



CONNECT • INVOLVE • EMPOWER

2022-2023

PUMP

PROSPECTIVE MEDICAL
PROFESSIONALS

IMPACT REPORT

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This Impact Report covers the 2022-2023 fiscal year (June 2022 to May 2023).

Charitable # 759200330 RR0001

2022-2023 IMPACT REPORT



ABOUT US + GOALS

Prospective Medical Professionals - PuMP is a charitable organization that strives to connect high school and undergraduate students in Canada to opportunities in the field of life, health, and biological sciences.

- 1 Increase the **transparency** of the entry process into STEM career pathways
- 2 Create an **accessible platform** to share high school learning experiences in the biological sciences
- 3 Promote **equitable access** to education for all students, no matter their socioeconomic status, gender, religion or race

• 2023 - 2022 •
PuMP

our services

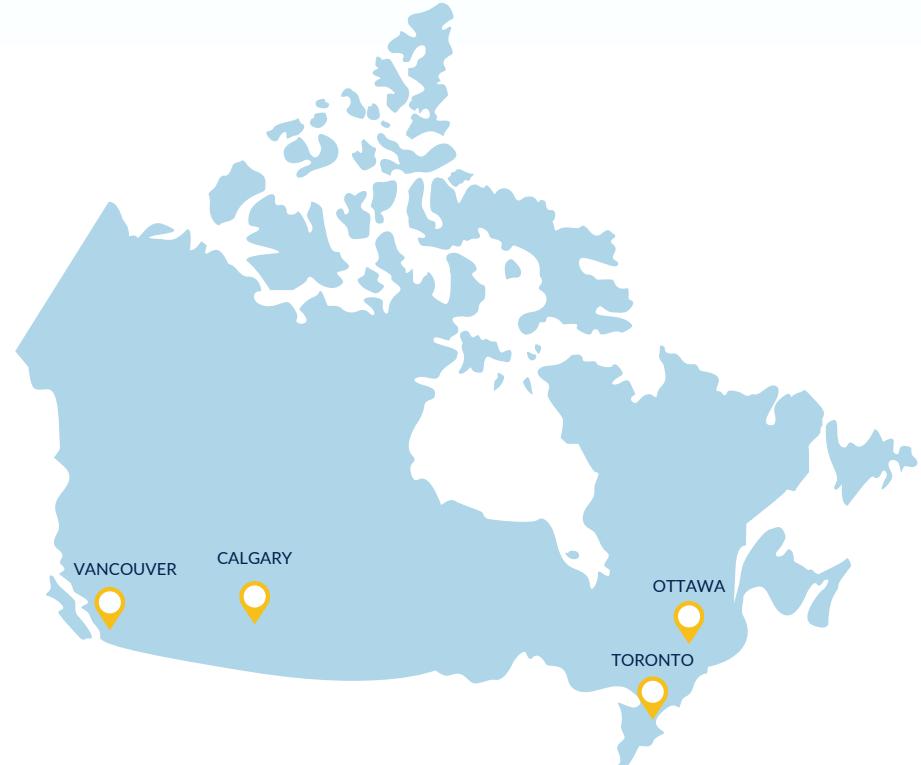
As a 100% student-led charity, our team understands the obstacles and challenges youth may face when seeking out opportunities. Our lived experiences have, our members work to equip the next generation of youth with the tools to confidently explore different career pathways. Our services are divided into our **national board**, which leads the development of our digital initiatives, and our four **regional boards**, which engage Canadian youth within their local communities.

our values

PuMP operates on the pillars of **creativity**, **resilience**, and **authenticity**: we strive to recognize each individual's growth potential and foster an autonomous environment for members to nurture their unique strengths.

46+ PROJECTS
run since 2018

600+ VOLUNTEERS
engaged over 5 years



5000+ IMPACTED
directly through programming

16,000+ REACHED
through digital mediums

80,000+ TOTAL
reached across Canada

message from our team

Established in 2018 by a group of high school students, PuMP has worked on **rebuilding**, **growing**, and **diversifying** as per our goals from our previous impact report. We have fortified existing initiatives, established a new regional branch in Ottawa, and have launched our first-ever scholarship program, the PuMP Foundation scholarship. Through our programming, our team has impacted over 80,000 individuals total across Canada since our establishment.

We would like to express our gratitude to the individuals who enable our efforts. We extend a heartfelt appreciation to our sponsors and partners for their unwavering confidence in our mission, which brings our events to life. To our exceptional PuMP members, your commitment truly forms the bedrock of our organization, and we thank you sincerely. Lastly, we offer our genuine thanks to our audience for actively participating and connecting with our content, as well as for providing our team with a significant sense of purpose.

