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information and  
resources

# Jack Palmerston

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## Education

**University of California, San Francisco – School of Medicine (UCSF)**  
M.D. with Distinction Candidate  
Clinical and Translational Research Pathway

San Francisco, CA  
expected graduation May 20XX

**University of California, Auckland**  
B.A., Biochemistry and Economics

Auckland, CA  
May 20XX

## [Medical Specialty] Research

**Institution, Name of Department, Title**

**Dates**

City, State Abbreviation (not necessary if location is already in the name of the organization (e.g., UCSF))

Advisor: Name and Degree of advisor/PI

**Study:** Title of Study

- Provide an overview of the project focus.
- Include the main responsibilities related to the research.
- Briefly describe the outcomes resulting from your research (manuscript in preparation, poster presentation, etc.).
  - The ERAS application has a separate section to list the citations of posters and publications, so they do not need to be cited in the Research section.

**UCSF Department of \_\_\_\_\_, Research Assistant**

August 20XX – Present

Advisor: John Nelson, M.D.

**Study:** Utilization of XX technique to identify an antibody that selectively binds to an ABC inhibitor.

- Project Goals: Develop and validate a TT assay for an ABC inhibitor.
- Responsibilities: Enzymatically ligated ABC inhibitor, and managed partnership between [Name of Department] and collaborators.
- Outcomes: Manuscript in preparation.

**UCSF Department of \_\_\_\_\_, Research Assistant**

August 20XX – Present

Advisor: Megan Hamilton, M.D.

**Study:** Pilot study comparing AA thresholds measured by smartphone application with thresholds measured by clinical EE screenings.

- Project Goals: Develop and validate an automated screening test to increase access and affordability of EE clinical services.
- Responsibilities: Calibrated WW devices, recruited patients at clinic, built database, and contributed to statistical analyses.
- Outcomes: One abstract in press, one abstract in submission, and manuscript in preparation.

**UCSF Department of \_\_\_\_\_, Student Researcher**

March 20XX – October 20XX

Advisor: Tina Wellington, M.D.

**Study:** Three-patient case series of an atypical presentation of ZZ syndrome.

- Project Goals: Broaden differential diagnosis of YY condition to include ZZ syndrome.
- Responsibilities: Collected clinical data from patient chart review, and measured volume of XYZ with CC software.
- Outcomes: Manuscript in press.

## Additional Clinical Research

**UCSF Department of \_\_\_\_\_, Research Assistant**

September 20XX – December 20XX

Advisor: Carol Dunedin, M.D., Ph.D.

**Study:** Effect of \_\_\_\_\_ on range of motion and outcomes following ABC surgery.

- Project Goals: Collect and analyze data to guide patient expectations after ABC surgery.
- Responsibilities: Reviewed patient charts and assembled database using Excel.
- Outcomes: Manuscript in press.

**UCSF Department of \_\_\_\_\_, Student Researcher**

November 20XX – July 20XX

Advisor: Albert Tamaki, M.D.

**Study:** Determination of utilization, cost, and sources of cost variance in the surgical management of XYZ disorder.

- Project Goals: Provide evidence to inform hospital administrative policies that reduce cost and cost variance of surgery addressing XYZ disorder.
- Responsibilities: Extracted data from patient charts and assisted with cost-sensitive decision tree analysis.

Advisor: Lance Timaru, M.D.

**Study:** Characterization of DEF disease transmission in a low-endemic setting using techniques in spatial epidemiology.

- Project Goals: Identify patterns in DEF disease transmission to inform novel interventions that enable areas of DEF disease control to become areas of DEF disease elimination.
- Responsibilities: Transcribed individual- and hospital-level data from international rural clinics, and co-facilitated cultural exchange between local undergraduates from University of Wisteria and undergraduates from colleges in the United States.

## Leadership and Mentorship

### Institution, Name of Organization, Title

Dates

City, State Abbreviation (not necessary if location is already in the name of the organization (e.g., UCSF))

- Provide a description of your role and responsibilities. Start with a strong [active verb](#) and consider using the [ACE formula](#). Include relevant skills and your accomplishments to help the Residency Director determine how you could contribute to their team.

### UCSF School of Medicine Admissions

Admissions Review Committee, *Reviewer*

October 20XX– March 20XX

- Served on mixed student-faculty admissions committee to evaluate more than 200 medical school applications.
- Contributed to shaping culture and values at UCSF by selecting class of 20XX.

Admissions Interview Committee, *Interviewer*

September 20XX – February 20XX

- Interfaced with a diverse range of candidates to determine mutual fit at UCSF and submitted a written impression to admissions committee to assist in its overall assessment of the candidate.

Admissions Tour Guide Committee, *Tour Guide*

October 20XX – February 20XX

- Introduced UCSF campus and culture to applicants to help inform their decision-making process.

