



Charles Drew: Your Pre-Med Lifeline

**Charles Drew
Pre-Medical Society**

Fall 2010
Volume 4, Issue 1

A Letter from Our Co-Presidents, Princess Francois, CC'11 and Brian Lewis, CC'11

Dear Charles Drew Members,

We hope that you have enjoyed all of our events, study breaks, information sessions, and general body meetings. This semester we brought you the MD/PhD Information session, the Medical School Admissions Seminar, the Summer Opportunities Information Session and Research Symposium, our annual MCAT Auction, and much more. Congratulations again to Jina Lim, CC'13 for winning!

No organization can be successful without support from its members and we look forward to getting to know all of you more personally at all of our exciting events next spring. We cannot show enough appreciation for your help in making this semester so wonderful! We also thank our dedicated and hard-working executive board and committee members without which we would accomplish very little. They are at the heart of helping us bring to you the tools, advice, and motivation you need to succeed in your endeavors to enter the medical field.

As the semester has come to a close, we would like to wish you a great winter

break and hope you will enjoy some much deserved rest. Good luck to anyone who is currently applying to medical school, attending interviews, or preparing to take the MCAT.

We have more exciting events and trips planned for you next year that are tailored to your interests as a pre-medical student at Columbia and Barnard. We recognize your desire for more study breaks, group trips to pre-medical conferences and medical schools, and diverse panels. If you have any suggestions for events that you would like to see take place, feel free to email us and we will work to make that event a reality.

Take some time for self care and stay motivated! See you next semester!

Sincerely,
Princess Francois, CC'11
Brian Lewis, CC'11
Co-Presidents of Charles Drew



Princess Francois
Co-President



Brian Lewis
Co-President



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Previous Events Include:

- Bringing Medical School Admissions to You
- MD-PhD: Putting that Research to Good Use
- Prescription and Policy: When Medicine and Politics Collide
- Finding Your Niche: A Panel on Medical Specialties
- AAMC Conference in Washington, D.C.

Fall 2010 Semester Highlights

During the past semester, the Charles Drew Pre-Med Society has had many exciting events, providing pre-medical students on campus with helpful information about topics such as the medical school application

process, medical specialties and health care. We have also continued initiatives to help pre-meds like you through our established Pre-Medical Undergrad Mentoring Program and our High School Pipeline Program.

Furthermore, we have taken steps to help the community since our ultimate goal as pre-meds is to serve the people. The following articles are summaries of the special events held this semester.

The Beginnings!

NSOP Pre-Health Fair, Activities Fair, and Introductory General Body Meeting

By Connie Qiu SEAS'11

The new year started off with the NSOP Pre-Health Fair to share information about our society with new first year pre-medical students. Large crowds of students stopped by our table to learn about our mentoring programs and upcoming events for the semester. We continued to

draw interested pre-meds at the Activities Fair a few weeks later out on Low Steps. We officially began our weekly events at the Introductory General Body Meeting where prospective members heard about everything that Charles Drew has to offer from our executive board members

while enjoying each other's company and sharing pizza. The numbers of interested members has increased drastically over the past few years and we hope that it will continue to grow to support the Columbia University pre-med student body.



Hitting the Ground Running: What You Need to Know as a Columbia Pre-Med (Thursday, September 16, 2010)

By Antoinette Allen, CC'12

A rainy Thursday night at the beginning of the semester does not seem like an ideal time for a meeting, especially for a topic as potentially depressing as your pre-medical studies. Despite that, several pre-medical students braved the elements to attend Charles Drew's first meeting of the year, "Hitting the Ground Running". Here, Megan Rigney, the pre-med advisor for CC and SEAS answered any

and all questions truthfully and to the best of her ability. As the rain washed away the early autumn heat, Megan Rigney's talk washed away common misconceptions and fears about being pre-med at Columbia University. The crowd that night ranged from first years to upperclassmen and Post-Baccs all looking for guidance, reassurance and sometimes, cold, hard fact. That was indeed delivered as

well as a message about an open door policy at the Center for Student Advising for students challenged by the difficulties of the pre-med curriculum and searching for a sense of camaraderie. As the night ended, Megan Rigney instilled confidence in all who attended and as I headed back out into the rainy night, I too felt renewed and confident in my ability to achieve my medical school goals.



Spotlight on Sickle Cell Anemia with STRIVE (Thursday, September 23, 2010) *By Princess Francois, CC'11*

On September 23rd, ChiChi Okunji, CC'12 and Joy Achuonjei, CC'11 joined Charles Drew to talk about sickle cell anemia, a disease prevalent in the minority communities. As program coordinators of the campus organization STRIVE, they enlightened us on how this disease affects individuals as well as the community at large. They also provided information about how we, as students, can have a huge impact on fighting this disease.

By working with STRIVE, students become part of an organization dedicated to providing children with the skills, knowledge, and peer support they need to manage their condition effectively and realize their potential. If anyone is interested in joining this organization, email Joy Achuonjei jna2109@columbia.edu or Michelle Diop msd2147@columbia.edu



Bringing Medical School Admissions to You! (Thursday, September 30, 2010) *By Nathalie Lissain, BC'12*

On September 30, 2010, Charles Drew Pre-Medical Society welcomed Dr. Carlyle Miller and Dr. Hilda Hutcherson, Dean for Minority and Recruitment Affairs at Weill Cornell Medical College and Dean for Diversity at (correct title?) at Columbia University College of Physicians and Surgeons, respectively. Dr. Miller and Dr. Hutcherson shared with students the secrets of getting into medical school and also how to make your application stand out. After all, we are competing against thousand of other students across the country! Medical colleges and universities around the United States are taking a more holistic approach when accepting students into their institutions. It is really about the whole picture, not just a student's 4.0! When applying to medical school take the time to ask yourself what you have done over the course of four years in college and the experiences that have really shaped you and prepared you to become a future physician.

