



Academic Life Rafts

SUNY Downstate Health Sciences University



Dr. Jeffrey S. Putman (he/him/his)
Vice President for Academic and Student Affairs

Academic Life Rafts

Where to go for information or assistance

- Unit directors
- Faculty members
- Small group preceptors
- Office of Student Affairs
- Student Counseling
- Office of Academic Support

**Student
Handbook**

Residency

Emails

**Social
Media**

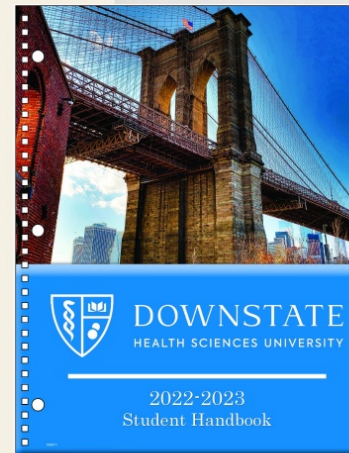
Information - continued

- Note: rumors are rampant (especially from upper class students)—each class & each year is different.
- Student Handbook - everything you need to know....and then some
 - Absences from exams, time off policies

Download the handbook to your electronic device or save the link →



Title



The Career Advising Program is a centralized service available to all students. The office develops and manages the four-year calendar of events targeted for each phase of the student's career development.

The Student Counseling Center provides confidential counseling and psychological services for all matriculated students.

The Office of Financial Aid provides financial information, education, debt management counseling, and access to funding for students in pursuit of their medical degree.



The Office of Student Affairs advocates for student success by providing a wide range of support services, and serves as a central source of information for all students.

The Office of Academic Support helps students achieve their full academic potential in medical school. Towards this end, academic support staff offer programs on efficient and effective approaches to learning and test taking.

The Student Health Center provides primary care for acute conditions, illnesses, and injuries; and also provides routine health clearances, immunizations and testing when needed.

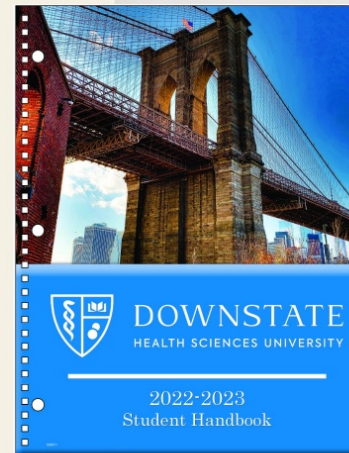
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Information—continued

- Email—you are required to check the school email account at least once a day
 - Do you know how to access your downstate.edu e-mail?
- Email etiquette - what if the email winds up on the front page of the NY Times (or the NY Post)?
- COM listserv = students only (no faculty)
- Foundations1 listserv = students + faculty + staff

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Where to find information



@SUNYDownstate
@DownstateSLS



/DownstateHealthSciencesUniversity
/DownstateSLS



@SUNY.Downstate
@DownstateSLS

**Additional
Info**

Where to find information

- Website: Services for Students
<http://www.downstate.edu> & click on "Current Students" from the Drop Down Menu
 - myDownstate Tools (Banner, D2L, Leo, email, etc.)
 - Bursar
 - Financial Aid
 - Registrar (FAQs, requirements, graduation, registration, electives)
 - Residential Life
 - Student Affairs—residency information, where to get letters, general help, Career Planning
 - Student Center—outside of the classroom
 - Student Counseling—relaxation & confidential advice
 - Student Health
 - Student Organizations

Where to find information



@SUNYDownstate
@DownstateSLS



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Residency & Info

- Residency Career Information
 - <https://www.downstate.edu/education-training/college-of-medicine/career-advising/>
 - Careers in Medicine
 - Roadmap to Residency
 - National Residency Match Statistics and reports

Question?

Residency specialty after medical school

How many of you:

Residency specialty after medical school

How many of you:

I have definitely selected a specialty

Residency specialty after medical school

How many of you:

I have definitely selected a specialty

I have 2-3 fields I am considering

Residency specialty after medical school

How many of you:

I have definitely selected a specialty

I have 2-3 fields I am considering

I am totally undecided

Residency specialty after medical school

How many of you:

I have definitely selected a specialty

I have 2-3 fields I am considering

I am totally undecided

Don't you think this is a bit early to ask this question Dr. Putman?