We are happy to share with you, our 2022-2023 impact report. As we continue to release impact reports each year, we hope to improve our services every year and uphold our core values of transparency, education, and student empowerment.

We're pumped for what the future holds!

PUMP

AS FEATURED ON



OUR PARTNERS



WITH SUPPORT FROM



morgan crossing notaries

2022 - 23

our national senior board

**SHIROTHIE
PUWANESWARAN**
PRESIDENT




BRYAN LIU
VP OF NATIONAL OPERATIONS




LUCY ZHAO
CHAIR




ELLIE TILIAKOU
VP OF WESTERN
REGIONAL OPERATIONS




ADELE CAI
VP OF COMMUNICATIONS



JOSHUA CHERUVATHUR
VP OF EASTERN REGIONAL
OPERATIONS




SARAH
VP OF HUMAN RESOURCES




ASMA KHAMIS
VICE CHAIR



words from our team



Being reached out to by PuMP to join their team is one of the things I am most grateful for. Being part of this organization has taught me so many things, including time management, communication, creative thinking, and so much more. I was given a community of individuals from all different programs, backgrounds, communities, ages, and experiences from all over the country, and within this community, I was respected and given the opportunity to foster growth in a safe supportive space. This growth not only benefited me, but it allowed me to give back to the community and help support individuals of all different backgrounds in their journey. PuMP is an amazing organization, and I am proud to be a part of it.

- **Emilie de Chantal, Logistics Officer, Calgary Board**



From starting off as an ambassador to now running my own branch, PuMP has opened doors to opportunities that I never thought I would have access to. Whether it's networking with PuMP members from other regional branches or collaborating with the senior board on various initiatives, my experience has exceeded my expectations when I first applied to PuMP on a whim. Unlike the typical volunteering work I thought I was getting myself into, PuMP has shown me how much a team of high school and undergrad students can bring to life and the many challenges we can take on. Over the past three years, I have grown both my soft and hard skills and most importantly, I learned from people around me the meticulous work, perseverance and determination that go into the process of event-planning and the operation of a nonprofit. I look forward to the next steps we will take as an organization for this next 2023 term!

- **Catherine Jiang, President, Vancouver Board**

EST. 2018

Established in 2020, our national board strives to serve high school and undergraduate students across Canada. Through online initiatives such as digital conferences and resources, our team empowers students with tangible tools and opportunities. Our national logistics team consists of 3 sub-teams; the pathways team, conferences team, and digital content team.

6 videos

10K panellists

MED +

MedPlus was a virtual medical school fair event that allowed students from across the country to learn about the intricacies of the path of medicine. Featuring students from the DeGroote School of Medicine, Schulich School of Medicine & Dentistry, Queen's School of Medicine, and Temerty Faculty of medicine, these students varied in years of schooling. The event consisted of a live Q&A session with medical students as well as an interactive activity.

4 medical schools

9 panellists

304 signups

I WISH I KNEW

With over 10,000+ views, our I Wish I knew initiative is a series of reels that provide insight into several different undergraduate programs in Canada. Made by students currently in these programs, this series aims to increase transparency about admission processes and requirements for Canadian science undergraduate programs.

LET'S TALK BIOTECH

Featuring 10 speakers including program coordinators from SickKids and representatives from Hoffman-La Roche, this online conference presented students with the opportunity to learn extensively about the field of biotech and network with professionals. Topics ranged from synthetic biology in medicine to opportunities available for undergraduate students.

PuMP FOUNDATION

The PuMP Foundation scholarship awards 2 aspiring physicians with a \$500 scholarship to support them through the costs of applying to medical school. By doing so, we aim to support those faced with financial difficulties on their journey into the field of medicine.

NATIONAL
july 2022 - feb 2023

PuMP X

experience. research. growth.

As an expansion of our flagship event, PuMP+, PuMP X is a STEM fair targeting undergraduate students featuring research, service, industry, and students for students booths. These booths were able to showcase the various opportunities and programs they offer.

PuMP X also hosted a variety of students in graduate and professional programs who were able to share their experiences and help students solidify their career paths.



