

NEW YORK INSTITUTE OF TECHNOLOGY

College of Osteopathic
Medicine



DO.
MAKE.
HEAL.
INNOVATE.

One Program, Two Locations

Long Island, N.Y. | Jonesboro, Ark.

New York Institute of Technology College of Osteopathic Medicine (NYITCOM) is committed to training osteopathic physicians for a lifetime of learning and practice in the integration of evidence-based knowledge, critical thinking, and the tenets of osteopathic principles and practice.

At NYITCOM, we graduate competent, caring physicians who work in inner cities, rural communities, and global locations. They are prepared for careers in healthcare; in general and specialty practices; and in clinical, academic, and research settings.

We hope you'll join us in reinventing the future of medicine and healthcare.



NYIT.EDU/MEDICINE

LETTER FROM THE DEAN



Welcome, prospective students, and congratulations on your decision to pursue a medical career. You are entering the medical profession at a pivotal time. As we prepare the next generation of physicians to provide care for years to come, NYITCOM is ready to face challenges such as the pandemic and unknowns of the future. We have pioneered the use of the hybrid learning model for many years and have leveraged our recent experiences through the pandemic to continuously improve our hybrid learning environment.

Our alumni are an integral part of healthcare delivery in the United States and across the globe. Our NYITCOM faculty, staff, students, and alumni have helped transform the field of medicine for more than 40 years. Their collective impact is felt every day through the care they give their patients and the leadership they provide at the local and national level.

We offer our exceptional medical program at two locations: in Long Island (Old Westbury, N.Y.) and on the campus of Arkansas State University at Jonesboro, where we train much-needed physicians to practice in the underserved Mississippi Delta region. By offering the D.O./Ph.D. and an M.B.A. for D.O. students and M.S. degrees in Simulation Medicine, Academic Medicine, and Biomedical Science, we

give our medical students the ability to get additional experiences in their areas of interest and put them on the path to becoming future researchers, healthcare leaders, academic faculty, and successful physicians.

We've been able to attract extraordinary faculty who are doing groundbreaking research, and we have been fortunate to be able to create state-of-the-art labs and facilities in which students benefit from the interface between the knowledge gained through study and the experience gained from real and simulated patient relations. And we support students in other ways, including fostering a culture of compassion, reinforcing the responsibility students have to their patients, and ensuring students practice good self-care.

After all, clinicians who have a deep understanding of themselves can provide better, more empathetic care to others. At both our campuses, our passion for healthcare is contagious. We encourage you to visit and apply to NYITCOM. I hope to see you on campus soon!

Sincerely,

Nicole Wadsworth, D.O., FACEP, FACOEP

Combined and Concurrent Programs

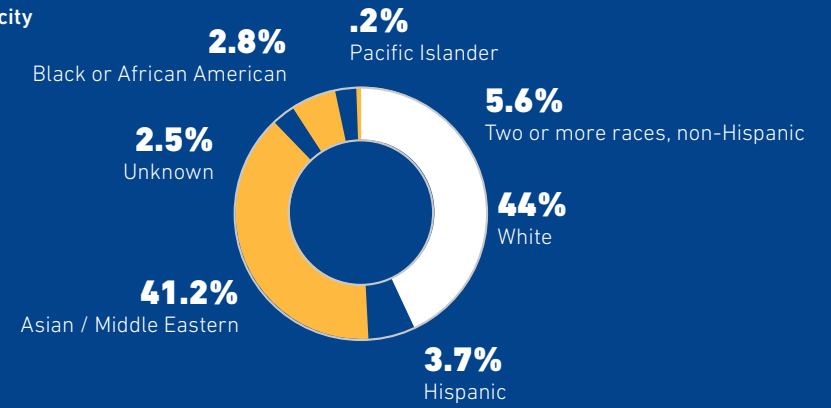
In addition to the D.O. (osteopathic medicine) degree, NYITCOM offers the following:

- D.O./PH.D. in Medical and Biological Sciences
- D.O./M.S. Academic Medicine
- M.S., Clinical Nutrition
- M.S., Medical/Healthcare Simulation
- M.B.A. (Business Administration)
- M.P.H. (Public Health)
- Certificate, Global Health
- Certificate, Telemedicine (Arkansas only)
- Advanced Certificate, Nutrition for Healthcare Practitioners



By the Numbers: Class of 2027

Race/Ethnicity



432
Students

Students come from



34
states

91%
are between 20 and
29 years of age

51% female

49% male

Education/Degrees Earned



Science Majors



Non-Science Majors



Graduate
Degrees

3.6
Mean Overall
Science GPA

3.7
Mean Overall
Total GPA

506
Mean (Max)
MCAT

LONG ISLAND, N.Y.

