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The Synapse

Students

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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
January 2022, Issue 34

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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Upcoming Senate Initiatives and Updates:

- **All students have access to the Wall Street Journal** thanks to the Sidney Frank Foundation, and can sign up for their account via <https://partner.wsj.com/partner/newyorkmedicalcollege>
- **The second distribution day for NYMC Patagonias** will be on **January 31st, from 5-8PM at the Sunshine Cottage** Administrative Building; those whose patagonias are on back-order have been notified and we will follow up with you.
- **The next monthly Senate meeting** will be held on **Wednesday, February 16th, at 5PM.**
- **Best of luck to the M4s for Match Day** on **March 18th**; we're all rooting for you!
- **NYMedTalks 2022** will be taking place on **Wednesday, March 30th**. Look out for upcoming announcements on theme, guest speakers, and more!

Event Highlight: 2021 APAMSA Regional Conference

By Lillian Xie

The Asian Pacific American Medical Student Association (APAMSA) is a national student organization that aims to address topics that are important to Asian American, Native Hawaiian, Pacific Islander (AANHPI) medical students and to unite those interested in issues pertaining to AANHPI health. Last winter, I became more involved in this club in the aftermath of racially fueled violence targeting Asian Americans across the country. Through the rest of the spring and into the summer, I grappled with ways to support the AANHPI community and to advocate for restorative justice in response to the escalating xenophobia. As a Regional Director for the New York/New Jersey area, I was humbled to work with a motivated and passionate team of medical students from schools along the East Coast in order to plan a memorable and thought-provoking conference with the theme of "Leveraging Momentum: Confronting Racism, COVID, and Health Disparities."

On October 9th, hundreds of pre-medical and medical students gathered virtually to attend the 2021 APAMSA Regional Conference. We invited a diverse range of distinguished speakers to facilitate discussions acknowledging the impact of the previous year on the mental health of the AANHPI community. Attendees had the option of participating in several breakout sessions and panels throughout the day, including a community advocacy panel with representatives from Q Wave and Womankind as well as residency program director panels for both primary care and specialties. It was incredibly rewarding to support and empower medical students after months of meticulous planning. Our digital day of events ended with three in-person social mixers located in NYC, Washington D.C. and Boston, where local chapters gathered to talk and mingle off camera.

I was very grateful to be heavily involved with the logistics, planning, and speaker recruitment process, since the conference was well-received by speakers and students alike. Each session was carefully arranged to approach our theme from a new lens, so that students felt equipped to bring lessons back to their home chapters and spearhead change at their home institution. We ultimately sought to illuminate health disparities, encourage discourse, and most importantly, provide enrichment by uniting our community against bigotry. As future medical professionals, it is incredibly important to actively

Starting Clinical Rotations

By Jaspal Singh

As we progress through our medical school journey, we all come to a point when we transition from our classroom preclinical years to a more hospital based in patient service. Third year is a unique period for all of us, as we begin to see the responsibilities of being a doctor and figure out our role within the health care team. This may seem like a daunting task at first, but you will see that the skills you need to succeed will come quickly once you are on the floor. Each rotation will offer its own set of challenges, but getting through these will get you one step closer to being intern level. Here are some helpful tips to think about when starting your clinical rotations to help you learn and succeed.

1. **Enter each rotation with a mindset of learning** - as the year progresses and you begin to narrow in on which speciality you want to apply into, it's important to maintain an enthusiastic attitude as you enter each rotation. Even if you are in a rotation that you currently are not considering, you may surprise yourself and find a specialty that really speaks to you. If not, it still may offer you the only opportunity to see a specific speciality, and the knowledge you gain may actually have applications in whatever field you are interested in. Staying engaged will also help you stay interested and look forward to going in each day.
2. **Introduce yourself to everyone** - if you are able to make good rapport with those on your floor, you'll have a much easier time navigating the unit and finding someone to ask for help when you are uncertain. Even though you'll only be at each site for at most 6 weeks, introducing yourself to those you work with can lead you to meeting new friends, colleagues, and mentors. It will also make for smoother work flow and help you integrate better into the health care team.
3. **Don't be afraid to ask for help** – it's okay if you don't know how to do something, just ask for help! Sometimes the residents you are with will assume you know more than you do, and that's ok! They work with many students though out the year and everyone has a different comfort and experience level. Just remember that they were recently in your shoes and most likely understand how confusing things can be the first time around.
4. **Get comfortable taking H+Ps** - one of the main skills you will be working on during your clinical years at NYMC is taking an appropriate H+P. Getting comfortable and having a general plan on what you need to ask and do for each H+P will help you develop an effective and systematic approach. As you get more comfortable, try to work on improving differentials and plans for your patients. Even if your approach isn't correct, it will start helping you develop the appropriate thought process to reach the right diagnosis in the future.

