



Ontario
Chiropractic
Association

Introducing the OCA Student and New Graduate Advisory Council



The *OCA Student and New Graduate Advisory Council* is a new initiative undertaken by OCA in 2019 to ensure that all voices are included as we go forward in advancing the chiropractic profession. The new Council is composed of chiropractic students and recent graduates from Canada and the USA who practice or plan to practice in Ontario. The Council will give us valuable insight in providing the education and support needed to build a path to success, as students and new grads prepare for the transition into professional practice. OCA introduces the members of the *OCA Student and New Graduate Advisory Council* below.

Introducing the *OCA Student and New Graduate Advisory Council*

Nardine Beckhit

**Year 2 New Graduate Representative
Canadian Memorial Chiropractic College**



I graduated from CMCC in 2018 after completing an internship at St. Michael's Hospital (Toronto) in the Department of Family and Community Medicine. I completed a concurrent internship at the Canadian Chiropractic Association and served as the president of the Student Canadian Chiropractic Association and Vice

President of Students' Council. During my final year, I participated in a chiropractic outreach program in the Dominican Republic to provide care in underserved communities. I now work in private practice in Ottawa, Ontario at CURAVITA Health Group, Glebe location. I also sit on the Board of the Federation of Medical Women of Canada, Ottawa branch.

I want to serve on the *OCA Student and New Graduate Advisory Council* because it's a natural extension of the work I did in school where I helped enhance the student experience and ease the transition from student to doctor. I served on two student government groups at CMCC, which allowed me to interact with students from various backgrounds facing a variety of challenges. After one year in practice, my own development as a chiropractor shapes my ideas on how this Council can help students and new graduates.

I think the greatest challenge students and new graduates face is finding their authentic voice and determining what sets them apart from other chiropractors. The chiropractic curriculum will help students and new graduates become better equipped for a successful, fulfilling practice by enriching their professional development so that they have a clearer vision of their career, their purpose, and their why.

Introducing the *OCA Student and New Graduate Advisory Council*

Dr. Adrian Chow

**Year 3 New Graduate Representative
Canadian Memorial Chiropractic College**



I graduated from CMCC in 2017 and am currently in private practice in Richmond Hill, Ontario. I am also an Advanced Practice Provider with the ISAEC RAC Low Back Pain Program. Since studying at CMCC, I've wanted to increase public awareness surrounding chiropractic and the benefits it has on reducing the burden of musculoskeletal disease. During my time at CMCC, there was a strong sense of community among students where help was always available. Upper year students, peers, tutors, and professors had a shared goal of teaching and learning collaboratively. Once I entered practice, however, the sense of community was more or less lost.

Although I maintain contact with my colleagues and professors, we have all moved into different practices. Some have gone into rural practice while others practice in big cities. Many became associates. Few became owners. Some colleagues practice in one clinic and some frequent as many as four in the same week. Each situation is, therefore, unique and presents its own challenges. The feeling of isolation, in addition to the stressful demands of business can be overwhelming. With my recent years of experience in managing these issues, I hope to work with other members of the *OCA Student and New Graduate Advisory Council* to develop a framework to support the transition from training to practice.

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Brett Herlehy

**Year 4 Non-Ontario Student Representative
New York Chiropractic College**



I am a new graduate of New York Chiropractic College and am coming home to Ontario to practice following graduation. I want to serve on the *OCA Student and New Graduate Advisory Council* because I'd love to pass on the knowledge I gained in school to future students. One of the challenges of being a chiropractic student is balancing a rigorous academic schedule with your personal life. These pressures are combined with the need to prepare for practice to ensure a future within the profession. This includes taking additional courses and visiting doctors in the field. As a member of this Council, I hope to provide resources for students, which will allow them to succeed and learn from the challenges I met as a student.

With the increasing interest and competition for space in chiropractic and alternative health care education, more Ontario students will consider chiropractic training internationally. As a result, there will be an increasing need for better communication between international schools and our home jurisdiction in Ontario. It is my goal to help facilitate that channel.

Based on my history of coming from a family of chiropractors, international schooling and passion for the profession, I have a unique perspective. I hope to help OCA identify specific challenges and provide Ontario with the best chiropractors possible.

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Dr. Ferzin Mahava

**Year 1 New Graduate Representative
Canadian Memorial Chiropractic College**



I completed an Honours Bachelor of Health Sciences from the University of Ottawa and went on to graduate from the Canadian Memorial Chiropractic College (CMCC) in 2019. I currently practice as an Associate in Ottawa. As a student, I was involved in the school and chiropractic community and served as the President of Students' Council in my final year. I enjoyed helping students so much during school, I decided to continue down this path and joined the *OCA Student and New Graduate Advisory Council*.

Transitioning into practice is stressful in many ways: financially, physically and mentally, to name a few. I empathize with new graduates going through the transition. I hope to alleviate some of these stressors for future new graduates and provide them with readily available resources. I'd also like to facilitate the implementation of new OCA initiatives to increase the likelihood of success for new graduates entering the profession.

My true passion lies in helping others achieve their optimal well-being. While helping patients is often the priority for chiropractors, I encourage my colleagues to understand that personal well-being always needs to come first at any stage in their chiropractic career.

