

Dear CU Faculty,

We are excited to announce a call for Course Proposals for Plains (1st year) Electives in the new Trek Medical Student Curriculum.

- First year students start their Plains curriculum at the end of July each year and have about one year in this Pre-clerkship phase before a six-week summer, followed by Core Clerkships which start in September 2022. Pre-clerkship, or Plains, electives in the Trek curriculum are built to fit within the structure of the new curriculum and dense Plains curriculum space.
- **Please submit Plains Course Proposals by June 7, 2022 for semester 1.**
- Course proposals are reviewed by the curriculum leadership team with feedback and acceptance/rejection of the course in the first part of June. After proposal review, course directors will receive feedback and status of their proposal.
- Accepted courses will be managed with the new SOM Learning Ecosystem platform, called North Star. Additional curriculum information for accepted courses will be required/collected prior to finalizing the elective course built in North Star (e.g., Course goals, learning events, and associated learning objectives, etc.). Course directors and coordinators will be expected to complete a brief North Star training.
- Each elective requires at least one Course Director and one Course Coordinator. The SOM does not have support for centralized Course Coordinators, and these usually come from the Course Director's Department/Unit/Education team.

What will Pre-Clerkship, or Plains, Electives look like in the Trek Curriculum?

In Trek, students will complete one Pre-Clerkship year, before moving on to their core clerkship LIC experience. For the purposes of electives, the Plains year is divided into three, 12-week trimesters (which are called Semesters 1, 2, and 3) in which students can complete one elective per semester (see [Table 1](#) and [Figure 1](#)).

Following the completion of their first Trek curriculum unit and first set of tests, students who are in good standing will have the opportunity to complete one elective per Plains elective semester.

The Plains Elective Semester Dates and Proposal Submission Deadlines for 2022/2023 Academic Year are: *Table 1*

Semester	Start Date	End Dates	Proposal Submission Deadline
Semester 1	Monday, September 19, 2022	Friday, December 16, 2022	Tuesday, June 7, 2022
Semester 2	Monday, January 2, 2023	Friday, April 7, 2023	Tuesday, October 4, 2022
Semester 3	Monday, April 17, 2023	Friday, July 14, 2023	Tuesday, January 10, 2023
Semester 4 (Summer 2023)	Monday, July 24, 2023	Monday, August 28, 2023	Tuesday, March 7, 2023

The following are Guidelines for Plains Electives on the Trek:

- Clinical/career exploration activities typically take place as a part of student interest groups and Student Life shadowing experiences and are not offered as electives. Service opportunities are often better integrated into the Health & Society service-learning curriculum and faculty/students should contact Health & Society leadership for service ideas, prior to proposing them as an elective.
- Electives will be offered starting after COMPASS 1 for students in good standing. Max elective time per week is 2 hours total (including both in-class and out-of-class, or prep, time). Course proposals may indicate up to two 1-hour slots per week, in which they would hold their elective (see [Table 2](#)). **Electives will not occur during COMPASS weeks**, when students are scheduled for assessments and other specialty activities (see [Figure 1](#))

Table 2

Day	Time	Notes
1. Mondays	5:30 pm to 6:30 pm	Not Available Semester 1
2. Mondays	6:30 pm to 7:30 pm	Not Available Semester 1
3. Tuesdays	12:00 pm to 1:00 pm	
4. Tuesdays	5:30 pm to 6:30 pm	
5. Tuesdays	6:30 pm to 7:30 pm	
6. Wednesdays	12:00 pm to 1:00 pm	
7. Wednesdays	5:00 pm to 6:00 pm	
8. Wednesdays	6:00 pm to 7:00 pm	
9. Thursdays	12:00 pm to 1:00 pm	
10. Thursdays	5:00 pm to 6:00 pm	
11. Thursdays	6:00 pm to 7:00 pm	
12. Fridays	12:00 pm to 1:00 pm	
13. Fridays	5:00 pm to 6:00 pm	

Approval Criteria for Trek Electives:

- Support the Pillars (Medical Science, Clinical Science, and/or Health & Society) of the TREK curriculum
- Be available (but with limited commitments) to students after the first unit (6 weeks) of Plains, if they are in good standing and progressing well academically.
- Could be designed as longitudinal experiences or sequence of electives, with increasing opportunities for students to develop leadership and advocacy roles, explore careers and participate in scholarship.
- Complement, but not duplicate, core experiences planned for the LIC and later phases of the curriculum.
- Review and input will be provided by the Trails Directors.
- Please click [THIS LINK](#) or scan the QR code below to access the Trek Plains Elective Course Proposal portal and additional instructions.



Thank you for your commitment to our students!

Contact Information:

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Please let us know if you have questions,
Jena, David, Chad & the Trek Leadership Team

Figure 1

Class of 2026 Calendar (Trek)			
Date	Week	Course	
7/22/22	0	Orientation	Class is Friday ONLY
7/25/22	1	First Course	
8/1/22	2	Foundational Principles	
8/8/22	3	Foundational Principles	
8/15/22	4	Foundational Principles	
8/22/22	5	Foundational Principles	
8/29/22	6	Foundational Principles	
9/5/22	7	COMPASS 1	9/5 is Labor Day (Monday); NO Class Monday; NO Class Friday
9/12/22	8	Heme & Lymph	
9/19/22	9	Heme & Lymph	
9/26/22	10	Heme & Lymph	
10/3/22	11	GI	
10/10/22	12	GI	
10/17/22	13	GI	
10/24/22	14	GI	
10/31/22	15	COMPASS 2	NO Class Friday
11/7/22	16	PCV	
11/14/22	17	PCV	
11/21/22	18	PCV/Thanksgiving	11/24 is Thanksgiving; NO Class Thursday; NO Class Friday
11/28/22	19	PCV	
12/5/22	20	PCV	
12/12/22	21	PCV	
12/19/22	22	Winter Break	
12/26/22	23	Winter Break	
1/2/23	24	RU	
1/9/23	25	RU	
1/16/23	26	RU	1/16 is MLK Day; NO Class Monday
1/23/23	27	RU	
1/30/23	28	COMPASS 3	NO Class Friday
2/6/23	29	Neuro	
2/13/23	30	Neuro	
2/20/23	31	Neuro	2/20 is Presidents' Day; NO Class Monday
2/27/23	32	Neuro	
3/6/23	33	Neuro	
3/13/23	34	MSI	
3/20/23	35	MSI	
3/27/23	36	MSI	
4/3/23	37	MSI	
4/10/23	38	Spring Break	
4/17/23	39	Mind & Behavior	
4/24/23	40	Mind & Behavior	
5/1/23	41	Mind & Behavior	
5/8/23	42	COMPASS 4	NO Class Friday
5/15/23	43	Endo & Metabolism	
5/22/23	44	Endo & Metabolism	
5/29/23	45	Endo & Metabolism	5/29 is Memorial Day; NO Class Monday
6/5/23	46	Endo & Metabolism	
6/12/23	47	Repro & Lifecycles	
6/19/23	48	Repro & Lifecycles	
6/26/23	49	Repro & Lifecycles	
7/3/23	50	Repro & Lifecycles	7/4 is Independence Day; NO Class Tuesday
7/10/23	51	Repro & Lifecycles	
7/17/23	52	COMPASS 5	NO Class Friday
7/24/23	1	Discovery	
7/31/23	2	Discovery	
8/7/23	3	Discovery	
8/14/23	4	Discovery	
8/21/23	5	Discovery	
8/28/23	6	Discovery	
9/4/23	LIC Basecamp/Clerkships		9/4 is Labor Day (Monday)
9/11/23	LIC Basecamp/Clerkships		