In the heart of the picturesque North Shore, NYITCOM's main campus location:

- Provides technology-infused medical education with its brand-new, state-of-the-art Center for Simulation in Medicine; (robotics and patient simulation), Center for Biomedical Innovation, Visualization Center (with the newest microscopy technology); and labs for anatomy, research, and osteopathic manipulative medicine.
- Offers interprofessional opportunities with students in the School of Health Professions and interdisciplinary initiatives through the Center for Sports Medicine and the Center for Global Health.
- Is home to important research in anatomy, paleontology, heart disease, kidney disease, Parkinson's disease, robotics, and more.
- Is part of a tranquil 176-acre campus with a fitness club, recreational facilities, dining halls, a main and medical library, student clubs, and other organizations.
- Provides more than 3,000 clinical education opportunities in leading urban and suburban hospitals and healthcare facilities in the tri-state area, including our newest partner, Catholic Health Services of Long Island.
- Has a student-run health clinic and specialty clinics for patients with Parkinson's Disease, physical therapy needs and sports-related injuries, behavioral health, and Ehlers-Danlos Syndrome.

WHY DO YOU WANT TO BE A D.O.?

"I chose this path because I know that at the end of the day, there will always be a grateful patient and dedicated team there to support you."

NYITCOM-Long Island Student
Rob Magaldi



WHY NYITCOM?

"The faculty members genuinely want students to succeed and make themselves available to help however they can."

Melissa Emilcar, who serves as a student ambassador to incoming NYITCOM-Long Island students



JONESBORO, ARK.

NYITCOM-Arkansas, located in the Mississippi Delta region, offers:

- Advanced academic technology linking classrooms, faculty, and students in New York and Arkansas.
- Osteopathic Manipulative Medicine (OMM) and anatomy labs as well as patient simulation and robotics labs.
- The opportunity to work and learn in urban and rural communities in medically underserved areas during clerkship and residency training in leading hospitals and ambulatory health networks throughout the state and region.
- A Certificate in Population Health, which each all medical students at this location receive.
- The best of Arkansas State University's resources, including on- and off-campus housing, dining services, libraries, a state-of-the-art fitness center, and access to athletic and cultural events.
- A new on-campus multispecialty medical clinic that offers regular and walk-in office visits, minor procedures, screenings, and COVID testing. Delivering excellent care to the campus and Jonesboro community, the clinic provides clinical opportunities for NYITCOM students.
- Multiple clinical education opportunities, including a partnership with Baptist Memorial Health Care. Up to 25 NYITCOM-Arkansas student positions are available at Baptist facilities: First- and second-year students can participate in clinical and population-based research as well as physician shadowing and mentoring, then undertake their third- and fourth-year clerkships at one of Baptist's 22 renowned hospitals.
- Community outreach opportunities, including the Care-a-Van, a mobile healthcare facility that students and faculty use to deliver treatment, screenings, and other outreach to rural areas.
- Research opportunities alongside NYITCOM and Arkansas State University faculty at the Arkansas Bioscience Institute, located on campus.

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WHAT WILL YOU DO WITH YOUR D.O. DEGREE?

“Growing up, I watched my mom provide medical care to Salvadorians that couldn't afford it. As a bilingual physician, I hope to provide outstanding medical care to vulnerable populations.”

NYITCOM-Arkansas student **Sonia Hernandez** shares her path to becoming a D.O.



WHY NYITCOM-ARKANSAS?

“The college's focus on underserved communities shows that it practices what it preaches. I'm interested in helping these communities.”

