

Columbia Postbac Premed Student Council (PPSC)



*Check out our website for events,
information, and ways to get
involved!*



Orientation Information Session

<https://ppsc.studentgroups.columbia.edu/>

Mission

We the Post-Baccalaureate Pre-Medical Student Council (PPSC) shall represent the diverse student population of the School of General Studies' Postbaccalaureate Premedical program by pursuing academic, social, administrative, and policy initiatives of interest to the student body, shall responsibly manage and distribute their student life fees, shall actively advocate on behalf of students in addressing their implicit and explicit concerns, and shall act as a liaison between the student body and the School of General Studies' Postbaccalaureate Premedical program administration, the Columbia University community, and other individuals and organizations.

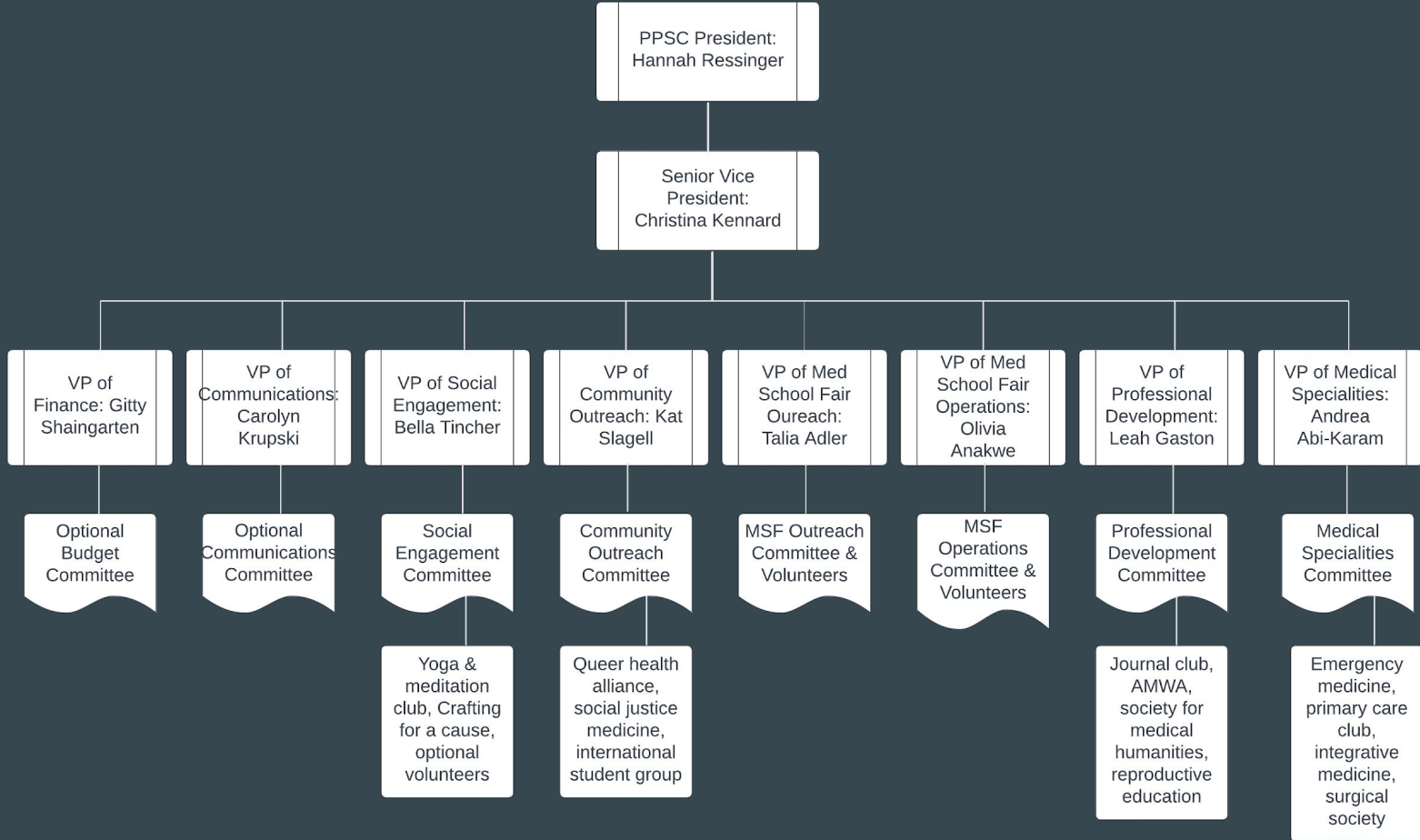
PPSC 2022/23 Goals

Disseminate information and resources critical to student success, including financial resources, academic support forums, wellness resources, clinical and research opportunities, and more.

