

# NEWSLETTER

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## SOMA Spring Convention - March 6, 2021

The SOMA Spring Convention is now accessible to Pre-SOMA Members! Listen to inspiring **keynote speakers from the Biden administration**, learn about a variety of medical specialties, network with medical students, and see what SOMA is all about! Register here:

[https://aoaforms.formstack.com/forms/soma\\_spring\\_convention\\_2021\\_presoma](https://aoaforms.formstack.com/forms/soma_spring_convention_2021_presoma)

### SAVE THE DATE FOR SHADO WEEK 2021!

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## **DO Day Registration Now Open! - March 7, 2021**

Registration is now open for DO Day 2021, the premier osteopathic event of the year in partnership with the AOA! Don't miss this opportunity to join many DOs and osteopathic medical students as we "fly" into Washington DC to engage lawmakers on legislation vital to the practice and principles of osteopathic medicine.

This is your opportunity to learn about the issues important in our profession, to obtain tools for effective leadership, and most importantly, to become inspired and empowered in your journey of pursuing osteopathic medicine. It is also something unique to discuss in your medical school interviews!

DO Day is a live, virtual Leadership and Advocacy Summit for osteopathic physicians, osteopathic medical students, and leaders of osteopathic affiliate organizations. **This premier health policy summit takes place over two days: Sunday, March 7 and Monday, March 8. Sunday will be dedicated to leadership training and professional development and will now be open to Pre-SOMA members!**

### REGISTRATION

Please register for DO Day using your voting address (where you are registered to vote) and not your place of work or college. Registration will remain open for Sunday's program which will be dedicated to leadership training and professional development, while Monday will focus on advocacy and congressional meetings (only for DOs and medical students). DO Day registration provides unlimited access to on-demand course recordings through March 31. Student cost: \$35

**Register as a student here:**


**<https://registration.experientevent.com/ShowAOA213/Flow/ATTENDEE#!/registrant//Welcome/>**

# SAVE THE DATE - NATIONAL ShaDO WEEK - April 5-9, 2021

Mark your calendars for April 5th - 9th, 2021! National ShaDO Week is going virtual!

Pre-SOMA's ShaDO Week is an opportunity for undergraduate students to visit participating osteopathic medical schools and connect with current osteopathic medical students. This event not only allows Pre-SOMA members to access virtual campus tours and meet the faculty and staff of the school, but also gives them a first hand account of what life in medical school is like. **Stay tuned for new speaker reveals!**

## Pre-SOMA Mentorship Program



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### Pre-SOMA Mentorship Program


#### What does it mean to be a mentor?

The meaning of the word "mentor" in modern English is "a trusted counselor or guide (Merriam-Webster)."

As many of you know, a mentor is an invaluable resource especially in the field of medicine. Some of you may have had a network of mentors, including family members, to help you along the path to get to medical school, and some of you may not have. The journey to medical school acceptance can be quite intimidating and challenging, and your encouragement and insight is very meaningful to an aspiring medical student. As a mentor you possess the wisdom to guide your mentee in a unique and meaningful way based on your experiences. In addition, you are a representation of your medical school and the osteopathic profession.

To summarize the article *True mentorship in medicine* by Ahmed Mian, MD, a good mentor exudes genuine enthusiasm, modifies their approach according to the mentee's needs, consistently reflects on their roles, has excellent interpersonal skills, and is knowledgeable. They also provide constructive feedback when applicable. The atmosphere created by a good mentor promotes self-esteem and the importance of lifelong learning. Read the full article [here](#).





#### What does it mean to be a mentee?

A mentee is one who is being mentored; a protégé (Merriam-Webster). The most important quality a mentee should have is "teachability." A mentee should be humble and be ready to learn. This, combined with constant communication and critical thinking, will allow you to learn so much from your mentor.

If you have signed up for this mentorship program, you may be interested in learning more about osteopathic medicine to decide whether or not it's the right fit for you.

The Pre-SOMA Mentorship Program is up and running, and we are in search of more mentees! If you are interested in participating in this program, visit our site to learn more about the significance of mentorship, and to register today:

<https://studentdo.org/pre-soma/pre-soma-mentorship-program/>



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