

Director: Dr. Amit Dhamoon  
Assistant Director: Dr. Auyon Ghosh  
Coordinator: Andrea Cifonelli

**UPSTATE**  
MEDICAL UNIVERSITY  
*MD/PhD Program*

# MD/PHD

NEWSLETTER

FEBRUARY 2025



**Happy Birthday!**



Gargi  
Feb 1



Dasha  
Feb 8



Sam G  
Feb 9



Sanaea  
Feb 29

Dear Colleagues,

I know this is a stressful time for all of you. For the first-year students, this is your first winter here. I hope that you are staying warm, getting more comfortable with the pace of medical school, and planning for a great summer lab rotation. For the second-year students, I hope that boards studying is going well. For those in graduate school, I hope that you are feeling productive and finding joy answering novel questions. For those transitioning to medical school, the finish line is in sight. After you successfully defend please take a break before your start orientation for third year. For the third-year students--my goodness, you have to start thinking about residency programs and your fourth-year rotations. For our fourth-year students, the hard work is done and it is a waiting game --probably the hardest job of all. For everyone, please reach out if Andrea, Dr. Ghosh, and I can help in any way.

Spring is coming...

Best wishes,  
Amit



*Here ye, here ye,  
a formal gathering of the MDPhD royal court!*

# *3rd Annual Queen's Jubilee*



**The 3rd Annual Queen's Jubilee  
has been postponed officially!**

**The Queen is being a diva and has  
decided that his event "has  
summer vibes."**

**Please take the extra time to  
elevate your unique offering to  
present at the start of fall Grand  
Rounds this August.**

# MDPhD Book Club

UPDATED EDITION

CAROL S. DWECK, Ph.D.

## mindset

THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN  
LEARN TO FULFILL  
OUR POTENTIAL

2  
MILLION  
COPIES  
IN PRINT

- \*parenting
- \*business
- \*school
- \*relationships

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“Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life.”

—BILL GATES, *GatesNotes*

Available on Libby.

Dine and discuss: February 27 at 5PM

# MDPhD Defense Dates



**Nick**

Friday, January 31, 2025

10:00 AM

2231 WKH



**HJ**

Friday, February 7, 2025

10:00 AM

103 WKH

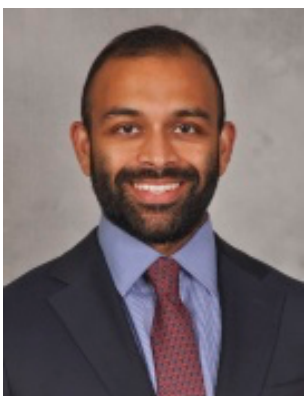


**Jen**

Thursday, February 6, 2025

12:00 PM

103 WKH



**Arnav**

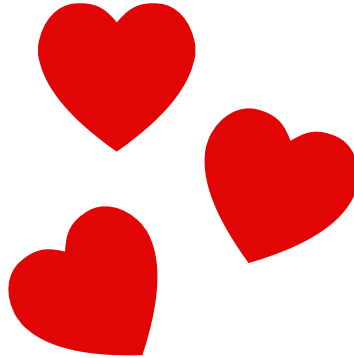
Monday, February 10, 2025

12:00 PM

103 WKH

# Misc

***Changes to F-application seminar: TDB***



**All spring MDPHD SP training sessions have a Physical Exam component. Be on time and plan accordingly. The schedule has been out since November with Outlook invites. See reminders below:**

- We start promptly (see times in schedule linked) in the Simulation Center.
- Dr. Dhamoon will lead with an introduction for the session
- There will be a physical exam component
- Please dress professionally or clean scrubs, bring stethoscopes and white coats are optional

# Important Spring Dates:

## Book Club

February 27, 5-7, Setnor 3509/10

## Welcome Reception for Visitors +

## Happy Hour

March 5 (see Program Immersion Day Schedule)

## Grand Rounds for Accepted Student Days + Game Night

March 6, 4:30, NAB 4414A + Jessica's House

## All Clinical Shadowing Cards Due (7 total)

April 30

## Town Hall

April 24, 5-6, Setnor 3509/10