Strengthen the sense of community and belonging within the Postbac Program by providing programming opportunities for students to foster relationships with their peers and advisors.

Build relationships with partners throughout GS, Columbia and the Morningside Heights community by collaborating on various projects and initiatives.

Who We Are



Email: har2133@columbia.edu



Hannah Ressinger

President

Hi everyone! I'm a third year Postbac working full time while in the program. I studied cultural music and Spanish as an ungrad at NYU, and I love to travel and spend time with people from all around the world. After being treated for (and beating!) cancer, my path shifted to medicine. I could not be more excited to partner with my patients to allow them to enjoy their lives to the fullest! I'm also very excited to be a resource and partner to you all as you succeed in this program, so never hesitate to reach out or come to me with any questions or concerns you may have! I'm always here to talk it out.

Role and Goals:

- Serve as the head of the PPSC, setting the overall annual agenda & overseeing the execution of goals
- Serve as an effective student-faculty liaison and advocate effectively on behalf of our student body
- Field requests from the student body for new events and/or the formation of ad-hoc committees and organizations.
- Promote events hosted by the PPSC
- Act as a resource and partner to all students, ensuring they have everything necessary to succeed in coursework as well as thrive personally and professionally



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Christina Kennard

Senior Vice President

I've known since I was a freshman in high school, after a traumatic brain injury, that I wanted to embark on the long journey to becoming a physician. I have been working for 10 years to reach this goal, and in 2021 received my B.S. in Biobehavioral Health Science from Penn State's World Campus as a major step in my journey. As a founder of an aux club during my first year, the Journal Club, I am excited to support club leaders and the PPSC this year! An important part of my mission is to act as resource for fellow Postbac Premed students- as you get to know me you will see that I love answering questions and sharing resources. Please do not hesitate to reach out!

Role and Goals:

- Role:
 - Assists and supports the president in their role including: reviewing new club proposals, supporting community building, and providing organizational support
 - Insures that the PPSC and aux clubs are supported in abiding by the bylaws such as meeting requirements to be considered an active club, reviewing charters, and coordinating collaborations for events, semester planning, and organizations
 - Supports the other VPs in the PPSC including finance, MSF, communications, and social outreach
- Goals:
 - Provide resources to the postbac community such as relevant events outside of GS, summer and glide year opportunities, and study materials
 - Support in the rebuilding of our postbac premed community following COVID by supporting social events, acting as a resource for students, and developing community-based programming



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Carolyn Krupski

VP of Communications

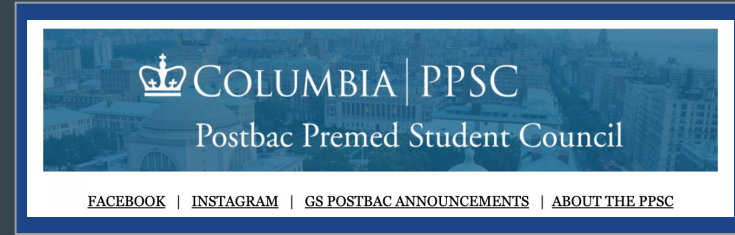
I joined the postbac program after working in arts marketing for several years. I look forward to working with you on announcements for the PPSC newsletter and social media. Send me photos you'd love to share!

Role and Goals:

Purpose: To help the Postbac Community connect and to make information easily accessible.

Tools:

- PPSC Website: <https://ppsc.studentgroups.columbia.edu/>
- Social Media
 - Instagram: @columbiaPPSC
 - Facebook: Columbia PPSC ([facebook.com/groups/ColumbiaPMA](https://www.facebook.com/groups/ColumbiaPMA))
- PPSC Weekly Newsletter
 - Announcements: <https://forms.gle/h6kHf5YwwEHib52m6>



Goals:

- Help students connect with the PPSC and with each other with ease
- Have all information/events easily accessible to students
- Create a collaborative and supportive environment for the Postbac Community!

