National ShaDO Week

was originally an in-person event where pre-medical students like yourselves would be hosted by colleges of osteopathic medicine (COMs) across the country. Students would receive campus tours and network with admissions officers and osteopathic medical students. Due to recent circumstances surrounding COVID-19, we will now be hosting our second Virtual ShaDO Week, during which COMs will host pre-medical students virtually, provide virtual campus tours, and engage with Pre-SOMA members over the course of three days. Whether you are looking to get questions answered about Osteopathic medicine, admissions, or want to get an inside view on a certain school of your interest, this is the perfect event for you! If you are interested in the event, please register by April 3rd.

Register here today: https://forms.gle/aHyYkmzn57SbHbKVA

April 5th: Virtual Q&A Session with AACOM
April 6th-8th: Virtual hangouts with Osteopathic medical schools
April 9th: Keynote speaker (to be revealed soon)
National Pre-SOMA Mentorship Program

We are up and running! Emails were sent to participating mentors and mentees. While you get to know each other, we are working on our first mentor-mentee virtual event! More details coming soon.

If you would like to sign up to be set up with a mentor, register online: https://studentdo.org/pre-soma/pre-soma-mentorship-program/

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 (especially a teacher).”

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 mentees 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 Amin 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-evaluation 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, or a protégé (Thermann et al, 2006). The most important quality a mentee should have is “teachability.” A mentee should be humble and be ready to learn. This, combined with consistent communication and critical thinking, will allow you to learn as much from your mentor.

Our Partners:

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"I consider myself a perpetual student. You seek and learn every day: from an experiment in the lab, from reading a scientific journal, from taking care of a patient. Because of this, I rarely get bored." - Dr. Anthony Fauci