Remember third year is supposed to be both a fun and academically rewarding experience. Try to learn as much as you can, but also keep yourself interested and engaged in what you are doing. The skills that you gain throughout your clinical rotations will act as the foundation for your future learnings, so make sure to set yourself up with a solid base!

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4 Ways to Spice Up Your Winter: From NYC to Upstate NY

By Doria Weiss

Returning to campus after winter break can seem daunting, especially having to dive right back into studying after two weeks of well-deserved relaxation. The cold temperatures may even make you not want to leave your room. However, it is important to not forget to take advantage of NYMC's convenient location and the endless winter activities in the area.

Here are four ways that you can venture out, try something new, and explore what New York has to offer:

1. Find a New Study Spot in NYC: New York City has a plethora of unique spots to study for a few hours and grab a coffee. If you're in the mood to be engrossed by beautiful architecture, you can go the traditional route and head to the New York Public Library. Alternatively, you can find a cozy coffee shop like the Black Cat in the Lower East Side or The Book Club in East Village. Don't forget to stop to grab a coffee and a warm chocolate chip cookie at Culture Espresso by Bryant Park on your way in from Grand Central.

2. Take a stroll through Winter Village in Bryant Park: The Winter Village at Bryant Park is a must see with one of the largest holiday markets in New York. You can shop for hand-crafted goods, drink hot chocolate, or go ice-skating in the rink for free. As of this week, Bumper Cars on Ice will be back until the end of February. You can also hang out inside warm igloos or go ice-less curling. Go at the right time and you can catch a skating performance by the Ice Theater of New York (schedule found [here](#)).

3. Hit the Upstate New York Slopes: If you really want to take advantage of NYMC's Westchester location, grab a group of friends and head two hours north to Windham or Hunter Mountain to hit the slopes. Both mountains cater to skiers and riders of all ability levels. This is the perfect day adventure to take a study break and enjoy the outdoors after the next exam.

4. Downtown White Plains Restaurant Month: Until the end of January, downtown restaurants are featuring diverse menu options for lunch and/or dinner starting at \$20 (lunch) and \$30 (dinner) for a pre-fixe meal. A list of participating restaurants can be found [here](#).

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Peer 2 Peer "Professionals of NYMC" Awards

The Peer 2 Peer (P2P) Committee is excited to announce the latest winners of the "Professionals of NYMC" award. This fall, students were eager to recognize their peers for their contributions to the community - we received many nominations from members of all class years! We want to take this opportunity to thank everyone who was nominated for working hard to make the NYMC community an even better place, and uplifting their peers while doing so. The winners of the Fall 2021 Professionals of NYMC Award are:

Class of 2022: Carly Carlin

Carly is someone who has enriched my overall experience at New York Medical College. Carly has been an extremely supportive peer and friend. Serving her community has been important to Carly her whole life, and she has always been active in community service. Unsurprisingly, Carly has been involved in service and leadership in the NYMC community since she got here. Carly is the most dedicated future psychiatrist and lets her passion for psychiatry and art penetrate all aspects of her life. She truly inspires peers. She has been an active member in numerous organizations on campus. Notably, Carly combined her passion for dance and psychiatry in two creative and impactful ways. Carly organized a movement and healing workshop for students called "Dance for Parkinson's Disease" to teach students the value of allowing patients to express themselves through movement. This workshop was extremely inspiring and valuable to my training as a medical student. Further, Carly organized dance classes for adolescents at the Behavioral Health Center to provide them with an outlet during a very challenging time in their lives. Carly is an example of someone who is here to learn and to passionately serve her patients. She is a true example of a Professional of NYMC.