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Gitty Shaingarten

VP of Finance

I joined the Postbac Pre-med program at Columbia after working in accounting for over 3 years. I am excited to be part of this program and look forward to working with all the AUX groups and the greater PPSC community to help finance the student activities for this coming year.

Role and Goals:

Purpose:

PPSC - Manage all funds that flow through the PPSC for Aux clubs, Med School Fair, Class Day, and all of our on campus and remote events!

Aux Clubs - Manage and Allocate funds to each Aux club and help make sure they have proper funding for events!

Goals for 2022-2023:

- Promote a full understanding of financial transactions within the PPSC
- Foster a sense of community through the PPSC

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Bella Tincher

VP of Social Engagement

Hi everyone! I'm a second year in the Post-Bacc coming from a background in architecture and I'm so excited to serve as one of your VPs! I hope that my role can help to form a stronger community and connection amongst post baccs, especially in this post-covid world!

Role and Goals:

- Purpose: Enhance sense of community, both with peers and alumni in the Postbac Program
 - With the assistance of the Social Engagement Committee Board, organize events aimed at fostering social connections and individual well-being within the postbac community

- Latest COVID Guidelines:
 - Masks are required in classrooms until September 30th
 - PPSC Welcome Party - September 23rd!

- Programming: A somewhat return to normal, many bonding and food events :)
 - Halloween cookie decorating, game night, book club, also open to suggestions! I'm here to make you happy!
 - Have event suggestions or want to join the committee? Email me at imt2114@columbia.edu

Purpose, Goals and Programming:

Role:

- Creates, promotes, and manages events that provide premedical students with exposure to the incredible variety of medical careers.
- Assists Auxiliary Groups in planning pre-medical events.

Goals for Spring 2022:

- Provide exposure to a broad variety of medical career paths.
- Improve coordination between auxiliary groups.

Prospective Events for Spring 2022

- Suturing Workshop
- Specialty Symposium

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Kat Slagell

VP of Community Outreach

Hello Everyone! I am a third year postbac, and I am so grateful to be in this program and on the way to becoming a physician after my former career in opera and live events. I am passionate about all forms of community from the school, to the neighborhood, to the city as a whole. I am looking forward to helping all PPSC groups put their plans into action.



Role and Goals:

Intention: To create and facilitate events and volunteer opportunities that support the communities of the Postbac Premedical Program, Morningside Heights, and greater New York City area.

Goals: To support the efforts of all PPSC and aux groups interested in incorporating community based events/volunteer opportunities into their programming.

Clubs under VP of Community Outreach:

- *International Student Group

- *Queer Health Alliance

- *Social Justice Medicine

To continue to support the Elevator Lobby in advocating for elevators at the 125th St. 1 station adjacent to the Manhattanville Campus.

<https://www.columbiaspectator.com/opinion/2022/03/02/columbia-has-a-responsibility-to-make-the-125th-street-station-accessible/>

To create a scholarship for Postbac students.

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Andrea Abi-Karam

VP of Medical Specialties

My name is Andrea Abi-Karam [they/them] and I am a trans, arab-american poet, activist and premed postbac student. Before Columbia, I worked professionally in the field of literary non-profit book publishing and programming. Inspired by perspectives in social justice, harm reduction and overall modes of collaboration, I look forward to working with the PPSC to create spaces of exploration into the vast world of medical specialties.



Role and Goals:

- Create & facilitate accessible programming that provides the postbac student community with exposure to different medical specialties
- Draw attention to specialties that traditionally work with under-resourced communities such as global surgery, gender-affirming surgery, sexual health medicine, addiction medicine.
- Support and collaborate with auxiliary clubs dedicated to medical specialties to execute both virtual and in person programs
- Clubs under Vice President of Medical Specialties
 - Emergency Medicine Club
 - Primary Care Club
 - Integrative Medicine Club
 - The Surgical Society
 - The Reproductive Education Initiative



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Leah Gaston

VP of Professional Development

I'm a second year postbac student in the pre-health track. I was previously a ballet dancer before a major injury ended my career and am planning on applying to Physical Therapy doctorate programs after this year. I look forward to using my position in the PPSC to help fellow and incoming postbac students develop healthy study habits and provide resources to prepare students for a career in healthcare.

