

COSGP NEWSLETTER



WHO IS COSGP?

The Council of Osteopathic Student Government Presidents (COSGP) is an official council of the American Association of College of Osteopathic Medicine (AACOM). COSGP serves as the liaison between osteopathic professional organizations and is the official national representative voting voice of all osteopathic medical students. Its members work to maintain communication, disseminate information, foster student leadership, and provide a mechanism for the exchange of ideas between students of different colleges of osteopathic medicine. COSGP is made up of 2 representatives from every College of Osteopathic Medicine and an Executive Board that work to represent the student voices at the National Level.

[Learn More](#)



MEET THE COSGP E-BOARD:



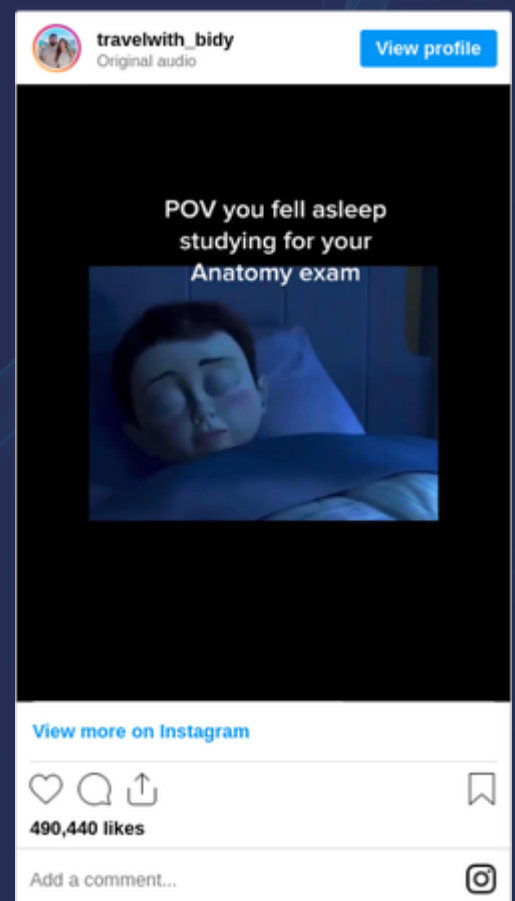
Upcoming Events:

Sept 08-11 | Know Your Own Wellness Week

Sept 09-10 | [AACOM Advocacy Day](#), Virtual

Sept 25-28 | [OMED Conference](#), Nashville TN

MEME OF THE MONTH:



Past Initiatives Links:

[Wellness Toolbox](#)

[OMELA](#)

[Research Resources](#)

[Sample CV](#)

Undergraduate Medical Education Committee Topic Of the Month: **MICROBIOLOGY**



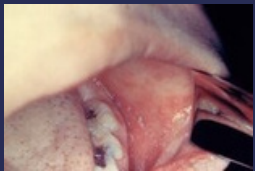
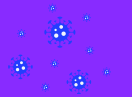
Fast Facts: Childhood exanthems



Spotlight: Measles in the Media

Measles! Measles!!

- The CDC has estimated 1,300 new cases of measles this year
- A Be Ready for Measles toolkit has been created by the CDC in response to the measles outbreak



Kollick spots, Measles



Desquamation, Scarlet Fever



Rash, Rubella



Rash, erythema infectiosum



Rash, Roseola infantum



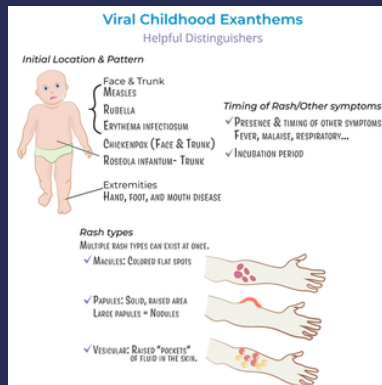
Varicella rash, Chickenpox



Rash, Hand Foot Mouth disease



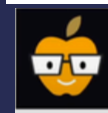
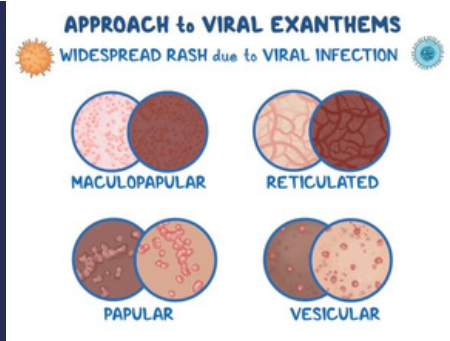
Rash, Impetigo



