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WeeklyWire 06/13/2025

FOR ALL MEDICAL STUDENTS

Community Connections & Wellness

- **IMPORTANT REMINDER TO ALL CLASSES:** 7/1/2025 All UVM students are required to have health insurance. Every year by July 1, you MUST sign up for the coverage offered by UVM or supply the name of your current insurance provider. This can be done by visiting the [Insurance and Student Health Fee webpage](#) and completing the Insurance Policy Decision/Waiver Form. Students who fail to complete the annual online insurance decision/waiver by the deadline will be billed, the insurance premium will be added to their UVM student account, and a hold will be placed on their student account. Once a hold is placed on a student's account, they will not be able to register or make registration changes. For more information, please reference the [Medical Student Handbook](#). Questions should be directed to the [UVM Center for Health and Well-being](#).
- **Jeffrey Silver Humanism in Healthcare Research Roundup: A Focus on Kindness:** Our latest [Jeffrey Silver Humanism in Healthcare Research Roundup](#) emphasizes the critical importance of kindness as a fundamental component of humanism in healthcare, reminding us that technical skills are most powerful when paired with genuine human connection. Four publications related to kindness are presented by Dr. Nora Jones, the new editor of Research Roundup. [Read more...](#)
- **New episode of Green Mountain Medicine Podcast:** [Click here to listen](#) to Dr. Anirudh Hirve on this month's episode of Green Mountain Medicine Podcast. In this episode, Dr. Anirudh Hirve is a new intern starting at The Ohio State University Internal Medicine Residency Program. He shares his journey through the residency interview process, what drew him to internal medicine, and the mindset he embraced along the way. Dr. Hirve reminds us that this process doesn't define who you are, but rather it reveals who you are meant to become.
- **Mindfulness and Meditation SIG Event:** 6/16, 12-1PM, Med Ed 201. Stop by for a snack and meditation as we wrap up M1 year! For more details, contact [Sidney Gregorek](#)
- **Dean Zehle Drop-In Meetings - Sign Up:** 6/17, 12-1 PM, These drop-ins are provided for students to connect with the Senior Associate Dean for Medical Education. We protect student drop-in sessions to ensure our students are able to discuss any issues arising or concerns, and to ensure your dean is always accessible to you. Please contact [Colleen Case, the Executive Assistant to the Senior Associate Dean for Medical Education](#), if you have any questions or concerns.
- **UVM Offices Closed for Juneteenth:** 06/19
- **SAVE THE DATE - Medical Education Curriculum Retreat:** June 25 and 26, 8a-noon; Location MedEd 200. Student participation is welcomed and encouraged. Please save the date. Wednesday, June 25, 2025: 8am – 12pm and Thursday, June 26, 2021: 8am – 12pm In-Person with remote link upon request For more information contact The Office of Medical Education at 802-656-0722 or [email Colleen Case, EA to SADME](#).

- **Coffee/Tea with Dean Zehle:** 6/13, 7:30AM-8:15AM, Given Courtyard.

Career Counseling Opportunities

- **Hematology and Oncology Grand Rounds:** 6/17, 8-9 AM HSRF 200 . Adjuvant CDK 4/6 Inhibitors in HR+/HER2-Breast Cancer - Dr. Ike Chidobem, Fellow in Hem/Onc , UVMHN. For more information, [email Whitney Feininger](#).
- **Pediatrics Grand Rounds –“Labyrinths and Legacies”:** 6/18, 8-9 AM Hybrid Event Davis and Zoom
- **Pediatrics Grand Rounds –“TBA”:** 6/25, 8-9 AM Hybrid Event Davis and Zoom
- **RHA's Rural Health Student Summit:** September 6, 2025, from 9:30am to 2:00pm, Dartmouth Hitchcock Medical Center in Lebanon, NH. Interested in Rural Health? Join the New England Rural Health Association (NERHA) for an engaging and inspiring day at the Rural Health Student Summit! [Read More Here...](#)

