

# NEWSLETTER

Student Life

Academics

Community

Medicine

Mentorship



## Congratulations Newly Admitted Students!

University of South Carolina School of Medicine Columbia is looking forward to your matriculation into our incoming class. This newsletter includes curated news and events to keep you in the loop with our community.

.....

### Latest News

- Grand Opening of Cockey's Cupboard
- Match Day!
- School of Medicine Semi-Formal



**School of Medicine  
Columbia**

UNIVERSITY OF SOUTH CAROLINA



**School of Medicine  
Columbia**

UNIVERSITY OF SOUTH CAROLINA

**Spring semester has been filled with sun and celebration! The SOM's M4 class received a 100% match rate, Students held the annual Men Who Bake competition, and water coloring is being held at the outdoor tables for mental wellness. Spring has commenced and exam season is around the corner!**



---

# School of Medicine Highlights!

## Student Interest Groups

As a SOM student you will be encouraged to join and participate in many national organizations and interest groups that allow you to learn more about each of your specialty choices. Below are some meetings held during spring semester by SOM students.

### **Pediatrics Interest Group NEDAwareness Meeting**



PIG hosted their very own Karen McMullen and her daughter to discuss disordered eating and recovery. They were also joined by Dr. Michelle Guyton-Nunley, an adolescent medicine specialist to discuss the range of eating disorders and caring for the young LGBTQ+ population.

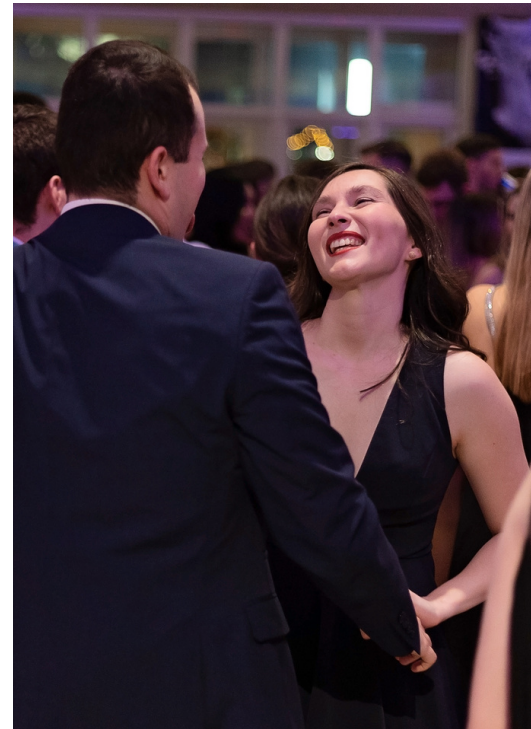
..... **Rural Health Interest Group**

The Rural Health Interest Group hosted Dr. Zeller from the rural Family Medicine residency program in Oconee County, SC. They discussed what a rural residency program looks like and how it differs from an urban residency program.

### **Internal Medicine Interest Group - Pulmonary/Critical Care Lunch & Learn**



IMIG was excited to host Dr. Todd Gandy, a pulmonary/critical care specialist, for a lunch presentation in the M1 classroom where they learned more about the importance of the field and the IM residency.



*SCM Semi-  
Formal!*



“  
By students, For students - Semi Formal was held in early march at the Columbia Museum of Art. All School of Medicine students were invited for a night of dancing and refreshments. Suits, floor length gowns and cocktail dresses were encouraged!  
”

**NEWSLETTER**

# .....□ **Student and Community Involvement**

**Volunteerism is at the center of USC School of Medicine community. Below are some highlighted events from Spring Semester.**

## **2nd annual Run with All Your Heart 5K Fun Run**

**Curing Kids Cancer hosted the second annual Run With All Your Heart 5K Fun Run in Columbia, South Carolina. CKC Fun Runs are hosted by the Curing Kids Cancer Young Professionals, made up of different groups of medical students across the United States who share Our Hearts for Cures. A fun morning was dedicated to raising awareness for childhood cancer research and supporting critical pediatric research projects at Prisma Health Children's Hospital - Midlands.**

## **EmpowerRun 5K Walk & Run for Domestic Violence**

**The EmpowerRun 5K Walk & Run sponsored by Jamie Scott Fitness with all proceeds benefitting Sistercare. Sistercare is a nonprofit organization that provides trauma-informed services, advocates for IPV survivors, and promotes prevention of IPV through community awareness and training.**

## **Dodgeball Tournament Benefiting PRISMA Children's Hospital**

**SOM students participated in the philanthropy dodgeball tournament where all proceeds went towards Children's Miracle Network Hospitals. The winning team also received \$100 donated to the charity of their choice!**

## **Allies of Sistercare and OBGYN interest group Donation Drive**

**Allies of Sistercare and the OBGYN Interest group partnered to hold a donation drive for Sistercare, a nonprofit organization based out of Columbia, SC that serves victims of interpersonal violence and their families. They set up donation boxes, an amazon wishlist, and accepted Venmo donations for families in need.**

On Behalf of USC School of Medicine-Columbia Admissions and Enrollment Services, we'd like to thank members of the Class of 2023 for Outstanding Service during their undergraduate medical education.