FAST FACTS: CHILDHOOD EXANTHEMS

- Childhood exanthems represent a group of infectious rashes seen in pediatric patients.
- They include measles; scarlet fever; rubella; erythema infectiosum; roseola infantum; chickenpox; hand, foot, and mouth disease; and impetigo.
- Many of the childhood exanthems are clinically diagnosed- this means they are based on patient history and clinical presentation (like rashes!) Management for some of the childhood exanthems is just supportive care- can you guess which ones, and why?
- Most childhood exanthems are highly contagious and can spread either via direct contact or via air droplets

Want to learn more?



Make sure you rash on over to [Dirty Medicine](#) YouTube channel - FREE resource for all things medicine!



**Meet the
Committee**

 **TRUELEARN**

QUIZZZZZZZ!!!

Break out your childhood exanthem knowledge with these TrueLearn questions by ID#'s below:

6205, 765852, 1225, 6229, 6985, 68164, 1009315, 3393, 68162, and 124780

WELLNESS

Know Your Own Wellness Week

Sept 8-11, 2025



The Wellness Committee is launching the inaugural "Know Your Own" Wellness Week in coordination with National Suicide Prevention Awareness Week on September 8-11, 2025. During this week, we will partner with COSGP Wellness Liaisons across the country to:

- Promote COM-funded locally available wellness resources for osteopathic medical students during preclinical and clinical years
- Promote locally accessible wellness resources in COM communities
- Promote awareness of national resources that are available
- Share COSGP's role in promoting wellness in osteopathic medical education

Our hope is that this event will start discussions across students, faculty, and staff about wellness resources that are currently available for students while identifying gaps that could use extra advocacy efforts from COSGP.

August Initiative: Physical Wellness



[Meet the
Committee](#)



Committee Goals

Our committee has split into three tracks this year to all support the goal of increasing the awareness of wellness across COMS, increasing the body of research for wellness-specific topics in osteopathic medical education, and increasing opportunities for wellness advocacy. Our three tracks are:

1. Wellness Tool-Kit Track: Create a web-based platform to house wellness resources and information relevant for osteopathic medical students and campus wellness committees
2. Research Track: Propose and investigate research projects that are wellness-focused in osteopathic medical education
3. Advocacy and Resolutions Track: Author resolutions to be submitted through the Student Osteopathic Medical Association (SOMA) that focus on wellness-related topics in osteopathic medical education

LEGISLATIVE AFFAIRS

AACOM ADVOCACY DAY

SEPT.
9-10

- **Day 1: Advocacy Training Webinar (1-3PM ET)**
 - Hear directly from Members of Congress
 - Receive detailed advocacy training from the AACOM GR Team
- **Day 2: Congressional meetings and online advocacy (TBD)**
 - Dean, faculty, and student participants
 - Each COM's COSGP representative is responsible for assembling student groups for their COM
- **COM SGA Competition**
 - The COM SGA with the most student participants will win \$1000
 - Participation includes attending the webinar, participating in congressional meetings, and using the AACOM Action Center



COMMITTEE MISSION STATEMENT:

- “Our committee’s mission is to engage students in medical advocacy and make legislative policy understanding accessible, empowering all students to actively participate in shaping healthcare policy.”