St. John Ambulance



POWERED
BY ANGELS
nankind

STEM
Fellowship

PoWERUP

CRI
Cancer Research Institute

NSERC
CRSNG



LSO
LIFE SCIENCES ONTARIO

Alberta Health Services

hosa
future health professionals
BC CHILDREN'S HOSPITAL

PoWERUP

IN PARTNERSHIP WITH
STEM Fellowship

Through our partnership with charity STEM Fellowship, this free mentorship program runs annually and provides Grade 11 and 12 students with an interest in pursuing the biological sciences the opportunity to be paired with a Canadian university student mentor, who they meet with to ask questions about scholarships, post-secondary applications, university life, curricula, and more.



NATIONAL
sept 2021 - jan 2022

30+ mentees

40+ undergraduate mentors

20+ high schools reached

5 provinces across Canada

OUR IMPACT

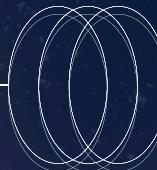
in the words of our mentees

“

"I'm walking away with fresh perspectives. The program decisions, sub-application approach, and university expectations are clearer now. Ready and eager for the path ahead all thanks to PuMP and STEM Fellowship's PowerUp program!" – Anonymous

"This was a valuable learning experience, and I enjoyed connecting with my mentor. I greatly thank you for providing me with this opportunity – Anonymous

TORONTO
november 2022



EST. 2018

Established in 2018 as PuMP's first branch, PuMP Toronto strives to make a difference in the health science community by connecting students with opportunities, encouraging community involvement, and creating transparency. Our team consists of 30 dedicated highschool and university students across the GTA working together to organize and host enriching online and in-person initiatives.

PUMPS anatomy

PuMP's Anatomy, was a free in-person CPR training course where attendees had the opportunity to receive official CPR-A certifications. The course was taught by youth certified CPR instructors and attendees expanded their knowledge on topics like the goals of first aid and primary assessment. Attendees also watched a medical drama, Chicago Med, while a cardiology resident debunked common medical drama myths and provided insights on real-life situations in healthcare.

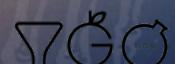
PuMP2023Sep!

3 cpr instructors

30 students attended



SPONSORS & PARTNERS





EST. 2020

Officially launched in November 2020, our branch currently consists of a team of 27 dedicated highschool and university students. As the Calgary Branch, we succeed in accomplishing the aims of PuMP in the Calgary community both in-person and online initiatives. Our projects include interactive social media initiatives highlighting local, Calgarian researchers and doctors, webinars with a variety of different healthcare professionals, online school tips and wellness reminders. Recently, our branch has been highly involved in highlighting important health crises occurring around the world by educating our followers to the best of our ability and providing additional resources on the matter.



C A L G A R Y
d e c e m b e r 2 0 2 2

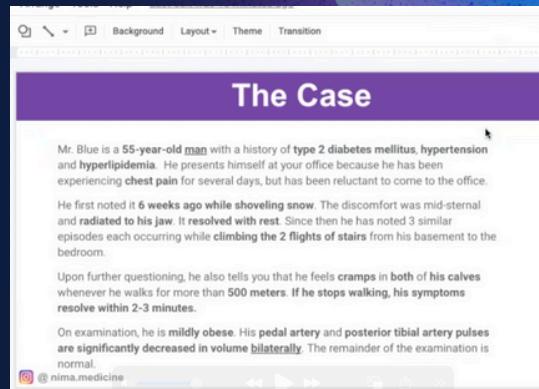


P u M P e d f o r P O S T - S E C O N D A R Y

This online presentation provided high school students with vital information about the specifics of applying to university, university life, nuances of undergraduate research as well insight on graduate/medical school applications. Additionally, a booth was hosted at our board's PuMP+ later in the term.

EST. 2020

Established in May 2020, our branch has welcomed 100+ students in the Lower Mainland whether as a student volunteer or as a participant to a range of our events. With a growing team of 28 members, our branch aims to increase awareness about the diverse pathways in the medical and biological sciences. Our branch hopes to bring these opportunities to our first in-person PuMP+ event in the Spring of 2024.



STEM STORIES

University applications season pose uncertainty for many students. To increase transparency, our branch hosted a multi-part Instagram takeover with students from a range of Canadian university programs. These takeovers showcased a typical day in the life of these students. Moreover, these takeovers provided tangible and invaluable information.

VANCOUVER
nov 2022 - mar 2023

3 takeovers

450 viewers

600 accounts reached

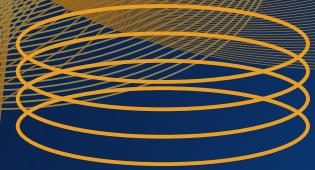
CRACK THE CASE

This mini series of medical case studies consisted of 4 episodes featuring 4 rising Canadian medical students. Held remotely, this provided the opportunity for students Vancouver-wide to gain exposure to the mechanics of a medical diagnosis. Students were able to develop their problem-solving, critical thinking and collaborative skills.