USC SCHOOL OF MEDICINE COLUMBIA  
*Outstanding Service*



Victoria Sanderford, C/O 2023



School of Medicine  
Columbia

UNIVERSITY OF SOUTH CAROLINA

**On Behalf of USC School of Medicine-Columbia Admissions and Enrollment Services, we'd like to thank members of the Class of 2023 for Outstanding Service during their undergraduate medical education.**

**USC SCHOOL OF MEDICINE COLUMBIA**  
*Outstanding Service*



**Carra Lyons, C/O 2023**



**School of Medicine  
Columbia**

UNIVERSITY OF SOUTH CAROLINA

# MATCH DAY 2023!



**100%  
MATCH  
RATE!**



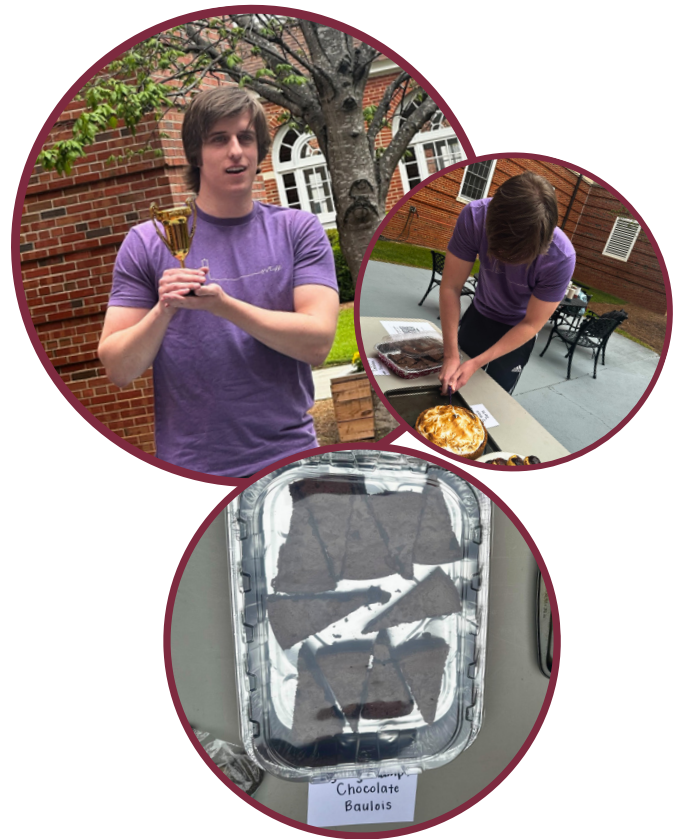
Checkout the matches [here](#)



## ☐ **Men Who Bake Competition**

The annual Men Who Bake competition! All money raised supported Pathways to Healing. Thomas Sanders, M2, won first place for the second year in a row with his Chocolate Baulois.

Sweets are loved by the entire SOM community! This Spring, SOM students have launched a baking club with plans to create a SOM cookbook featuring recipes from faculty, staff and students!



## **Diversity, Equity and Inclusion**



**Dr. Bobby Donaldson**

USC's Dr. Bobby Donaldson delivered a talk to the SOM campus during Black History Month titled "Justice for All: South Carolina and the American Civil Rights Movement". He shared local resources and educated the public using Columbia SC 63: Our Story Matters, a coalition which features archived photos and videos during the height of the movement in Columbia.

[READ MORE ABOUT DR. DONALDSON HERE](#)



**Mentorship is valued throughout the University of South Carolina. For USC honors students seeking an accelerated medical degree named "BARSC-MD", this semester was the time to meet with their School of Medicine mentors to build connections while enjoying a Chick fila dinner.**

□.....  
**BARSC-MD  
 mentorship  
 dinner!**



## Cocky's Cupboard



**This semester the SOM opened Cockey's Cupboard which is designed to provide emergency essentials to the students, staff, and faculty of USC School of Medicine - Columbia.**



**The pantry is stocked with a variety of non-perishable food and hygiene items.**

**Cocky's Cupboard is anonymously accessible and open 24 hours daily.**





# Mental Wellness at SOMC

## Meet therapist Laura Shaver-Hast



A service that is available to medical students at USC is Campus Therapist Laura Shaver-Hast, LISW-CP. Laura is a licensed independent social worker with 20 years of experience.