When a Medical School Admissions Committee reviews your application, they want to see you without actually seeing

you. When submitting a picture with your application, be sure to submit one that is an appropriate reflection of the doctor you wish to be-- not the student you are on the weekend. Facebook photos should be saved for Facebook! Admissions Committees will then look at your grades to make sure you are academically capable of handling the rigors of medical school. You do not need all A's to get into medical school, but having as many as possible on your transcript definitely won't hurt. In terms of extracurricular activities, Admissions Committees want to see who you are outside of the classroom. A few questions they may ask are: Can this student balance his/ her studies with extracurricular activities? Does this person care about others, and if so, how is that demonstrated throughout undergrad? Lastly, be you! The true you will come out during the interview so be honest about your strengths, weaknesses, and passions in your application. Do not participate in activities to fill up space on your resume. Its quality not quantity that matters.



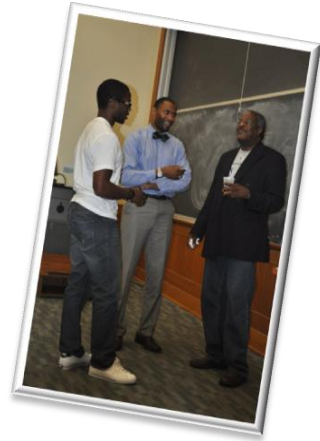
MD-PhD: Putting that Research to Good Use (Thursday, October 7, 2010) By Brian Lewis, C'11

For some pre-meds, research is just another step along the way on the road to medical school. Yet for others, it is one of the most exciting experiences encountered on this journey. Many applicants find themselves debating between whether to pursue a career in medicine or to continue with your research, but in fact, an MD/PhD can allow students to combine their passions instead of having to choose between the two. This semester, Charles Drew was able

to hold an amazing MD/PhD event in which students gained a much more fundamental idea of what it means to gain a MD/PhD and its overall significance.

Guest Speakers included the Associate Dean of Student Affairs and Equal Opportunity Programs at the Weill Medical College of Cornell University, Dr. Carlyle Miller, and Dennis Spencer, a candidate of the Tri-Institutional MD-PhD Program at Weill Medical College of Cornell

University and a member of Student National Medical Association. This event was extremely informative, and we are sure that all of the attendees left with a better understanding of the MD/PhD, which schools offer these programs, and what the process is to obtain the combined degree. We thank everyone who attended with special thanks to Dr. Carlyle Miller and Dennis Spencer.



Prescription and Policy: When Politics and Medicine Collide (Thursday, October 14, 2010) By Kwanza Price, Post-Bacc'11

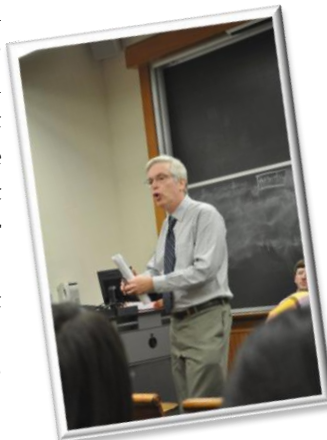
For those of you who want to be more informed about changing US healthcare law but are intimidated by the more than 900 pages of the *Patient Protection and Affordable Care Act of 2010*, you missed a great opportunity! Michael S. Sparer, Department Chair of Health Policy & Management and Professor at the Mailman School of Public Health, broke down the lingo of the bill and shared his perspective about how Obama was able to successfully pass this historic legislation. We also welcomed other esteemed guests for the panel: Barbara A. Lowe,

MS, RN, and CNO at Winthrop Hospital in Brooklyn, Kristof Stremikis, MPP and Senior Research Associate at the Commonwealth Fund, as well as Oliver Fein, MD, a practicing general internist and Professor of Health and Associate Dean at Weill Medical College. Each panel member shared diverse perspectives about healthcare in the US, what issues the bill addresses and does not, and their thoughts about what the future may hold. In return, students asked the panelists questions ranging from what the healthcare

environment will look like when they become doctors, what the role of nurses in medicine will be, and how computers might help increase efficiency. We sincerely thank each panelist and student guests for participating in this event and for coming out on a rainy night after 8!

To find out more about the Patient Protection and Affordable Care Act of 2010, visit

<http://www.healthcare.gov/law/about/index.html>



Kaplan Events: MCAT Preview Class, MCAT Auction, and Chillout (October-December 2010)

By Brian Lewis, CC'11

This semester, Kaplan continued to partner with Charles Drew to bring great events to our members. First, we had the MCAT Preview class in which a Kaplan representative discussed with students some facts about the exam, some problem solving tips and gave students an overall taste of what the actual course would be like. Following that, we had our second annual MCAT auction to give students an opportunity to bid and win a Kaplan MCAT course for a much lower price. We are happy to announce that the winner of

this past auction was Jina Lim, who won the course for \$1390, just a little over half the regular price. Keep your eyes open for our next MCAT auction for your chance to take advantage of this great opportunity!

Finally, bringing the semester to a close, Kaplan sponsored a study break for stressed out students to take a rest from their busy schedules right before the looming rounds of final exams and assignments. Members were able to speak to

a representative about course options. Members were also able to mingle with other pre-meds while enjoying sweet treats, snacks and pizza.

In future semesters, we look forward to continuing our partnership with Kaplan to bring more events to the pre-med student body. For example, we would like to host more MCAT auctions, study breaks and panels on different topics related to the medical school admissions process.



