

2025 Medical School Year 1

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Mission

The mission of the University of Pittsburgh-Carnegie Mellon University MSTP is to prepare its students to become leading physician-scientists who will make discoveries that will significantly advance health and lower the burden of disease. We are committed to building the intellectual, interactive, goal-setting, and technical competencies of our trainees. The MSTP supports an environment that celebrates each student's unique skills, passion, and potential, values collaboration and wellness, and embodies rigor and advocacy for learning at every level.

Leadership



Richard Steinman, MD, PhD
Program Director

Russell Schwartz, PhD
Co-Program Director,
Carnegie Mellon
University

Mehret Birru-Talabi, MD, PhD
Associate Director,
Clinical Activities

JoAnne Flynn, PhD
Associate Director,
Career Advisor Program

Corrine R. Kliment, MD, PhD
Associate Director,
LCC Program

Kathleen Prigg, MBA, MSL
Executive Director

Justin Markuss
Program Manager

Blair Douglass
Program Coordinator

Alexandra Harmon
Program Coordinator

MSTP-SPECIFIC CLASSES (in addition to medical and grad school classes)

Summer research rotations (pre-MS1, post MS1, post MS2)

Skills for Investigative Careers (Professional Development 1, pre-MS1):

Physician scientist careers/focus, rigor, experimental design, student presentations

Methods and Analysis (Professional Development 2, pre-MS2)

R coding (basic), statistics, ALL OF US database



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Grantwriting (Professional Development 3, post-MS2)

F30 grantwriting and review, mock study section, grant ethics/rigor

Research Basis of Medical Knowledge (RBMK, 2 semesters MS1)

Journal club, Patient cases and science of treatment, elevator pitches

Translating Research into the Clinical Realm (MS2)

Drug development, clinical trials, policy, best practices

MSTP Ethics (G1)