Colton Crain, a medical student from McKinney, Texas, explains why he chose to attend NYITCOM's Arkansas' campus



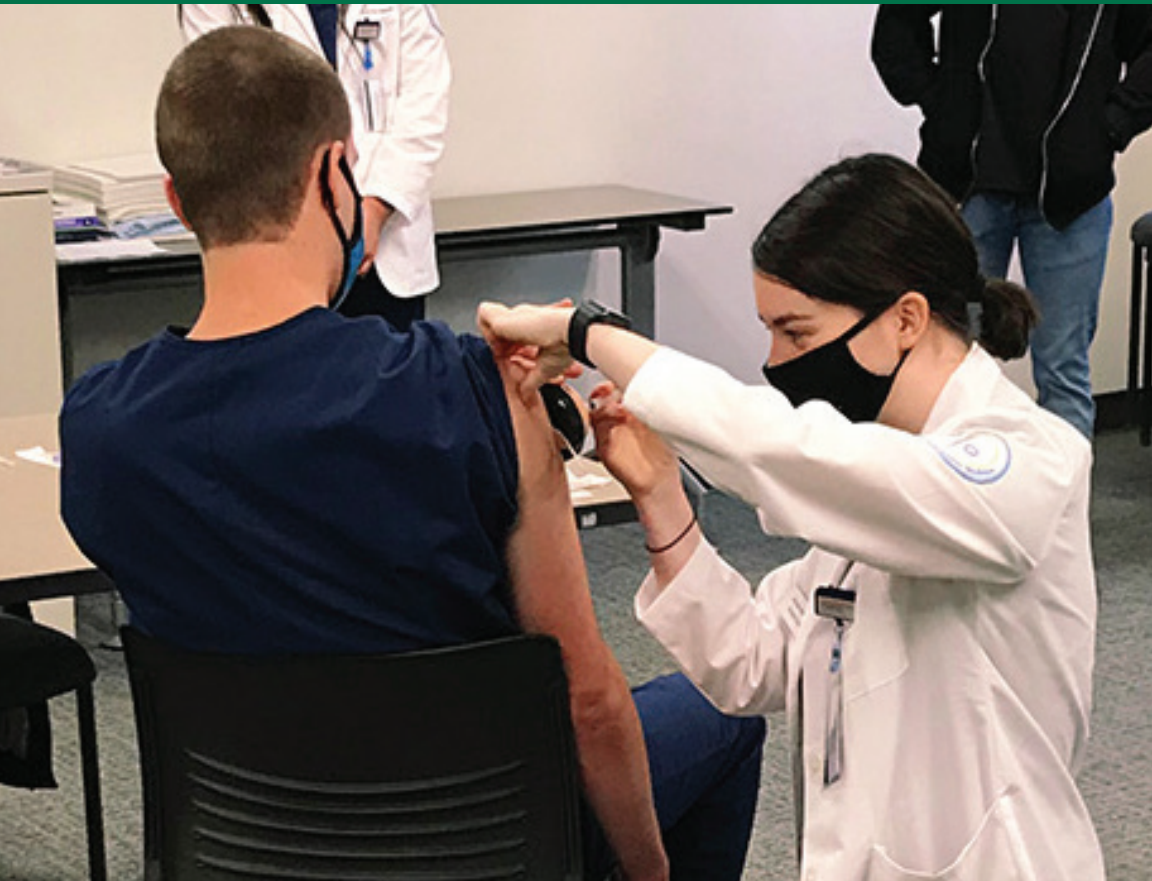
A CARING COMMUNITY

Community-Based Approach

Answering the Delta Region's Call

When COVID-19 descended on Arkansas, many of the region's elected officials turned to NYITCOM-Arkansas and Site Dean Shane Speights, D.O., FAAFP. Continuing its founding mission, the medical school had recently launched several initiatives aimed at improving health outcomes in the Mississippi Delta region—and the timing could not have been better.

"It's times like these that a community should really benefit from having a medical school in their region, and we've been able to provide valuable information and much-needed guidance that I believe has made a difference," says Speights, who has also been a go-to medical source for Arkansas news outlets.