Clubs under this position:

Healthcare Innovation Club Changing Underlying Problems (HICcup), Journal Club, American Medical Women's Association (AMWA), Columbia Society of Medical Humanities (CSMH).



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Olivia Anakwe

VP of Medical School Fair
Operations

I am in my final year of the Postbac Pre-Med program and so excited to be a part of community building through the PPSC. I have always been a big advocate of working with underserved communities ensuring they have the resources, tools, and utmost care that everyone deserves. Before the program I was full time working in the fashion industry and living abroad. The balance of both worlds has now allowed me to pursue my multiple passions while working towards becoming a physician and being a voice in the healthcare community.



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Talia Adler

VP of Medical School Fair
Outreach

I took a detour on my inevitable path to medicine when I studied theater and fashion at Boston University. Through the arts, I found my passion of social justice medicine and healthcare equality. I joined the PPSC as a way to get more involved with my postbac peers and give back to a program that is helping me achieve my lifelong dream of becoming a physician.

Individual Medical School Fair Roles & Responsibilities

VP of MSF Operations will:

- Plan and oversee all virtual and on-the-ground logistics of the Medical School Fair and Medical School Dean Dinner
- Work in lock-step with my peer, VP of Medical School Fair Outreach (Annabel Sen) to co-create a healthy and informative environment for the fair
- Oversee the Board Committee of MSF Operations and the volunteer force helping to create the Medical School Fair Experience

VP of MSF Outreach will:

- Work alongside the MSF team, advisors, and PPSC to host the Medical School Fair online and in-person events
- Continue to orchestrate relations with the Medical School personnel to see what they are most interested in attending
- Work with the volunteer team to send out professional emails and engage with the Medical Schools and later host the dinner in partnership with MSF ops

Purpose and Goals of MSF 2023

Purpose:

MSF 2023 will bring students from Columbia and the New York City area to engage with and benefit from the expertise of advisors, students, and specialists from a variety of medical and professional schools. This fair will be held, at least in part, virtually, to democratize access to useful information as well as specialist knowledge and insight. Students will have the opportunity to ask questions, discuss top-of-mind topics, and get brief introductions to the curriculums and cultures of schools.

Goals:

- #1. Create **access to useful information** on medical and professional schools to students from Columbia and NYC
- #2. Create **space for discussions** surrounding topics relevant to today's application process as well as the present and future states of these schools
- #3. Help students become **more literate in the school application and selection process**; Help students understand what their needs are for their future education and what a healthy decision-making process looks like
- #4. Be prepared to provide these same opportunities to the student body **no matter the state of the pandemic**

Staff Involvement

Ashley Moody-Astwood

GS Student Life Adviser for the PPSC

Brian Allen

Advising Dean for the PPSC

Columbia University 2022 Medical School Fair Updates

Saturday, February 5th, 2022: Kickoff & School Fit Panel Discussion

- Dean Mike Allen: Senior Assistant Dean of Students - Columbia University, School of General Studies Postbac Premed
- Dean Niki Cunningham: Senior Advising Dean - Columbia University, Columbia College
- Dean Noreen Kerrigan: Associate Dean of Admissions - Albert Einstein College of Medicine
- Dr. Rafael Rivera: Associate Dean for Admissions and Financial Aid - NYU Grossman School of Medicine
- Dr. Rona Woldenberg: Associate Dean for Admissions - Donald and Barbara Zucker School of Medicine at Hofstra/Northwell

Saturday, February 12th, 2022: Medical School Info Session

- Rutgers New Jersey Medical School
- Perelman School of Medicine at the University of Pennsylvania
- Mount Sinai School of Medicine (Icahn)
- University of Virginia School of Medicine
- University of Rochester School of Medicine

Saturday, February 19th, 2022: Doctorate of Osteopathic Medicine School Panel

- New York Institute of Technology College of Osteopathic Medicine
- Philadelphia College of Osteopathic Medicine
- Rowan University School of Osteopathic Medicine
- Touro College of Osteopathic Medicine

Up Next...