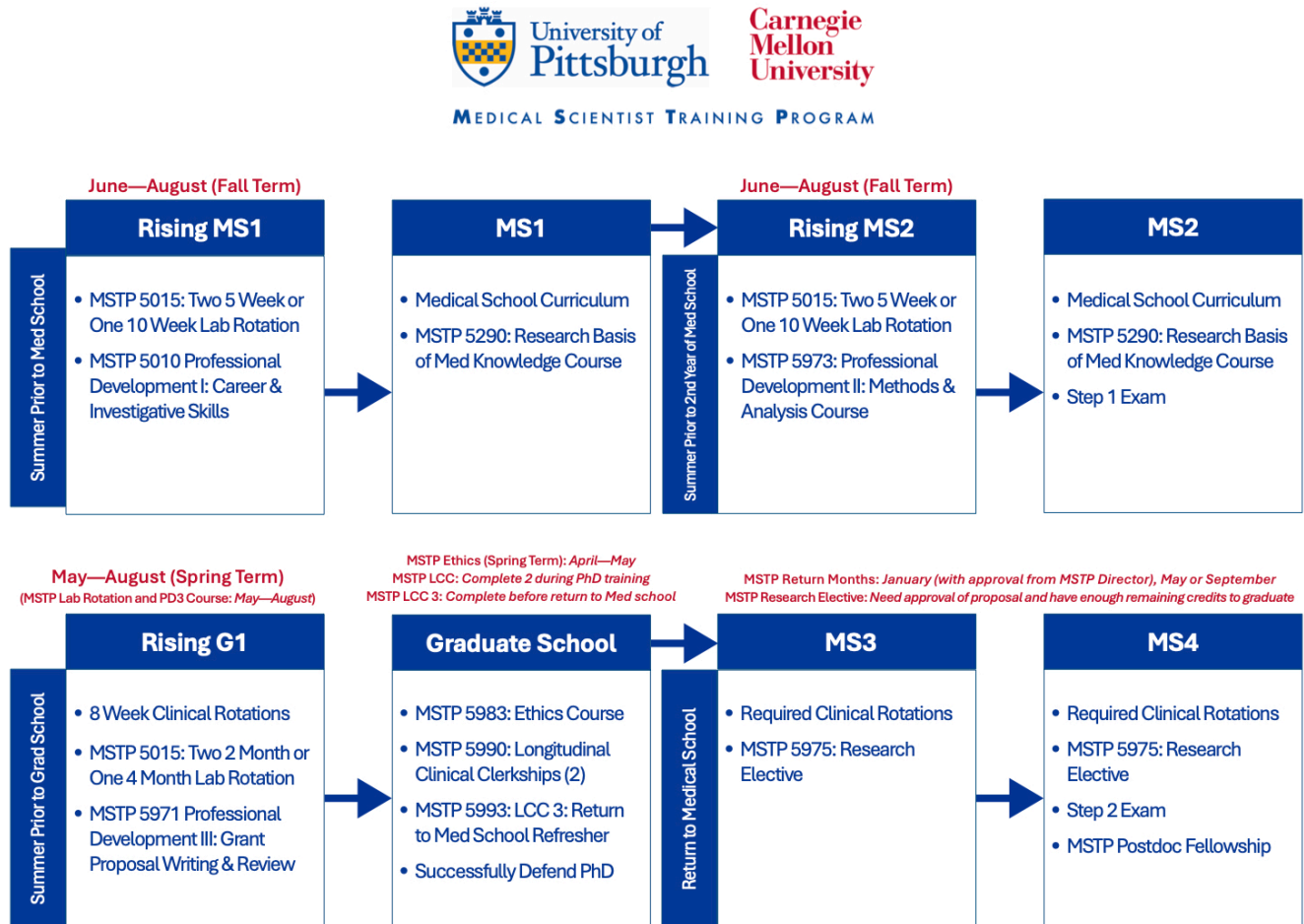
Cased-based classes

MSTP Workshops (throughout)

Topical with distinct objectives

Longitudinal Clinical Clerkships (20 weeks, ½ day/week x2); Inpatient transitional clerkship (LCC3)

MSTP Timeline



All years participate in MSTP 5955: Workshops (September—May - Fall Term)

First Year MSTP Coursework Includes

Career and Investigative Skills course (summer pre-MS1).
Research Basis of Medical Knowledge Course September-May and
MSTP Workshops

The schedule of the summer course follows:

Summer Course: MSTP 5010 Professional Development 1/Career and Investigative Skills
This course is taught by Dr. Steinman, the schedule is listed below.



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| MSTP 5010 Professional Development 1/Career and Investigative Skills | | | | |
|---|-----------|-----------------------|---|--|
| Date | Time | ROOM | Topic | Instructor |
| Wed June 5 | 4-5:30 pm | 3704 West wing | Course orientation | Steinman |
| Monday June 10 | 4-5:30 pm | 3704 West wing | Making the MSTP work for you (student panel) | Karena Tjoa, Nathalie Chen, Eric Mason, Alex Chang |
| Wed June 12 | 4-5:30 pm | 3704 West wing | Scientific rigor case examples and discussion Framing robust hypotheses <i>Advance reading: PMID 27834205, 27281180</i> | Steinman |
| Monday June 17 | 4-5:30 pm | 3704 West wing | Clarity in Scientific Communication | Steinman |
| Wed June 19 | 4-5:30 pm | 3704 West wing | Skill Building Workshop: Experimental Design, Power, and Sources of Error <i>Advance reading: PMID 25442936</i> | Steinman |
| Wed June 26 | 4-5:30 pm | 3704 West wing | Genesis of a physician scientist career: | Abby Olsen, MDPhD steinman |
| Monday July 1 | 4-5:30 pm | 3704 West wing | Working with mentors and career advisors, IDPs <i>Advance reading: PMID 17568738</i> | Steinman, Flynn |
| Wed July 10 | 4-5:30 pm | 3704 West wing | Genesis of a physician scientist career: | Taylor Eddens MDPhD |

| | | | | |
|---------------------|-----------|-----------------------|--|--------------------------------|
| <i>Richard away</i> | | | | |
| Monday July 15 | 4-5:30 pm | 3704 West wing | Creative thinking <i>Advance reading:</i> <i>PMID</i> <i>29339474</i> | Steinman |
| Wed July 17 | 4-5:30 pm | 4565 West wing | Genesis of a physician scientist career: | Laura Molina MDPH, Steinman |
| Monday July 22 | 4-6 pm | 3704 West wing | WIP reports Hypothesis focus | Steinman |
| Wed July 24 | 4-6 pm | 3704 West wing | WIP reports Results and analysis focus | Steinman |

MSTP Workshops - MSTP 5955



This course meets 4-6 times per year over dinner and is attended by MSTP students from all years. Each class begins with a description of a topic related to training or being a physician scientist. The topic for discussion is developed by students from different years to ensure good representation of the challenges offered at various stages of training. After the presentation of the topic, students work in groups of 8-10 at assigned dinner tables (each table composed of 1 student from each class). After an hour of discussion each table reports a summary of the discussion followed by group discussion. Throughout the 8 years of training each student will be expected to have written at least one summary.