Throughout the pandemic, NYITCOM-Arkansas's impact extended far beyond campus. Medical students are trained to administer intramuscular injections as part of their education and frequently volunteer at NYITCOM-Arkansas COVID-19 vaccine clinics and partner hospitals in the region. In 2021, student-led vaccine clinics held through the Delta Care-a-Van program organized more than 60 events in eight Arkansas counties. Established before the pandemic through a U.S. Department of Agriculture grant totaling more than \$800,000, the mobile medical unit offers free healthcare screenings and health education to medically underserved communities. When Northeast Arkansas residents were unable to travel to a COVID-19 vaccination site, the Care-a-Van

brought the site to them and also offered free COVID-19 testing. More than 6,000 vaccines were administered through NYITCOM-led events.

The Care-a-Van is just one program housed under the Delta Population Health Institute (DPHI), NYITCOM-Arkansas's community outreach arm. Established in 2019, the DPHI leverages education, research, and public policy resources to address regional healthcare challenges. DPHI members—including experts in infectious disease, health policy, and vaccine education—also met with community leaders to develop COVID-19 policies, produced numerous health literacy pieces, hosted pandemic-related webinars, and offered vaccines at NYITCOM-Arkansas's on-campus clinic.



Delta Care-a-Van, a mobile medical unit provides health education and screenings to patients in the Mississippi Delta region.

"It's times like these that a community should really benefit from having a medical school in their region."

Shane Speights, D.O., FAAFP,
NYITCOM-Arkansas site dean



INQUIRING MINDS

Research with Real-World Impact

NYITCOM's research faculty are internationally renowned for their expertise in anatomy, heart and kidney disease, sports medicine and concussion management, family medicine, Parkinson's disease, bioengineering, osteopathic manipulative medicine, and many other unique niches.

These researcher-clinicians are passionate about immersing medical students in an environment of discovery, thanks to state-of-the-art technology and research equipment at both the Long Island and Jonesboro campuses.

Utilizing grants from prominent funding agencies, including the National Institutes of Health, National Science Foundation, Michael J. Fox Foundation, American Heart Association, and American Diabetes Association, among others, faculty and students work together on critical research projects that have great impact on patient care, science, and medicine. One faculty member, for example, is using an NIH grant to study how chronic stress impacts brain chemistry and contributes to clinical depression, while another is using a five-year, \$1.8 million grant from the National

Assistant Professor Aki Watanabe is using an NSF CAREER Grant to study anatomical transformations through 3-D imaging.

Institutes of Health National Heart, Lung, and Blood Institute on research to improve the understanding of atherosclerosis and deliver a new treatment for heart disease. It is in these labs that students can see the far-reaching impact of innovative efforts and perhaps find their passion in research.

Whether students choose to work on research during a summer research program, through special fellowship programs, or in the research-intensive seven-year D.O./Ph.D. program, they'll work in collaborative, team-focused, cross-disciplinary environments. Faculty mentors help students identify their areas of interest and find research projects at NYITCOM that align with their passion while supporting their critical thinking, problem solving, and presentation skills. This rewarding professional experience—which often includes sharing important research outcomes at major national and international conferences and in peer-reviewed scientific and medical journals—helps students stand out to residency and post-graduate programs.

Many students win research grants and accolades of their own for their work. Risa Kiernan, a student in the academic medicine scholars program, secured a competitive Scholarship in Cardiovascular Disease from