Saturday, Feb 26th, 2022: Medical School Info

Saturday, March 5th, 2022: Medical School Info

Saturday, March 26th, 2022: Medical School Info

Saturday, April 2nd, 2022: DEI in Medical Care and Education Panel & Event Close

Events & Programming

This Google calendar includes not just Postbac Premed focused events, but also University-wide, CUIMC, the NIH, and other events relevant to premedical students! It is updated bi-weekly on Sunday. Email Christina if you have trouble accessing it or find additional event resources to add!



COLUMBIA UNIVERSITY IN THE CITY OF NEW YORK

POSTBAC PREMED STUDENT COUNCIL

[About](#) ▾ [Auxiliary Clubs](#) [Events Calendar](#) [Spotlights](#)

Speaker series, volunteer opportunities, and workshops - coming soon!

Information will be published in email newsletter & on our website.

PPSC & Auxiliary Clubs will host events throughout the year - if it's any incentive, there is often free food!

Auxiliary Clubs Under PPSC →

<https://ppsc.studentgroups.columbia.edu/content/auxiliary-clubs-overview>

- AMWA (American Medical Women's Association)
- Columbia Society for Medical Humanities
- The Emergency Medicine Club**
- Integrative Medicine Club**
- Neuro Psych**
- Primary Care Club
- Reproductive Education for Healthcare Professionals
- International Student Group (ISG)
- The Queer Health Alliance
- Social Justice Medicine (SJM)
- The Surgical Society**
- Yoga and Meditation Club**
- Crafting for a Cause: A Wellness Initiative
- Journal Club
- Healthcare Innovation Club

Interested in learning more? There are several events coming up where you will have a chance to learn more about our clubs

Undergraduate student life activities fair: Friday, September 9th, 12-4pm

→ All Aux clubs and events represented by PPSC

School of General Studies Student Life fair: Time and Date TBD

→ All aux clubs will be welcome to represent themselves

Columbia Premed International Student Group (ISG)

- Come and join our group for international students and for those interested in global health aspect of medicine!
- Meet and greet with alumni
- Share and learn stories of how COVID-19 evolved in different countries
- If interested, please reach out to pma.isg@columbia.edu

Queer Health Alliance

- The Queer Health Alliance at Columbia University is a club for queer and allied Columbia students interested in careers in medicine and other healthcare disciplines. QHA aims to raise awareness of intersectional LGBTQ+ health issues and disparities, build a strong and inclusive Columbia community, and prepare students to be LGBTQ-affirming healthcare providers.
- If interested, fill out the google form at the QR code or reach out to qha@columbia.edu.
- Instagram: @queerhealthalliance





Social Justice Medicine

- Social Justice Medicine (SJM) is a student-led club focused on standing up and speaking out for social justice in healthcare. As aspiring physicians, we have a responsibility to educate ourselves about social and environmental health topics. We believe community-based facilitation of awareness and an evolving public consciousness are necessary to reform current challenges regarding access and practices within the U.S. healthcare system. We aim to bring our conversation and community to campuses across the country. SJM is an auxiliary group of Columbia University's Premedical Post-baccalaureate Student Council (PPSC).
- Please visit our website <https://sjmcolumbia.wixsite.com/home>
- Email: sjm.columbia@gmail.com

Journal Club

- The Postbac Premed Journal Club is an opportunity for postbac students to learn how to read, interpret, and discuss scientific literature, become aware of and involved in existing research opportunities, and hear from Columbia University Faculty and outside investigators about their research.
- Events last year included a panel discussion on the Postbac IRTA program at the NIH, a presentation from a leading NIH researcher on alcohol use, a presentation on Hypermobile Ehlers Danlos Syndrome from leading scientists in the field, a discussion with our very own Dean Colgrove about public health, and an introduction to research series!
- Please email postbacjc@columbia.edu if you have any questions or would like to be involved in this club!

Get In Touch!

- Weekly newsletter!
- Website:
<https://ppsc.studentgroups.columbia.edu/>
- Instagram: @columbiappsc
- FB: Columbia PPSC



Join our facebook group to
connect with current and past
students!