know current students a little bit better. Hopefully this helped them decide if they could see themselves fitting in with the NYMC community!

(J): What activity was the most difficult to plan given the virtual nature of the event?

(S): The most difficult event to plan was the Professor's Panel, which only ended up being Dr. Lerea. We had reached out to a bunch of our favorite professors, especially the M1 professors as that's who the students will meet first when they arrive in July. In previous years, most of the professors are

available simply by virtue of being around since we're all in person. However, because things were virtual, many professors have their schedules sorted far in advance, so many great professors unfortunately had conflicts with Second Look Day.

(E): Although I wasn't directly involved in planning our Friday night welcome event, the planning definitely seemed tricky. There were a lot of Zoom logistics involved in setting up breakout rooms and making sure everything ran smoothly. Props to Sam and friends for being so on top of all of that.

(J): Are there any changes you made this year that you think would be helpful in upcoming years (aka post covid)?

(S): While students would get an in-person tour normally, I think we should include the video tour either in Second Look Day or just have it always available to the prospective students. That way they can visit our campus virtually any time (I know the school does have the online virtual tour, I'm just really proud of this video).

(E): We actually adapted most of the day from previous years' in-person plans. But one thing we added that I think could definitely be expanded on in the future is hearing from current M1 professors. We were so fortunate to have Dr. Lerea briefly introduce himself and talk a little bit about the M1 courses and it would have been great to hear from more. Our professors are great advocates for this program, so I think incorporating them into future Second Look Days would be a great addition.

(J): What does the new class seem most excited for?

(S): They seem super excited to just get the medical school journey started. They really enjoyed meeting other prospective students at our Thursday night event, and hopefully they'll have a majority of their first-year experiences here in person.

(E): The new class seems excited to get involved in research on campus. We had a lot of questions coming in about this prior to Second Look Day, and luckily we had great presentations from Dr. Nadler and Dr. Petzke about the various research opportunities that students can get involved in at NYMC.

The Student-2-Student network is also involved in summer orientation, the Medical Student for a Day program, & appointing student campus ambassadors among other things. For more information on Student-2-Student network please contact them at NYMCstudent2student@gmail.com

Vaccine distribution and Travel Policy: A student leader perspective

By Timothy Sullivan, MS1

I can still remember the day that I got the long-awaited email from NYMC that the Family Health Clinic had received its first shipment of COVID-19 vaccines. It was a relief to know that I would soon be vaccinated against the virus that had been causing this global pandemic for over a year now. The school had kept the promise that it had made back when the vaccines had first come out: that we would have the opportunity to be vaccinated on campus.

At this point, almost all the M3s and M4s have been vaccinated and a good percentage of M1s and M2s have been as well. So, what happens now? Naturally, people expected that as soon as a good enough population has been vaccinated we could go back to living life the way we did before March 2020. But it depends who you ask. According to the New York State, as of April 1, 2021, there is no need for any person to be quarantined when they return from out of state unless they have COVID-19 symptoms. This is regardless of if you have been vaccinated or not. If you have been fully vaccinated, NYS states that you no longer have to quarantine if you come into contact with someone who is sick. Obviously if you are vaccinated and start displaying symptoms, NYS expects you to do a quarantine. Mask policies and physical distancing rules are still in effect. All of these guidelines can be found on the Community Guidelines page on [ny.gov](https://www.ny.gov).

NYMC has already indicated that their rules will operate independent of the rules put forth by New York State. The updated rules that are currently in place since March 23, 2021 look different than the ones put forth by the state we go to school in. Students are required to inform the school when they travel outside of the contiguous states and must complete a 10-day quarantine and get tested until they are cleared by Health Services. This is expected to occur even when a student has been vaccinated. If a vaccinated student has come into contact with COVID-19 and it is between 2 weeks post vaccination and 3 months post vaccination, the student does not need to quarantine unless symptomatic. The vaccinated student who meets that criteria will still have to keep a symptom log and obtain a negative COVID-19 test if exposed. The mask policies and physical distancing policies have remained the same. These NYMC guidelines can be found under COVID-19 policies on the NYMC website.

Many people were baffled by these rules. Why would we have to follow strict guidelines on the NYMC campus if the NYS guidelines are giving us more freedom? The answer to this lies in the fact that NYMC is looking out for the best interest of its students, faculty, staff and community. Our eagerness to return to life before the pandemic cannot overshadow the steps that must still be taken to ensure the safety of everyone. As students who have relied on our school to keep us safe it is our responsibility to continue to follow the guidelines set forth by NYMC, and as future medical professionals it is our duty to keep the health and safety of those around us as our top priority. If coming back from a restricted state poses a danger to the school, we must quarantine until we are no longer a danger. If we come into contact with a person with COVID-19 after 3 months of being vaccinated, we must quarantine. These are the rules that our institution has put into place and we must follow them for the protection of everyone, even if they seem excessive. As the situation progresses and NYMC is able to find evidence that can influence the changing of these policies, there will be alterations. The hope is that if we comply with the rules, we can continue to play a part in ending this pandemic and ensure that we can once again return to our normal life activities without fear of contracting the virus or passing it along to others. Stay safe everyone!

