

The Endeavor

A Bulletin from the NYCPM Office of Enrollment



November 2015

**The NYCPM November, December & January
Admissions Presentations & Events:
Find Us Near You!**

**Frequently Asked Admissions Questions:
Why Should I Shadow a Podiatrist?**

**NYCPM Current Events: The
American Diabetes Association's Step Out Walk & The Class of
2018 Convocation and Donation Recognition**

**Meet Lisa Lee, NYCPM's Newest Dean of Student Services and
Enrollment Management**

**NYCPM Class of 2018 Student Spotlight:
Meet Vrunda Dalal**



January 23 2016 - New York Marriot Marquis Times square - 10 to 2

Admissions Presentations & Events

NYCPM Assistant Directors for Enrollment Management make visits to various campuses (both in person and digitally) to speak with prospective students about a career in podiatric medicine as well as introduce NYCPM. For those interested in speaking with an Assistant Director on the road, here is a list of the schools that have been scheduled for a presentation this November and December. For specifics regarding the presentations or webinar invites, please email enrollment@nycpm.edu

FACE TO FACE

- ◇ Wednesday Nov 4 2015: Pace University
- ◇ Tuesday Nov 10 2015: Roberts Wesleyan College
- ◇ Wednesday Nov 11 2015: Utica College // The College at Brockport
- ◇ Thursday Nov 12 2015: Le Moyne College
- ◇ Tuesday Nov 17 2015: York College
- ◇ Thursday Nov 19 2015: John Jay College
- ◇ Wednesday Dec 2 2015: Russel Sage College //



WEBINARS

- ◇ Thursday Nov 19 2015 at 4PM

Keep In Touch

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Prospective students like yourselves consistently write to our admissions office asking our advice regarding how their application can be more competitive. Although it is not mandatory that your application include a letter of recommendation from a **Doctor of Podiatric Medicine**, we at NYCPM's Office of Enrollment highly recommend that you take the time to personally shadow and form a relationship with a DPM.

Shadowing is the primary way to get a true to life, first person impression of life as a podiatrist. If you have any interest towards investing in a career in medicine, and your money and time into medical school, please consider shadowing to ensure you engage in all aspects of the career. You would not want to pour resources into applying and going through medical school only to realize it is not your true passion!

There are a multitude of benefits to shadowing a podiatrist including the following:

Networking and relationship building with practicing podiatrists:

Being able to have a one-on-one talk with a podiatrist about their own medical school and career arc is invaluable. They can be a friend and mentor and assist you on your own journey.

Opportunity for patient engagement: With your podiatrist alongside you, you will have the opportunity to see how doctor-patient relationships are formed and how to correctly physically assess a patient with dignity and respect.

Reaffirm your goals and commitment to becoming a DPM: While shadowing a podiatrist, you will see the in's and out's, positives and negatives, of being a doctor. The free time you volunteer towards shadowing opportunities will help you to reaffirm and align your preconceived notions about being a doctor and goals towards becoming a doctor.

Understand the realities of the career field: Get a more in-depth look at patient load, hours of operation, work-life balance, insurance formalities and policy involved at the level of practice you are interested in.



I'm sure the next question you may have is, how do I find a DPM to shadow? That's simple! NYCPM has graduated over one quarter of America's practicing DPM's and our alumni network range reaches across the entire country. If you are interested in having an admissions representative connect you with an alumni for shadowing purposes, please contact us at: enrollment@nycpm.edu. In your email, please indicate your zip code so we can find DPM's closest to your location.

Once you begin shadowing, or if you have already begun shadowing, be sure to reflect upon your experience. Here are some great questions to ask yourself once you have gotten some experience in the field:

How does the doctor relate to his/her patients and what does the relationship look like?

Were you drawn the procedures used in the office?

How did the patients respond to the doctor?

What did you dislike about the experience? Does this change your motivation to pursue a medical degree?

How did you feel about patients who did not listen to the doctor's advice or do not care of themselves?

We wish you luck on your shadowing endeavors! Remember, shadowing a podiatrist is the best way to truly acknowledge whether you can truly envision yourself in this career field.

(Sources: [US News](#) & [UW Medicine](#))

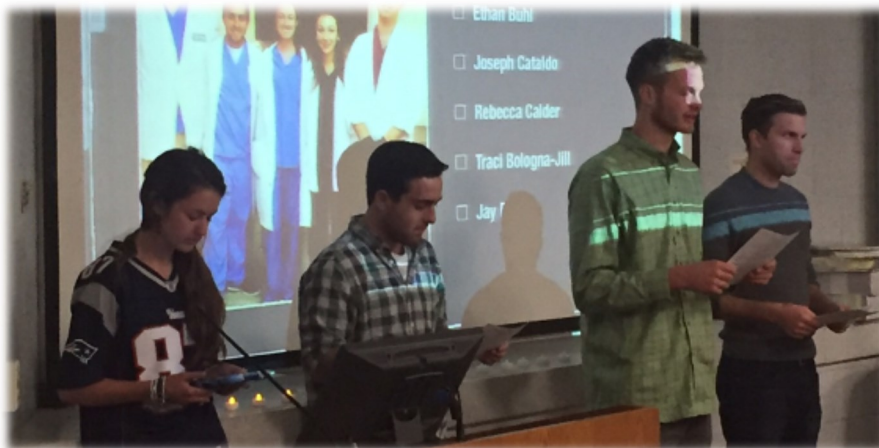


NYCPM Current Events

The American Diabetes Association sponsors the “Step Out: Walk to Stop Diabetes,” event that takes place all over the country over the course of the entire year (to find a walk near you, [click here](#)). The primary mission of the event is to raise money and awareness for diabetes research. This year, New York City’s Step Out walk took place on October 11th at Hudson River Park. Luckily for participants and volunteers, it turned out to be a beautiful fall day. Both **ACE – The Health Practitioners’ Society** and **The Diabetes and Wound Care Club**, NYCPM student organizations, were in attendance.