She provides weekly telehealth and open hours for students to receive one on one counseling. Most recently, she met with students to discuss mindfulness, emotional resilience and burnout prevention.

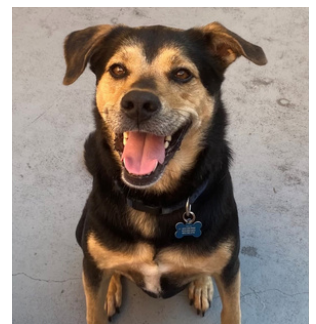


## Meet our Therapy Canine Friends brought to the SOM campus by our Student Success and Wellness Center

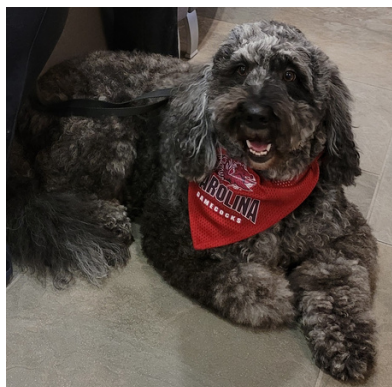
**Juliet**



**Bo**



**Paisley**



**Smokey**



**Tilly**

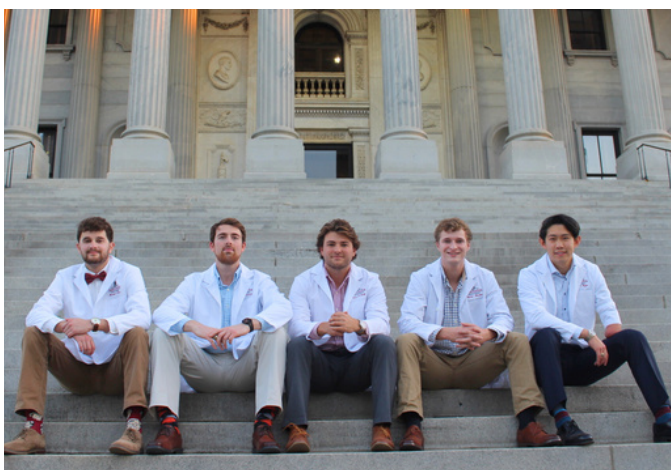
## Are you curious about research opportunities?

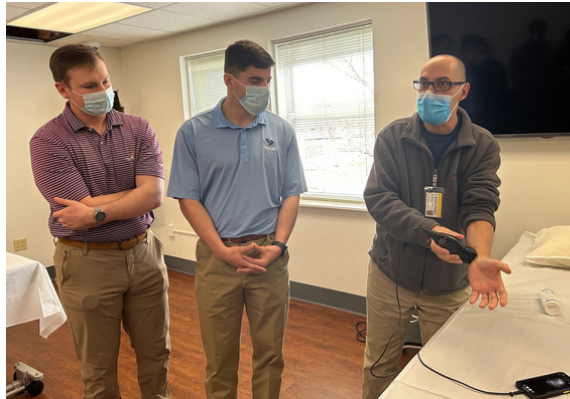
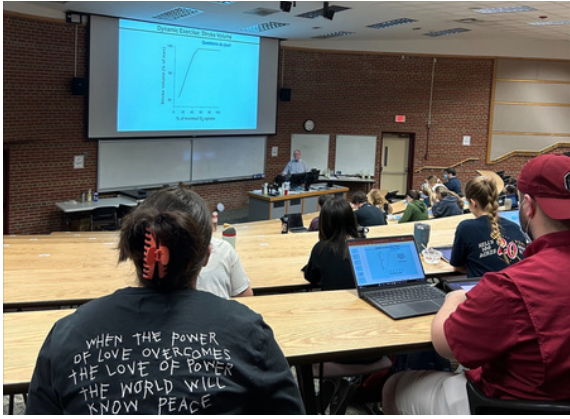
The **Student Opportunities for Academic Achievement Through Research (SOAR)** program is a full-time research experience provided by basic science and clinical faculty. This series provides SOMC SOAR students with the opportunity to present their research. This Spring, we've seen students present on:

**M2 student Alekhya Mitta, mentor Dr. Pamela Bailey, spoke on the "Outcomes in Covid-19 Patients Who Received Tocilizumab at Prisma Health-Midlands"**

**M2 student Sreeja Varanasi, mentor Dr. Adelheid Lempradl, Ph.D., spoke on the "Behavioral Phenotyping in Drosophila Models of Autism Spectrum Disorder."**

[READ MORE ABOUT SOAR](#)





# DAY IN THE LIFE!

Learn more about  
campus visits [here](#).