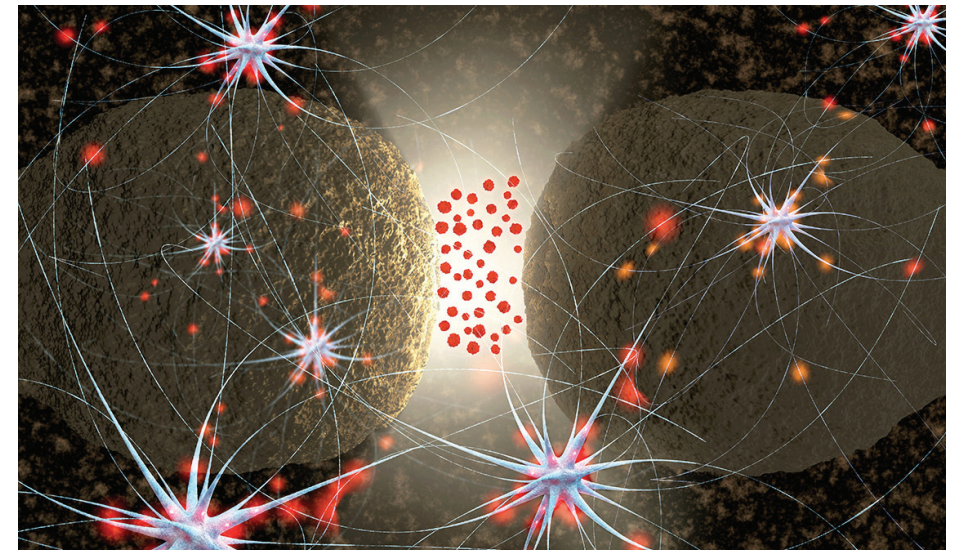
the American Heart Association. Working with a faculty mentor, she is studying the link between obesity and hypertension. And, in fall 2021, no fewer than 20 NYITCOM students shared their research abstracts at the national OMED conference. Among them was third-year NYITCOM-Long Island student Mahima Mangla, who took first place in the Student Research Poster Competition for her project, "Assessing Usage and Perceptions of Osteopathic Manipulative Treatment (OMT) and Self-Identity Among Osteopathic Physicians."

One second-year student, Marisa Wong, participated in the 2021 Summer Research Program at NYITCOM and studied the effects of insulin treatment on the bi-directional association between diabetes and Alzheimer's Disease. Another student, Christopher Hanna, worked with anatomy researchers to explore the evolutionary origins of gait using bio-inspired robotics. And yet another found her passion using another type of technology: chatbots and the Internet. NYITCOM student

Sammi Wong is conducting research on the use and integration of technology in mental health care services and developed a tele-mental health software platform called Orchid.

Students also have the opportunity to work on interdisciplinary projects with New York Tech's College of Engineering & Computing Sciences, and School of Health Profession, and the Center for eSports Medicine. Recent research, published in *BMJ Open Sport & Exercise Medicine*, evaluated whether walking and rest breaks benefit e-athletes' processing speed and executive function.

And in one recent breakthrough study, seven NYITCOM students helped conduct research that could bring scientists closer to developing more effective, less toxic treatments for the world's deadliest cancers. Their report, published in the May 14, 2021, journal *Cancers*, provides a wide-ranging scientific review of 215 studies on the biological processes that enable certain cancers to spread.



“We hope these studies ... identify novel therapeutic treatments to help prevent and treat clinical depression.”

Weikang Cai, Ph.D., assistant professor of biomedical sciences, discussing research aimed at identifying treatments for clinical depression, which affects more than 260 million people worldwide.

HEAL THYSELF

Helping Students Stay Healthy

Physicians must first heal themselves before they can heal others. That's why NYITCOM offers students a variety of self-care resources throughout their medical education.

"The overarching goal is to provide students with the tools to deal with the stress that's inherent in their profession, to learn to take care of themselves so they can best care for others," says Jerry Balentine, D.O., executive vice president and chief operating officer and vice president for health sciences and medical affairs for New York Institute of Technology.

Staying active in medical school can be challenging, so both NYITCOM campuses hold weekly Run/Walk With the Dean events. These sessions provide informal mentoring and fitness opportunities, allowing students to focus on life outside of their studies.

Medical students have been known to sacrifice hobbies for academics, but NYITCOM students can incorporate their interests as part of their medical education. For example, on Long Island, ARTery—the Art in Medicine Interest Group—uses painting and drawing as both a creative outlet and a study tool.

"For me, it was almost therapeutic. Not only did I learn about anatomy, but I really felt like sketching was allowing me to blend medicine and the humanities," says NYITCOM student and ARTery member Mahima Mangla.

"We want to be a leader in promoting health and wellness for our students."

Jerry Balentine, D.O.,
FACEP, FACOEP
executive vice president and
chief operating officer, New York
Institute of Technology



To combat stress throughout the year, students can attend mindfulness and meditation seminars, nature hikes on the Long Island campus, yoga sessions with Amanda Deel, D.O., Associate Dean at NYITCOM-Arkansas—where therapy dogs are brought in for finals week—or culinary medicine and fitness classes at Long Island's historic de Seversky Mansion.