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Student
Affairs



Registrar



Initiatives & Policies



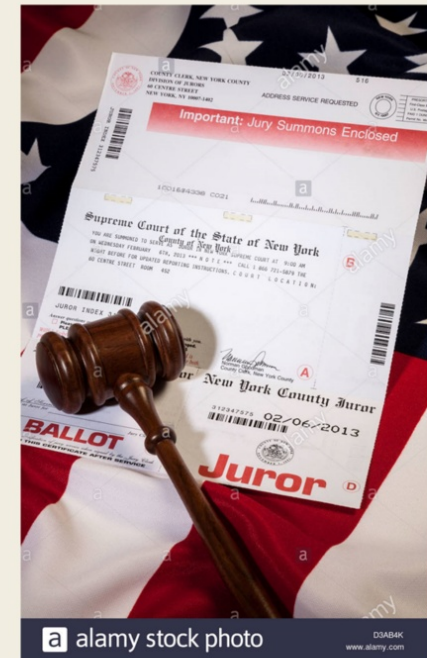
Student Affairs

Our office is a SAFE ZONE for individuals of all ethnicities, ages, abilities, religions, sexual orientations, and gender identities.

- What is Student Affairs?
 - General help and information center
 - Academic advisement
 - Personal concerns/problems, illness, and issues related to exams (see Student Handbook)
 - You do not have to suffer in silence. Ask for help!
- Any prolonged absence from classes

Jury Duty – VERY IMPORTANT

- You can obtain a letter from Student Affairs which requests a State or Federal court to postpone your dates of jury service. The request is not automatically approved by the court. Being a student, in and of itself, does not necessarily excuse you from jury service.
- To request a postponement, you should bring the original copy of your summons to the Office of Student Affairs as soon as you receive it, but **no later than one week prior** to the date it calls you to serve.
- **Under no circumstances should you ignore a summons** to serve and we will not be able to provide you a postponement letter after your date of service has passed, if you have previously ignored a summons, or if your summons states "*Must Serve*."
- Please note: When requesting your postponement, you should be sure to provide the court with a request for postponement from The Office of Student Affairs. Not providing the letter from the Office of Student Affairs may result in your being requiring to serve later without the possibility of postponement.



Who Does What Student Affairs – continued

- What is Student Affairs? (Continued)
 - Leaves of absence
 - Residency and elective information
 - Letters of recommendation for educational programs/scholarships
 - Complaints/grievances
 - Anything that does not seem to fit anywhere else

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Student
Affairs



Registrar



Initiatives & Policies

Office of the Registrar

- Academic file
- Certification of student status
- Grade reports/grades
- Transcripts
- Name or address change — current address and telephone number required always
- State residency form (for tuition billing)

Registrar@downstate.edu

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Initiatives & Policies



Maximize your education

- Exercise personal initiative — take responsibility for yourself — ask questions!
- Attend classes and arrive on time (but if you do arrive late to lecture...)
- Use good time management skills (if you don't have them, go to Academic Support)
- Be considerate to your instructors or fellow classmates (turn off cell phones or other noise makers in class)
- Use common sense
- There is nothing wrong with asking for help

Policies to Know

- Drug Testing for Clinical Sites

Students should be aware that some clinical sites may require you to perform a drug test in order to be present on the site and interact with patients. These tests can be required by the site at any time and you are not permitted to refuse a test by a clinical site.

If there is a positive test, the student will be immediately suspended from his/her academic program until clearance (fitness for duty) has been obtained.

Downstate takes the issue of use of illegal substances very seriously.

Policies to Know

IMPORTANT NOTE ON MARIJUANA

Although the State of New York recently passed a law legalizing the use of recreational marijuana in New York for those age 21 and older, the use and possession of marijuana on SUNY Downstate's campuses remains prohibited under federal law and drug tests conducted under this policy (depending on the clinical facility) will continue to test for the presence of marijuana. State University of New York campuses are bound by the federal requirements under the Drug-Free Schools and Communities Act. Under this requirement, the use, possession, cultivation, and sale of marijuana remains prohibited on all SUNY campuses and subject to disciplinary action. This prohibition covers all SUNY property in public as well as campus residence halls or apartments, and offices, University-owned and leased buildings, housing, parking lots, and all SUNY events.

Policies to Know

Social Media Guidelines

Social network postings are subject to the same professionalism standards as any other personal interactions. For a definition of professionalism, see the SUNY Downstate Honor Code. The permanence and written nature of these postings make them even more subject to scrutiny than most other forms of communication. Students are subject to disciplinary actions within the school for comments that are either unprofessional or violate patient privacy.

You should not use SUNY Downstate logos or logos of our clinical affiliates without permission of the Office of Marketing and Communications or the appropriate office at an affiliate.

Policies to Know

Social Media Guidelines

Avoid giving specific medical advice on-line, and remember that any medically related site or site that contains medically related opinions should contain the disclaimer that “The posts on this site are my own and do not necessarily represent the position or opinion of SUNY Downstate.” Remember to always differentiate the difference between medical opinions and medical facts.

Use of Social Media can have legal ramifications. Comments made regarding care of patients or that portray you, colleagues, or a SUNY Downstate department in an unprofessional manner can be used in court or other disciplinary proceedings.

