

GERALD E. THOMSON UNDERGRADUATE PRE-MEDICAL PROGRAM

PROGRAM SUMMARY

GET-UPP is a free pre-medical mentorship program designed to supplement students' academic trajectory as they pursue medical school admission.

Named in honor of Dr. Gerald Thomson, Professor of Medicine Emeritus at Columbia University, the Gerald E. Thomson Undergraduate Pre-medical Program (GET-UPP) will serve undergraduate students from Columbia University, Barnard College, and the City University of New York schools. Advisory support and mentoring will take place at Columbia University Medical Center.

Program offerings include mentorship from medical faculty/clinicians, pre-medical advising and academic counseling, as well as career exposure and clinical shadowing experiences.

The mission of the program is to support students' career development as they pursue medicine and prepare them for a successful medical school application process.

The program is intended to provide continuous support for students throughout their undergraduate careers and the medical school application process.

PROGRAM OBJECTIVE

The objective of the program is to guide students in forming the foundation necessary to enhance their candidacy for successful matriculation to medical school. Program participants should complete the program with a better understanding of what it takes to get into a medical school and the best ways to go about setting themselves up for a successful application process.

PROGRAM ELIGIBILITY

The GET-UP Program will serve up to 50 pre-medical students yearly. Eligible participants include, but are not limited to, those who identify as African American/Black, American Indian and Alaska Native, Hispanic/Latino, and/or those who are from communities of socioeconomic and educational disadvantage. Program applicants should:

- Be currently enrolled as an undergraduate student at Columbia University, Barnard College, or one of the City University of New York schools
- Identify as a US citizen, a permanent resident, or an individual granted deferred action for childhood arrivals (DACA) status by the US Citizenship and Immigration Services
- Maintain an over-all GPA of 2.75 or higher