In addition to its Center for Behavioral Health, one of NYITCOM's most visible commitments to student wellness is the Healing Path. The student-led initiative, opened in 2017, leverages the natural beauty of the Long Island campus to create spaces for self-reflection and decompression.



NYITCOM achieved silver status in the 2020 **Exercise is Medicine On Campus** program in recognition of its healthy academic environment and emphasis on creating a culture of wellness.

NYITCOM Center for Behavioral Health

The misconception that clinicians must maintain a stiff upper lip often prevents them from seeking help or admitting that they struggle with their mental health.

Now, NYITCOM's Center for Behavioral Health is helping to break that stigma, while also providing future physicians with vital support and mental health services.

"It's so important for our clinicians to understand that seeking help is not a weakness, it's a responsibility to both ourselves and our patients," says psychiatrist Liat Jarkon, D.O., director of NYITCOM's Center for Behavioral Health.

Opened in 2019, the center engages future physicians and healthcare professionals in a healthy dialogue about the emotional and mental health challenges that clinicians face, including burnout. It even offers a screening tool to identify at-risk medical students. NYITCOM students have access to confidential psychiatric and psychological services, as well as counseling, support groups, and social outings that ensure time for fun.



GETTING STARTED

PREREQUISITE COURSEWORK

Applicants must have completed an acceptable academic year sequence, in the following courses:

- **ENGLISH:** 6 semester hours
- **BIOLOGY**, including a basic course in general biology or general zoology (lecture and lab): 8 semester hours
- **GENERAL CHEMISTRY** (lecture and lab): 8 semester hours
- **ORGANIC CHEMISTRY I** (lecture and lab): 4 semester hours
- **ORGANIC CHEMISTRY II** (lecture and lab): 4 semester hours. Biochemistry, 4 semester hours with or without lab, may be substituted for Organic Chemistry II.
- **PHYSICS** (lecture and lab): 8 semester hours

In addition, students are encouraged to enroll in courses such as:

BEHAVIORAL SCIENCES**BIOCHEMISTRY****CALCULUS/STATISTICS****HUMAN ANATOMY/PHYSIOLOGY****GENETICS****MICROBIOLOGY**

Applicants may have in-progress coursework during their application year and should list the courses as “in progress” on the AACOMAS application. Any admissions decisions made will be contingent upon successful completion. A bachelor’s degree must be earned by the point of matriculation, if admitted. Online coursework may be accepted on a case-by-case basis.

As long as courses were taken at an accredited institution there is no “expiration date” for prerequisites.

MCAT REQUIREMENTS

The MCAT is required for all applicants. To have the best chance for admission, you should take the MCAT for the first time **no later than September** of your application year.

If the MCAT has been taken multiple times, we take the highest total MCAT from one exam.

For additional information about MCAT requirements, visit nyit.edu/medicine/d.o._program_requirements.

NON-ACADEMIC FACTORS

NYITCOM conducts a holistic review that considers other factors beyond academics and MCAT scores that include:

- Personal statement
- Shadowing experiences with D.O.s and M.D.s
- Volunteer and work experience in the healthcare field
- Leadership experience
- Research/clinical/publications
- Global health/study abroad experience
- Rural/underserved population experience
- Extracurricular activities

BACKGROUND CHECK

All students will require criminal background checks through an outside agency prior to matriculation and rotation.

AACOMAS APPLICATION

NYITCOM applicants should visit the AACOMAS website for all application instructions: aacom.org.

TIMELINE

NYITCOM works on a rolling admissions basis; the earlier you apply, the better your chance for consideration. The AACOMAS application opens in early May and closes on March 1.

LETTERS OF RECOMMENDATION

NYITCOM requires three letters of recommendation be sent via the AACOMAS system. We do not accept letters that are emailed or mailed to the admissions office. **Note:** We no longer accept letters of recommendation submitted through Virtual Evals and Interfolio.

