



## **The Health Professions Scholarship Program**

*A Guide for HPSP Students at GW*

**The George Washington University  
School of Medicine and Health Sciences  
Class of 2027 Edition**



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# Welcome HPSP Students!

Congratulations! For many of you, this is the beginning of your career in medicine as well as your career in the military. This guide was created by current HPSP students at GW, faculty with military experience, and also with the input of HPSP Alumni. There is a lot of information for medical students in the military and our intention is to supplement that material with some information tailored to GW students in order for you to be as well prepared as possible for the transition from medical school to military medicine.

In this guide you will find information about resources and programs available to HPSP students, scheduling recommendations to help you navigate medical school, military training, away rotations, interviews, the match, and more. We have also provided a contact list to help you connect with current and previous HPSP students in many different stages of their careers. We encourage you to reference this guide in conjunction with your branches' HPSP websites, which have been listed at the end of this document.

It is our hope that this guide assists you in your new adventures and that it continues to grow throughout the years. Remember the Military Medical Student Association and the Dean's Office are YOUR resources. Take advantage and ask questions. Best of luck!

Respectfully,

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# Getting Involved

## **GW Military Medical Student Association**

The GW MMSA is a student-run and university-sponsored group for GW medical students with an interest in military medicine. This typically includes HPSP students, but anyone is welcome. We host lectures from local physicians, group travel to HPSP events and keep students updated on current HPSP activities specific to the university. The group communicates primarily through a group email so it is important to be on the email list beginning your first year. MMSA Leaders are a great first-line resource for many of your questions related to military medicine. Typically you can sign up for the MMSA at the Student Activities Fair that happens in the fall of your first year, or by reaching out to current MMSA leadership. Rising MS2s usually assume leadership around February. If you are unable to get signed up, visit the Dean's Office or Student Groups website to determine who the current leaders are.

## **Facebook HPSP Groups**

This is the unofficial forum for HPSP students nationwide and an excellent resource to exchange information between current HPSP students and residents. Some find getting reliable information from recruiters or your respective branches cumbersome, so this group is a valuable alternative. However, take what you read with a grain of salt because policies change, and what worked in one year may not work in another. Links are below. (Note: They are private groups, you must apply before gaining access).

[At-Large HPSP](#), [Navy](#), [Air Force](#), (The Army does not appear to have a centralized FB group)

## **Student Doctor Network**

This is a nonprofit website designed to help build a diverse doctor workforce by providing free advising resources, tools, and peer-support forums to those who would otherwise not have access to such services. It consists of nearly 700k members whose diverse membership spans from high school students to attending physicians. The military forums can be particularly useful but make sure you narrow your search by date so as to not find outdated information.

## **CAP (Clinical Apprenticeship Program)**

At the beginning of the first semester each student is assigned to a physician preceptor. Throughout preclinicals the student spends time with that preceptor in his or her clinical setting. The CAP office will send a questionnaire to all MS1s within the first few months. *If you would like to be paired with a military physician, it is recommended you email OME asap.* You typically will also be asked whether you would like your CAP to be in an emergency department.

If you would like to be paired with a military preceptor, it is critical that you get a valid CAC ASAP (for more information, *First Year* below). If your CAP preceptor works at one of the

nearby military hospitals, there are additional steps beyond obtaining a CAC that must be completed in order to be cleared to work. Check with MMSA leadership for details.

Note: Pairing with a military physician is dependent on military physician participation in CAP, which varies yearly. Thus, there is no guarantee you are paired with a military physician, and by no means is it necessary, as it would only be an added bonus to your medical education.

## **Big Sibs**

The Big Sib program begins prior to your first year at GW. After completing a survey from the Dean's Office, you will be matched with another student, your "Big Sib," enrolled in the class year ahead of you. Your Big Sib is a great resource for you to help answer your questions and introduce you to the life of a GW medical student. If you would like to be paired with a military or HPSP student, simply indicate that on your survey and the Dean's Office will do its best to accommodate.

## **GW Military and Veterans Services**

GW Military and Veterans Services is a one-stop-shop for all things veteran. They provide undergraduate and graduate student veterans, dependents, and military personnel services such as benefit processing and supportive community-building activities. If you are using any GI Bill benefits, they are your best friend. They are located on the Marvin Center ground floor. Additionally, they have an impressive military community center at 2035 F St. NW. Drop in and say hello when you get a chance. GW MMSA will occasionally do joint volunteer work and happy hours so be on the lookout. It's highly suggested you get on their Dog Tags newsletter mailing list.

## **Scholarly Concentrations**

GWSMHS offers nine scholarly concentrations to all its medical students. There is no requirement to participate, but doing so offers a unique perspective above and beyond the general curriculum, and a good way to explore career options and network. Be aware, there are requirements for students doing a concentration that may compete with your time, including summer between first and second year. For military students there is an added bonus: check to see if your officer training will count as credit for this summer requirement.