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Classes will generally feature guided discussion. Student leaders of the MSTP Workshop Committee have input into Workshop topics and logistics and meet with the course director in advance of Workshops to review their learning objectives. Every student must complete a class evaluation at the end of each session. Students unable to attend a session must obtain an excuse prior to the class. Participation during MS3 is expected to be more limited.

Goals:

- 1) To provide a forum in which students can openly discuss training and ethically challenging situations with their peers.
- 2) To provide a venue in which junior students can learn from senior students.
- 3) To understand that responsible conduct of research and medicine is a critical aspect of research training and that it remains an important concern at all levels of a research career.

Grading and Evaluation of student participation:

Students will turn in written evaluations of each class that highlight their analysis of the case discussed. These will be evaluated by course faculty. The students will also be graded based on their participation in the workshops. A grade of either Satisfactory (S) or Unsatisfactory (U) will be given upon successful completion of the course.

Credit:

This course carries no university credit.

Research Basis of Medical Knowledge (RBMK)

Objectives:

This course is designed to expose M.D./Ph.D. students to a variety of kinds of clinical and basic research through critical analysis of the primary literature. The course will provide a forum for discussion of experimental design, techniques and technology, data interpretation, ethics and clinical applications of scientific discovery, guided by faculty members with expertise in each particular field of research.

Goals:

- 1) *Increase understanding regarding the research basis of medical knowledge.*

Students should be able to give examples of how experimental models support current concepts of disease pathophysiology. They should develop an appreciation of areas in which medical knowledge has strong experimental foundation, and areas in which experimental support is less well developed.

- 2) *Learn how to review*

Rising MS1 MSTP Orientation

We want to officially welcome you to the Pitt/CMU MSTP family! In early June, all rising MS1 students will gather in Scaife Hall to go over orientation materials.



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Important New Student Information Communication

Check emails at least once a day. All Program communication is through emails. You should have received an email on how to setup/access your account. If you have any questions or need any help regarding your email account – please contact the Technology Help Desk: 412-624- HELP.

Health Insurance (during medical school years)

June – August 2025

For the months of *June 1 – August 31, 2025*, you will need to log into my.pitt.edu and follow the instructions below. This enrollment is considered a “Late Enrollment Request” due to the start of the program.

[Changing Your Benefits – Late Enrollment Request](#)

1. Go to my.pitt.edu
2. Search for Student Health Insurance
3. Find the option for "Student Health Insurance" (eBenefits) and launch the portal, logging in via Pitt Passport if not logged in
4. Continue through the online enrollment and payment process
5. Select the "Change my Benefits" tab
6. Click on the "Change my Benefits" link.
7. From the Life Event section choose "Late Enrollment Request"
8. Submit Event Date
 - please put today's date – the reviewer will manually update to correct start date based off your event



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9. Submit Documentation (if needed)
10. Select the "Enroll Now" button
 - A new page will open to allow you to make the appropriate changes to your coverage elections
11. Click to waive coverage
12. Once you have completed your changes, select the "Approve" and "I Agree" button

Please note that medical insurance will have a \$0 cost option for you as the MD/PhD Department pays your medical insurance. Dental and vision insurance is an additional cost.

September 1, 2025 – August 31, 2026.

You will receive an email from Student Benefits prompting you to register during open enrollment. You must either enroll or waive health insurance coverage for the 2025-26 academic year through the Pitt benefits office.

Please keep in mind the MSTP only covers the cost of health insurance. If you elect vision and/or dental, you will be responsible for the additional cost.

Students **MUST** enroll or waive medical, dental and vision insurance every year!

Pitt Photo ID

Once your registration is processed for the summer lab rotation, please upload a photo of yourself [here](#). Once you arrive on campus, go to Panther Central to pick up your ID. If you are unable to upload a photo, Panther Central can also take a photo for you. Panther Central is in Litchfield Towers, Main Lobby (see map below).

Payroll Documents/I-9 Verification

Justin has already been in touch with you to start the payroll process via Talent Center. Please be sure to complete all onboarding materials as soon as possible. To complete your I-9, you will need physical copies of the documents you list in Section 2. Make sure that you remember to bring those documents with you so that you can verify your I-9 when you arrive on campus.

