



May 2011 E-Newsletter

What should I write in my personal statement?



When writing your personal statement in your application, you want to build a positive first impression by describing a memorable experience using your best writing skills. The statement is read by both the Admissions Staff and your interviewers. You might consider a couple of the following questions when writing your statement:

- How did you learn about podiatric medicine?
- Why do you want to be a DPM?
- What experiences in life have prepared you for a career as a DPM?
- Why would you make a good podiatric medical student and DPM?
- How did your experience shadowing a podiatrist influence your decision to pursue podiatric medicine?

After writing your statement, proofread your writing. Some people feel most comfortable having another person edit for typos and grammatical mistakes. Again, your statement leaves an impression, so you want it to reflect your best abilities.

To give you further insight, NYCPM faculty who conduct the interviews were asked what they value in the personal statements. Here are their thoughts:

“For me, I simply want to get an insight into what makes this person believe that s/he can be successful in this institution, why they have chosen this profession, and finally, what are some basic descriptors which the individual would use to describe themselves. I appreciate brevity.” -- Robert Eckles, DPM

“When I read a student’s personal statement, and I read a lot of them, I take note of the ones that are first and foremost well-written. Phrasing, grammar, and spelling are critical. Next, the content needs to be truly personal and distinguish itself from the countless others that generically extol the virtues of medicine and/or podiatry. Lastly, a personal connection to podiatric medicine in particular is a great plus. Knowing why a student sees it as a viable career for themselves helps determine whether it’s an informed choice.” –Laurence Lowy, DPM

I’m not from New York. How can I find affordable housing?



The Office of Admissions and Student Services assists students in finding housing. Currently, we offer two campus housing options. The first option (pictured above) is a high-rise called *The Heritage* which is located on 110th Street between 5th Ave. and Madison Ave. *The Heritage* offers newly renovated 3-5 bedroom apartments that come fully furnished and include all utilities. Just 10-15 minutes from campus, and a few blocks from New York's famed Museum Mile and Central Park, *The Heritage* is a great place to call home.

The second option for students is an apartment complex called *Bridges*. Located just 2 ½ blocks away from the College, *Bridges* offers students a taste of luxury-style living. Boasting features like central air-conditioning, granite countertops, stainless steel appliances, private balconies, and an in-unit washer and dryer, it's easy to see why *Bridges* is such an attractive option.

Finding housing in New York City can be challenging and expensive, so NYCPM is proud to provide the opportunity for students to live in a clean, safe environment at competitive prices. All accepted students receive a housing brochure and application in the mail with their acceptance packet. After sending the housing application with the application fee, you will be assigned college housing based on your indicated preference and availability. Housing is available on a first-come, first-served basis, and is not guaranteed.

Unfortunately, NYCPM does not provide housing for married couples or those with families at this time.

Some valuable resources for finding off-campus housing are [Craigslist](#), [StreetEasy](#), [NY Bits](#), [Real Estate Group](#), [Curbed](#) and [CitiHabitats](#).

For more information, please visit <http://www.nycpm.edu/housing.asp>.

How much clinical exposure do NYCPM students actually receive?



Directly adjacent to NYCPM is the Foot Center of New York, one of the largest foot clinics in the world. Having an on-site foot clinic provides our students with the opportunity to begin shadowing in the clinics as early as their first semester. At the start of their third year, students begin clinical rotations in a variety of departments such as general medicine, surgery, wound care, orthopedics, pediatrics, vascular, radiology, and physical therapy. Students work hands-on assisting with patients who have a variety of ailments. Our students are constantly being prepared for real-world experiences. On average, our students see between 7-20 patients per day and have access to over 65,000 patients (if you include the local hospitals we work with).

In addition to the Foot Center of New York, third-year NYCPM students perform clinical rotations at up to six nearby hospitals, further exposing them to podiatric and surgical procedures. Being trained in the largest city in the U.S. gives NYCPM students a significant advantage, as they are exposed to a vast array of diseases, deformities and pathologies during their clinical training.

After finishing their third-year rotations, NYCPM students will have had the opportunity to experience most aspects of podiatric medicine including surgery, radiology, orthopedics, pediatrics, dermatology, nail care, and wound care.

During their fourth-year, students participate in 4-5 month-long externships at hospitals located across the United States (and internationally), preparing them even further for their residency training.

Needless to say, NYCPM offers a wide variety of clinical opportunities, giving students the exposure and training they need to be well prepared for a residency program.

Pre-Health Student Internship Program



Twice a year, NYCPM sponsors a four-day Pre-health Internship Program for undergraduate students interested in learning more about the field of podiatric medicine and what it's like to be a student here. Participants will have the opportunity to shadow in the Foot Center of New York, meet current NYCPM students, sit in on classes, attend workshops, practice suturing in one of our laboratories, and explore New York City. There is no fee to participate in the program, and housing is provided for those who do not live nearby.

In order to be eligible, students must currently be enrolled in a college or university and have completed at least 60 credit hours with a minimum GPA of 3.0. The next Pre-Health Internship Program is August 1-4, and the deadline to apply is July 1. Download an application today by visiting www.nycpm.edu/prehealth_internship.asp.

Meet an NYCPM Student:



Name: Garrett Moore

Hometown: Escondido, California

Email: gmoore@nycpm.edu

Undergraduate College: Chapman University

Medical School Class: 2014

What made you decide to pursue a career in podiatric medicine?

Both my father and my brother received fantastic care from podiatrists. My father was cured from years of back pain through the use of custom-made orthotics. My brother, a professional Broadway dancer, underwent surgery to remove bilateral *os trigona* that were crippling his abilities. When I started looking for a fulfilling career, podiatry seemed like the obvious choice.

What made you decide to attend NYCPM?

I was impressed by the College's reputation, the new facilities, and the familiarity between the faculty and students. When I shadowed in the Foot Center of New York, the very first patient I saw was an adult with a clubfoot. That is something you rarely see in this country, and here it was right in front of me! I felt as though experiences like that would really prepare me for a future in podiatry.

What was the transition from undergrad to medical school like?

I didn't come in with any pre-conceived ideas of my abilities or what medical school would be like, so I think it was a bit easier for me than some. The actual concepts (so far) are not that difficult to grasp, it is the sheer volume of information you are responsible for that can sometimes be difficult to manage.

What is your favorite part about being a student at NYCPM or in NYC in general?

My favorite part of being a student at NYCPM is the camaraderie with my fellow students. There is definitely a feeling that we are all working together towards a common goal. My favorite part of living in New York is the food! Every possible thing to eat is available almost any time of the day or night. I'd consider staying in New York after graduation just for the food!

What activities are you involved in at NYCPM?

I am the current President of the Class of 2014. My term is up in June, when I will become the new President-Elect for the NYCPM Student Body. I am also a Student Ambassador for the school and the Class of 2014 Representative for the Surgery Club. Additionally, I volunteer at local diabetic foot screenings and other NYCPM events, as well participate in research with one of my professors. We've already published our most recent findings and I am representing the school at a national conference this July.

What advice do you have for incoming students?

Come in with an open mind. The study habits that worked so well for you in college may not work at all at this level. Along the same lines, find what works for you in each class. As an example: In some classes, flashcards worked wonders for me, in others they

were no help at all. Each class and each professor is different, so it pays to adapt to the changing styles and workloads and never take anything for granted.

Separately, try and get involved, either in research, in volunteering, in leadership, or all three! Do whatever you enjoy. There are a lot of opportunities outside of the classroom that will help make your educational experience more than just studying.

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