## **USUHS**

GW MMSA has worked hard to partner with DC-area medical schools, including the Uniformed Services University of the Health Sciences (USUHS) located in Bethesda, MD. Our student affiliates at USUHS have access to military faculty and training that is unparalleled, and are generous enough to often invite GW MMSA students to attend either virtually or in-person. MMSA will keep you abreast of these opportunities as they come.

## **CORDEM**

The Council of Emergency Medicine Residency Directors. This website has excellent guides for the military match process. While it is specific to emergency medicine, much holds true for other specialties as well. [Link](#).

## **Active Duty Training**

As an HPSP participant you are eligible for 45 days of Active Duty Training (ADT) for every year in the program. You can only take one ADT per fiscal year (a fiscal year runs from 1 October of one year to 30 September of the next). During an ADT period, your stipend stops and you receive active duty pay and entitlements. Ideally, ADT during your first year is used for ODS (Navy), BOLC-A/DCC (Army), or Air Force training and during your 2nd-4th years it should be used for clinical clerkship. You can also put in for “school orders”, in which you continue your normal routine and receive full active duty pay and benefits at the appropriate rank. You CANNOT go overseas or on vacation while on school orders. You can still go on weekend excursions in your local area, but you must stay within 300 miles of your school.

Note: Clinical clerkships are usually 2-4 weeks and school orders can be used to complete the remaining time of the 45 day ADT requirement. ADT Requests must be submitted 6-8 weeks prior to the start time of your ADT.

## **Personal Finance**

While in HPSP, you are compensated with a stipend for 10.5 months, and ADT pay for 1.5 months. During ADT, you will also receive Basic Allowance for Housing (BAH). It is important to remember that while we are paid to attend medical school, most of our colleagues are undertaking large swaths of debt, so just be cognizant of other people’s financial situations.

Moreover, physicians have the reputation of being notoriously bad with personal finance. Take a moment to watch a video on investing. The [White Coat Investor](#) is an excellent source for financial information. Take some time to create a budget for yourself, open a Roth IRA, or another investment account. Obtain and responsibly use a credit card. Utilize military benefits such as discounts, offers, etc. In short, while HPSP entails a service obligation, it also provides financial benefits, and we encourage you to use resources to make informed decisions that will help you in your future.

## Current GW MMSA Membership

**Faculty Advisor: Dr. David Belyea**

Specialty: Ophthalmology

Email: [dbelyea@mfa.gwu.edu](mailto:dbelyea@mfa.gwu.edu)

Name	Role	Branch	Year	Contact
<b>Camille Leoni</b>	<b>Co-President</b>	Navy	2025	cleoni12@gwmail.gwu.edu
<b>Emile Kuyl</b>	<b>Co-President</b>	Navy	2026	emilekuyl@gwmail.gwu.edu
<b>John Wainwright</b>	<b>Co-President</b>	Navy	2026	jwainwright@gwmail.gwu.edu
Devin Hill	Member	Army	2024	devinhill@gwmail.gwu.edu
Victoria Smith	Fmr. President	Navy	2024	victoriasmith@gwmail.gwu.edu
Corianne Crider	Member	Air Force	2024	coriannecrider@gwmail.gwu.edu
Nicole Haynes	Member	Navy	2024	nhaynes@gwmail.gwu.edu
Laura Londono	Member	Navy	2024	londono_laura@gwmail.gwu.edu
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Laura Lewis	Member	Navy	2025	llewis25@gwmail.gwu.edu
Neelesh Mananadhar	Member	Army	2025	npm39@gwmail.gwu.edu
Adam Hammer	Fmr. President	Navy	2025	adamhammer@gwu.edu
Skylar Johnson	Member	Navy	2025	skylarjohnson@gwmail.gwu.edu
Caroline Cox	Member	Navy	2026	caroline.cox1@gwmail.gwu.edu
Robert Cowles	Member	Army	2026	rcowles3@gwmail.gwu.edu
Charles Cobb	Member	Army	2026	ccobbs04@gwmail.gwu.edu

## Former GW MMSA Membership

### **2023 Alumni:**

<b>Name:</b>	<b>Role:</b>	<b>Branch:</b>	<b>Year:</b>	<b>Contact:</b>
Chris Weston	Fmr president	Army	2023	cbweston@gwu.edu
Elizabeth Wood	Fmr president	Navy	2023	liz_wood@gwu.edu
Jordan Barton	Member	Army	2023	jpbarton@gwu.edu
Matthew Tovar	Member	Navy	2023	mtovar@gwu.edu
Kayla Sallander	Member	Army	2023	ksallander@gwu.edu