SPONSORS & PARTNERS





EST. 2021

The PuMP Ottawa branch was established in June 2021. Through this past year our team was composed of 20 high-school and university students. During this term, our branch was able to put together two virtual events, Researchify and our annual PuMP+, for our local Ottawa community. Our branch also focused on building an online presence that provided accessible information on medical pathways and undergraduate program offerings across post-secondary institutions in Ottawa.

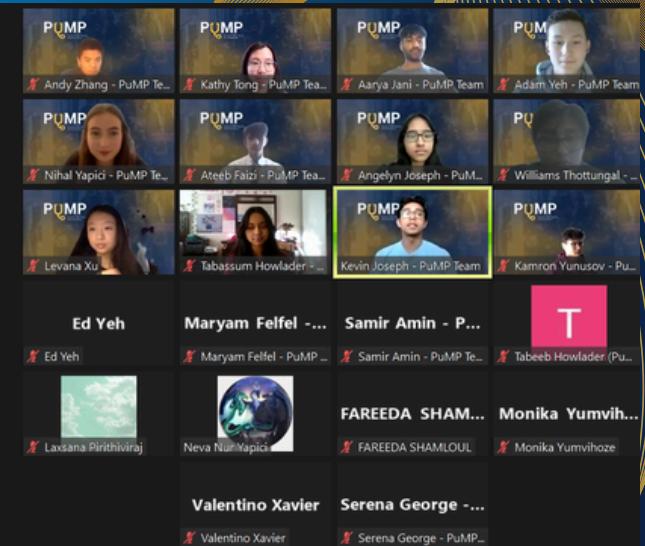
RESEARCHIFY

OTTAWA
january 2023

Researchify, a virtual event exposed students to research careers in the health sciences. It featured a guest speaker from Newborn Screening Ontario and interactive workshops on common genetic tests performed in labs. The two workshops allowed students to analyze and understand biological data. The first workshop consisted of an informational seminar on literature and genetic biological data. The second workshop highlighted genetics and provided students with an in-depth look into how alleles and genetics work form our individual identities. The workshop was concluded with a foray into the world of forensic science with an interactive murder mystery.

Contents

- 01** Genotypes + Phenotypes Genetic makeup + observable features
- 02** Alleles Co-dominance, incomplete dominance, etc.
- 03** Murdery Mystery Interactive activity
- 04** Wrap-up Questions?



PuMP + ~700

youth reached

PuMP+ is our annual flagship event: a free STEM fair for high school students across each of the regional boards to learn more about opportunities pertaining to job shadowing, summer high school programs, volunteer positions, and laboratory research. At this drop-in event, students were given the opportunity to move between interactive booths that suit their interests, participate in raffles and network!

OPPORTUNITY
AWAITS YOU

8 SPONSORS



MD CONSULTANTS

Canadian Medical Hall of Fame
Temple de la renommée
médicale canadienne

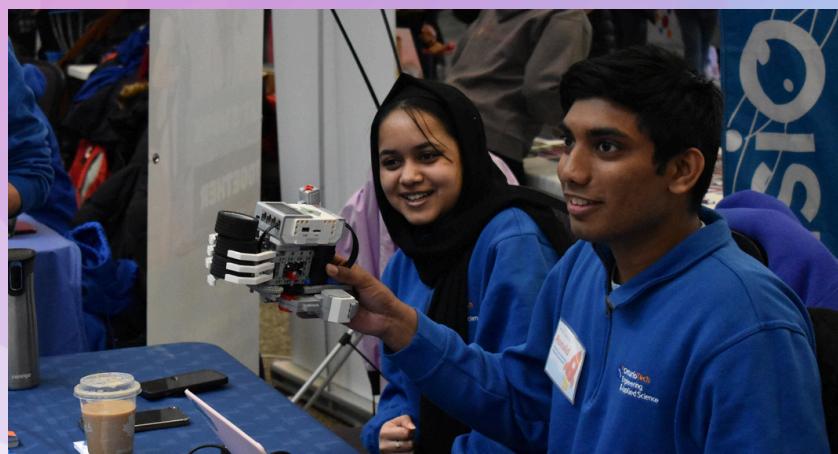
OzTREKK
LSA
LIFETIME SKILLS ACADEMY

OUR IMPACT

in the words of our attendees

PuMP+ has shown me that there are numerous opportunities for me to thrive and learn as a STEM student. PuMP+ exposed me to professionals that have offered helpful insight into various career paths and programs that were valuable to me.

