

SPRING NEWSLETTER



Charles Drew Pre-Medical Society: Your Pre-Med Lifeline!

President's Welcome

Dear Charles Drew Members,

I am very excited to serve as newly elected President for the upcoming school year! As a peer, I fully understand the experience of being a pre-medical student and will strive to ensure that Charles Drew continues to provide beneficial events for our community. Overall, I believe that last year was successful for the organization. I was pleased to personally organize our networking event with the student organization BALS0 from Columbia College & Physicians, the Medical Specialties Panel, Columbia Community Outreach, and our huge final event, the Medical School Dean Curriculum Panel. I envision Charles Drew to continue hosting events that will be beneficial to us all in reaching our goal of becoming future physicians.

My two main goals for next school year are (1) to further promote our organization on campus so that we can continue to expand our membership and (2) to strongly encourage our members to provide input so that we can plan events that best suit the needs of our general body. In order to achieve my first goal, as an organization we will strive to actively recruit new members during NSOP week, work on updating our website, ensure that we consistently promote each of our events,



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advertise through Facebook and LionLink, and lastly, spread news of our events by word of mouth. In order to achieve our second goal, I will strive to make sure that all members of our general body are heard. I encourage all members to reach out to either an E-Board member or me with feedback on any of our events or shoot an email to cucharlesdrew@gmail.com at any time with any suggestions. Your input is greatly valued! Additionally, next semester, we plan to hold general body meetings, which will be another great opportunity for providing us with your input as well.

I truly believe that next semester we will achieve even more success as we continue to expand as an organization. I want to say thank you to the Class of 2013 for all of their support and for a smooth E-Board transition. I look forward to working with our new E-Board, OCMs, and general body members and hope to get to know many of you personally over the course of my term as President.

Brianna Olamiju, CC'15

"I truly believe that next semester we will achieve even more success as we continue to expand as an organization."

Volunteering at CCO

By: Kaleel Wainwright CC'16

On April 6, 2012, Charles Drew participated in the biggest volunteering initiative of the year: Columbia Community Outreach. Our day began early in the morning (9 a.m.) in front of Butler, where our group convened before setting out for our volunteer spot, Marcus Garvey Park in Harlem. Once there, we met with the park director who told us about her initiative to get Harlem seniors active by instituting a walking program. We then went on a tour of the park, first walking around the grounds and then climbing to the peak of the central hill, where we conducted a brief tai chi class. After our mini-expedition and exercise, we broke up into teams of 8 and walked around Harlem posting flyers for her program in nearby churches, stores, and restaurants. It was a great way to explore the neighborhood, meet new people, and stay active. Once we finished, we headed back to Low steps, where loud music, free food, and a festive atmosphere greeted us; the perfect conclusion to a great volunteering experience!



The Volunteers!!

“It was a great way to explore the neighborhood, meet new people, and stay active.”

Prepping for the MCAT

By: Ari Berg CC'14

On April 21st, Charles Drew welcomed Dr. Scott Roberts, MD PhD, who spoke about what it takes to get into medical school and how to write a flawless personal statement. Scott Roberts is the founder of Think Education, which provides preparation for the MCAT, LSAT, DAT, OAT, PCAT, GRE, GMAT, SAT, USMLE, CFA, Series 7 examinations, and most college coursework. Dr. Roberts outlined the six things one needs in order to get into medical school: MCAT, GPA, shadowing experience, research, non-medical volunteer experience and leadership. He described some of his own experiences having gone through an MD PhD program at SUNY Buffalo

Medical School and what he learned while sitting on a medical school admissions board. He also walked us through the personal statement writing process, letting us know what to include and what to stay away from when presenting oneself to medical schools. This event proved to be an extremely informative and successful event that benefitted freshmen and upperclassmen alike. We look forward to learning much more from Dr. Roberts in the upcoming semesters!

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Medical Specialties Panel

By: Brianna Olamiju CC'15

On Thursday February 21st, Charles Drew hosted a Medical Specialties Panel for our general body members. The panel consisted of the following three physicians each with a different medical specialty: Dr. Domingo Nunez, a general surgeon; Dr. Reginald Manning, an orthopedic surgeon; and Dr. Julia Iwamasa, an anesthesiologist who works in ambulatory surgery. These individuals volunteered their time to come speak about their specific medical specialty to provide us with insight concerning our potential paths in the medical field. Each panelist was kindly asked to speak about the additional schooling required for their specialty after completion of medical school, their lifestyle, and overall satisfaction with their decision. Each of the medical specialties greatly varied; however, each of our panelists claimed that they would still choose their specific specialty if they had the opportunity to go back in time and change their minds knowing the information that they possess today.