Spooktacular Study Break (Monday, October 25, 2010)

By Kimberly Laughman, CC'11

On Monday, October 25th, over-worked Columbia pre-meds and their friends gathered together in 569 Lerner to forget about their midterms and enjoy our Halloween-themed "Spooktacular Study Break." The event was filled with the

Halloween treats we enjoyed as kids like candy corn, chocolates, cookies and cupcakes.. To top off the night, students put those competitive Columbia spirits to good use in Charles Drew's first-ever Pumpkin Carving Contest. Some teams went for the classic

Jack-o-Lantern look while others took a more creative route and carved pumpkins in the likeness of celebrities. All in all, it was a great stress reliever and distraction from the frightening midterms and papers we would eventually have to face.



Finding Your Niche: A Panel on Medical Specialties (Thursday, November 11, 2010)

By Jasmine Alves, CC'13

On Thursday, November 11th we had an event called, "Finding Your Niche: A Panel on Medical Specialties". For this event we had a panel composed of four doctors in different fields. Our panelists were:

1. Dr. Lynne Holden, a specialist in Emergency Medicine
2. Dr. Brenda Aiken, a specialist in Primary Care
3. Dr. Olajide Williams, a specialist in Neurology
4. Dr. Beverley Sheares, a specialist in Pediatric Pulmonary Medicine.

The event was broken up into two parts. During the first hour the panelist shared information on various aspects of their field by responding to questions posed by a moderator. These questions focused on their specialties, the specific education required, and their daily lives in these fields. After the audience had a better understanding of each field, various audience members had an opportunity to pose their

own questions during the Q&A segment. This event allowed for an inside look into the lives of various medical specialists. They made comments on every aspect of specializing from schooling to family dynamics and free time as physicians in these fields. This event was successful because it allowed the audience to learn about different areas of medicine from very inspiring doctors who have once been in our positions.

"Find a mission and have a vision. 5th vital sign is passion"
-Dr. Beverley Sheares



Personalizing Your Medical School Application: Tips for Personal Statements and Interviews (Thursday, November 18, 2010)

By Angelica Lopez, BC'13

Shortly after midterm exams, at a time when many of us tend to doubt our aspirations after being drained by the stressful and seemingly unending string of assignments and exams, we saw the light at the end of the tunnel! Ann-Gel Palermo, Associate Director of Operations of Programs at Mount Sinai School of Medicine provided us with “the keeping it real tips” for making our application and interview stand out among the thousands of applicants each year. In addition, a medical student at Mt. Sinai came and answered our questions based on his experience with the admissions process and medical school. Here are just a few of the many useful tips they gave us:

1. Start brainstorming ideas for your personal statement NOW! What you write today may not necessarily be what you turn in with your application when the time comes, but the more you write about it, the more clear you will be about why you want to be a doctor.
2. Find a current medical student who can help you with your essay. They are much closer to the whole process as they have succeeded in getting in and can help you with making sure that you emphasize parts of your story that will appeal to medical schools.
3. Your interview starts the moment you walk into the building. Make sure you talk to students and faculty while you are in the waiting room to show that you are amiable and interested in the school. Don't start texting or checking your e-mail on your phone...that shows a lack of interest.
4. Be clear, concise, and to the point in your essays. Remember that medical schools read thousands of applications each year and sometimes using more words than you need to can prevent the reader from getting your main points.

Giving Back to the Community: Breast Cancer Walk

By Kimberly Laughman, CC'11

This semester, in addition to the community service projects that Charles Drew members are continually involved in, we held two major service events. First was the Avon Walk for Breast Cancer on October 17th, when Charles Drew members teamed up with the Academic Success Program here at Columbia. At this amazing event, the group raised money for a great cause and also had a lot of fun getting to know each other and enjoying a walk though NYC's Central Park. On a Friday morning in November, the Charles Drew Pre-Med Society volunteered at the soup kitchen at Broadway Presbyterian Church helping feed over a hundred members of the Morningside Heights community. Through these and other events, Charles Drew members have had the opportunity to do positive things for the less fortunate of New York City while also having fun and getting to know one another at the same time.



Fall 2010 Trip: AAMC's Minority Student Medical Career Awareness Conference in Washington, D.C. (Saturday, November 6, 2010)

By Nathalie Lissain, BC'12

On a very early, cold Saturday morning on November 6, 2010, Charles Drew Pre-Medical Society attended the Minority Student Medical Career Awareness Workshops and Recruitment Fair hosted by the Association of American Medical Colleges (AAMC). This was a fantastic and FREE opportunity for students to network with other pre-medical students from across the country and meet admissions counselors and deans of minority recruitment around the United States.

Our morning started off with a very informative presentation from the AAMC on medical school admissions, the application process, and the MCAT. Dr. Adam Aponte, Director of



Tomorrow's Doctors, Tomorrow's Cures®

Diversity Affairs at Hofstra University School of Medicine, ended the morning session with a discussion of the medical school admissions process. There was also a Q & A session where medical school applicants from all over the country asked their most burning questions about admissions and the Medical School curriculum. Dr. Aponte concluded his discussion with helpful advice to undergrad and post baccalaureate pre-medical students:

**Don't be afraid to dream
big, it's free!**

After lunch, students attended the medical school recruitment fair. Pre-medical students had the opportunity to personally meet with admissions representatives from medical schools across the country. Medical school students put on various workshops such as suturing 101 and giving your patients shots. All of these activities were performed on simulations, of course. Afterwards, we had a get together at the apartment of one of our very own alum, Ruqayyah Abdul-Karim, CC'10. This was very a very cozy, informal time for people to mingle as well as listen to some wise words from Ruqayyah. All in all, this event was a fantastic way to spend my Saturday. Look out for Charles Drew's next trip during the Spring 2010 semester to see how you can get involved!



**General Body Meetings and Pre-Med Roundtable Discussions:
Time Management and Relieving Stress; Planning Pre-Med Schedules
(Part of the "Lifting As We Climb" Series)
By ChiChi Mpaumgo, CC'13**

Meet Columbia University and Barnard College's Future Doctors!