This must be done to receive your stipend.

Access Pay Stub

You will receive a monthly stipend of \$3,433.33, which is \$41,200 annually. Your stipend will be deposited on the last working day of the month. When you complete your onboarding materials with Pitt you will be required to share your bank account information. The account that you share is the account that your monthly stipend will be deposited.

You can access your paystub at www.my.pitt.edu at the end of each month. Go to PittWorx to find this information and click on Pay. Here you can also update your direct deposit information if you need to change your banking institutions.

Tax Information for T32 and F30 Fellows

This information may be of help as you figure out what your tax payment will be. Generally, you will be filing quarterly. Please note that the MSTP and University cannot give any tax advice or guidance. Please reach out to a tax accountant if you have any questions.

As an F30 or T32 fellow, your stipend comes from two different sources:

- 1) NIH stipend provided by the grant and
- 2) A supplemental stipend which is the difference between the NIH stipend rate and the School of Medicine stipend rate.

The majority of your stipend comes from the T32 or F30 (NIH stipend is currently [\\$28,788](#)). The University, MSTP or your mentor provides an internal supplement to bring your total stipend up to [\\$41,200 \(current stipend as of 9/1/2024\)](#). **Our understanding is that the NIH stipend is not taxed, but the [internal supplement may be taxed and may generate a W2 form](#).**

Please see the IRS document [IRS publication 970](#). Page 5 clarifies what is considered taxable.

Tuition Statements (during medical school years)

To confirm you can access your tuition statement, we ask that you email your first statement to Justin (justinmarkuss@pitt.edu). You should receive an email when your statement is posted. You can access your tuition bill at www.my.pitt.edu. *The MSTP covers everything except the graduate activity fee \$30 per term. You will be responsible for taking care of that fee by the due date. The Program will not be responsible for any late fees.*

Register for an ORCID number (www.orcid.org).

This is a NIH requirement and must be done. Go to www.orcid.org to sign up for an account. Please email Kathy your ORCID after created. Please keep this up to date with all your publications and email Kathy your MSTP publications to be added to your [Pitt/CMU MSTP online profile](#).

Entering the laboratory

Please reach out to your lab mentor to determine what is needed to enter the lab.

- 1) Conflict of Interest Superform - <https://www.hsconnect.pitt.edu/HSC/my/account.htm>
 - a. Please sign in through my.pitt.edu with your pitt username and password, you are a Pitt user.
 - b. File a COI form on the new MyDisclosures service
 - c. Email Kathy that this has been completed
- 2) IACUC or IRB modifications (talk with your mentor to be added and what the training that is



needed). Please share with Kathy any IACUC or IRB you have been added to.

- 3) Complete the electronic MSTP rotation form and return to Dr. Steinman and Kathy. See below for form.

Rotation Dates June 2 – July 28, 2025

Rotation Description Form

At the conclusion of your summer research rotation, a rotation report must be submitted in its final form to the MSTP office and Dr. Steinman. A copy of the report must be submitted at the same time to your rotation mentor for grading.

—The office needs a structured abstract summarizing their work

[Student Evaluation of Lab Form](#)

This form will be emailed to you in late August/September from Blair Douglass. The purpose of this form is for Students to anonymously evaluate mentors from their summer rotations. This helps future students to decide on which lab to rotate in during the summer. Students are required to fill out before starting medical school.

Program Director

In the first summer, all MSTPs are required to meet with the program director of their intended graduate program to discuss their interest and its alignment with the program and its potential mentors, and to learn of graduate program requirements pertaining to MSTP students. At the onset of graduate studies the student will meet with their mentor along with their program director and career advisor or MSTP Leader to begin to plan for their graduate studies, mindful of the MSTP limit of 4 years in graduate school.

Career Advisor

Students will be assigned a **Career Advisor** before orientation. The Career Advisor follows the student's progress and advises them relative to their development as physician scientists. At least one in person or skype meeting with your career advisor must be scheduled during June or July. This meeting does not need to take long, just a quick introduction to your career path and planned laboratory rotation for the summer. Please email Justin Markus when a meeting has occurred or record the meeting via google docs. In addition, MSTP students are **required to meet biannually with MSTP career advisor**.