Policies to Know

Social Media Guidelines

Always be aware of what others post on your social media sites and how they may reflect on you. It may be useful to use controls that either block or require your approval before others can post directly onto your social media. Remember that you can be held responsible for photos or content which others post about you, especially if you are “tagged” in them.

Keep in mind that statements and photos posted on Social Media sites are potentially viewable by future employers (they do look!), and even if deleted can be recovered under certain circumstances. Be aware too, that images can be downloaded by and forwarded to others. It is not uncommon for potential employers to search for the social network profiles of potential hires, and there are many examples of people not being offered a job because of findings on social networking sites.

Policies to Know

Social Media Guidelines

Be mindful of your privacy settings and check them often. Be sure to use settings which optimize your privacy and security and avoid sharing personal information about yourself such as addresses, phone numbers, or data (such as license numbers or identification numbers) which may be used to gain access to your records.

Confidentiality regulations apply on-line as they do in person. Posting pictures of patients (including photos depicting the body parts of patients), patient names, or any information about patients is **NEVER** permitted under any circumstance, and can subject you not just to disciplinary action, but legal ramifications as a violation of HIPAA.

Policies to Know

Social Media Guidelines

Maintain the privacy of fellow students, colleagues, medical professionals, and other hospital or clinical employees unless they have given you permission for their name or likeness to be used.

Interaction with patients on social media is prohibited for students (unless the person was known in another capacity prior to them becoming a patient).

Policies to Know

Social Media Guidelines

Relationships online with faculty, preceptors, attending physicians, fellows, supervising residents, interns, and other medical students are all governed by the SUNY Downstate policy against sexual harassment and violations of that policy are not tolerated. Cyber stalking, requests from those who supervise you to engage in activities outside of work, and inappropriate postings to social networking sites can all be considered forms of sexual harassment and should be reported immediately to the Office of Student Affairs or to the Title IX Coordinator.

Students are strongly encouraged to alert colleagues to unprofessional or potentially offensive comments made online to avoid future indiscretions and refer them to these guidelines. Students should also be aware of Social Media or Networking policies at the Clinical Site which you may be assigned as they may be more restrictive than this policy.

Policies to Know

- Absences
 - Absences from Summative Exams - Notify Student Affairs
 - Prolonged Absences from Required Activities - Notify Student Affairs
 - Absences for Religious Holidays - Identify Religious Dates you need for the academic year – Fill Out Absence Form
 - Absences from Day to Day Activities Absence Form - LEO
 - COVID-19 Absences
 - Unreported Absences are not permitted
 - The most important thing to remember regarding absences is that you should communicate!!!

COVID-19 Policies to Know

- Absences
- Facemask Policy
 - You must wear your facemask in public areas and congregate spaces.
- Vaccination/Testing Policy
- Wash Your Hands
- Travel Restrictions

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Additional Information

- Gender Neutral Bathrooms
 - Basic Science Building – Every Floor near freight elevator
 - Basic Science Building – Odd Numbered Floors near Center Elevators
 - More to Come (Bathroom Renovations in Progress)
 - Mandated Reporting (for Title IX or other Issues)
 - Confidential Reporting – Only Counseling, Clergy, or Medical Professionals
 - All others may be mandated reporters and may be required to report the incident to the Title IX Coordinator of others.
 - Student Bill of Rights related to incidents of sexual violence (Handbook, page 135-136)
 - Affirmative Consent is the rule!
- SUNY Resources for Sexual Assault & Violence Response
 - response.suny.edu web site
 - Resources are available by zip code, State-wide to help you or to help you help someone who is the victim of sexual assault or violence. Information is available in over 120 languages.
 - **Send Word Now**
 - Our Emergency Alert System
 - Instructions to sign up will be sent to you by email.
 - Provides alerts to your phone, email, or devices in case of an emergency.

downstate.sendwordnow.com



Additional Information

- Food Insecurity – Many students can find themselves food insecure. New York State has mandated all SUNY and CUNY schools to respond to this issue. At Downstate:
 - Food Pantry
 - Located in the Student Center near the entrance
 - Non-perishable foods
 - Downstate has connections with local food pantries and soup kitchens which we can refer you to. See Student Life or Student Affairs

Students Requesting Accommodations

- If you have a special need or require specific accommodations, and you have not already, please send an email to our office to request an Entering Student Accommodations form at **studentaffairs@downstate.edu**.
- Please be mindful that it can take up to two weeks to review and implement any request for accommodations, so please complete the form at your earliest convenience (if you haven't done so already).
- If you have a history of accommodations from High School/College, in order to get those accommodations approved for national board exams (like Step 1), you need to show a continued history of having those accommodations in Med School.

