



► WELCOME TO CAREER
PLANNING AND ADVISING
SERVICES.....1



Mount
Sinai
School of
Medicine

► ALUMNI FEATURE:
FOCUS ON... ALTERNATIVE
CAREERS2-3

► UPCOMING EVENTS4

Mount
Sinai



CPS Newsletter

DEPARTMENT OF MEDICAL EDUCATION

career planning services
.....find your path

ADDRESSING THE NEEDS OF STUDENTS AND HELPING TO PREPARE FOR THE FUTURE

Career Planning Services is growing. Learn more about how this resource, housed in Student Affairs, can help you throughout medical school

Helping you achieve your career goals

Online Resources

The Mentor Database, an initiative from the Wellness Committee, is currently up and running on Blackboard! The database is searchable and has a listing of over 200 faculty who are interested in working with students! Also check out the Career Planning Tab under Student Resources for information of specialties, helpful links and recent match lists.

Resume Writing and Interviewing Help

If you want help preparing your resume/CV, interviewing tips or practice, visit the Career Planning tab on blackboard for templates and help.

Introducing Pam Bryndal

Ms. Bryndal joined the Student Affairs team in August, and she coordinates the Residency Application process for students. She will also be working closely with Career Planning Services. Stop by the Med Ed office and say hi!

The Advising Cohort System

CPS is currently working with the CPS reps and other students to name the houses to foster cohesion and school spirit. Please feel free to speak to your CPS reps about your ideas!

Look out for an invitation to share your ideas for naming the 6 advising houses!!

Meeting with your Faculty Advisor

Fill out the advising checklist form before meeting with your Faculty Advisor. It's a great tool to reflect on your plans and will help you get the most out of your meeting. You can download the form from Blackboard>Student Resources>CPS>Advising Documents



Research Day



SPECIALITY INTEREST GROUPS

There are about 30 student groups at MSSM. CPS will be hosting town-hall style meetings with interest group leaders to formalize connections between groups and Student Affairs. This collaboration will help ensure that groups can be as effective and consistent as possible. Look out for information about this new advancement. If you are the leader of specialty interest group 2012-3, join us at the CPS Town Hall meetings!

January 10 at 4 p.m. or January 24 at 4:30 p.m. in 13-01

FOCUS ON.... Alternative Careers

A medical degree can help prepare you for many careers. Alternative career paths can include anything from public policy, business and consulting, pharmaceutical industry, journalism and more.

Learn more at an Alternative Career Paths Panel on February 12 at 5 p.m. in 13-01. You can also read more about the paths on the AAMC Careers in Medicine Website, under Exploring Options>Information>Alternatives to Traditional Clinical Practice.

Carrie McCulloch, MD

Hometown: Vineland, NJ

Education: BS in Journalism, Northwestern University, MD from Mount Sinai



How Living Anatome started: As a first year student at Sinai in 2004, I met a kindred spirit in my fellow classmate Stephanie Pieczenik Marango, MD. She was/is a certified yoga teacher and shared a similar passion to maintain a healthy lifestyle & help our classmates do the same. We uncovered the perfect opportunity to merge our missions in Gross Anatomy; while we loved the course, we couldn't understand why we were learning about the human body from a strictly academic perspective (i.e., from textbooks and lectures) and not applying it to our own living, breathing anatomy. After a few brainstorming sessions, we came up with the idea of *living anatome*--60 to 90-minutes classes that would help our fellow students review musculoskeletal anatomy through a series of yoga and Pilates exercises. Thanks to the good graces of Jeffrey Laitman, PhD, the Director of Anatomy at Mount Sinai, the classes were a huge success--attracting not only students, but faculty members and even Deans. We continued to teach *living anatome* classes all throughout medical school and conducted numerous studies on their efficacy in helping med students improve physical awareness, well-being, and anatomy comprehension. In 2009, *living anatome* classes became an official part of the first-year medical school curriculum at Mount Sinai, and in 2010, our research was published in the [Anatomical Sciences Education](#) journal.

Activities at MSSM that impacted your eventual direction: Living Anatome, being a student and TA in Gross Anatomy, presenting anatomy-related research at conferences

Career advice given while at MSSM:

On one of the first days of Gross Anatomy, Dr. Laitman recounted a story about Dr. William Osler. The key to success, as Dr. Osler believed and Dr. Laitman impressed upon us, is "to do that which is at hand superbly." I heard that phrase over and over again in my head as I faced each new challenge in medical school; I will undoubtedly continue to live by it throughout my career.

Path after MSSM: Internship in Internal Medicine at St. Vincent's Hospital in New York, 2009-2010

Current activities include:

- Medical Director & Co-founder of Kinected, a Pilates studio in New York City specializing in injury prevention & recovery
- Co-Director of the Fitness Professional Division of TRIARQ, a community of Physicians, Patients, Physical Therapists, and other healthcare professionals working together to create new standards in clinical and service excellence through continuing education, research, and cross discipline collaboration
- Co-Director of the Functional Anatomy for Movement & Injuries (FAMI) Workshop, a clinical immersion course for fitness professionals
- And, last, but most certainly not least...Proud Mom to my 4-month-old son Jules!

Current clinical and non-clinical activities: I currently do not practice medicine. See above for my non-clinical activities.

What you wish you would have done in school and wish you didn't worry about: I really don't know what I would have done differently. I tried to take medical school--and all its ups and downs--in stride.

Career Advice: When making career decisions, pick a path that allows you to shine from the inside out. Choose a field of work that makes you happy--whether it is peering through a microscope, sewing up incisions, or something completely non-related to medicine. You'll feel what is right...let your gut instinct guide you.