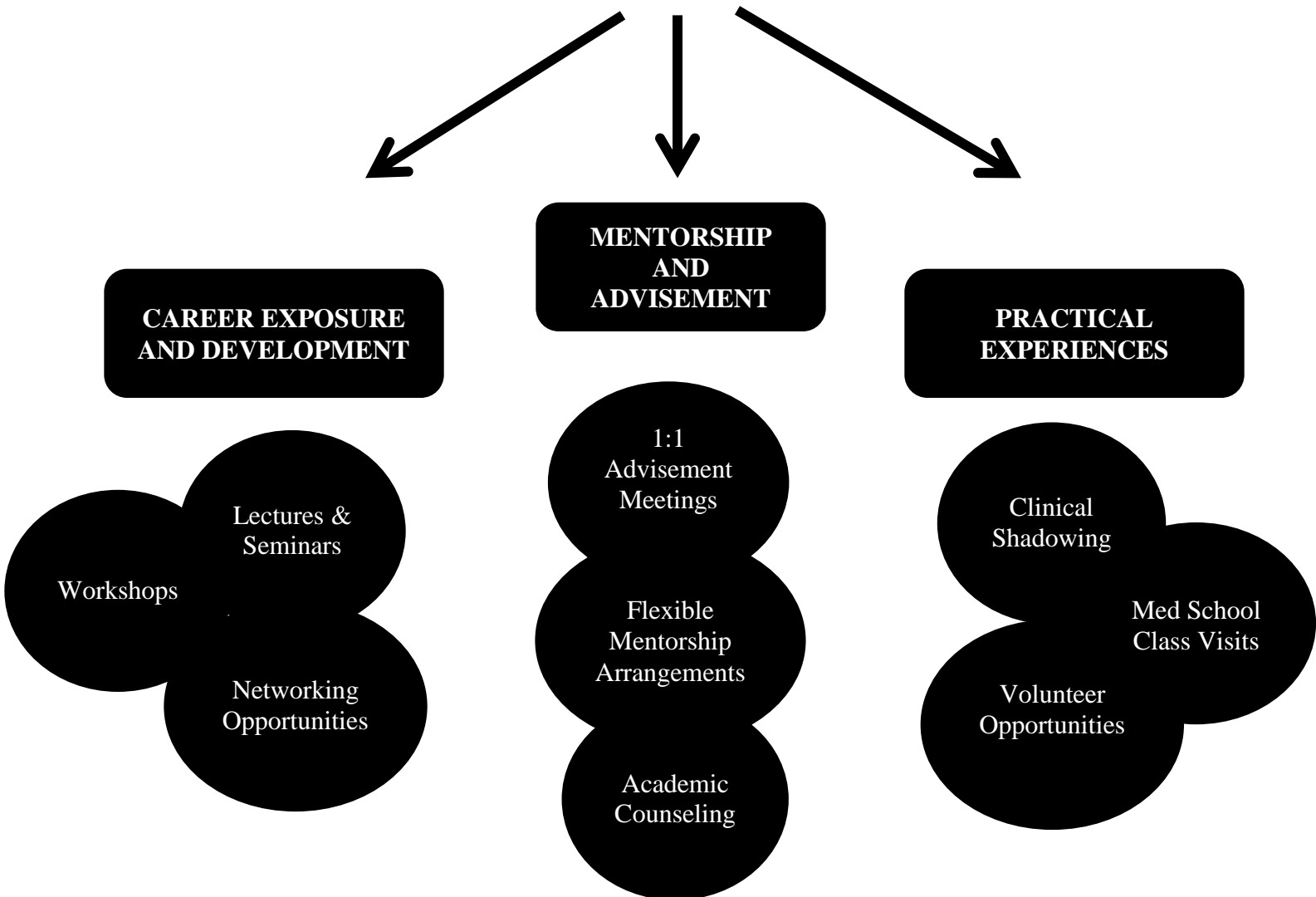
PROGRAM STRUCTURE

Focal Points:

- Mentorship/Advisement
- Career Exposure and Development
- Practical Experience

50 PRE-MEDICAL STUDENTS

matched with mentors who serve as Medical Faculty



Opportunities for **Career Exposure and Development** will be offered once per month on weekday evenings throughout the academic year. The scheduling of these program sessions will be set no earlier than 5:30pm and will conclude no later than 7:30pm.

Mentorship and Advisement sessions will be scheduled based on the availability of mentors and students. These sessions will not follow a formal time structure and may take place in person or in a virtual format (phone, skype, etc.). Academic counseling will be provided by the Senior Associate Dean for Diversity and Multicultural Affairs on a case-by-case basis as needed.

Practical Experiences will also be scheduled based on mentors' and students' availability. These activities will mainly be provided throughout the academic year with a possibility of additional arrangements during the summer months as determined by mentors.

WORKSHOPS/SEMINARS

Topics will include but may not be limited to:

- Pre-medical Course Planning
- Medical School Application: The Breakdown (AMCAS/Primary; Secondary; Interview)
- Student Financial Planning
- MCAT Overview and Preparation
- Time Management
- Do's & Don'ts During the Gap-year Before Medical School
- Post-Baccalaureate Programs
- Linkage Program Opportunities
- Summer Activities and Research Programs
- MD vs. DO programs
- Drafting a Medical School List
- Dual-Degree Programs
- Resume/CV Writing
- Where Medicine Meets Public Health
- Life as a Medical Student

CLINICAL EXPERIENCES

Shadowing opportunities provided by program mentors will take place in hospital, outpatient, or community settings. These activities will cover a range of medical specialties including:

- Internal Medicine
- Pediatrics
- Obstetrics and Gynecology
- Surgery
- Psychiatry

APPLICATION PROCESS

Please use this link to access the GET-UPP application:

<https://www.surveymonkey.com/r/JYFNXDL>

All supplementary documents should be mailed or hand-delivered to the address below. Program admissions decisions will be provided on a rolling basis.

ATTN: GET-UP Program
Office of Diversity and Multicultural Affairs
Columbia University, College of Physicians & Surgeons
104 Haven Avenue, VEC 10-03
New York, NY 10032

PROGRAM ADMINISTRATION

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CONTACT INFORMATION

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