Charles Drew Premedical Society:

Ambitious

Goal Oriented

Passionate Leaders



Charles Drew started the year off strong with its first general body meeting on September 19th. We welcomed a large group of both new and returning members. This was the first chance for members to meet the new executive board, mingle, and learn about the new events for the upcoming year. The second general body meeting in our "Lifting as We Climb" series was a round table discussion on time management and stress relief. This forum was a wonderful opportunity for members of the organization to receive tips and tricks for relieving stress and managing time wisely. We all know that as premeds it can be difficult

to get all our class work done and participate in extracurricular and social activities. This was an opportunity to help students learn how to manage such obligations. The third general body meeting was also a round table but this time focused on planning the undergrad premed schedule. For this event, underclassmen members brought their laptops to get concrete advice from upperclassmen on how to plan their pre-med schedules for the next four years.

Here are some much quick tips for managing your time and planning and managing your pre-med schedule:

Quick tips:

- When managing your time, always remember to leave space for sleep and food because nothing is worse than becoming ill when you have a lot of commitments to fulfill.
- It is also very important to know your priorities, make sure your work is done on time but still leave space to have fun and enjoy college.
- When planning your schedule for the upcoming semester or year know what classes you need to complete for the core, your major, and the premed requirements.
- Always plan a schedule that works specifically for you, whether that is early classes as opposed to late classes or having a lighter load when taking a class that you know will be difficult for you.
- Remember that asking for help and seeking advice is vital—never feel that you have no one to go to because Charles Drew is always there to help you.



Making Your Summers Count Symposium: An Information Session on Summer Research & Enrichment Programs And Research Exhibition (Friday, November 19, 2010) By ChiChi Mpaumgo CC'13

Charles Drew held an exciting three-part summer research panel and exhibit. Information was provided to pre-medical students on different summer research opportunities and programs. Members of the Charles Drew E-board and Organizational Committee spoke on about the various summer opportunities they took part in. These included SMDEP (Yale, UMDNJ and Columbia), MEDPREP, SURF and individual research. SMDEP, MEDPREP, and SURF are enrichment programs geared towards minority premed students. The summer opportunities panel was a chance for attendees to hear about the application process, program options, and timeline for applying to various summer opportunities. An engaging question and answer session followed panel presentations. Next, two students gave power point presentations about their amazing summer research

experiences. One student spoke about her experience doing summer research abroad. The second student discussed his clinical research on teaching asthma self care skills to children. Lastly, a student research poster session was held. This provided an opportunity for students and professors to walk around and talk to student presenters about their summer research.. The pre-medical students were able to hear about a wide variety of summer opportunities and they were provided with handouts with a list of places to apply for summer research opportunities. All students who spoke about their summers agreed that they learned and achieved a great deal and would encourage others to find exciting summer opportunities in their fields of interest.

Thank You to the Following Participants!

Summer Opportunities Information Panel:

Princess Francois, CC'11
Brittany Martin, CC'11
ChChi Mpaumgo, CC'13
Isaac Nyarko, CC'13
Connie Qiu, SEAS'11
Chris Travis, CC'11

Research Exhibition—Oral Presentations:

Wendan Li, CC'12
Chris Travis, CC'11

Research Exhibition—Poster Presentations:

Princess Francois, CC'11
Samima Habbsa, BC'12
Narhalie Lissain, BC'12
Calvin Nash, Post-Bacc'11
Ifza Riaz, CC'14
Scarlett Tohme, CC'14
Susan Thomas, CC'12
Kevin Xu, CC'14



Tips for Applying to Summer Opportunities

- Apply Early! Most programs have deadlines between mid-January and the end of March. It is best to get everything completed before winter break so you are not overwhelmed at the beginning of your semester.
- Make sure to apply to several programs. These programs are typically very competitive (15-20 slots) so you do not want to place your hope in just one program. It is best to apply to both research and enrichment programs.
- Applying to summer programs is like applying to college. Most typically ask you to submit the following: an application, a transcript, a personal statement, and letters of recommendation.
- It is a good idea to aim for a summer enrichment programs the summer after your freshman year. This helps you prepare yourself for the following year as well as gain medical exposure and meet pre-meds from around the country to re-motivate yourself to continue the pre-med path. Other summers, you can do research. Besides, most enrichment programs are only opened to freshmen and sophomores while most research programs are opened to juniors and seniors.
- Ask letters of recommendation from people who know you. For a science letter of recommendation, it might be better to get one from a lab instructor/professor (NOT a TA), from a professor of a past summer program or a PI from a lab. Otherwise, get one letter from a science professor you received a good grade for and balance it with a humanities professor who knows you well.
- If you do not get into a summer program it is not the end of the world! You can do other things such as volunteer at a local hospital (as you need to get clinical experience at some point), do community service, or get a job. It does not have to be medically related, just as long you are making use of your summers!

Summer 2011 Opportunities to Check Out!

Are you looking forward to summer yet? Want a meaningful summer experience? If you want to get some clinical exposure or participate in exciting research, check out the following list of opportunities for Summer 2011. Be sure to check individual websites for application deadlines!

Summer Medical and Dental Education Program (SMDEP)

****ALL FRESHMAN AND SOPHOMORES SHOULD APPLY**** Due March 1st Website: <http://www.smdep.org/>

This is a FREE (full tuition, housing, and meals) six-week summer academic enrichment program that offers freshman and sophomore college students intensive and personalized medical and dental school preparation. Program Offerings Include: Academic enrichment in the basic sciences. Career development, Learning-skills seminar, Limited clinical exposure, a financial-planning workshop. The program takes places at several universities each summer, including Yale, Duke, and Columbia.