Finding Socially Distanced Spring Activities is a Walk in the Park

By Nancy Wei, MS3

Cherry Blossoms at Brooklyn Botanical Garden

It is officially cherry blossom season, and many of the trees are in full bloom at the Brooklyn Botanical Garden. Check out all of the varieties of cherry blossom and get that perfect Instagram shot under the flowers. The garden webpage also has a “Cherry watch” tracker you can use to check if the trees are blooming before you go: <https://www.bbg.org/collections/cherries>. Be sure to check the park’s hours as advanced tickets are required, and the park is closed on Mondays!

Museum Hopping

Many museums in the NY area have started reopening with newly instated health & safety guidelines. Most require an advanced booking online with a timed ticket, so be sure to check out each museum’s website for more information! Here are a few on my list

- Dia:Beacon – About an hour drive north of campus, this spot is a quintessential NYMC student visit. If you like large-scale installations and contemporary art, Dia is for you.
- Brooklyn Museum – Recently received the new KAWS: WHAT PARTY exhibition that I’ve been eyeing. Definitely worth a visit if Hypebeast art is your jam.
- Whitney Museum of American Art – Pro tip: the museum is “pay what you wish” on Thursdays from 1:30-6:00pm (booking required). Ample Hills Creamery is also only a block away, so grab a scoop before you head over!

Picnic in Central Park

Grab a blanket and claim a spot in Central Park with friends! The weather has been perfect for a picnic lately, and even though it seems like half the city and their dogs are in Central Park, it is still quite easy to find a place where you can distance safely. Bring some cheese and crackers, drinks, and a card game, and you’re set for the afternoon. If proximity to a bathroom is important to you, stick close to the edge of the park by Columbus Circle!

Bring your dog to (or dog-watch at) Playland Beach in Rye

When Playland Beach is closed to humans for the winter, the dogs take over! There are always dogs running around and swimming, and what is a better way to switch up the scenery for your little pup than to take them to the beach? Bring a ball or frisbee and I guarantee you’ll be the most popular “hooman” on the boardwalk. Dogs are allowed until the beach re-opens for the summer season on April 28th.

Pizza Road Trip to New Haven

For years, I heard the legends about New Haven’s pizza, or apizza as they call it, and always wondered if it lived up to the hype. Honestly, New York pizza will always have my heart but New Haven pizza was definitely worth the ~1 hour trip. We hit up Sally’s Apizza and the original Frank Pepe’s (Sally’s was better IMO), but I’ve also heard great things about Modern Apizza down the road. Grab a box and sit down at the park a block away to enjoy your pie. One bite, everyone knows the rules.

Applying to Residency: the Basics

By Alexa Cohen, MS4

Applying to residency is a super exciting and time consuming process. Just like medicine, there are lots of confusing terms – but don't worry! While I am by no means an expert, see below for my understanding of some of the confusing vocabulary.

ERAS: stands for “Electronic Residency Application Service.” Pronounced “air-us.” The large majority of specialties have applicants use this website to complete their application and send their application to programs. Specialties like Urology and Ophthalmology use different application services.

NRMP: stands for “National Resident Matching Program.” This is the organization who runs the match.

Prelim: some specialties, like Neurology and Diagnostic Radiology, require residents to complete a year in another specialty (usually IM or Gen Surg) before starting training in their field. You apply for these positions just like you apply for the rest of the years of your residency. Take these interviews as seriously as you take all of your other interviews! They are just as important!

Advanced: the years that you complete after your prelim year and are in your specialty of choice.

Categorical: residency programs that offer all required years of training. Categorical programs include programs that do not require prelim years – like Internal Medicine and General Surgery – and programs that offer your prelim year + your advanced years. If you apply to a specialty that requires a prelim, matching categorical means that you matched for all years of your training, including your preliminary year.

Rank List: after you complete all of your interviews, you will then submit an ordered list of the programs you wish to train at from most to least desirable. Programs also submit their own rank list of candidates they interviewed. The matching algorithm then works through these lists to match candidates at the highest possible program on their list. There are REALLY GOOD videos of the algorithm (for people applying alone and for those couples matching) on the NRMP website, it's too complicated to type out. But trust me: watch the video and it will make sense. The most important thing to know is that the algorithm is “applicant proposing” – meaning that it works in your best interest to rank programs in the order in which YOU like them, not in the order in which you think they like you.

Program Director or “PD”: the physician who is in charge of your residency at that specific training institution. You will most likely interview with the PD at each of your interviews.

Program Coordinator or “PC”: the individual who completes all of the administrative tasks for a residency program. They help with scheduling interviews, second looks, etc. You will be talking to the PC a lot throughout the interview season!

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