

Community of Support (COS)

increasing diversity
in healthcare
est. 2015



WHAT IS OUR MISSION?

Our goal is to increase diversity in healthcare by supporting students who are underrepresented in healthcare fields at every stage of their journey.

WHO IS ELIGIBLE?

The Community of Support program supports prospective health professions students who are Indigenous, Black, Filipino, socioeconomically disadvantaged, or who identify as having a disability.

WHAT DO WE DO?

The following pages list some of our programs and services. Some others include:

- **CASPer prep:** explore strategies to help improve your CASPer performance
- **Webinars:** online seminars about topics such as school-specific admissions criteria & application support.
- **Biostatistics Enrichment Project:** learn how to analyze data from large population studies.

MSSP

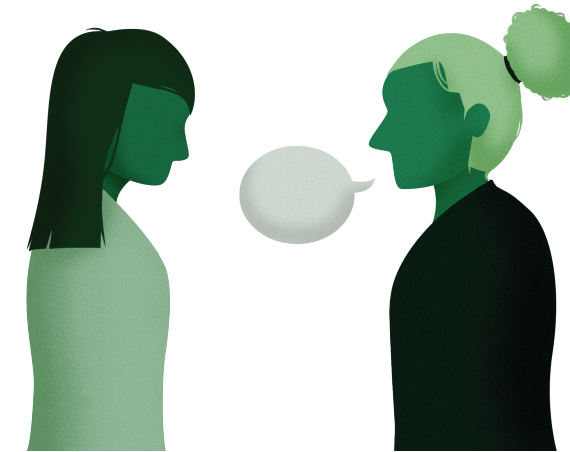


Each summer, COS runs the MCAT Student Support Program (MSSP), an 11 week prep course which runs from early May to late July for COS members with high financial need who will be writing the MCAT.

MSSP lectures are archived and available for all COS members.

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NMP

The Newcomer Mentorship Program aims to provide support and guidance to newcomer undergraduate students in Canada who are interested in pursuing a career in the field of Science. This will entail a long-term mentorship with a mentor in their field of interest with the aim to equip students with resources, guidance on career success, and opportunities for networking.

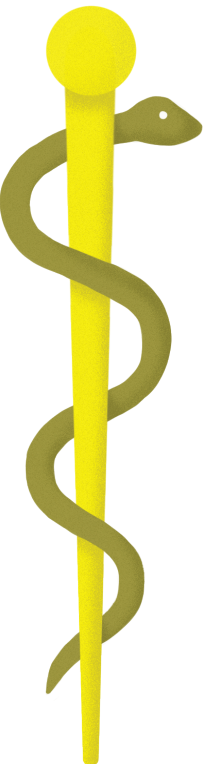
CASPer prep course

In collaboration with the U of Ottawa Black Medical Students Association (BMSA), the program supports students with preparation for the CASPer. The CASPer is a digital admissions tool that tests for personal characteristics such as empathy, ethics, and self-awareness.

The program will consist of the following:

- 2-hour afternoon classes
- Practice CASPer
- Weekly homework readings and reflections
- Weekly contact with CASPer tutors (med students)

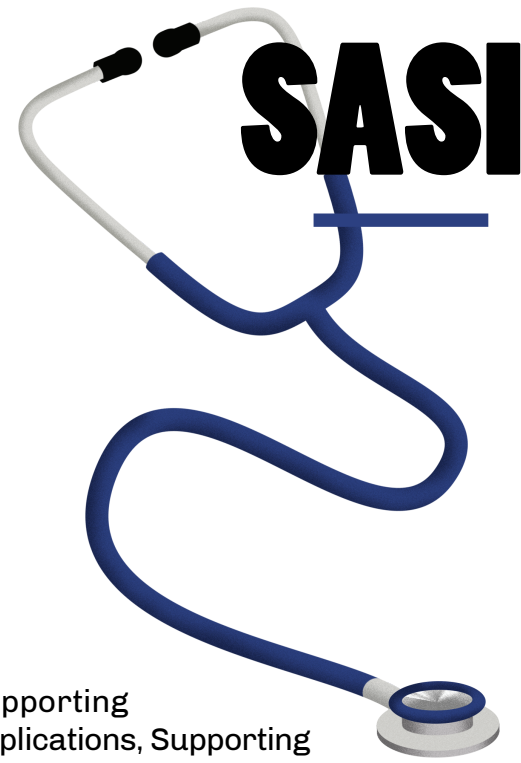
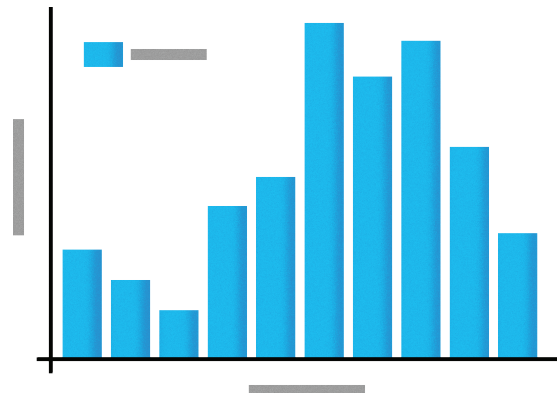
All materials, including a copy of *Doing Right* by Philip C. Hébert, will be provided for free.



BIOSTATS

The Bio-statistics Enrichment Project is an opportunity for students interested in medicine and healthcare fields to learn how to analyze data from large population studies. The course will be conducted online via a live video conference.

A number of students that previously participated in this project have had the opportunity to publish in a scientific journal in collaboration with a supporting doctor. Other students have gone on to secure summer research positions, employment with research groups as well as funding for graduate study in epidemiology.



Supporting Applications, Supporting Interviews (SASI) provides members applying to medical school (Canada, US, Caribbean) with a medical student mentor to guide you through your medical school application and provide feedback before it is submitted. The following assistance will be provided between June to September, depending on mentor availability:

- autobiographical sketch advice and proofreading
- brief personal essays advice and proofreading
- references advice
- MCAT advice

Once you receive an interview, we will match you with mentors to help you prepare for your interview.

ignite

breaking down barriers

An annual conference each March for members to:

- meet physicians and medical school students
- learn about Canadian, US, and Caribbean med school applications
- learn how to strengthen your application

Sponsors:



RASI

Research Application Support Initiative (RASI) is an initiative designed to help COS members with research interests through:

1. Providing information/workshops on how to create a good academic CV, professionalism in communicating with principal investigators, characteristics of a good referee, etc...
2. One-to-one mentorship to help them develop research CVs and apply for research roles, graduate applications, and applications for thesis
3. A limited number of paid research roles

EXPANDING OUR SUPPORT

The Community of Support program is expanding its support to other health professions. These include:

- dentistry
- medical radiation sciences
- nursing
- occupational therapy
- pharmacy
- physical therapy
- physician assistant
- public health
- social work

Join COS at applymd.utoronto.ca/community-support