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Dan Nighswander

**Year 4 Ontario Student Representative
Canadian Memorial Chiropractic College**



I began my chiropractic journey at D'Youville College where I founded the SCCA and was heavily involved in many other clubs, associations and projects around the school. Shortly after, I transitioned to CMCC where I continue to chase my passion for leadership roles. While at CMCC, I've been involved with pod-leading, CCGI, SCCA, Students' Council and CMCC Student Ambassadors. I have worked as CMCC staff, interned for the CCA and spearheaded numerous initiatives, events and projects. I am also currently an Intern at CMCC's newest clinic in Bowmanville, Ontario.

My passion is the history and politics of chiropractic, which motivates me to get involved with the *OCA Student and New Graduate Advisory Council*. I believe that one of the biggest hurdles facing new graduates, is determining where to access learning resources. I hope to help bridge the resource gap through strong communication and member engagement. As a soon-to-be new grad, I plan to apply what I learn from my own struggles to improve on current systems and provide an easier transition for future graduates.

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Jennifer O'Neill

Year 1 Ontario Student Representative
Canadian Memorial Chiropractic College



As a first-year student, I came into school with many questions about my future. I didn't know where to find the answers to my questions, such as how to start my own business and what other career options were available after school. Upon joining the *OCA Student and New Graduate Advisory Council*, I hope to listen to students' questions and create resources to provide answers so we can improve knowledge in the student community.

Throughout my undergraduate degree I had many networking opportunities that allowed me to make the decision to become a chiropractor. It's important for students to have those opportunities so they can learn about the career paths of chiropractors in the field. Networking provides a valuable experience and allows students to decide if chiropractic is the career path they want to follow.

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Josh Plener

Year 4 Ontario Student Representative
Canadian Memorial Chiropractic College



I am a fourth year CMCC student who is passionate about student involvement and engagement. I have taken on numerous student leadership roles, which have involved teaching, advocating for the profession and providing opportunities for students to further develop professionally. I've had a strong interest in interprofessional education and am the past President of CMCC's Interprofessional Education (IPE) Council. I currently sit on University of Toronto's executive IPE council as their Vice President of Education. In addition, I am currently involved in numerous research projects at CMCC and the University of Toronto.

I'm always looking for the next opportunity to grow personally and professionally and therefore, I was eager to join the *OCA Student and New Graduate Advisory Council*. Students and new graduates face a variety of unique challenges such as access to resources, competing priorities and a lack of practice and business mentorship opportunities. Through the work of this new Council, I hope to provide my insight and contribute to the creation and implementation of tangible and applicable solutions to address common issues experienced by students and new graduates.

Introducing the *OCA Student and New Graduate Advisory Council*

Dr. Satnam Singh

**Year 1 New Graduate Representative
Canadian Memorial Chiropractic College**



I want to serve on the *OCA Student and New Graduate Advisory Council* because I want to help increase awareness of the importance of chiropractic health care. I'd like to support thriving chiropractors who want to help make a difference in the lives of others. One of the greatest challenges students and new graduates face is making an effective career decision that reflects their individual life goals. As an OCA student member, I plan to use my leadership skills to put forth innovative techniques and strategies to help chiropractors understand the opportunities available in the profession.

I am a dedicated health care professional who wants to make an impact and serve others. I am continually striving to learn evidence-informed practice so I can contribute to advancing chiropractic care. Due to my experience running both business and charitable organizations, I'm aware of multiple avenues that chiropractors can use to further the profession.

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Adam Solis

Year 3 Ontario Student Representative and Students' Council Representative
Canadian Memorial Chiropractic College



I've been involved within the CMCC community since my first year in 2017. This involvement led to my Students' Council position as VP Student Life for the 2019 - 2020 year. I've been recognized by CMCC and the OCA with multiple awards during my time as a chiropractic student. I want to join the *OCA Student and New Graduate Advisory Council* because I'm always looking for new ways to serve the chiropractic student body. I believe chiropractic students should not wait until they've graduated to prepare for practice – it's important to start early to make plans for their practice during their school years.

I believe the greatest challenge for both chiropractic students and new graduates is discovering opportunities for practice and building networks of established health care practitioners and patients. I've spent a lot of time talking with my CMCC peers about their issues, which has prepared me well for this role as a member of the Council. As a member, I hope to hear the concerns of the student body and help pave the way for all chiropractic students during this important transitional time.

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Gregory Stolz

**Year 4 Non-Ontario Student Representative
New York Chiropractic College**



I'm a new graduate and want to serve on the *OCA Student and New Graduate Advisory Council* to make a difference within the profession. Serving on this Council is an opportunity to voice my opinions and contribute to the unified vision that chiropractors in Ontario want to present.

I've served in many leadership roles throughout my education, including my position on the executive council of the Canadian Chiropractic Club at New York Chiropractic College. Through the community that we have built at school, I've developed a strong understanding of the struggles facing students and new graduates. I hope to provide a voice for our community and help lead the profession forward.

The greatest challenge for new graduates is the transition from full-time academics to full-time practice. Chiropractic college prepares us to be extremely competent doctors. However, there is a wide disparity between what we learn in school and the challenges we'll face in practice, especially outside of the treatment room.

My goal is to help create a path for students and new graduates that will lead them to success. With proper understanding and preparation for the coming challenges, alongside a community willing to provide guidance, I hope to see new graduates flourish throughout the first few years of practice.