



Community of Support (COS)

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 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.



UNIVERSITY OF TORONTO
FACULTY OF MEDICINE



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.

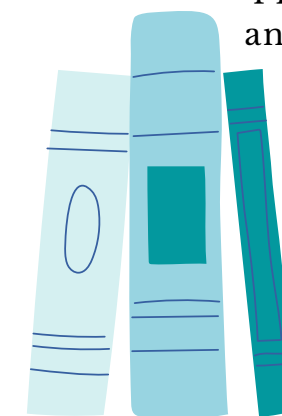
- 2-hour afternoon classes
- Practice CASPer
- Weekly homework readings and reflections
- Weekly contact with CASPer tutors (med students)

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

This is a 4 week program and applications come out in the summer.

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.



Learn More:

<https://commsupport.wufoo.com/forms/p65auxdlb9lrn5/>

CRITICAL ANALYSIS COURSE

This course aims to provide pre-medical students with an opportunity to build their reading comprehension and critical analysis skills. Over an 8 week period, students will be exposed to a variety of literary sources from disciplines ranging from philosophy, fiction, social sciences, and the arts, and learn to critically analyze the works studied



PT MENTORSHIP

The Department of Physical Therapy MScPT Mentorship Program, Black Physiotherapy Association, and Ontario Internationally Educated Physiotherapy Bridging Program (OIEPB) Alumni Association will partner to provide mentorship opportunities.

Mentors can support with:

- Answering questions and sharing experiences
- Reviewing application packages (e.g., reference letters)
- Linking applicants with other physical therapists
- Informing and facilitating connections for students with any available physical therapy research opportunities
- Introducing students to relevant faculty and physical therapy students
- Helping to connect students with volunteer opportunities in health related fields

OT MENTORSHIP

In collaboration with OTEA (Occupational Therapists for Equity Advancement), we have launched a new mentorship program for students interested in Occupational Therapy. Mentors will provide general tips, advice, information on OT program and field, and provide guidance on applications if their mentee is applying.



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.

THE HEALTH AND HUMANITIES JOURNAL

We will be developing a health and humanities journal to provide a forum for COS members to express their artistic interests and their intersection with health through visual arts, poetry, short story, etc... The journal will look similar to Panacea Vol 55 Issue 1 (yumpu.com). Humanities in health allows for a stronger humanistic perspective within health and we hope this provides new ways of listening, sharing, and reflecting on our stories, experiences, and innumerable ways of being in and seeing the world.

COS PEER SUPPORT

COS Peer Support Groups is to provide spaces for students to connect with other students with lived experiences they identify with. Each group will self-organize meetings and will receive support from COS, which will include funding, connections to med student and health professional speakers, and other needs which the group identifies. The groups are not specific to the MD program and are intended to include students with areas of interest in a variety of Faculty of Medicine programs - Occupational Therapy, Physical Therapy, basic science grad programs, MD, etc...

SASI

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.

Applicants applying to regions and countries other than Canada, US, Caribbean CAN also apply for SASI

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

COSMOS

The University of Toronto Faculty of Medicine COSMOS program is a two-part interactive writing workshop for the 2021–2022 medical school application cycle. Workshops are designed to strengthen an applicant's knowledge of how to develop content, structure, and revise their medical school application.



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

You must secure a spot at ignite through making a reservation or buying a ticket. The conference is online



INDIGENOUS KNOWLEDGES

Chat with Dr. Chase Everett McMurren on Indigenous Health Education. Dr. McMurren is of Michif, Celtic, French and Ukrainian descent. These sessions will be an opportunity for teaching and reflection– with some songs too! We will also be hosting the Fall Equinox Event in September which will be hosted by Kawennanoron Cynthia White for Opening/Closing Prayer and teachings, and Knowledge Keepers Rosary Spence and James Carpenter.

ACKNOWLEDGMENTS

RASI Co-creators: Dr. Amy Khan, Dr. Rahel Zewude, Dr. Sele Akioyamen

SASI Co-creators: Dr. Nathana Griffiths, Dr. Justin Lam

Meal Prep workshops creator: Sahar Gholzom

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Critical Analysis course co-creators: Jane Zhu, Ming Li, Thrmiga Sathiyamoorthy, Michelle McFarlane, Joshua Tuazon

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IGNITE co-creator: Barbara Otabil



SEP | OCT | NOV | DEC | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP

