

BSCP

IN TOUCH WITH

BIOMEDICAL SCIENCE CAREERS PROGRAM

January 2003 Volume 8 Number 1

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Special Thanks To

Mintz, Levin, Cohn, Ferris, Glovsky
and Popeo, P.C. and the Massachusetts
Medical Society for their support of this
newsletter.

Applying for Residency

By George Ruiz, M.D.

George Ruiz M.D. is a graduate of Brown University and the Albert Einstein College of Medicine. He is currently a second-year cardiology fellow at Brigham and Women's Hospital in Boston. This is the second of a two-part series. In the September issue of In Touch with BSCP, George wrote about "Getting into Medical School."

At first view, applying for residency can be intimidating, and it's not unusual for students to approach it from a fatalistic point of view: "The match computer will decide my fate, and there is little I can do about it." Nothing can be further from the truth. There are many things you can do to stack the odds in your favor. Here are a few key tips:

1. Decide what you think you want to do. This is perhaps the hardest part of all. It is particularly difficult for students who "loved" several subspecialties. My only advice would be to choose the field that you feel most passionate about.

2. Plan your fourth year wisely. After a difficult third year, your natural instincts will be to relax and do easy rotations during the beginning of your fourth year. Fight the urge. Fourth year can be a great time to explore, and even take it easy, but do so only after all your ducks are in order. This is particularly true with regard to the surgical subspecialties (obstetrics, neurosurgery, plastic surgery). The more competitive programs want to see that you have done a sub-internship in your field

of choice, and it would probably be in your best interest to get those things out of the way early. The early sub-internship can also serve as a great source for letters of recommendation.

3. Choose your letter writers carefully. It is much better to get a personal and heartfelt letter from someone who knows you than an insipid form letter from a Nobel laureate. If the Nobel laureate really knows you though, then you are all set.

4. Research: parts A and B. The more competitive the program, the more likely they are to select candidates who want to make a significant contribution to the field. A— Conducting research, be it basic or clinical, can only make you a more impressive candidate (as well as give you something to talk about on interviews). B— You should also research the programs you are applying to. Make it your business to know everything about them (strengths and weaknesses) because one of them may be your employer for at least three years.

5. Prepare your curriculum vitae. Avoid the fluff but don't be afraid to include things that really mean something to you. You never know what may make a personal



George Ruiz, M.D.

continued on page 4

Student Profile: Nimisha Kalia

I feel compelled to write about my experience with BSCP. When I attended my first conference in March 2000, I was not aware of the impact it would have on my professional career. During the conference, I met students, faculty and professionals who were so passionate about promoting professional development that it was contagious. I was amazed at the depth and variety of topics being discussed at our tables and during the plenary sessions — everything from stem cell research to international travel.

After the conference, I flew back to the University of South Florida (USF) more enthusiastic than ever about my decision to enter the field of science. Moreover, I was inspired by BSCP to share with my fellow students the myriad opportunities I learned about. I became a charter member of the Success Program at USF, a program that targets disad-

vantaged students early in their undergraduate career and pairs them with mentors. I helped expose these students to the summer programs, research opportunities and internships I learned about from BSCP.

One of these summer programs was the Health Policy Summer Program (HPSP). Sponsored by Harvard Medical School, the program exposes undergraduate students to the fields of public health and health policy. During the summer of 2000, I, along with another USF student, participated in HPSP.

Because of the tremendous exposure and experience I gained through HPSP, I was a Barbara Jordan Congressional Scholar (BJCSP) in 2001, working on

Capitol Hill as a junior health policy analyst. Following BJCSP, I had the opportunity to work with the Centers for Disease Control and Prevention as an emerging infectious disease fellow. Each of

these opportunities served as a building block in my decision to enter the medical field and my acceptance into medical school.

In conclusion, I feel that the vision of BSCP is simple — to provide opportunity and guidance for students and, more importantly, to instill

a sense of responsibility in these students to reach out to others who may benefit. I believe that I serve as a testament that BSCP has and will continue to accomplish these goals. ♦



Nimisha Kalia

Help Your Next Internship or Job Find YOU

by Jo Norton,
Genzyme Corporation



Jo Norton

You know the internships and jobs are out there. You know that you have the kinds of skills certain organizations need. Wouldn't it be great if these organizations had a way to find you?

Well, now they do.

BSCP has added a new feature to its Web site that al-

lows member organizations to search the resume database for the perfect candidate — YOU. The new tool lets organizations match their needs with your skills.

Here's what you need to know to make sure your resume stands out from the pack:

1) Include the right keywords.