PuMP+ has influenced me to get more active in participating in STEM-related programs... I also learned that it's never too early to start participating in programs for health sciences.



TORONTO
march 2023



23 FEATURED BOOTHES

incl. a speaker panel featuring: 1 ophthalmologist/keynote speaker & 6 TKS speakers



4 SPONSORS



CALGARY
FOUNDATION
FOR COMMUNITY, FOREVER

NO|ta|BLE
THE RESTAURANT

[RUMBLE]
BOXING STUDIO



OUR IMPACT

in the words of our attendees

I think the event was very well rounded in its content. There was information about scholarships, research, volunteering, med school, and internships. I think that it has all the information I was hoping for, and the number of booths was also perfect.

PuMP+ has influenced me to get more active in participating in STEM-related programs... I also learned that it's never too early to start participating in programs for health sciences.



CALGARY
march 2023



9 FEATURED BOOTHs

AWSN

EVREN

little medical school CALGARY

+MS
CALGARY

RUNDLE
GROUP OF GEOSCIENCE

connecteen.
talk on your terms

Science
FUNdamentals
Foundation of Alberta

MASS GATHERING
MEDICINE

hosA
future health professionals



2 SPONSORS



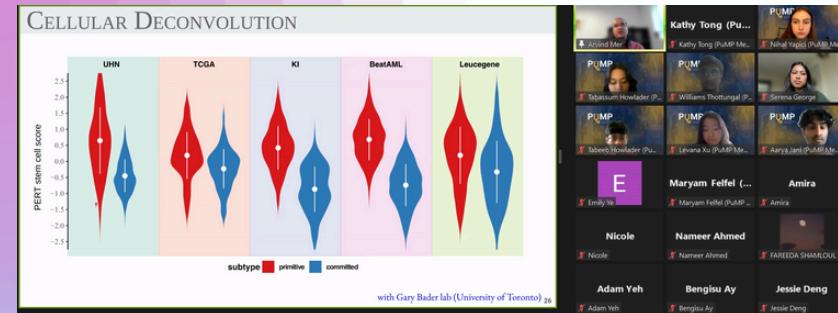
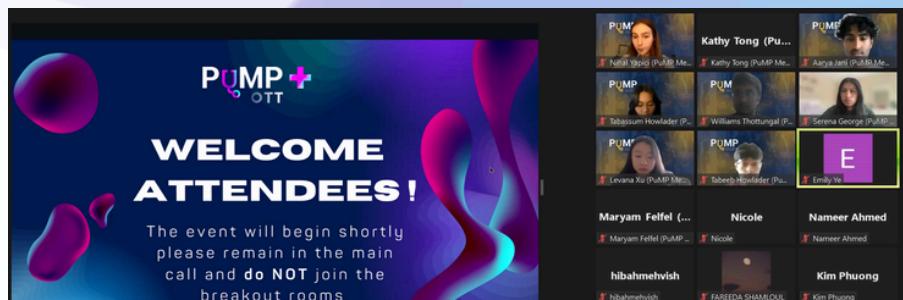
OTTAWA
april 2023

OUR IMPACT

in the words of our attendees

I would just like to say this was an absolutely amazing event! I learned so much and found great opportunities... Thank you so much again for a great event which I learnt so much from. The info package was very resourceful so thank you for that!

incl. an undergrad panel featuring students from:



6 FEATURED BOOTHES

incl. a speaker panel featuring: 1 ophthalmologist/keynote speaker & 6 TKS speakers



SickKids® | Centre for Global Child Health



moving forward

Whether it be through starting new projects or expanding current initiatives, our team's first priority is always the continuous improvement of our services. Here are our goals for the 2023-2024 term:

REBUILD

We hope to expand upon our existing digital resources such as PuMP Direct, PuMP Digest and UAS so that youth may re-engage with these resources.

SPARK

We hope to spark sustainable and long-term change through our initiatives in the upcoming year. We hope to create programs that create a tangible difference and allow students to grow.

DIVERSIFY

Although some of our initiatives such as the PuMP Foundation scholarship have contributed to this existing goal, our team still hopes to expand its reach to underrepresented youth. We aim to create initiatives targeted specifically towards populations such as immigrant and low-income youth.





GET READY.
GET SET.
GET PUMPED!



SOCIAL MEDIA

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