We require:

A Pre-health Committee Letter/Composite Letter (Preferred)

OR

Three individual letters to include:

- Two individual letters from faculty (at least one from science) who have taught you.
- One letter from a supervisor of your long-term work, service, research, or clinical experience. If you are unable to provide a letter from a supervisor, you may provide an additional faculty letter.
- In addition, we strongly recommend: D.O./M.D. letters from non-family members.

NYIT.EDU/MEDICINE/ADMISSIONS**Statement on Non-Discrimination**

New York Institute of Technology does not discriminate in admissions, access to, operation of, treatment or employment in its programs and activities on the basis of race, color, national origin, religion, creed, ethnicity, disability, age, marital status, sex, gender, sexual orientation, gender identity, veteran status, or any other legally protected status. The following person has been designated to handle inquiries regarding this non-

discrimination statement or inquiries regarding Section 504 of the Rehabilitation Act of 1973 or Title IX of the Education Act of 1972:

Melissa Pond
Equity Officer & Title IX Coordinator
New York Institute of Technology
Tower House, Old Westbury, NY 11568
516.686.7801 | mpond@nyit.edu

DID YOU KNOW?

Nelson A. Rockefeller, former governor of New York, was a founder of New York Institute of Technology’s medical school in 1977. Today, NYITCOM is one of the largest osteopathic medical schools in the country.



SUPPLEMENTAL APPLICATION

We require a supplemental application of all applicants. It is important to complete the supplemental application within 10 days of receiving an email from us acknowledging receipt of your AACOMAS application and directing you to the supplemental. Please follow all instructions carefully.

FEE WAIVER

NYITCOM honors verified AACOMAS fee waivers; if you received an AACOMAS fee waiver, please forward that email to comadm@nyit.edu so that we may give you a one-time supplemental fee waiver code via email that expires within five days of receipt.

TRANSFER STUDENTS

Applications for transfer to NYITCOM are for entrance into the third year. Students must have successfully completed the equivalent of all NYITCOM first- and second-year courses. All third- and fourth-year requirements must be completed at NYITCOM. We do not accept transfer students from M.D. schools. Transfer must occur from medical schools accredited by the American Osteopathic Association.

INTERNATIONAL STUDENTS

Applicants must have U.S. citizenship or U.S. permanent residency status at the time of application.

DID YOU KNOW?

NYITCOM was the first osteopathic medical school established in both New York State (1977) and Arkansas (2016).



FINANCING YOUR EDUCATION

Medical school is expensive. Before you apply, make sure you understand the costs of application and tuition, the importance of budgeting, the availability of loans and scholarships, and the importance of loan repayment after graduation. At NYITCOM, we are happy to take the time to explain your financial aid options and work with you on developing a budget that meets your needs.

SCHOLARSHIP OPPORTUNITIES

NYITCOM offers funding for students who fit a specific income profile. For the Class of 2025, 46% of our students received institutional grants.

Additional information: nyit.edu/medicine/grants_scholarships

APPLYING FOR FINANCIAL AID

In order to qualify for financial aid, you must submit a FAFSA form online at www.studentaid.gov. The FAFSA is the first step when applying for financial aid. It is extremely important that you use **NYITCOM'S school code: E00546**

CONTACT US

It is our goal to make sure every student understands options for paying tuition, fees, and living expenses. Upon acceptance and the release of the new tuition breakdown, the Office of Financial Aid will meet with you to explain the variety of payments. This can be done via phone, email, Zoom, or in person. Throughout your time at NYITCOM, we will assist you with everything from understanding your bill, to loans and repayment strategies.

NYITCOM Office of Financial Aid
Phone: 516.686.1085
medicnefa@nyit.edu



NYIT.EDU/MEDICINE/FINANCIAL_AID

FIND OUT MORE

View our Student Ambassador Profiles at nyit.edu/medicine/admissions

FOLLOW US



VISIT US

Please see our recruitment and event schedule.

nyit.edu/medicine/admissions.

While emails and phone calls are always welcome, individual meetings with prospective applicants are rarely offered due to the high volume of applications.

LONG ISLAND, NEW YORK

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**Do.
Make.
Heal.
Innovate.
Reinvent the Future.**