Keywords are the words that describe the important skills needed for a given internship or job. Organizations use these keywords to search the database, and they'll only find your resume if you use the right keywords.

So how do you know which keywords to use? Simple. Go to job boards and organizations' Web sites and read the descriptions of the types of jobs you want. Some of the most frequently visited job boards are Monster.com, HotJobs.com, and Bioview.com — though there are hundreds more. Examples of Web sites in the biomedical field include www.nih.gov (the National Institutes of Health) and www.genzyme.com (Genzyme Corporation). The keywords are almost always in the body of the internship or job posting. Make sure you find a way to work these words into your resume. For example, a research associate position would probably include the keywords *GLP/GMP*, *SOP* and *mammalian cell culture*. A quality control (QC) position would be likely to contain keywords such as *HPLC* and *SDS-page*.

2) Do not use special fonts, characters or too many bullet points. Although these might look

good in print, they often make the electronic version of your resume virtually unreadable.

These tips should help you put your resume where organizations can find you. To place your resume in the BSCP searchable database, simply log on to www.bscp.org, click on "Update/Submit Your Information;" then click on "Students-Update Resume" and enter your data, or cut-and-paste your resume. ♦

ATTENTION ALL STUDENTS

Please send us your e-mail address and any new permanent or campus addresses:

Biomedical Science Careers Program
c/o Minority Faculty
Development Program
Harvard Medical School
164 Longwood Avenue, 2nd Floor
Boston, MA 02115-5818

Fax: 617-432-3834
E-mail: lise_kaye@hms.harvard.edu
or go to: www.bscp.org

Career Development Series Addresses NIH Funding Opportunities

In October, the Biomedical Science Careers Program, Massachusetts Medical Society, Harvard Medical School, Boston University School of Medicine, University of Massachusetts Medical School and Tufts University School of Medicine hosted a seminar on "NIH Funding Opportunities: Intramural and Extramural Programs" at the Longwood Galleria Conference Center. The event was part of the Career Development Series.

A distinguished group of speakers and panelists from the National Institutes of Health (NIH) addressed a variety of topics relevant to physicians in postgraduate training, junior faculty members, medical fellows and residents who are inter-

ested in research opportunities with or funded by the NIH.

Joan Y. Reede, M.D., M.P.H., M.S., president of BSCP and dean for diversity and community partnership at Harvard Medical School, and Rosemary B. Duda, M.D., from the Department of Surgery at Beth Israel Deaconess Medical Center, moderated the panel discussions.

Marc S. Horowitz, J.D., director of Loan Repayment and Scholarship, and Alfred C. Johnson, Ph.D., director of scientific and program operations, opened with a discussion of intramural and extramural training programs at NIH, as well as the Institutes' scholarship and loan repayment programs.

Walter T. Schaffer, Ph.D., talked about extramural grants and awards, including the way grant applications are reviewed and processed. Anthony A. Rene, Ph.D., assistant director of the National Institute of General Medical Sciences, talked about research supplements that are available for underrepresented minorities to work in laboratories with researchers who have NIH grants. Jill M. Mortali and Gary Thompson, from Harvard Medical School, talked about the services offered by their offices.

Following the formal program, attendees had the opportunity to network with panelists at an informal dinner. ♦

Skills Workshops for College and High School Students

By Lise D. Kaye

On Saturday, November 16, the Minority Faculty Development Program of the Office of Diversity and Community Partnership at Harvard Medical School (HMS), and the Biomedical Science Careers Program (BSCP), cosponsored the "Skills Workshops for College and High School Students" at the Daniel C. Tosteson Medical Center

schools. Alfred C. Johnson, Ph.D., section chief in the Laboratory of Molecular Biology at the Cancer Institute and director of scientific and program operations, Office of Loan Repayment and Scholarship, Office of Intramural Research, Office of the Director at the NIH, gave an inspirational address at the opening session.

Concurrent workshops were offered three times during the day, covering the following subjects:

- ♦ College Application Process (for high school students)
- ♦ Funding Your Education (for high school students)
- ♦ Interviewing Skills (for high school students)
- ♦ Medical and Graduate School Application Processes (for college students)
- ♦ Funding Your Education (for college students)
- ♦ Interviewing Skills (for college students)
- ♦ Resume Writing (for high school and college students)

♦ Transitioning from Two- to Four-Year College (for community college students)

At the plenary session, Barbara A. Carter, assistant vice president for human resources and public relations at TransForm Pharmaceuticals, Inc. and Marc S. Horowitz, J.D., director of loan repayment and scholarship, Office of the Director at the NIH, provided the students with very concrete and informative advice on finding general and summer internships. At the conclusion of the day, the participants were given the opportunity to ask questions of six minority students from college, medical and graduate schools about their specific experiences in the pursuit of their career goals.