Student Health Insurance

- If you have not done so, and you have comparable health insurance, please complete the waiver process by no later than the end of the week.
- If you do not waive by the deadline, you will be charged and enrolled. The next opportunity to waive will not be until your Spring bill.
- It takes up to 3 business days to process your waiver once you enter it online.
- If you are enrolling in the health insurance, you will receive an email from HSA Consulting with instructions and benefits information. If you need care prior to receiving the enrollment email (ie: filling a prescription or seeing a Doctor), contact HSA Consulting at the email on the Downstate Health Insurance Web Site.

What we Expect from You

- Mutual respect & understanding of your classmates, faculty, staff & patients
- Sensitivity to others who are different from you, values which are different from yours, other cultures – we are a secular institution
- Ethical behavior in the clinical setting and the classroom – report any incidents of abuse
 - See Academic Integrity Policies in the Student Handbook. Make certain that you know what plagiarism is and how to do a citation. The faculty do have the option of using software to check submitted assignments.

What we Expect from You

- Health & wellness — practice it in your daily life.
- Community Service / Service Learning — caring for others is helping others.
- Professional identity — what it means to be a physician — it is not just a job.
 - Review the definitions of professionalism & understand how they apply.

The Other Components

- University Hospital of Downstate (UHD) – includes University Hospital of Downstate (Central Brooklyn), and SUNY Downstate University Hospital of Downstate Urgent Care Center/Bay Ridge
- School of Graduate Studies – Ph.D. including MD/Ph.D., Bridges Program
- School of Health Professions – upper division and masters programs in health professions – DMI, PT, OT, PA, Midwifery, Medical Informatics
- College of Nursing – undergraduate (RN/BS), Accelerated BS Nursing, graduate programs for nurse practitioners, clinical nurse specialists, nurse anesthetists, nurse midwives
- School of Public Health including a MD/MPH



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Statistics for the Entering Class of 2026

**MCAT &
GPA**

Age

Schools

Finale

Statistics for the Entering Class of 2026

- State Residency
 - New York State: 174 (87%)
 - Out of State: 25 (13%)

**MCAT &
GPA**

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 - Long Island: 36 (18.1%): Nassau (21), Suffolk (15)
 - Westchester: 9 (4.5%); Monroe 6 (3%); Rockland 4 (2%); Dutchess 2 (1%); Hudson; Orange; Putnam; Rensselaer; Saratoga; Schenectady

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- Other States
 - Florida (7); California (6); New Jersey (4); Pennsylvania (2); Virginia (2); Colorado; Georgia; Massachusetts; North Carolina

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Year Entering	Age Range	Mean Age
2011	21-36	23.21
2012	21-39	23.60
2013	21-35	23.29
2014	20-45	23.57
2015	21-36	23.20
2016	21-33	23.80
2017	20-40	23.69
2018	20-34	23.70
2019	21-49	24.06
2020	21-38	24.00
2021	21-39	24.00
2022	21-36	24.00

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Universities

- Undergraduate Colleges Represented in the Class: 74

- Top Feeder Institutions

- SUNY Stony Brook 24 (12%)
- CUNY Brooklyn College* 17 (8.5%)
 - * Includes students from BA/MD
- CUNY Hunter College 15 (7.5%)
- New York University 14 (7%)
- Cornell University 11 (5.5%)
- SUNY Binghamton Univ 7 (3.5%)
- University at Albany, SUNY 5 (2.5%)
- University of Florida 5 (2.5%)
- Columbia University 5 (2.5%)
 - Columbia College 4
 - Barnard College 1



More Unis!

- State University of New York (41): including Stony Brook (24), Binghamton (7), Albany (5), University at Buffalo (3), Cortland, New Paltz,



- City University of New York (45): including Brooklyn College (17), Hunter (15), Queens (3), City (3), Lehman (2), City Tech, Staten Island, York, John Jay, Baruch



- Fordham, UPenn (4)
- Univ at Buffalo, Queens College, City College, Johns Hopkins, Northeastern, UCLA (3)
- Lehman, Adelphia, Amherst, Boston College, Boston University, Brown, Emory, George Washington, Hofstra, Tufts, Univ of Pittsburgh, Univ of Richmond, Univ. of Rochester, Vanderbilt (2)

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MCAT	mean	Percentile
Chemical & Physical	128	82
Critical Analysis	127	75
Biological & Biochemical	128	82
Psychological & Social	129	82

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MCAT	mean	Percentile
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Grade Point Average	mean
BCPM (science GPA)	3.7
Non Science GPA	3.8
Cumulative Average	3.7

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Student Life & Services

www.downstate.edu/for-students

@DownstateSLS

facebook.com/DownstateSLS



White Coats!

White Coat Ceremony

Friday, September 16, 2022



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@DownstateSLS

facebook.com/DownstateSLS



White Coats!

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Thank you!



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