### **2022 Alumni:**

Alexis Sandler	Fmr president	Army	2022	asandler@gwu.edu
Ian Walker	Member	Army	2022	iwalker@gwu.edu
Sam Schlager	Member	Navy	2022	shschla@gwu.edu
Dhanusha Subramani	Member	Navy	2022	dsubramani11@gwu.edu

### **2021 Alumni**

Katina Kartalias	Fmr president	Navy	2021	kkartalias@gwu.edu
Christiaan van Nispen	Fmr president	Army	2021	cvannispen9@gwu.edu
Melesilika Finau	Member	Navy	2021	mfinau@gwu.edu
Ali Seferovich	Member	Air Force	2021	alseferovich@gwu.edu

### **2020 Alumni:**

Elizabeth McMahon	Member	Army	2020	eamcmahon12@gwu.edu
Helen Miller	Member	Navy	2020	hcmiller@gwu.edu
Evan Harris	Member	Army	2020	evanch737@gwu.edu



# Medical School Timeline

## **First Year**

Work as hard as possible before medical school begins to complete the initial HPSP process with your recruiters. This process includes all applicable paperwork, swearing in, and getting your Common Access Card (aka CAC, your military ID). Google “nearest CAC offices” to find a location (Ft. Myer, Caderock) where you can schedule an appointment and check with them to confirm what paperwork is needed. Not only will it keep you distracted if you have to knock these tasks out later, but also you will only receive a stipend back-dated from the day you swear-in, so it is in your best interest to complete these tasks as soon as possible during MS1. If you have received two LES’s and still have not received your signing bonus, contact your HPSP finance manager. Keep a running tally of all medical school expenses for reimbursement, including student health insurance and supplies (see branch-specific information below), but be aware there is a time limit wherein you can apply for reimbursement and specific details about what is and is not reimbursable. Also, be aware that reimbursements are often significantly delayed. At some point in your first year, find your nearest branch installation and a location where you can log on using your CAC to access your email and MyPay website. CAC Readers can also be purchased online (i.e. Amazon). During your first year, you should also contact your HPSP manager or keep an eye out for branch specific HPSP emails to schedule your summer officer training. Some students elect to purchase uniforms before arriving at officer training. However, the majority of students purchase uniforms during their training in order to only purchase required uniform items as outlined by their branch. You will receive a \$400 one-time uniform allowance. Reach out to MMSA for any and all questions. However, the most important objective in your first year is to ***pass all of your classes!***

## **Second Year**

Much of what applies to the first year applies to the second, with the exception of Step 1 preparation. Ideally you will have knocked out officer training and spent the rest of the summer relaxing so you can hit the ground running in August. Many students also use the summer to take on research projects and complete concentration requirements. But the most important thing is to enter second year mentally, emotionally, and physically prepared. If you were unable to complete office training over the summer before MS2 (many students have had this issue with Navy ODS in the past several years), make sure to keep an eye out for HPSP branch specific emails to schedule training so you can complete at the very beginning of third year. In the fall/winter of second year, you will receive information about the lottery for third year clerkship cohorts. If you still need to attend officer training at the beginning of third year (most often Navy ODS), many students choose to be in Cohort B so they can attend training during elective time and finish MS3 on time with their class. Reach out to Navy MS3 and MS4s with questions. Second year goes by very fast, so focus on ***passing your classes, working on research or leadership opportunities and preparing for Step 1 during dedication!***

## Third Year and Fourth Year

### *3rd Year Rotations*

Third year rotations start in May after you complete your dedicated studying for Step 1 and finish a two-week transition to clinical clerkships course. During MS3, you must complete your required rotations at GW-affiliated hospitals and there are limited formal military experiences available. However, there are many opportunities to work with military residents and attendings with military experience while on your required rotations given the high number of current and former military physicians in the area. Many students try to work at the DC VA Hospital during one of their Internal Medicine or Surgery months in order to have more experience in a military-affiliated system. There is a team that consists of residents from Walter Reed and that often has attendings with military experience. However, it is not necessary to work at the VA in order to have a successful third year. Current GW HPSP students have worked with military-affiliated attendings (former HPSP and current reserve) and current military residents during many clerkships including Internal Medicine (GW and VA), Surgery (GW and VA), Pediatrics (WR residents) and Psychiatry (WR residents at CN). In addition, current GW students have had the opportunity to complete their month-long MS3 Primary Care Rotation at Alexander T. Augusta Military Medical Center (formerly Fort Belvoir Community Hospital), which provides an excellent opportunity to work closely with military Family Medicine residents and faculty. **During third year, you should focus on learning clinical medicine and being engaged on each clerkship in order to perform well for your patients and clerkship grades, which are a prominent part of your residency application.** In addition, you should seek opportunities to learn about military match, Navy GMO tours, and life as a military physician from military physicians you meet on rotations and through MMSA panel discussions. If you are able to work with a military physician on a required rotation or elective, consider getting a letter of recommendation (LOR) from them as it can strengthen your application. If you are unable to work closely with a military physician during MS3, it is not a problem. The majority of HPSP students obtain LORs from military attendings during their fourth year away or "audition" rotations in the field they are applying into for residency.