School of Medicine  
Columbia  
UNIVERSITY OF SOUTH CAROLINA

“  
What an amazing experience... The day began with us sitting in a 2-hour lecture... The professor was absolutely fantastic... We then toured the Ultrasound Lab which was the coolest experience. Lastly, we visited the Anatomy Lab where we were able to observe the cadavers from a distance and view the various items/body parts in the museum. **This experience was moving** but was also incredible to see especially since each body donated was from someone who supported the school... the school holds a funeral where all family members are invited -- **a great display of character from the school.**

”

# Main Campus Highlights!

**Another successful season for USC women's basketball; Coach Staley celebrates her 400th win!**



[READ MORE](#)



**USC Dance Marathon raises \$788,645 for Columbia children's Hospital**



[READ MORE](#)

**USC Office of Multicultural Student Affairs and Diversity Beyond's Spring Events**

- **Black Film Festival**
- **Pridechella**
- **End of the Year Cookout**

[CHECKOUT THE EVENTS CALENDAR](#)

# What's Happening in Columbia!

## **New developments at the Riverbanks Zoo; Aquarium and Reptile Conservation Center and outdoor Gorilla habitat**



[READ MORE](#)



[READ MORE](#)

## **A COLA MUST VISIT: Soda City Market!**

**For the season's best produce, meat, dairy, flowers and baked items from farmers, bakers, gardeners and artisans in Columbia, SC - The local food trucks are a must stop.**

**Saturdays, 9am-1pm on the 1500  
Block of Main Street**

# What's Happening in Columbia!

## SOM students enjoyed the huge St. Pat's celebration in 5 points



[READ MORE](#)



## South Carolina State Fair's Spring Fair Food Drive-Through



[READ MORE](#)

## Columbia International Festival

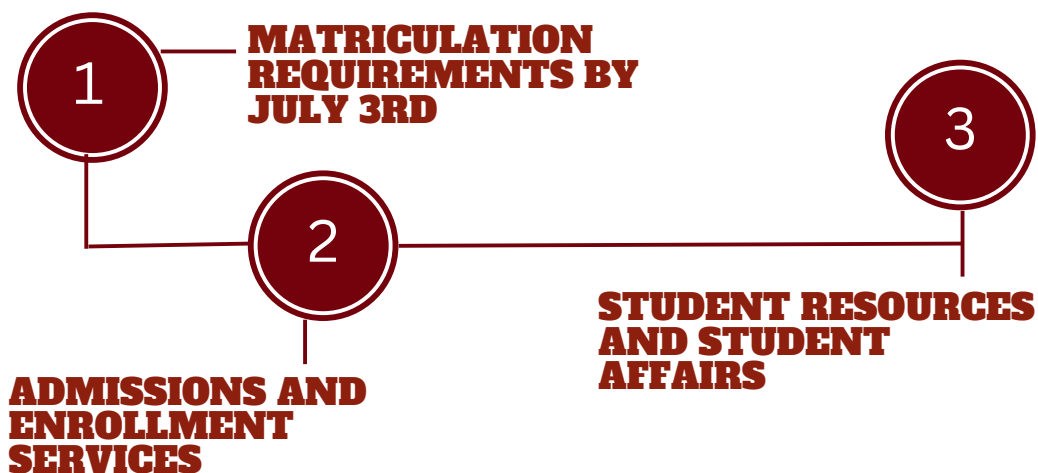


[READ MORE](#)



# NEWSLETTER

Below, we have provided some guidance for navigating the [New Student page](#). Prior to new student orientation on July 25th, you will need to complete student tasks before you can matriculate:



1. Start with important matriculation tasks including the background check, drug screening, HIPPA training, etc.
2. Familiarize yourself with information on registration, your SOM email account, and any financial aid and residency tasks.
3. Lastly, review student resources which include the academic calendar, student disability resources, student health insurance, etc.

Any questions should be directed to [admissions@uscmed.sc.edu](mailto:admissions@uscmed.sc.edu) or by calling (803) 216-3625

