



## Welcome from the Student Medical Society of Saskatchewan (SMSS)



Dear Class of 2026,

Congratulations on your acceptance to the College of Medicine at the University of Saskatchewan! I want to take this opportunity to welcome you to the start of an exciting and life-altering journey. Having been in your position just one short year ago, I understand the eagerness yet apprehensiveness about what the future holds – feelings that are rightfully so. Having said this, I can assure you that you will be met with immense support during your studies. You will be amazed by the personal growth you will experience during your first year and will find that school is not so bad when you are making great memories with your classmates that will turn into some of your best friends! On behalf of the entire Student Medical Society of Saskatchewan (SMSS), I want to welcome you to our family at the College of Medicine.

You may still be unsure who the SMSS is and how we can support your journey. The SMSS membership is made of College of Medicine students from all four years of study. Our purpose is to represent the interests of our members, facilitate involvement in extracurricular activities, and advocate for student needs within the classroom, College of Medicine, and broader community. The SMSS offers many opportunities for students to be involved in key areas such as equity, student wellness, advocacy, and much more. We hope you will participate in SMSS events, take part in the work of the SMSS, and strive to improve the student experience at the College of Medicine by embodying the values of the SMSS in all that you do.

We have many exciting events planned as part of your welcome to the College. We will provide you with more details in the coming weeks and months. We are all very excited to celebrate such an important milestone in your life with you! Remember, medical school is a marathon, not a sprint. You must be kind to yourself and your classmates. While it is important to work hard, it is just as important to take time to do the things you enjoy outside of medicine, like working out, cooking, or watching a movie.

If you have any questions or concerns, we invite you to reach out to us at our email [smss.president@usask.ca](mailto:smss.president@usask.ca). You can also get in touch with either Hifsa, our Past-President, or I via Facebook, or the SMSS at large via any of our social media below:

Facebook Page: "Student Medical Society of Saskatchewan (SMSS)"

Facebook Group: "U of S College of Medicine"

Instagram: [usask.smss](https://www.instagram.com/usask.smss)

Twitter: [@SMSS\\_SK](https://twitter.com/SMSS_SK)

Website: [www.saskmedstudents.com](http://www.saskmedstudents.com)

With your August 3 start date coming just around the corner, we are thrilled to meet every one of you and look forward to welcoming you in person to the College of Medicine. Congratulations once again on your acceptance, and we are excited to be part of this new journey in your lives.

Sincerely,

Zoher Rafid-Hamed  
MD Class of 2025  
President, SMSS

Hifsa Noor  
MD Class of 2024  
Past-President, SMSS