Individual Development Plan (IDP) – Must be done Bi-Annually

Individual development plans (IDPs) provide a structure for the identification and timely, focused achievement of career goals. Prior to meeting with your career advisor, update your Individual

Development Plan (IDP). Your Career Advisor will review your IDP before each meeting. The IDP site can be found here: <https://ampup.medschool.pitt.edu/>

[Instructions on how to access IDP](#)

MSTP T32 Training Grant

On July 1 you will be appointed to the T32 MSTP Training Grant. Several things must be completed before you can be appointed.

[Instructions on how to be appointed to the Training Grant](#)

<https://www.era.nih.gov/register-accounts/manage-personal-profile.htm>

- How to manage your era commons profile

Getting to know your fellow classmates

MSTP Welcome Committee



Rising MS1 MSTP & PSTP at a Welcome Event

Students hold events for the incoming class over the first summer. Many activities include dying t-shirts, happy hours, meet and greets with MSTP faculty and ice cream socials.

The summer before medical school is a perfect time to enjoy the city and get to know your fellow classmates. There are Pitt student discounts available (<https://www.studentaffairs.pitt.edu/pittarts/cheapseats/>) and different events occurring during the summer (<https://traf.trustarts.org/>, <https://openstreetspgh.org/>, https://www.frick.org/programs/first_fridays).

MSTP Retreat

In late July, the MSTP holds its annual Scientific Retreat. The retreat reunites the student body, affiliated faculty, and alumni for scientific and professional development as well as some good fun. The scientific portion starts off with elevator talks, graduate student talks, and a keynote presentation.



After the keynote speech the upper-level graduate students break off into satellite sessions to give short talks on their current research progress and exciting new developments.

Following dinner, the new incoming students had the opportunity to introduce themselves. The MS4s give

sage advice on successfully completing the MSTP program, something which is always a highlight of retreat.

The workshops begin with discussion of the annual survey results and suggestions from students to the MSTP administration. After, students break off into small workshops which topics can include the Grad school to medical school transition, how to write an F30, and sexual harassment & bystander training. After enjoying lunch, we enjoy a team building session.



Medical School Year 1

MS1 White Coat Ceremony

Congratulations! You are officially a medical student. You will find the academic calendar here:

<https://www.omed.pitt.edu/academic-calendars>

[MSTP Event Calendar](#)

Thinking about the next Summer Laboratory Rotation

In December of your MS1 year, please start thinking about the second laboratory rotation. When you and Dr. Steinman have agreed upon who you would like to rotate with for next summer, please email Kathy and Justin. Mentors not listed on the MSTP website, may **not be approved** please reach out to Kathy to get this approval process started.

In the unlikely case of a student failing a block of the MS1 or MS2 curriculum, please reach out to Kathy Hansell-Prigg, KathyPrigg@pitt.edu, at the earliest sign of academic difficulty.

- If an MSTP student fails a block of MS1 or MS2 curriculum, the student's academic records will be reviewed by the medical school's Promotions Committee.
- Before the SOM Promotions committee meets, a student who has failed a block must communicate through the office and/or Dr. Steinman. Dr. Steinman attends the SOM Promotions Committee meetings and can advocate or share context when we are kept in the



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loop. The MSTP Promotions Committee will then discuss how SOM remediation requirements fit with the MSTP required curriculum.

- If the MSTP Promotions committee decides the student can remediate the medical school's curriculum during the summer while completing a full lab rotation, they can remain in the MSTP and receive the summer stipend.
- If the MSTP Promotions committee decides the remediation will not allow the student to complete a full lab rotation, then the student will be put on a leave of absence (LOA) without stipend during the remediation period. If the student can remediate the medical school's curriculum successfully, they may request termination of their LOA and continuation in the MSTP.
- If the student fails the remediation and/or must repeat a year of medical school, they will be dismissed from the MSTP but may reapply as an internal candidate during the second year of medical school.