Housing Opportunities

- **One bedroom apartment brand new:** Available July 1st 507 Shelburne Rd Burlington. Two brand new 1-bedroom apartments 740 square ft Apartment 2 620 square ft. New flooring, kitchen cabinets, and appliances. Apartment 1 \$2,400 per month. Apartment 2 \$2,150 per month. This includes heat, electricity, trash, and water. 2 parking spots per apartment 400 meters from 1-89. 4.5 km from UVM campus. 100 meters from Shaws, and Market 32 free laundry included. [Dr. Mark Bradley](#)
- **Burlington Apartment for Rent:** 14 University Terrace Apt 2. 3-bed, 1-bath Apt Available June 1. Cozy, Quiet Apartment Available Across Street from Davis Center! A 3-bedroom, 1-bath apartment in my house is available beginning June 1, 2025. You'd be living a chill, peaceful life in a cozy spot right across the street from the Davis Center. We are less than a five-minute walk from the bus stop and a ten-minute walk from the medical school and hospital. The main UVM campus is also therefore nearby, with bike paths, the large university green, undergrad libraries, student health, CAPS, the greenhouse, Interfaith Center, and many additional dining options. Rent and utilities will be \$2600/month, inclusive of water, gas, garbage, and recycling. Two pairs of washers and dryers are on the lower level (quarters required), and we have ample heat in the winter. Tenants would have the entire second floor of a house divided into three units. I and two other women live on the ground floor, and there is one male in the attic, all quiet, friendly twenty-somethings. Parking is provided behind the building (away from the street), and the unit is accessible by both a common stairwell and a private entrance in the back. Please feel free to message or text/call me anytime at 216.218.1057 if you wish to touch base about the home before reaching out to the landlord. Per him, no smoking or pets are permitted. To proceed with your rental application, contact Brian French and/or 802-863-0125 ext 34, and please mention you saw this in the medical school newsletter.
- **Winooski Apartment for Rent:** 10 B Dion St, Winooski, VT 05404. Sharing the listing on behalf of my landlord - have LOVED living here and highly recommend. Large 4 bedrooms, 2 Bath plus bonus room in a duplex for rent in Winooski. Five-minute drive to UVM Medical Center and one block from the bus line. Garage, driveway spot, fenced backyard. Washer/Dryer hookups (current residents have washer/dryer and furniture available for free

if interested). Local, responsive landlords. No smoking. Prefers no pets. \$3100/mo (\$825 each for 4 people), heat and hot water included. Lease begins in early June; the exact date is negotiable. [Email Arica](#) at for pictures and more information.

Research & Scholarly Activity Opportunities

- [Registration is now open for AAMC upcoming webinar](#) “**Debunking the Research Arms Race: Navigating Publications in Medical School**” : 6/ 18 | 7 p.m. ET | Virtual This session will examine the role of research in residency applications based on program director perspectives and application data. Our goal is to help you make informed decisions about research during medical school.

Scholarship Opportunities

- **AMA Research Challenge:** Deadline 7/16. The winner will receive \$10,000!. The American Medical Association is accepting abstracts for the 2025 AMA Research Challenge—the largest national, multi-specialty research event for medical students, residents, and international medical graduates—and the winner will receive a \$10,000 grand prize! \$10,000 grand prize at largest research event for medical students, residents, and IMGs Submit an abstract to the AMA Research Challenge - the largest research event of its kind - for the opportunity to showcase your research, enhance your CV, and win a \$10,000 grand prize presented by Laurel Road. Submission is free for AMA members. Deadline is July 16. Learn more or submit an abstract at ama-assn.org/researchchallenge
- **WCI Medical School Scholarship: DEADLINE** 8/31. The White Coat Investor Medical School Scholarship is a way for the entire WCI community to “pay it forward.” Applications start 6/1-8/31. [Read More Here...](#)

Co2028 Students

- **Orient yourself to Step 1** starting with this [one-page guide to planning](#). The document has a link to a Step 1 planning Checklist applicable to all stages of the preparation process.

Co2027 Students

- **Donate Messages of Insight and Support for Step 1 Prep** [in this Donation Box](#). The USMLE Step 1 preparation journey can, at times, feel daunting and isolating. Words of wisdom and support from fellow peers who have prepared for Step 1 have the power to inspire, guide, and motivate fellow peers at every prep stage, and for generations of future classes. Feel free to offer as many anonymous submissions as you'd like. Welcoming donations for USMLE Step 2 CK and NBME Shelf exams as well.
- **Shelf Exam Success Recommendation Checklist:** A compiled Academic Achievement list of tips, strategies, and considerations for co2027 shelf exam preparation planning: [Link to Checklist](#). This checklist can also be found along with other resources in the [Clerkship Academic Success Planning page of the Academic Achievement Commons](#). The checklist covers all things clerkship shelf: question bank, voucher requests, timing of self-assessments, supplemental resources.
- **Shelf Resources:** A reminder that the Dana Library has some e-book and print books that may be helpful for shelf exams, test-taking and developing clinical knowledge: [The Subject Exam link](#) has supplemental resources for each clinical rotation (e.g., Case Files series, Step-up series); the [Step 2 Exam link](#) has an e-book "Test-taking Strategies for the USMLE

Step 2". Want to learn more about strategically approaching NBME clinical knowledge questions? Take a look at the [Unlocking Assessments NBME Video Series](#).

