

2026 MS1

NCOM 2030

OCTOBER

USG NEWSLETTER

SHOW YOUR ID AT
MILANO BEAN CAFE
AND GET 15% OFF

CONGRATULATIONS ON COMPLETING
MCM, AND NOW...

WELCOME TO FSC

OUR NEW BLOCK OFFICIALLY BEGAN ON
09/28 AND ENDS ON 10/30

Important Dates:

- WFA #1 - October 8th
- WFA #2 - October 15th
- CNS Quiz - October 19th
- WFA #3 - October 22nd
- FSC Final Exam - October 30th

COUNSELING SERVICES

Medical school can get busy, so remember that
counseling and wellness resources are available
whenever you need support or someone to talk to.

- [Student Counseling Center](#)
- [Student Affairs Support Services](#)

These and other resources can be accessed via the
following link: [SUNY Upstate Wellness](#)

UPCOMING EVENTS

Fall Hike at the Green Lakes (Oct. 17th):

- Meeting at the Deer Run Trailhead
@ 10:00 AM
- Hosted by the Wilderness in Medicine
Medicine Group
- Approx 1 - 1.5 hours long

Deaf Health Summit (Oct. 18th):

- SUNY Upstate New
Academic Building (NAB)
- @ 11:30 AM - 4:30 PM
- 4 CEL hours available for
attendance
- [RSVP here](#)

CLASS LINKS

- [FSC Third Party Tracker](#)
- [CNS Anki Deck](#)
- [YuJa Video Platform](#)

Please make sure to check
your email for the UWorld
activation link and activate
your access

FEEDBACK FORM

Have a question, concern,
or suggestion?

Use our [Class Feedback
Form](#) to let your class officers
know what's on your mind!

Fun Fact/Question of the Month: Can you actually turn pale from being
scared? Yes you can! During a fight-or-flight response, your sympathetic
nervous system responds with cutaneous vasoconstriction, which reduces
blood flow near the skin and can make someone look noticeably pale 🐼

CHECK OUT OUR CLASS INSTAGRAM @UPSTATENCOM2030