Northeast Regional Alliance MedPrep Scholars Program *Due Feb. 15

****ALL FRESHMEN SHOULD APPLY*** Website: <http://www.oda-ps.cumc.columbia.edu/nera/application.html>

The MedPrep Program spans for three straight summers. The first summer you will receive academic prep in the basic sciences. Second summer you will gain MCAT preparation and clinical experience and the last summer you will get research experience. Must have at least a 3.0 GPA and a resident of the NYC five boroughs, Westchester of NJ. Throughout the entire program, you will receive individualized educational planning.

Boston University's Summer Undergraduate Research Fellowship (SURF)

In this 10 week program rising juniors and rising seniors who are underrepresented minorities in the sciences are able to conduct full-time research in a Boston University Lab in the sciences, technology, or engineering. Furthermore, one attends weekly seminars on topics related to career preparation and current research as well as weekly informal lunches, enrichment activities, and social events. All students have the opportunity to do an oral PowerPoint presentation and a poster presentation.

<http://www.bu.edu/urop/surf/>

The Diversity Students Summer Research Opportunity Program at the Albert Einstein College of Medicine *Due March 1st

This program offers 8.5 weeks of biomedical research. Those taking a part of it must also participate in two weekly seminars a week. Only current juniors and sophomores are qualified with at least a 3.0 science GPA and one year of biology and chemistry with lab. Benefits include \$3000 fellowship and free campus housing to those who cannot commute.

Website: <http://www.einstein.yu.edu/admissions/page.aspx?ID=9564>

1. **Health Professions Advisory Program website:** <http://hpap.syr.edu/spstate.htm#toc>
2. **Comprehensive List of Summer Undergraduate Research Programs**
<https://www.amherst.edu/academiclife/departments/neuroscience/summerresearch>
3. **Spreadsheet of Summer Undergraduate Opportunities:** <http://spreadsheets.google.com/ccc?key=p92ETnG5q-jCk7QFzkj1pJg>
4. **Columbia University's Pre-professional:** <http://www.studentaffairs.columbia.edu/preprofessional/health/opportunities.php>

High School Pipeline Program Update

By Angelica Lopez, BC'13, HS Pipeline Program Internal Affairs Chair

It is hard to believe that the high school pipeline program is now halfway through its third year of operation. The pipeline program was created with the idea that the sooner potential doctors are recruited and shown the path to medicine, the better their chances of realizing their ambition to become doctors. With this mission in mind, our pipeline program continues to do great things for high school students interested in pursuing careers in medicine.

We kicked-off fall 2010 with our annual *Meet and Greet* at the end of October. Following an application process in which we recruited nearly 20 pairs of mentees and mentors, we invited the parents and siblings of our high school protégés to attend the *Meet and Greet* ceremony held on Columbia's campus. It was great to see families come out with our guest mentees. For many of the family members and high schoolers, it was their first visit to a college campus. They came with many questions --- ranging from how to get accepted to Columbia, what the Pipeline mentor-mentee relationship would be like, and how we could help them.

In order to introduce the students to the basics of college life and admissions, two events were held. First, on Monday November 22, 2010, the College Admissions Workshop was held in which we invited the students to come to campus

and meet admissions deans and financial aid officers who answered all of the student's questions and concerns about the admissions process. Likewise, in order to provide all of the mentees with the student perspectives about college, on December 5, 2010 we hosted a discussion on college life. Mentors were recruited for this event to serve as panelists and provide the mentees with an idea of what life is like for a Columbia pre-med student. The discussion was followed by a campus tour in which included showing the students a real college dorm.

After another successful semester for the program, we would like to thank everyone who has helped in making the program a success. Thank you to all of our college volunteers and mentors for taking time out of their busy schedules to participate in *Pipeline* and help high school participants in the program get one step closer to achieving their goals in both college and a career as a physician. We would also like to acknowledge the hard work of our **Pipeline Planning Committee**: Brittany Martin, CC'11; Randy Subramany, CC'12; Faizunnahar Dewan, BC'13; and Angelica Lopez, BC'13. Lastly, thanks to the Charles Drew executive board, Charles Drew organizational committee members, and university faculty for all of their support received. We look forward to another great semester in the spring!

For more information on becoming a mentor or mentee or about helping with events, please contact cu.pipeline@gmail.com



Pre-Medical Undergraduate Mentoring Program Update

*By Angelica Lopez, BC'13, P.U.M.P. Associate Chair
Kwanza Price, Post-Bacc'11, P.U.M.P. Chair*

This fall, we launched a new online application and evaluation for the Charles Drew Pre-medical Undergraduate Mentor Program (PUMP). The surveygizmo.com application has made the review process quicker and data management less tedious. We also recruited a new program coordinator, Angelica Lopez, a sophomore at Barnard College, to be Associate PUMP Chairperson. Angelica and Kwanza started working together this past summer to plan PUMP activities and design the new application.

With pizza and prizes to the winners of a candy-trivia game, a new cohort of 24 mentor and mentee pairs were welcomed at the *Meet-N-Greet* kick-off in Lerner Broadway Room. In the spirit of community service and nurturing the pipeline, a few PUMPers attended and volunteered at *Mentoring in Medicine's* annual "Yes I Can Be a Healthcare Professional!" conference in Harlem this December. Lastly, the weekend before exams, we topped off the semester with a fun filled movie night hosted by the PUMP chair at her apartment. It was a great opportunity to bond and enjoy the very suspenseful *Inception*.

We are looking forward to bringing even more events next semester to our wonderful mentors and mentees. Currently, we are in the process of planning a second community service event and will bring back the popular "speed networking" roundtable with local medical students. This promises to be an energetic and informative opportunity for our mentors and mentees to get advice and ask questions of the people who we hope to be like!