Stephanie P. Marango, MD, RYT

Hometown: I'm a born & bred east-coaster hailing from Chevy Chase, MD.

Education: Stanford University for undergrad, majoring in Political Science. I subsequently worked in the start-up scene of Silicon Valley, with the intent to parlay my experience into a career in the field of micro-economic lending. Long story short, a big car collision prompted me to re-assess my life path, and ultimately led to me to medicine. I then moved to New York to for my post-bacc pre-med studies at NYU, where I founded the Post-baccalaureate Pre-medical Society. A couple years later I started my medical studies at Mount Sinai.



How Living Anatome started: *living anatome* (LA) started during Gross Anatomy, when Carrie & I were first-year students in 2004. I entered Sinai as a yoga teacher--and she as a Pilates instructor-- and using these backgrounds, we were able to make sense of the anatomic material through our own bodies. Giving the anatomic material experiential meaning allowed us to know it, and not just memorize it. And that's a gift we wanted to share with our fellow students. So we designed a review class which 60 students attended ... in addition to Dr. Laitman, Dean Muller, etc. Dr. Laitman's innovative thinking & support allowed us to further develop our LA classes, integrate them into the official Gross Anatomy curriculum, and publish research on them in *Anatomical Sciences Education*. LA's anatomy curriculum is taught to students at several medical schools and is available for free on the LA website - a forum to discuss the challenges of staying healthy while in school, share tips, and read advice from wellness experts in related fields. We passionately believe in the health of medical students both for themselves & for their eventual ability to parlay it to their patients.

Activities at MSSM that impacted your eventual direction: *Primarily, living anatome*, its related events (publishing, participating in academic conferences, mentoring from Dr. Laitman, working with MedEd, etc.), and the other movement-meets-medicine projects we embarked upon (see list of activities in question, below). To note: in retrospect, every aspect of my education at Sinai somehow played a role. For example, the lectures taught me how I learn best, the clinical experience reinforced how I wanted to work with patients, volunteering in the Bronx kept my belief in the beauty of medicine alive, and simply being in the medical environment helped me understand the current nature of healthcare and the role I am best suited to play in it. Plus, I was fortunate to be part of a wonderful class of students!

Path after MSSM: I started my psychiatry residence at the California Pacific Medical Center, a wonderful, small & integrative hospital in San Francisco. At the end of internship, for a network of reasons, I left the residency program and returned to New York. Since then I started a Mind-Body Medicine practice, working holistically with patients to resolve their physical & mental blocks, using discussion, body, breath & energy work. It is a truly rewarding practice; I love helping my patients understand their bits, pieces & connections, and help them take responsibility for it!

Current clinical and non-clinical activities: Clinical: Mind-Body Practice, [Prima Materia](#); Non-Clinical (professional): Yoga Teacher Trainer, [living anatome](#), [FAMI](#), functional anatomy text; Non-Clinical (personal): yoga, dance, reading, walking...

What you wish you would have done in school and wish you didn't worry about: When I was at Sinai, I did my best to appreciate the medical school experience. That said, I feel that I could have done a better job appreciating the experience at hand, versus what I wished it would look like. Medical school is a struggle ~ do what you need to do to make it as ease-full as possible for you. The beauty is in finding the balance!

What you know now that you wish you knew while in medical school: There are many wonderful ways to help people. Medicine is one of them. Your medical degree (and education) can be used in various & creative ways. There's nothing wrong with taking a non-traditional path, whether it's integrative, financial, consulting, academic, artistic, etc. In fact, if you're called to travel the road less taken, know that you're not alone! While it's still the minority of students who choose alternative uses for their degrees, it's a growing group that's there, happy & happy to support you. I affectionately call this group "alterna-docs." I'm an alterna-doc, some of my closest friends are alterna-docs, and so is my husband! How you are best able to help people, is how you will best help people.

Advice for students: As a physician, practice what you preach. It's infinitely more challenging to help individuals lead healthy lives if you, yourself, do not know how. And the kicker is usually the "how" (e.g. how to eat healthy, how to fit exercise into your day, how to de-stress).

Upcoming CPS Events

CPS wants students to interact with each other, faculty and alumni in a robust way. Here are some upcoming events...

ADVISING COHORTS

The 2015 Cohort Competition and Picnic on May 18, 2012 was a success (picture to right)! Look out for more exciting events with your cohort and naming of the housing system.

SPECIALTY INTEREST GROUP TOWN HALLS

January 10, 2013

January 24, 2013

4 p.m. in 13-01

4:30 p.m. in 13-01

YEAR 4 CLASS MEETING

The Match: What to Consider when Ranking Programs

January 17, 2013 5 p.m. in 13-01

ALTERNATIVE CAREERS PANEL

February 12, 2013 5 p.m. in 13-01



CPS Impacts Fall 2011 – Fall 2012

CPS Day for Year 3 Students

Faculty Advisor Checklists

Wellness Collaboration – subsidized faculty & student lunch meetings

New Online Resources – CPS tab on Blackboard



Career Planning Services Reps

Cindy Ko - Scholarly Year

Bill Fox - MS3

Ann-Marcia Tukpah – MS2

Carine Davila – MS1

Office of Student Affairs
Tel: 212-241-4426
Student.affairs@mssm.edu

For more information on any
content, you can contact your
CPS Class Representatives
SinaiCPS@gmail.com

www.mssm.edu/education/medical-education/student-affairs