



Summer 2022

To a new medical student and a new friend,

It is my pleasure to welcome you to an amazing new world and an amazing new family in the Canadian Federation of Medical Students (CFMS). You are now part of a group that includes over 9000 people from 15 schools coast to coast. As a member of the CFMS, our resources, network, and opportunities are now at your fingertips :D

The CFMS is your organisation and I hope you choose to get involved with it as soon as you can. From leadership opportunities, conferences, student advocacy, discounts, career development, grants, support for the residency match and everything in between, we offer something for everyone at every stage of your journey throughout medical school.

I want to highlight a few important points for you to get started:

**A) REGISTER for a CFMS account**

- The CFMS website is your home base for all of our resources and information. To gain full access to these member benefits, you need to do the following:
  - 1) Go to <https://www.cfms.org/new-account>
  - 2) Input your information as listed
  - 3) Use “MyCFMS” as the authentication code
  - 4) Make sure to checkmark the box to subscribe to the “CFMS Monthly”

**B) SUBSCRIBE to the CFMS Monthly**

- As medical students, we get too many emails (if you haven't discovered this yet then you will soon, fair warning).
  - So, to keep that pesky inbox clear, we send out **ONE [1] email per month** that includes every opportunity, advocacy update, application, etc. all in one place so that you are able to take advantage of everything we offer without having to work hard to find it. Med school is confusing enough.
- As long as you left the subscription box checked when making your account then you are all set to receive the English version! If not, subscribe here: <https://bit.ly/ENMonthlySignUp>
- If you would prefer to receive these monthly newsletters in French, subscribe here: <https://bit.ly/FRMonthlySignUp>

**C) FOLLOW our Social Media (Facebook, Twitter, Instagram)**

- #F4F, L4L, and remember to smash that bell to never miss an upload!
- We post a ton of great content that you will benefit from. Make sure to give us a follow:  
[Facebook](#) — [Twitter](#) — [Instagram](#)

**D) CREATE your “TheRounds” account**

- TheRounds is the newest partner of the CFMS and will be a huge part of our engagement strategy moving forward. TheRounds is a **PRIVATE and membership validated Physician/Medical Student-only** social media platform and is the best way to engage with peers, build knowledge, and interface with the CFMS on issues.
  - 1) Register here: <https://app.therounds.com/home/register>
  - 2) Join the CFMS Community Pages!

**E) APPLY to join one of the CFMS portfolios THIS FALL!!!**

- Our massive annual Fall Recruitment process is launching in **mid-late August** and closing mid-September! Stay tuned for a huge roll out of information on the CFMS and all the opportunities to get involved. But, to get you excited, here is a high level peak at each of the CFMS portfolios! More info can be found at <https://www.cfms.org>
- So ask yourself:

If you're interested in...	Then join...
Transparency Professional Communication Content Creation	<b>COMMUNICATIONS</b>
Medical Education Advocacy Research The Residency Match	<b>EDUCATION</b>
Non-Profit Governance Internal Policy Financial Accountability	<b>FINANCE/GOVERNANCE</b>
Political Advocacy Health Policy Advocacy Skill Building	<b>GOVERNMENT AFFAIRS</b>
Global Health Equity, EDID, International Exchanges, Climate Health, Public Health, Global Health Education, Sexual/Reproductive Health, and Human Rights	<b>GLOBAL HEALTH</b>
Wellness Advocacy Student Mistreatment Reform Discounts and Partnerships	<b>STUDENT AFFAIRS</b>

The most important thing I want to stress to you is that we are a **community of people** from all types of backgrounds, abilities, races, genders, sexualities, socioeconomic status, communities, cultures, religions, and more! This recognition that true inclusion fosters diversity and that the practical application of EDI within spaces that cultivate collaboration ensures our organisation succeeds for everyone. I hope you share this vision for what the CFMS can, should, and will be.

If you have any questions, please feel free to fire me an email at [PresidentElect@CFMS.org](mailto:PresidentElect@CFMS.org) and I will be happy to answer them and if you want a free twitter follower [follow me](#) (a shameless plug I know)!

See you soon and welcome to your new home in our organisation :D

Cheers,




**Montana Hackett (he/him), BMSc**  
 President-Elect | Président élu  
 Canadian Federation of Medical Students |  
 Fédération des étudiants en médecine du Canada

✉ [PresidentElect@CFMS.org](mailto:PresidentElect@CFMS.org)  
 🌐 [www.cfms.org](http://www.cfms.org)  
 📍 267 O'Connor Street, Suite 401, Ottawa, ON, K2P 1V3