Personal Quotes

To keep you inspired, we would like to share a few quotes from our PUMP applications this year:

"As I start out my journey at Columbia University, I would like to discover if medicine is truly where my passion lies by seeking advice from an upperclassman who's "been there and done that." As a freshman, I face the daunting task of adjusting to college, deciding which courses to take and how much time I should spend on extracurricular activities. I have many questions but don't know who to ask."

~ PUMP Mentee

"In my opinion, a call to help others is more than an act of generosity---it is a moral responsibility. The payback is a communicable hope that extends not only to the recipient of the help, but also to the giver. I have received a lot of assistance from others and I can confidently say that sometimes the little things matter a lot. In the stressful terrain of pre-medical studies at Columbia University, there are times you just want to hear from someone that "it is going to be fine." I believe the responsibility of upperclassmen is spelled out in this regard. Most of us have heard those encouraging words from concerned others. I see this as an opportunity to give back. My inspiration to be a mentor is to find fulfillment whilst I see others achieve their academic goals. I aim at imbibing the same motivations that have filled the sails in my academic career to my colleague students if granted this unique opportunity."

~PUMP Mentor

For more information on becoming a mentor or mentee or about helping with events, please contact Kwanza Price at kwanzaprice@yahoo.com





House Call: Ask the Doctor

Interview with Dr. Lynne Holden, Physician in Emergency Medicine; Coordinator for Mentoring in Medicine, Inc.;

Residency Site Director of the Jacobi- Montefiore Emergency Medicine Residency Program

Angelica Lopez, BC'13

1. How did you decide you wanted to pursue a career in medicine?

I have wanted to pursue a career in medicine since the age of six years old. I was inspired by a show called Marcus Welby, MD. I was particularly impressed by the idealistic way that Dr. Welby was able to heal the sick. Miraculously, everyone got better no matter what their challenge.

2. How have you identified mentors for yourself in your career?

I have had many mentors in all aspects of my life. I have identified them through a combination of observation, admiration and action. I choose mentors based on the impression they have on others, the meaning and power-reach and impact-of their work and my ability to contribute to their cause.

3. Where did you go to undergrad? What was your major?

I attended Howard University in Washington, DC originally in their accelerated 7 year BS-MD program. After completing the first two years and MCAT exam successfully, I realized that I really did not have fun during college and felt socially dwarfed. After attending all girls' majority Catholic middle and high school outside Philadelphia, Howard presented an interesting different experience—minorities and males. I continued my college education for two more years and explored academic subjects of interest such as history and art in addition to performing research on campus and at NIH.

4. Did you take part in extracurriculars or community service while in college? If so which ones?

During the last two years in college, I participated in quite a few activities. I was very involved with residence hall life, student government, the pre-health club and research. I pledged Alpha Chapter Delta Sigma Theta, Inc. also.

5. What was the biggest challenge or difficulty you faced in college and how did you overcome it?

I felt that the support to premedical students could have been more comprehensive. I studied in groups to eliminate the feeling of isolation. I also utilized my summers to expand my network and experiences. Each summer, I attended a different summer programs(Harvard after freshman year, MedRep at Tulane after sophomore year and The Travelers' Program at Cornell after junior year). The experience and relationships that I developed during those summers were invaluable!

6. What kind of personality would you say is necessary to work successfully as an ER physician?

Being an EM physician takes a unique person who enjoys spontaneity, organized chaos and variety. One also has to master verbal judo, enjoy shift work and have a flexible circadian rhythm.

House Call: Ask the Doctor (Interview with Dr. Holden)

7. Tell me about your career, what residency you did, med school and how you progressed to your current position at Einstein

I attended medical school at Temple University. I chose Temple because it was located in Philadelphia where my family and biggest support system existed. Also, I was very much interested in the challenges of the urban patient population. After third year, I really enjoyed all of my rotations so much that I could not decide on that one area to devote the rest of my career to. Therefore, emergency medicine was a perfect fit!

During medical school, I was very active with SNMA (serving as secretary and president), the Admissions Committee and community service projects.

I completed a fourth year away elective at Jacobi which helped me to “showcase” my clinical ability, willingness to work hard and interest in the field of EM to the administration of what was a very competitive program. I strongly recommend the strategically successful completion of an away rotation to showcase your ability and to allow the program staff to get to know your great potential. I completed my residency at Bronx Municipal Hospital (now the Jacobi-Montefiore Residency Program) serving as a chief resident my final year.

After serving for one year as an EM attending at Kings County during the first year of their residency, I rejoined the Einstein faculty. For nearly sixteen years, I have practiced emergency medicine at Montefiore. During that time, I have been very involved with the medical school and residency program including being a Admissions Committee Co-Chairperson for ten years, teaching Introduction to Clinical Medicine: Physical Diagnosis for 3 years, serving as Emergency Medicine Interest Group Co-Leader for 2 years and Assistant the Associate Residency Director over the course of 10 years. I have served on over twelve medical school and hospital committees.

I have also joined local, regional and national organizations in pre-medical education, medical education, residency education and emergency medicine.

8. Tell me a little about the Mentoring in Medicine Program. How did it come about? What it does and how students like us can benefit from it or become involved with it?

Mentoring in Medicine was started to increase the diversity of the health care workforce. The goal was to provide a continuous resource for students interested in the health professions beginning in elementary school throughout their growth to becoming a health professional. In my work with the medical school, I began to see a formula to be a strategic applicant which many minority and disadvantaged students did not follow. The Mentoring in Medicine Team has recruited experts to design and implement programs to help make students strategic applicants to health professional school. Additionally, we are developing programs to support accepted students through to graduation. Our programs focus on academic enrichment, leadership development, community service, clinical exposure and mentoring of health professionals.

Students can become involved by visiting our website at www.mentoringinmedicine.org and also by joining our NING social networking site at <http://medicalmentor.ning.com/> to find out about upcoming events and programs.