### *Away Rotations*

During the middle of your third year you will submit requests for away or "audition" rotations at different military hospitals depending on your branch and intended residency specialty. The best way to find out when applications are accepted is by attending the USUHS-sponsored Specialty Night, which typically occurs on Zoom in October or November, or reaching out to programs directly. GW MMSA will send out information prior to the USUHS Specialty Night to remind students about this great opportunity to learn more about military residency programs and post-residency opportunities. Away rotation applications typically open in early December. There is no universal application or process for requesting military away rotations like our civilian counterparts. Typically, you find out when Audition Rotation requests are accepted and send an email to each program where you would like to rotate with

information about your requested specialty, rotation, and several date options. **It is very important to submit your away rotation requests as soon as the applications open in order to maximize your chance of getting the dates and location you would like.** Most GW HPSP students attend, at minimum, two away rotations in their intended residency field. Typically, students choose a rotation that is farther away and more expensive (e.g. San Diego for Navy, San Antonio, Tripler, or Madigan for Army) as their ADT rotation and rotate at Walter Reed or Fort Belvoir as a non-ADT Audition Rotation to reduce cost. Students should schedule away rotations during the summer of MS4 (June-September) in order to meet with residency programs and interview prior to MODS (military residency applications) closing in mid-October. As mentioned above, many students obtain LORs from attendings during their Audition Rotations and interview with the program during their rotation, which you must schedule with the program directly. **During away rotations, it is important to show up on time, be engaged and prepared to care for patients and work successfully in the military medicine team!**

### *Interviews*

The Dean's Office offers mock interviews for all 4<sup>th</sup> year students, typically in September and October, after military audition rotations and interviews have already occurred. If you would like to do a mock interview (highly recommended), contact the Dean's Office to find out about opportunities for earlier mock interviewing to accommodate for the military schedule. You can also reach out to your own mentors and MS4 Specialty Directors in order to schedule mock interviews.

### *Residency Applications and Military Match*

HPSP students apply for military residency spots using the military residency system, MODS, which is due in mid-October. Military Match results are revealed in early to mid-December. In June or July of your fourth year, you will receive information from your branch HPSP contact regarding the residency application process. Around this time, branches typically release information about the number of PGY-1 residency spots in each field and allocated spots for each military hospital. These documents can help give some insight on whether specialties are expanding vs contracting, how many people were able to go straight through vs GMO, and how many fellowships are available for post-residency training.

### *Post Match*

CONGRATULATIONS! YOU DID IT! After the December Military Match, you are hopefully now worry free and get to tell all your classmates (who are sick of Interview Season) that you have matched! Take a breath.... Most programs will not really start sending you onboarding information or tasks until March or April before you are scheduled to start residency in June. Be sure to keep an eye out for your ADT orders and PCS information which will be important for your move and starting residency on June 1st. During GW SMHS graduation weekend, the school hosts a Promotion Ceremony for graduating HPSP students.

## **Branch-Specific Information**

The Army, Navy, and Air Force HPSP programs are complex, varied, and subject to constant change. We did our best in this guide to offer useful information that is common to all branches. For further information regarding your branch, go through publicly available information online first, then the MMSA contacts listed in this guide as well as your chain of command.

### **Army**

Main website:

<https://www.goarmy.com/rpi/amedd/hpsp.html>

### **Navy**

Main website:

<https://www.med.navy.mil/Accessions/>

Navy HPSP “Current Students” Page with the Navy HPSP Student Guide:

<https://www.med.navy.mil/Portals/62/Documents/BUMED/Accessions/NAVMEDAD%20STUDENT%20HANDBOOK%20FINAL.pdf?ver=2AvPec8VtBy1lmmfFOSwsw%3d%3d>

### **Air Force**

Main website:

<http://www.airforce.com/benefits/commissioned-officer-education/>

Air Force HPSP AFIT page and Student Portal Access:

<https://cip.afit.edu/CIP/>

Air Force HPSP “Unofficial” Student Guide:

<http://lukeballard.tripod.com/HPSP.html>

## Terms to Know

ADT- Active Duty for Training

CAC- Common Access Card

BOLC- Basic Officer Leader Course (BOLC-B) (Army)

DCC- Direct Commission Course (BOLC-A) (Army)

DTS- Defense Travel System

GMO- General Medical Officer

HPSP- Health Professions Scholarship Program

LES- Leave and Earnings Statement

LOR- Letter of Recommendation

ODS- Officer Development School (Navy)

PCS- Permanent Change of Station

PGY- Post-Graduate Year

TDY- Temporary Duty

USUHS- Uniformed Services University of the Health Sciences

VA- Department of Veterans Affairs