The Diabetes and Wound Care Club raised over \$200 for the cause by selling t-shirts and forming a team of walkers. Juanita Rufran, Class of 2017 and President of the Diabetes and Wound Care Club, stated that it was inspiring to see teams walking for loved ones they’ve lost to diabetes and to see people with diabetes walking for the cause themselves. ACE’s goal for attending the event was to spread awareness of lower extremity health with regards to diabetes through an on-site foot screening. Edwin Zhu, Class of 2017 and Vice President of ACE, shared that the club enjoys networking and collaborating with other health professionals at events such as the Step Out Walk.



The Class of 2018 have officially finished their LEAN exam, which marks the end of their current semester. Before their long awaited mid-semester break, a convocation was held to recognize their achievements; but also to give back to the individuals who generously donated their bodies to science and medicine. The Class of 2018 broke up into their respective anatomy lab groups to say a

poem or perform a musical number in their honor. This convocation is a humbling experience for our students, who are keen to recognize that their studies would not be complete without the generous gift from donors. As a student at NYCPM, you will have the opportunity to also take part in this annual ceremony.

Meet Lisa Lee, Dean of Student Services and Enrollment Management



Lisa Lee, NYCPM's newest Dean of Student Services and Enrollment Management, has been a familiar face within NYCPM since 2001. Her personal mission when working with students is making sure that she is at the forefront of fostering relationships with

both prospective and current students. She prides herself on her ability to nurture a fair and encouraging environment with open communication. This way, Dean Lee states, NYCPM becomes a second home to students by the time they graduate.

Nurturing, communication and guidance are her three pillars, and she has been using them since her first position at NYCPM as a part-time recruiter. After graduating from Boston University with both her BA in Economics and Psychology and her MA in Psychology, Dean Lee took her talents to higher education as she felt working with students was gratifying and fulfilling. Within a year, Dean Lee was promoted to the Director of Admissions at NYCPM where she took on additional roles within student housing and tutoring spheres.

Presently, as the Dean of Student Services and Enrollment Management, current students get to know her quite well as she coordinates many of the services enrolled students utilize. For example, Dean Lee oversees large campus events (such as the

prestigious White Coat Ceremony at the New York Academy of Medicine, Graduation at Lincoln Center and various awards ceremonies), academic policies via committee meeting attendance, student housing and scholarships. Dean Lee describes herself as each students' official mentor, counselor and cheerleader.

Since Dean Lee's role is so enmeshed with student success, she states the most rewarding part of her job revolves around seeing students successfully graduate and of course independently practicing podiatry and medicine. She witnesses firsthand how NYCPM prepares students with the best podiatric medical education possible – through encompassing clinical rotation and training, exposure to pathologies, and a community wherein professors and administration support students throughout their education.

Dean Lee acknowledges the rigor of medical school and of course shares advice for any incoming NYCPM students. She recommends that once the honor of being granted an acceptance has fully materialized, become hyper aware of the challenges of medical school. Once you're aware, you must learn to quickly adapt and adjust. Be sure to push forward through hardship and failure, by learning from your own failures instead of dwelling on them. Lastly, she urges new students to take care physically through being cognizant of their own health and well being. Dean Lee prides herself on being a major figure in helping students overcome any hurdles they may face in school.



Meet Vzunda Dalal, Class of 2018

What made you decide to attend NYCPM?

This is one of my favorite questions to answer—I remember arriving at NYCPM about an hour early for my interview. I was nervous, yet excited. I was taken down to the clinic to shadow and I was greeted by a few 3rd year students who had just started their clinical rotations. They instantly took me under their wing to show me what they were working on despite being new to the clinic. I realized then that it was so important to be surrounded by my future colleagues who created a positive learning environment.



Describe the moment when you decided to pursue podiatric medicine.

There was not one specific moment when I decided to pursue podiatric medicine, but rather several events that led to that important decision. I knew I wanted to pursue medicine and a professor at my Biomedical MA program suggested I look into the field of podiatry. Additionally, I went on a 3-week cycling tour where I came to understand the importance of the lower extremity, muscle strength, foot health and overall biomechanics. Finally, it all came together when I decided to shadow my father's podiatrist of 15 years. I was introduced to what podiatry has to offer and how I can be a vital role in its progress.

What activities are you involved in at NYCPM?

I am involved with the school at various levels—clubs and committees. I served as the Education Committee member for Neuroscience and Physical Assessment. I value that as the opportunity to build relationships with my classmates and professors. Furthermore, I am a student ambassador for the school, an events coordinator for the ASPS club and a student representative for the Diabetes and Wound Care club. NYCPM has something for everyone and these activities have been a way to dedicate myself to the field of podiatry as well as leadership roles.

Talk about your best moment at NYCPM so far:

The Class of 2018 White Coat Ceremony! Unlike most medical schools, NYCPM holds the White Coat Ceremony the first week of the first semester. It symbolized recognition of our accomplishments and the responsibility we were undertaking. I often say it was the beginning of the rest of my life.

Name one piece of advice you have for incoming students:

Come to NYCPM with an open mind and an open heart. The school and New York City have so much to offer that it will constantly be a learning experience!

APPLY NOW!

(Click Through for Application via AACPMAS)

Now Accepting Applications for January 2016 & Fall 2016

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