9. How do you balance being a mother, a physician, and the CEO of a non-profit (Mentoring in Medicine)?

The three keys to balancing a full plate are (1) being passionate my work (2) managing my time well and (3) having a dependable support system.

Meet New Advisory Board Members for 2010-2011 School Year

Meet newly added advisory board members for the 2010-2011 year. We are very excited to have these individuals supervise the events that we have planned for the year as well as offer advice and share experiences with members of the Charles Drew Pre-Medical Society. We hope to have a very successful year due in large part to the time put in by the advisory board in efforts to further the impact that the Charles Drew Society has both on and off campus. The advisory board members are inspirational individuals, motivating us to work hard and strive towards our goals of becoming medical professionals.

Oliver Fein, M.D.



Dr. Fein is a practicing general internist with experience in health policy and a commitment to access to care for vulnerable populations, health system reform and global health education. He is currently **Professor of Clinical Medicine and Public Health and Associate Dean at the Weill Cornell Medical College** in New York City. As Associate Dean, he is responsible for Weill Cornell's domestic affiliations and the Office of Global Health Education. He also coordinates the David Rodgers Health Policy Colloquium, a weekly interdisciplinary health policy forum at Weill Cornell. He is President of Physicians for a National Health Program, Chair of the New York Metro Chapter of PNHP, and past Vice President of the US American Public Health Association (APHA).

Barbara A. Lowe, M.S., R.N.



Barbara A. Lowe is **CNO at Winthrop Hospital in Brooklyn, NY**. Ms. Lowe has had an enormous and influential impact on the health status of women, youth, and families through her work as a public health advocate, program manager, nurse, project developer, educator, community organizer and policy analyst. Ms. Lowe worked in the Dinkins Administration and held the position of Deputy Director for the Mayor's Office on Health Policy. Ms. Lowe's research includes conducting qualitative research on parent leadership in education, barriers to services for Chinese Americans with disabilities, Medicaid Managed Care, and geriatric service needs. For five consecutive years, Ms. Lowe has educated nurse leaders who are participants in the NYU Leadership Institute for Black Nurses. Additionally, she has lectured in Health Care Reform since 2009.

Olajide Williams, M.D., MPH



Dr Olajide Williams received his medical degree from the University of Lagos, Nigeria. He completed his neurology residency and fellowship programs at the Neurological Institute of New York, Columbia University Medical Center, and received a Masters degree from Columbia University Mailman School of Public Health. He is an Associate Professor of Clinical Neurology at Columbia University, and Associate Director of Neurology at Harlem Hospital Center where he oversees the Stroke Center. Dr Williams is the Principal Investigator of Hip Hop Stroke, an innovative context-relevant school-based stroke education program. He became a fellow of the Glenda Garvey Teaching academy in 2009 for his outstanding teaching contributions to Columbia University. Dr. Williams currently practices neurology at Harlem Hospital Center and New York Presbyterian Hospital.

Beverley Sheares, M.D., M.S.



Dr. Sheares received her MD from the University of North Carolina at Chapel Hill in 1986. Years later in 2001, she received an MS from Columbia University's Mailman School of Public Health. Dr. Sheares has had a long standing interest in general pediatric pulmonary medicine, especially childhood asthma, and health disparities. She recently completed a 5 year NIH funded study of the Efficacy of Written Treatment Plans in Asthma. She is the PI of a new sleep disparities studies in urban, minority school-aged children. Additionally, she serves as a co-investigator in the Columbia Center for Children's Environmental Health studying the impact of environmental exposures on the development of asthma and allergies in children. She has an active clinical practice at Harlem Hospital Center and is an Associate Professor of Clinical Pediatrics.

New Advisory Board Members for 2010-2011 School Year

Michael Sparer, J.D., PhD.



Dr. Michael Sparer is the **Department Chair of Health Policy and Management at the Mailman School of Public Health at Columbia University**. Dr. Sparer studies and writes about the politics of healthcare. Much of his work focuses on the politics of public insurance programs, including Medicaid and Medicare, and ways in which inter-governmental relations influence health policy. He is the author of Medicaid and the Limits of State Health Reform, as well as numerous articles and book chapters. Dr. Sparer also developed and taught a web-based class entitled "The Politics of Health Care", a six-part e-seminar produced by Columbia Interactive. Previously, Dr. Sparer spent seven years as a litigator for the NYC Law Department where he specialized in inter-governmental social welfare litigation.

Kristof Stemikis, MPP



Kristof Stremikis is **Senior Research Associate for Commonwealth Fund** President Karen Davis. Previously, he was a graduate student researcher in the School of Public Health at the University of California, Berkeley where he evaluated various state, federal, and global health initiatives while providing economic and statistical support to faculty and postdoctoral fellows. He has also served as consultant in the Director's Office of the California Department of Healthcare Services, working on recommendations for a pay-for-performance system in the Medi-Cal program. Mr. Stemikis holds undergraduate degrees in economics, political science, and history from the University of Wisconsin at Madison. He received a master of public policy degree from the University of California, Berkeley and is currently enrolled in the health policy and management program at Columbia University.

Ann-Gel S. Palermo, MPH



Ms. Palermo, born in Spain to Puerto Rican parents, grew up in Europe and upstate New York because of her father's involvement in the U.S. Air Force. Part of the first generation in her family to attend college and graduate school, she earned a Masters of Public Health degree (majoring in Health Policy) in 1999 from the University of Michigan. Since graduating, she has been chairperson of the Harlem Community Academic Partnership (HCAP), a group comprised of community and academic organizations determined to pinpoint social determinants of health and implement community-based interventions in Harlem. She is currently the Associate Director of Operations for the Center for Multicultural and Community Affairs at The Mount Sinai School of Medicine where she is responsible to establish connections between the medical school and the community it serves. Ms. Palermo also serves as board member of the East Harlem Community Health Committee, Board Chair of the Board of Directors for the Manhattan-Staten Island Area Health Education Center, and is a member of the New York Academy of Medicine Institution Review Board. Currently, she is pursuing her Doctorate of Public Health at the CUNY Graduate Center.