COMMITTEE GOALS:

- Participate in national advocacy discussions
- Educate your student body on legislative efforts both nationally and locally
- Draft and advance resolutions that encourage the AOA’s support of student-led causes

WHO’S INVOLVED:

- COSGP GC Assigned Members
- National Leg Affairs Liaison’s
- AACOM Advisors
- Anyone who wants to be! Feel free to reach out! 😊



AACOM RESOURCES

- [AACOM OBBBA Webinar Recording](#)
- [AACOM Slide Deck](#)
- [AACOM OBBBA FAQ](#)
- [AACOM OBBBA Summary](#)
- [AACOM Action Center](#)
- [ED Dear Colleague Implementation Letter](#)
- [ED Negotiated Rulemaking Announcement](#)
- [More Info on Negotiated Rulemaking](#)
- [NASFAA Reconciliation Web Center](#)
- [NASFAA OBBBA Impact Chart](#)
- [ACE OBBBA Summary](#)

STUDENT SERVICES

School Spotlight



TOUROCOM GREAT FALLS

The TouroCOM Great Falls Student Government Association helped lead our school's participation in the Great Falls "Back to School Blast," connecting with over 1,600 children and their families. Touro students played a key role throughout the event, running sign-up tables, giving out free backpacks, and assisting with the on-site vaccination and sports physical clinics. By providing hands-on support and sharing health education, we are deepening our roots in the community and demonstrating our commitment to the well-being of Great Falls.



STUDENT DOCTOR OF THE YEAR AWARD

Nominations Open in September
More Info Coming Soon



Meet the
Committee

WHAT IS TOUCH?

TOUCH (Translating Osteopathic Understanding into Community Health) is a national service initiative created by COSGP that recognizes and encourages osteopathic medical students to engage in meaningful community service. While it may seem like just another way to log volunteer hours, TOUCH is far more impactful for both students and the communities they serve.

For residency applicants, TOUCH participation can be a significant asset: hours logged through the program can be included in the Medical School Performance Evaluation (MSPE), also known as the Dean's or President's Letter, which is a key component of residency applications. In addition, TOUCH awards and recognitions can strengthen a student's CV by demonstrating a consistent commitment to service, leadership, and the osteopathic tenet of holistic, community-centered care.

Beyond individual benefits, TOUCH helps unify efforts across campuses, ensuring that students' service has structure, accountability, and broader community impact. By participating in TOUCH, students not only enhance their own professional development but also directly contribute to addressing health disparities and social needs in underserved populations which is a core value of osteopathic medicine.

RESEARCH

RESEARCH OPPORTUNITY

Have research, ideas or innovations to share? The [call for abstracts](#) for **Educating Leaders 2026, the AACOM Annual Conference**, is now open!

Join us in Las Vegas, Nevada, April 22–24, 2026, to present your work, spark new ideas and connect with colleagues shaping the future of osteopathic medical education (OME).

We welcome submissions from all members of the OME community, students, residents, fellows, faculty and administrators, aligned with our official tracks and themes.

Awards for Outstanding Posters

Poster presenters are eligible for our prestigious awards program, which celebrates exceptional research and innovation from both faculty and students. The highest honor, the President's Osteopathic Tenets Research Poster Award, recognizes work that exemplifies the values and principles of osteopathic medicine.

Learn More and Submit Your Abstract Now!

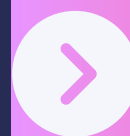
Please help us spread the word by sharing this opportunity with your networks.

If you have any questions, contact Lynn Bragan at [\(301\) 968-4186](tel:(301)968-4186) or lbragan@aacom.org. Don't miss out, [submit yours today!](#)

The Call for Abstracts for Educating Leaders 2026 will close on September 8.



[Link To Apply](#)



[Meet the Committee](#)



STUDENT RESEARCHER OF THE YEAR AWARD

Nominations Open in September
More Info Coming Soon

LEADERSHIP



Importance of Leadership

Leadership is important because of its capacity to drive development, encourage teamwork, and successfully handle hurdles. Strong leadership offers direction and clarity, ensuring that goals are clear and attainable. It stimulates people to perform at their best, generates a good and harmonious work atmosphere, and encourages innovation and problem-solving

 [Meet the Committee](#)

Questions?
cosgpvc1@aacom.org



Challenges Leaders Face



Leaders frequently encounter a wide range of issues that put their skills and decision-making abilities to the test. One common problem is managing conflict within teams, as opposing viewpoints or personalities can cause tension. Leaders must also negotiate uncertainty and change, whether it's adjusting to market developments, new technology, or unexpected catastrophes

»»»» ANNUAL GOALS



01.

