



First One Hundred Days

Steps Towards Civic Engagement at the Start of Medical School

1. Know whether or not you are already registered to vote
2. Visit the [Best Colleges Student Voting Guide](#)¹ and decide whether or not you want to change your voter registration based off of your new address
3. [Register](#)² to vote
4. [Know](#)³ who your locally elected officials are
5. See where your locally elected officials stand on [issues you care about](#)⁴
6. Call or email your locally elected officials to introduce yourself, ask them or their staff the best way to contact them (phone, email, snail mail, in office), and -- if you want -- thank them for supporting things you support or express disappointment in things they don't support that you do.
7. Look up when the [next election](#)⁵ is

Any questions? Please don't hesitate to contact us at citizenphysicians@gmail.com

1. <https://www.bestcolleges.com/resources/student-voting-guide/>
2. <http://www.citizenphysicians.org/register-to-vote.html>
3. www.commoncause.org/take-action/find-elected-officials/
4. www.votesmart.org/
5. www.elections.mytimetovote.com/dates/



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