Class of 2023: Huma Ashai



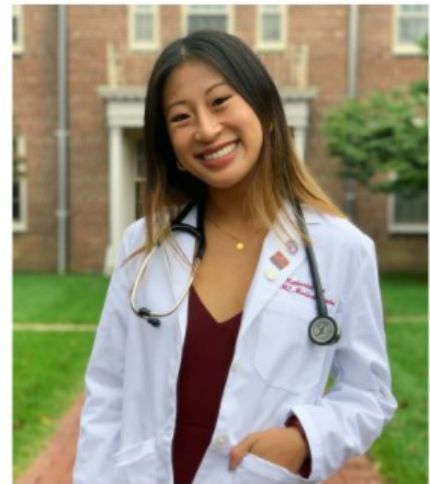
Huma is a peer who embodies professionalism, inspires her peers, and creates a better training environment for everyone. I was fortunate to be with Huma on a clinical rotation. From the beginning, I could tell Huma is passionate about training to be the best possible future physician she can be. Huma is not only here to learn, but she actively works to optimize learning for all her peers and residents. She is committed to inspiring the future of medicine. During our rotation we noticed that certain practices may have been outdated based on current professional and evidence-based medicine standards. Huma and I were able to hold each other accountable to these higher standards. Not only was Huma professional, hard working, and committed to learning during the rotation, she was constantly checking in on fellow students and residents to see how they were doing. There was a particular day when one team member was not having their best day on the rotation. Huma's passion for psychiatry and for improving the training environment for everyone truly came through.

She politely engaged with an attending about evidence-based teaching methods; because of her professional approach to the situation, the attending enthusiastically engaged in her conversation. The mood immediately shifted and the team member's skills subsequently improved. Everyone was having a better time and the patient was objectively getting better care by the team. Huma truly made a substantial positive change for student/resident training and patient care that day. By holding everyone to higher standards she makes us all better clinicians. Huma truly embodies the meaning of a professional at New York Medical College.

Class of 2024: Katie Lo

Katie works tirelessly for her friends, classmates, and the NYMC community to improve our medical school experience. She cares deeply about the mental health and wellness of her peers, as evidenced by her commitment to organize social events such as the Drive-In Movie Night earlier in the year, and through her involvement with the Resiliency Curriculum. She has a keen interest in making meaningful change in medical education / health care to be more anti-racist as a part of TELP and supporting the Westchester Health Equity Task Force. Furthermore, as Treasurer of Student Senate, she went above and beyond in organizing the Annual Club Fair this semester and continues to support clubs and groups on campus through funding and reimbursement. She goes out of her way to help others and works extremely hard to make this campus a better, more fun, more intellectually and socially stimulating place to live and study.

So much of the work she does behind the scenes goes unnoticed and she should definitely be recognized! All this aside, Katie is such a friendly, personable individual whose thoughtfulness and compassion make her a true "Professional of NYMC"!



Class of 2025: Zak Valley



"This person goes out of his way to help students understand anatomy concepts, makes Anki decks for the class, and throws his own practical review sessions which are very helpful. "

"Zak has spent countless hours helping his classmates learn the material. He has hosted numerous review sessions in the lab, staying until every question of his classmates has been answered."

"He tirelessly works to dissect in the anatomy lab. He has the patience to lead other students through his dissections as many times as necessary to ensure understanding, while also answering questions before our tests. He is of the best teachers I've ever had."

P2P would also like to recognize the following students who were nominated for the award:

Class of 2022: Samantha Bruno, Menachem Greenberg, Jordana Herblum, Rebecca Nguyen, Camila Ramirez, Duncan Robertson, Carly Roe, Amanda Torres

Class of 2023: Javier Diaz de Collante, Keerthana Jayaseelan, Victoria Levy, Monica Naparst, Bridget Nolan, Ali Schulz

Class of 2024: David Bitterman, Joseph Conti, Viven Ikwuazom, Namhee Kim, Aiden Lui, Matea Mezic, Maziyah Ogarro,, Nisha Palla, Sara Rubino, Tim Sullivan, Rachel Thommen, Hugh Thompson, Lillian Xie, Katie Yang, Theresa Yeo

Class of 2025: Liam Cotter, Harry Haran, Tim Klufas, Nathan Schanzer, Sajana Sivagnanam

Congratulations to all of the winners and nominees; thank you for all that you do to enrich our community! Additionally, thank you to those who took the time to nominate and recognize the outstanding efforts of your peers.

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