This event was definitely informative for all of our members. It helped to highlight the key differences between three medical specialties and emphasize the importance of decision-making in choosing a medical specialty. Moreover, it showed that there are numerous factors to consider when it comes time to make the "big decision". While this event



Medical Specialists with our new President

highlighted three specific medical specialties, it is important to know that there are many others to potentially consider and that options in the medical field are limitless. From the information gathered at this event, anesthesiology, orthopedic surgery, and general surgery are all great fields and we will certainly partner with these three physicians again in the future.

The Medical School Application

By: Cesar Rodriguez CC'15

Charles Drew invited Dr. Lynne Holden to come and speak with pre-medical students at Columbia regarding the specifics of the medical school application. The numerous people in the audience were in for a treat when Dr. Holden brought along her friend and fellow Doctor who had spent more than 20 years sitting on the Medical Admissions board for Albert Einstein College of Medicine. Both doctor Holden and her friend gave thorough advice on navigating the application, stressing the importance of sending in everything early and being honest on the personal statement. In light of rolling admissions Dr. Holden emphasized how important it is to make sure the applications get sent in as early as possible after they are released in early June. On a more personal note, however, and perhaps the best part of the event were the very real stories of many diverse

applicants that had been mentored by Dr. Holden and her colleague. Both of them shared stories of diversity and perseverance from many students they had mentored who had gotten into medical school. The compassion and emotion was felt in the room as the stories were shared and they highlighted the most important point made by Dr. Holden: for those of us who want study medicine, we have to show that we really, really, love it!



Medical School Dean Curriculum Panel

By: Obinna Obineche CC'15

On Tuesday, April 30th, Charles Drew hosted a Medical School Dean Curriculum Panel. The panel discussion served to provide students with information on MCAT expectations, medical school admissions, life in medical school, and the rigors of medical school curricula directly from medical school deans and directors from four of the top medical schools in New York City. Institutions represented on our panel included NYU, Hofstra University, Cornell University, and Columbia University Medical School. The deans and directors gave details on the general curriculum structure and procedures at each of their respective institutions. The discussion took place in a classroom in Hamilton Hall and the room was tightly packed with pre-med students eager to gain valuable insight from the

medical school faculty in attendance. At the conclusion of the event, the floor was opened up for the deans and directors to field questions from inquisitive students present for the event. It was wonderful to see such a heavy turnout for what turned out to be our final programmed event of the year. All in all, the panel was a rousing success.



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High School Pipeline Program

By: Isaac Nyarko, CC'13, HS Pipeline Co-Chair

The Charles Drew High School Pipeline Program is aimed at increasing the number of underrepresented minorities and economically disadvantaged persons in the health professions by providing mentorship and a strong support network for high school students. With this goal in mind, the Pipeline program, now in its sixth year, continues to support and provide great events for high school students interested in pursuing a career in medicine.

This spring 2013 semester we were able to get some evaluations done on the entire program, even though we did not get total participation, we receive some very important feedback. We used this feedback to better tailor our events this semester and help with the structuring of the program as a whole. The evaluation helped us examine the entire program from beginning to end in order to ensure that every student is given the full attention and help possible from their mentors. We were able to look into events that were successful and those that were not to choose what we needed to change and add in order to make sure that the pipeline program is effective. One of the new initiatives that we implemented successfully was an end of the year response form to get feedback from both the mentors and mentees on what type of events and recommendation to better improve this program.

“We had a lot of wonderful events this semester that we focused more on getting the mentors and mentees together and helping them learn and grow from each other.”

We had a lot of wonderful events this semester that we focused more on getting the mentors and mentees together and helping them learn and grow from each other. We had our professional skills event to give the students the necessary professional skills needed to succeed during the interview process for jobs and school. We broke the mentees up into groups so that they could have discussions on how to improve their interview techniques. Later on we also provided a resume workshop and had the mentors edit the mentees resume. This semester we wanted to have a fun event, so we had a movie night, where we watch the Ben Carson movie. With this movie night the mentors and mentees were able to bond and strengthen their relationship. Lastly we had our end of the year event to commemorate the end of the year and give the mentees one final word of good advice before some of them go off to college.

After another successful semester for the program, we would like to thank everyone who has helped us to achieve it. 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 Co-Chairs: Isaac Nyarko, CC'13 and Adebayo Adesomo, CC'13; Also our Planning committee member: Lindsey Hastings-Spaine, CC'13 for sticking with us until the end. Lastly, thanks to the Charles Drew executive board, Charles Drew organizational committee members, and university faculty for all of the support we received. We look forward to an even better semester in Fall 2014!