Resources

- [University of Pittsburgh Graduate Student Resources](#)
- [School of Medicine Graduate Studies – Travel Awards](#)
- [Public Transit](#)
- [Off-Campus Living](#)
- [Campus Map](#)

MSTP Mental Wellness Resource List

1. [Student Health Advocacy Resource Program](#) (SHARP): PittMedWellness@gmail.com
 - a. Student representatives provide access to resources as well as anonymous and confidential advice in navigating the difficulties of medical and graduate school. Feel free to contact your medical school class elected representatives or MSTP reps (or both). MSTP representatives: Gaelen Dwyer and Geyon Garcia.
2. MSTP Career Advisors: Your MSTP career advisor can act as a confidential advisor for academic and personal issues. Because CA's also report to the MSTP administration on academic progress, please remind your CA that you prefer certain discussions to remain confidential.
3. School of Medicine Counselor, **Linda Ewing, Ph.D** ewing.linda@medschool.pitt.edu
4. [Pitt Counseling Services](#): 412-648-7930
 - a. Wide range of services available for those in need: individual, couples, group therapy, and peer support groups. Workshops available for those on campus. FREE to all university students.
5. [Stress Free Zone](#) (SFZ): 3rd Floor William Pitt Student Union Building.
 - a. SFZ provides space for students to practice and learn mindfulness approaches to dealing with stress.
6. [Pitt Psychiatric Services](#): 412-383-1800; Requires insurance
 - a. For students in need of psychiatric care or questions concerning psychiatric medications.
7. [Pitt Title IX Office](#): 412-624-2121; titleixcoordinator@pitt.edu
 - a. Report issues of sexual assault or harassment with full confidentiality.
8. [Office of Sexual Harassment and Assault Response and Education](#) (SHARE): 412-648-7930
 - a. Resources for all University members to help report, cope with, and prevent incidents of



sexual misconduct or assault.

9. [University of Pittsburgh Police](#): 412-624-4040 (non-emergency); 412-624-2121 to speak to a counselor on call 24/7

Additional Resources for MSTP students enrolled at CMU

1. [Counseling and Psychological Services](#) (CaPS); 412-268-2922
 - a. Safe, confidential environment to talk about personal and academic concerns.
 - b. Peer support groups for PhD students offered multiple times each semester. Call for info
 - c. CaPS offers consultations, individual therapy, outreach and educational presentations, referrals, and psychiatric care.
2. [Carnegie Mellon Advising Resource Center](#) (CMARC); 412-268-2150; cmarc-department@andrew.cmu.edu
 - a. Aims to build social and academic networks between peers, communities, and cultures.
3. [The Mindfulness Room](#): First floor lounge of West Wing on CMU campus.
 - a. Great space to relax, meditate, breathe, and gather with other students engaging in mindfulness activities.
4. Graduate Student Ombudsman, Suzie Laurich-McIntyre, 412-268-7307; slaurichmcintyre@cmu.edu
 - a. Academic concerns are best dealt with in the student's department, but in the event of a larger academic issue, the ombudsman is a neutral 3rd party advisor (not personal advocate or mediator), who advocates for a fair process in resolving issues. The student ultimately makes decisions about how to manage a problem or conflict. There are additional representatives designated for each college within CMU.
5. [Carnegie Mellon Police](#)
 - a. Emergency: 412-268-2323
 - b. Non-Emergency: 412-268-6232
 - c. Email: campuspd@andrew.cmu.edu

Resources available in the Pittsburgh Community

1. [Resolve Crisis Network](#): 1-888-796-8226
 - a. A crisis can be anything from feeling lonely and needing to talk, to feeling overwhelmed with life. Stress and problems — both large and small — fill each of our lives and we all have moments of crisis.
 - b. 24-hour crisis support, referrals, intervention services for adults, teens, and their loved ones.
2. [Mercy Behavioral Health Crisis Center](#): 1-877-637-2924
 - a. Individualized treatment and support for those in crisis. Mental health professionals are available 7 days a week, 24 hours per day. Receive a confidential assessment with a crisis the same day you call.
3. [Gay and Lesbian Community Center of Pittsburgh](#): 412-422-0114; info@glccpgh.org
4. [Gateway Rehabilitation Center](#): 412-604-8900; Inpatient and Outpatient addiction recovery
5. [Planned Parenthood](#): 1-800-230-7526; Comprehensive and complementary care to those in need of services.
6. [Pittsburgh Action Against Rape](#) (PAAR): 1-866-363-7273; Support for Victims of Sexual Violence



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7. [Center for Victims](#): 1-866-644-2882; Support for victims of any crime
8. [National Suicide Prevention Lifeline](#): 1-800-273-8255; 24/7, free, confidential support for people in distress.

MSTP Policies

1. [MSTP Course Excuse Policy](#)
2. [Good Standing Document](#)
3. [Academic Standing in Medical and Graduate School](#)
4. [Conference Travel Support Request](#)
5. [Travel Awards available to MSTP Students](#)
6. [2025 MSTP T32 Fellowship Orientation](#)