### Mental Health Advocacy

UCSF Mental Health Advocacy Group, *Student Leader*

November 20XX – December 20XX

- Collaborated with faculty, students, and mental health professionals to organize a curricular intervention at UCSF that leverages student narratives to reduce stigma of mental illness among medical students.
- Launched curricular intervention at other medical schools in collaboration with student leaders at peer institutions.
- Presented an adoptable model for initiating this student-driven curricular intervention at a national conference.

UCSF Mental Wellness Event, *Fundraiser*

June 20XX | June 20XX

- Raised over \$15,000 for adolescent and emerging adult mental wellness programs by organizing an annual charity football tournament at Bay Area high school.

### Community Advocacy *\*Note these are examples of independent student led initiatives, be sure to clearly signal this in your bullet pts\**

UCSF Student Community Advocate

May 20XX – Present

- [Proactively facilitated discussions](#) between UCSF and community stakeholders to increase the number of transgender pronoun signage across the campus and health systems resulting in the adoption of more inclusive language for students and patients.

Housing and Food Insecurity Advocate

January 20XX – Present

- [Independently collected](#) tents and food donations for various homeless encampments located in downtown San Francisco, including soliciting businesses and nonprofits for donations, organizing volunteers and bi-weekly distributions

UCSF Mentoring Program

*Mentee Recruiter*

December 20XX – December 20XX

- Co-led recruitment of over 200 students from underserved high schools in Bay Area to participate in UCSF's student-run pre-health and college counseling program.

## Community Health Experience

### Institution, Name of Organization, Title

Dates

City, State Abbreviation (not necessary if location is already in the name of the organization (e.g., UCSF))

- Provide a description of your role and responsibilities. Start with a strong [active verb](#) and consider using the [ACE formula](#). Include relevant skills and your accomplishments to help the Residency Director determine how you could contribute to their team. To add more depth to your clinical experiences, consider adding the following points of descriptive text:
  - Setting (e.g., community clinic, hospital, nonprofit)
  - Patient populations (e.g., culturally diverse patients, homeless patients)
  - Clinical issues (e.g., issues related to diabetes, women's health, hypertension)
  - Clinical skills and responsibilities (e.g., triage, assessment, counseling)
  - Teams you were working with (e.g., consulting with social workers, collaborating with nurses and doctors)

**UCSF First Aid Team, Volunteer**

May 20XX – Present

- Administered first aid to athletes at various local competitions to ensure safety and enhance UCSF branding throughout the Bay Area.

**San Francisco Homeless Clinic, Volunteer**

November 20XX – July 20XX

- Served on interdisciplinary shelter management team to provide primary care for shelter residents with acute and chronic medical conditions.
- Offered health education, physical exams, and dermatological care to one of San Francisco's most vulnerable patient populations.

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**Entrepreneurship and Innovation**

**UCSF Health Innovation Competition, Medical Consultant**

September 20XX – April 20XX

- Worked with an interprofessional team of Silicon Valley entrepreneurs, bioengineers, and business professionals to create a business plan to provide affordable health to patients through a smartphone application.

**UCSF Health Entrepreneurship Club, Student Leader**

August 20XX – May 20XX

- Designed curriculum of lectures and interdisciplinary conferences that focused on teaching topics in entrepreneurship to medical, pharmacy, and nursing students at UCSF.
- Directed networking events between students, industry experts, and health technology leaders in the greater Bay Area to provide opportunities in innovation and entrepreneurship.

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**Selected Publications**

**Palmerston JA**, Last Name First Initial Middle Initial, Last Name, First Initial Middle Initial. Chapter Title. In: *Book Title*. Edition. Editors Last Name First Initial Middle Initial. eds., City, State Abbreviation: Publisher; Publication Year. In press.

**Palmerston JA**, Last Name First Initial Middle Initial, Last Name, First Initial Middle Initial. Title. *Name of Journal (using appropriate abbreviations)*. Year; vol (Issue Number): pages. In press.

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**Selected Presentations**

**Palmerston JA**, Last Name, First Initial Middle Initial, Last Name, First Initial Middle initial. Title of Presentation. Poster Presented at: Name of Conference; Month Day, Year; City, State Abbreviation.

**Palmerston JA**, Last Name, First Initial, Last Name, First Initial. Title of Presentation. Paper Presented at: Name of Conference. Month Day, Year. City, State Abbreviation.

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**Awards and Honors**

UCSF Research Award (Summer 20XX, \$5,000)

University of California, Auckland Dean's List (Fall 20XX – Spring 20XX)

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**Interests**

**Woodworking** | **Football** (coaching and playing) | **Photography** (landscape) | **Pottery**