A President's Farewell

Dear Charles Drew Members,

I have had an amazing experience serving as your Charles Drew Premedical Society President for the past two years and it with sadness but great confidence that my presidency and time with Charles Drew comes to an end. As a current Graduate of Columbia University I can honestly say that I am going to miss this organization and all that it has to offer its members. I have always felt like a family with the members of this organization as we endured the pre-medical process together but I have faith that the organization will continue to grow and developed under its new leadership.

I remember entering Columbia as a freshman and meeting members of the organization that continue to be my friends today. My freshmen year I joined the Organization Committee, which was my first experience as a member of the organization and I knew instantly that I would remain an active member of the organization and to help in any way I could. I continued to remain involved as events coordinator my sophomore year, with my first big assignment which was putting on our Laugh Out Loud comedy fundraiser for the Relay for Life. It was during this time that I continued to listen to the needs of the members and the events that they wanted. So as President my junior year I took very seriously the implementing of our Shadowing program and improving our mentorship programs. I also used my position as president to create and implement a brand new alternative spring break program, under Charles Drew. With such a successful first year we were able to continue the program for a second year and in the future plan to expand to include new high schools and other Universities.

Each year has been better then the next and I know that the years to come will be the same. As I turn the reigns over new president Brianna Olamiju, CC'15 and vice president Cesar Rodriguez, CC'15 I have faith that they continue to grow the organization and build community amongst the pre-medical students at Columbia University. I would love to return and see how the organization has expanded. Hopefully there will be several generations of pre-meds who have succeeded by matriculating into medical school. Thank you everyone—the executive board, the organizational committee, and of course the entire general body—for all the support and memories you have provided me.

Stay strong and stay motivated! We need more passionate, caring, culturally competent physicians from various backgrounds who can provide great healthcare to a vastly growing diverse community of patients. Continue the mission of the Charles Drew Pre-Med Society. I wish you all the best of luck in your future endeavors. You will all do great things.



Best Wishes.
Chinenyenwa Mpamaugo

A Special Thank You: To the Graduating Seniors!

ChiChi Mpamaugo

ChiChi Udochi

Isaac Nyarko

Lindsey Mitrani

Adebayo Adesomo

Gavril Rosoklija

Sarah Breves

Lindsey Hasting-Spaine



The Outgoing Executive Board

President	Chinenyenwa Mpamaugo	2013
Vice President	Brianna Olamiju	2015
Secretary	Doreen Agboh	2014
Treasurer	ChiChi Udochi	2013
Events Coordinator	Jasmin Neal	2014
Public/Global Health Chair	Melissa Samuels	2014
Organizational Committee Chair	Lindsey Mitrani	2013
Underclassmen Liaison	Manali Yavatkar	2015
Senior Advisor	Jasmine Alves	2013
Senior Advisor	Angelica Lopez	2013
Barnard Liaison	Rose Schutzberg	2014
Publication Editor	Cesar Rodriguez	2015
Pipeline Committee Leader	Isaac Nyarku	2013
PUMP Co-chair	Aury Garcia	2014
Shadowing Co-Chair	Ari Berg	2014
Shadowing Co-Chair	Gavril Rosoklija	2013
Publicity Manager	Obinna Obineche	2015

The Incoming Executive Board

President	Brianna Olamiju	2015
VicePresident	Cesar Rodriguez	2015
Secretary	Doreen Agboh	2014
Treasurer	Obinna Obineche	2015
OCM Director	Tolu Akinade	2015
Events Coordinator	Chelsea Griffin	2016
Outreach Coordinator	Kaleel Wainwright	2016
Barnard Liason	Carmen Xie	2016
Publicity Manager	Eliza Cricco-Lizza	2016
Webmaster	Tolu Obikunle	2016
Shadowing Program Directors	Karole Collier & Ari Berg	2015 & 2014
PUMP Chairs	Aury Garcia & John Cho & Jibril Kedir	2014 & 2015 & 2015
Pipeline Chair	Daniel Wang	2016
Pipeline Committee	Annel Fernandez & Myra Hyder & Brittany Gibson & Megan Obi	2016 & 2016 & 2016 & 2015
Senior Advisor	Jasmin Neal	2014

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 encourages pre-medical students, with a special emphasis on underrepresented minorities, in their various endeavors to become members of the medical field.

Contact Charles Drew!!

Website:

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

Twitter: twitter.com/cucharlesdrew

E-Mail: cucharlesdrew@gmail.com

Facebook Group: Charles Drew Pre-Med Society