All attending students were provided with informational material that will help them with their school applications, scholarship applications and search for internships. In addition to the program provided to the students, an informational session for parents/caregivers was very well attended and extremely well received. ♦



Students at November 16 Skills Workshops

at HMS. All 227 seats of the Walter Amphitheater were filled when Joan Y. Reede, M.D., M.P.H., M.S., dean for diversity and community partnership at HMS, welcomed the underrepresented minority students from many New England colleges, community colleges and high

Summer Programs

2003 Health Policy Summer Program

The Minority Faculty Development Program (MFDP) at Harvard Medical School sponsors a 10-week, mentored summer research experience with senior Harvard faculty in the areas of health service or health policy research for junior or senior baccalaureate students attending Minority Access to Research Careers (MARC)-funded institutions. Students enrolled in Historically Black Colleges, Hispanic-Serving Institutions or Tribal Colleges, as well as participants of HMS/MFDP-sponsored programs such as Project Success or Biomedical Science Careers Program (BSCP) are also eligible. This summer the program will run from June 9 to August 15.

The program seeks students, particularly minority students, considering careers in health services research and policy analysis, and studying in academic disciplines such as biomedical fields, clinical fields, public health, epidemiology, statistics, economics, behavioral

science and health care administration.

To obtain an application by mail, please contact Jeanette Catherwood at (617) 432-4422, or e-mail jeanette_catherwood@hms.harvard.edu.

Project Success: Opening the Door to Biomedical Careers

Project Success, a program of the Minority Faculty Development Program at Harvard Medical School, places underrepresented minority and disadvantaged high school students living in Boston or Cambridge, Massachusetts, in Harvard research sites where they complete hands-on, paid, mentored summer research projects under the supervision of Harvard faculty. The students also attend science and career development seminars. They enhance their speaking and writing skills through oral presentations and preparation of research reports. Ninety-nine percent of Project Success alumni have matriculated into four-year colleges.

Eligible students must

- ◆ Be a high school student, particularly a student from an underrepresented racial or ethnic background and/or from a disadvantaged background
- ◆ Live in Boston or Cambridge, Massachusetts
- ◆ Have completed the sophomore, junior or senior year of high school and be at least 16 years of age by June 2003
- ◆ Demonstrate an interest and ability in science, an interest in pursuing a biomedical science or health-related career, and be committed to attending college
- ◆ Maintain a grade point average of at least B- and have completed biology and algebra (completion of calculus is preferred but not required)
- ◆ Be willing to complete all required formal oral and written reports, attend all Project Success-sponsored seminars and maintain good attendance and performance on required research projects
- ◆ Be committed to participating in Project Success for at least one year
- ◆ Have parental/guardian commitment.

The application deadline for summer 2003 is March 14. For more information, or to request an application, contact Julia Spears at (617) 432-4634 or julia_spears@hms.harvard.edu. ◆

Save the Dates

New England Science Symposium

March 7, 2003 • 11:30 a.m. – 5:30 p.m.

Longwood Galleria Conference Center
Boston, Massachusetts

For information or to register, e-mail Lise D. Kaye at lise_kaye@hms.harvard.edu.

An Evening of Hope

May 1, 2003 • 6:00 p.m.

The Boston Park Plaza Hotel
Boston, Massachusetts

For information, e-mail Lise D. Kaye at lise_kaye@hms.harvard.edu.

Applying for Residency continued from page 1

connection with a program or an interviewer.

6. Prepare your personal statement. Emphasis on PERSONAL (see above).

7. Be on time. Don't let a missed deadline close you out of the program you want. Make it a priority to get your application done and sent out well before it is due.

8. Never be the applicant as well as the selection committee. Do

not be intimidated by big names or big programs. Apply to the best places and put the burden on them to say no. Don't say no for them.

9. Never be discouraged. Take advice. Listen to those in the know. But in the end, realize that you are ultimately in the driver's seat. Don't let others steer you where you don't want to go. You always have options.

10. Do not be intimidated by the interview. Take your time and answer questions at your own

pace. Don't be unnerved by moments of silence; embrace them. It's better to say one word that counts than fill the air with nonsense.

And the final suggestion: remember all those who will follow. After you have successfully been admitted into medical school or matched at the residency of your choice, make it one of your priorities to offer support and guidance to those who follow. No one gets there alone. ◆