National Leadership Training Series: equips student leaders with practical skills, valuable connections, and tools in communication, conflict resolution, and leadership

02.

SGA Best Practices Manual: a national resource offering guidance, templates, and strategies to help SGAs operate efficiently

03.

OpenTalks: to give members of COSGP a place to reconvene every month and discuss important topics regarding leadership

FINANCES

COMING SOON: FINANCIAL LITERACY SPEAKER SERIES

The Finance Committee is hard at work to bring professional finance speakers to our medical students. Be on the lookout for our first online seminar in October.



COSGP SILENT AUCTION UPDATE:

Every year at AOA House of Delegates, COSGP hosts a silent auction for the physicians who attend. The money made from this event makes up COSGP's budget for the year and provides funding for national initiatives and business meeting programming for your COSGP School Representatives.

Thank you to all who participated in this year's silent auction. We raised a record-setting \$16,465 to support student-led initiatives throughout the year.



SPECIAL THANK YOU TO ALL THE SCHOOLS THAT PARTICIPATED IN THE AUCTION:

WVSOM
LECOM-BRADENTON
KCU-COM - KANSAS CITY & JOPLIN
CAMPUSES
PNWU COM
UIWSOM
MSUCOM - EAST LANSING
WCUCOM
VCOM-VIRGINIA
LMU COM - DEBUSK - KNOXVILLE
BURRELL COM - MELBOURNE, FLORIDA
NYITCOM - NEW YORK
TUCOM
MARIAN UNIVERSITY WOOD COM
SHSU COM
RVU MCOM - MONTANA
WVSOM

PCOM - SOUTH GEORGIA
OKLAHOMA STATE COM - CHS
NOORDA COM
BUCOM
CUSOM
OCOM
UNTHSC-TCOM
MIDWESTERN UNIVERSITY-DOWNERS GROVE
RVU SOM
VCOM - LOUISIANA
EDWARD VIA COM - AUBURN
ATSU-KCOM
PCOM-PHILADELPHIA
OUHCOM - DUBLIN CAMPUS
PCOM- GEORGIA
LECOM ERIE
CHSUCOM
BURRELL COM - NEW MEXICO



Meet the
Committee

Diversity Committee Updates:

DIVERSITY

COSGP x SNMA MENTORSHIP PROGRAM

The Diversity Committee has several exciting initiatives planned for this year. We are launching a COSGP x SNMA Mentorship Program, continuing student spotlights on social media during nationally recognized months (including but not limited to Black History Month, Pride Month, Hispanic Heritage Month, and Native American Heritage Month), and developing a Cultural Competency Series this spring to highlight key themes in inclusion and cross-cultural care. Together, these projects aim to celebrate our diverse student community, build stronger networks of support, and showcase how diversity strengthens the osteopathic profession.

As part of the mentorship program, we are seeking physician mentors who are passionate about supporting student leaders. A diverse pool of mentors ensures that students see themselves reflected in the profession, while also exposing them to a wide range of experiences and perspectives that enrich their growth. If you know a **PHYSICIAN** who might be interested in getting involved, they can sign up through the [link](#).

**LINK FOR STUDENT SIGN
UPS COMING SOON**



[Meet the
Committee](#)

Global Health Committee Updates:

GLOBAL HEALTH



GLOBAL SCHOLAR OF THE YEAR AWARD

Nominations Open in September
More Info Coming Soon



Global Health Spotlights
Coming Soon



[Meet the
Committee](#)

PUBLIC RELATIONS



Expand
Online Reach
and Access

Launch the
COSGP
Alumni
Association

**COMMITTEE
GOALS**

Grow
COSGP's
Social Media
presence



Follow Us:

Instagram: @COSGP

Twitter: @COSGP

LinkedIn - COMING SOON



Meet the
Committee