Dennis Spencer, MD-PhD Candidate



Dennis is a fellow in the Weill-Cornell/Rockefeller/Sloan-Kettering Tri-Institutional MD-PhD Program. Originally from Baltimore, Maryland, he obtained a Bachelor of Science degree in Biology from Morehouse College in Atlanta, Georgia. He joined the Laboratory of Bacterial Pathogenesis in the fall of 2007. Dennis' research uses a translational approach to understand the mechanism of Group A Beta-Hemolytic Streptococcal-induced tonsillitis in a collaborative effort with the Department of Otorhinolaryngology (ENT) at NewYork-Presbyterian Hospital. Upon completion of his studies, Dennis plans to complete a residency training program in ENT surgery while maintaining a research interest in pediatric infectious diseases. A member of the National Board of Directors for the Student National Medical Association, Inc., Mr. Spencer is currently SNMA's National Treasurer and CFO.

Charles Drew Documentary

The Charles Drew Premedical Society is interested in completing a **documentary** about the organization and its fascinating alumnae. To do this, we need your help. We need Charles Drew Alumnae to interview for the documentary. Alumnae could talk about their experiences in Charles Drew, later experiences in medical school, and/or life as a physician. We also need money!

This semester, we have been organizing and planning to launch a fundraising campaign for a film documentary about the Charles Drew Pre-medical Society. We hope to launch the online fundraising campaign on www.kickstarter.com over the winter break and filming next spring. Please look out for more information about this exciting and important project to chronicle the Charles Drew organization and the endeavors of minority students who pursue the medical profession.

If you have any ideas about how to acquire funding for the Charles Drew Documentary, please contact Project Leader, Kwanza Price, at kop2101@columbia.edu.

Good Luck!

We would like to wish the best of luck to all of those who are applying to medical school right now. We would also like to give our best wishes to those taking the MCAT this year. You will all do great!



Thanking All of You!

The Charles Drew E-board would like to thank all of you, the members of the general body, for making this year a success. We appreciate anyone who our weekly events, general body meetings, medical school visits, community service events, or who joined our Facebook group. We would like to give a special thank you to anyone who participated this year in our HS Pipeline Program or Pre-Med Undergraduate Mentoring Program. Thank you to everyone who worked with us or just supported and believed in us. Next semester, we promise to hold new, informative, exciting events.

Special Recognition

We would like to recognize our executive board and organizational committee member. We are extremely proud of their endless time, effort and dedication to continue the organization's success. Each and every one of you has accomplished so much this semester! Let's keep up the good work!



Executive Board



Organizational Committee

Revamped Website Coming Soon! Look Out!
<http://www.columbia.edu/cu/charlesdrewsociety/>

Charles Drew Pre-Medical Society
Contact Information:

E-mail Address:
cucharlesdrew@gmail.com

Website address:
<http://www.columbia.edu/cu/charlesdrewsociety/>

Join our Facebook Group!

It will be updated regularly with information about our upcoming events. Go to the link below to join our group or just search Charles Drew Pre-Medical Society on Facebook:

<http://www.new.facebook.com/group.php?gid=2216987581&ref=ts>



History and Mission Statement

The Charles Drew Pre-Medical Society was originally established in 1973 by a small group of minority pre-meds from Columbia College and Barnard College who firmly believed that they had the duty to serve their fellow peers in order to establish a strong network of minority and non-minority pre-medical student population on Columbia's campus. Over these past couple of years, the Charles Drew Pre-Medical Society has been improved and revitalized through the efforts of several hardworking students, helping Charles Drew establish a strong presence on campus. As an executive board, we have taken greater lengths to provide the similar services we give our Columbia students beyond the gates of 116th street through community service, discussion panels, medical school visits, regional conferences, and various levels of mentoring. As an organization, we are dedicated to maintain the high and premier standard of Dr. Charles R. Drew and hopefully apply such standards within ourselves and for our future generations.

Mission Statement: The Charles Drew Pre-Medical Society is an organization that strives to guide, support, and encourage pre-medical students, with a special emphasis on underrepresented minorities, in their various endeavors to become members of the medical field.

2010-2011 Executive Board Members

Princess Francois, CC'11, *Co-President/Newsletter Creator*
Brian Lewis, CC'11, *Co-President*
Patricia Rojas, CC'11, *Senior Advisor*
Chris Travis, CC'11, *Senior Advisor/Publications Editor*
Johanna Miele, CC'12, *Junior Advisor*
Connie Qiu, SEAS'11, *Treasurer*
Christina Ortiz, CC'12, *Secretary*
Melvin Green, CC'11, *Publicity Manager*
ChiChi Mpaumgo, CC'13, *Events Coordinator*
Nathalie Lissain, BC'12, *Barnard Liaison*
Claire Wu, BC'13, *Barnard Liaison*
Jasmine Alves, CC'13, *Underclassmen Liaison*
Jasmin Neal, CC'14, *Underclassmen Liaison*
Kimberly Laughman, CC'11, *Director of Organizational Committee*
Brittany Martin, CC'11, *High School Pipeline Program Co-Chairperson*
Randy Subramany, CC'12, *High School Pipeline Program Co-Chairperson*
Kwanza Price, Post-bacc'11, *Director of P.U.M.P.*
Angelica Lopez, BC'13, *Associate Director of P.U.M.P.*
Natalia Fontecilla, CC'11, *Shadowing Program Coordinator*
Yara Tercero-Parker, CC'14, *Historian*
Darling Jimenez, CC'12, *Webmaster*