Co2026 Students

- **Applying in OB/Gyn or Emergency Medicine?** The Residency CAS application is now open for these specialties. If you have not already done so, please reach out to [Emma](#) to register. More information available [here](#)
- **The ERAS application registration is now open:** You should have received a token this week. If you didn't get the token (and it's not in your inbox, please reach out to [Emma Faustner](#). We encourage all students, regardless of your specialty's application platform, to register [in the MyERAS® system](#) and begin working on your application.
- **AAMC and ERAS Application Resources**
The transition to residency is a critical part of your journey to becoming a physician. To support you during this phase, the AAMC has developed several resources to help you prepare your MyERAS application:
 - [What You Need to Know About the 2026 ERAS Application Season](#)
 - [Program Signaling for the 2026 MyERAS Application Season](#)
 - [ERAS Tools and Worksheets for Residency Applicants](#)
 - [2026 MyERAS Applicant User Guide](#)
- **Register Now: Specialty Spotlight Webinar Series Features Strategies to Help Advisors and Applicants**
The AAMC ERAS team is hosting a series of webinars featuring specialty-specific guidance for medical school advisors and 2026 residency applicants. Each webinar includes a program director and an advisor who share best practices in preparation for the 2026 ERAS application season. All the webinars are recorded for [later viewing and are available on our website](#).
- See below for details and registration links for these Specialty Spotlight webinars:
 - [Adult Neurology](#), Thursday, June 26, 1 p.m. ET
 - [Psychiatry](#), Tuesday, July 1, 1 p.m. ET
 - [Family Medicine](#), Tuesday, July 8, 1 p.m. ET
 - [General Surgery](#), Thursday, July 10, 1 p.m. ET

Specialty Requirements

- It's important to review requirements that residency specialties have issued for the 2026 season as you are working on your application. These requirements are listed on the [2026 ERAS Participating Specialties and Programs webpage](#). We encourage you to refer to this page throughout the season as it will be updated as additional specialty requirements are received.
 - To access residency specialty requirements:
 - At the top of the page, locate the "Type" tab on the left-hand side.
 - Select "Residency" in the drop-down menu.
 - To the right, select "Specialties with Additional Information."
 - A listing of all residency specialties that have provided new requirements will display directly on the page.

- Note: A comprehensive list of all specialties (residency and fellowship) that have issued requirements is also available via the [ERAS Specialty Information Report](#) at the top of the page.

What you can do now in the MyERAS application:

- Begin working on your MyERAS application.
 - Create a personal statement(s).
 - Send Letter Request Forms to the people who will write your Letters of Recommendation (LoRs).
 - Authorize the release of the COMLEX-USA and/or USMLE transcripts.
 - Manage documents.
 - Import ERAS resume information and LoRs from your most recently submitted application (for the previous seven ERAS seasons) under the History tab. Imported resume information may be edited.
- Some documents are assigned to selected programs by default, and others require you to manually make assignments to programs. The Assignments Checklist within the MyERAS portal illustrates which documents are automatically assigned to programs and which require applicant assignment.

ERAS Fee Assistance

- The AAMC has expanded its Fee Assistance Program to include the ERAS application. This program provides an automatic discount for students who previously qualified for fee assistance when they applied to medical school. **As a medical student, you are not eligible to apply for the AAMC Fee Assistance Program as it is only available during the premedical application phase.** Eligible students have already been notified via email about their discount, and no additional action is required. Eligibility is displayed on the MyERAS dashboard, and the discount will be automatically applied at checkout.
- You will be responsible for uploading your **photo** to ERAS, if you'd like a new photo you may have a portrait taken by the [Creative Services team](#). Drop-in studio portrait sessions take place on Mondays from noon to 1pm, and Wednesdays from 3 – 4pm. You may also take your own photos with a smart phone if you choose – professional attire, with or without your white coat (military applicants may choose to wear their dress uniform), full face and shoulders, against a plain background.
- Photo specifications: JPG/JPEG or PNG file, max file size of 150KB, max dimensions 2.5 inches x 3.5 inches, max resolution 150 DPI.
- **Donate Messages of Insight and Support for Step 1 Prep** [in this Donation Box](#). The USMLE Step 1 preparation journey can, at times, feel daunting and isolating. Words of wisdom and support from fellow peers who have prepared for Step 1 have the power to inspire, guide, and motivate fellow peers at every prep stage, and for generations of future classes. Feel free to offer as many anonymous submissions as you'd like. Welcoming donations for USMLE Step 2 CK and NBME Shelf exams as well.

