



Dear Students of the Incoming Class of 2026,

On behalf of the Bilbies (Class of 2024) and Spiny Lumpsuckers (Class of 2025), I would like to extend a huge congratulations on your acceptance to the Cumming School of Medicine! All students and faculty are so excited to meet you and welcome you to our program and to our animal family. To get things started, we have been working hard to plan Orientation. During Orientation, you will be introduced to life as a medical student. You will receive the opportunity to bond with your new classmates and meet some of your senior colleagues and faculty.

**Faculty-led Orientation will start on Wednesday, July 5<sup>th</sup>** Please be sure to read the emails that will come from UME soon!

The **Student-led Orientation** will be spread out over July and August, and will include various events such as the Stethoscope Ceremony, Amazing Race, Clubs Fair, Med Olympics, Med Gala and the Naming Ceremony where your class will receive their animal name. It can be intimidating to start a new program, but we highly encourage you to step outside of your comfort zone and meet as many of your classmates as possible during Orientation. There will be so many amazing people in your class, and having good friends makes all the difference to your experience in medical school! You can register for the events that you would like to attend using [this form](#).

Most of the communication for student-led orientation will occur through Facebook, at least until your emails are set up by the IT department. You will be part of **two main Facebook groups**. The [University of Calgary - Class of 2026](#) is a place where all three classes can meet each other and share information that is relevant to everyone. The [University of Calgary - Baby Animals](#) is a group where you can communicate with people who are just in your class. You will receive lots of information about orientation through Facebook, so please join those groups soon. We will also be communicating over the **CMSA Instagram (@calgarymsa)**.

We have organized an **Upper-Year Buddy Program** to connect you to a mentor in the Spiny Class. Please fill out this [Upper-Year Buddy Form](#) and our team will match you with a Spiny Buddy. This program is optional, but we hope you take advantage of this opportunity to receive insightful tips from an upper year and an opportunity to have your questions answered.



As a member of the Cumming School of Medicine Class of 2026, you will also be joining the Canadian Medical Association, the Alberta Medical Association, the Canadian Federation of Medical Students, and the Calgary Medical Students' Association. **The membership fees for these organizations total \$480, payable via e-transfer to [cmsa.studentgov@gmail.com](mailto:cmsa.studentgov@gmail.com).** These fees will give you membership to all these associations for all three years at UofC. For detailed payment information and a full breakdown of these fees, please see the finance letter from Lauren Higa, VP Finances and Operations.

Finally, we will be holding a **Meet and Greet on June 28th** in the evening. This is an optional event where you can meet some of your classmates and students in upper years. We will send out more details closer to the date!

That was a lot to take in, so here's a summary:

**Do Now:**

- Register for student-led orientation events: <https://forms.gle/iEQoKKnTUQwsZsht9>
- Join the Facebook Groups:
  - University of Calgary Medicine - Baby Animals  
<https://www.facebook.com/groups/uofcbabyanimals2026>
    - Password: Menagerie2026!
  - University of Calgary Medicine - Class of 2026:  
<https://www.facebook.com/groups/uofcmed2026>
- Follow the CMSA on Instagram (@calgarymsa)
- Fill out the Upper-Year Buddy Form: <https://forms.gle/KA3FMo8F21sjg4RPA>
- Pay your Medical Association fees: \$480 to [cmsa.studentgov@gmail.com](mailto:cmsa.studentgov@gmail.com)

**June 28th:** Meet and Greet in the evening. Keep an eye out for details!

**July 5<sup>th</sup>:** Sign up for a timeslot to come on July 5th get your photo taken and take care of some other things UME needs..... Dress professionally!

If you have any questions about orientation, please feel free to reach out to me at any time. Take care and see you all soon!

**Bella Reis (she/her)** - [isabella.reis@ucalgary.ca](mailto:isabella.reis@ucalgary.ca)

*MD Student, Class of 2025*

*VP Events, Calgary Medical Students' Association*