GENERAL ANNOUNCEMENTS

Getting to Know

Niloofer Shahmohammadi

Department: Student Affairs
Title: Wellness Program Coordinator
Birth date: November 29th

What is your favorite movie? Don’t know about a favorite but I recently saw “The Theory of Everything” about the life of Stephen Hawking. Eddie Redmayne did the most phenomenal acting job I’ve ever seen! Hope he wins the Oscar!

If you could go on vacation anywhere, where would you go? Iran so I could visit my extended family.

What is your favorite food? Growing up it was always cheeseburgers and fries (not Wellnessy, I know!). I also worked at McDonald's so I ate way too many of them. Nowadays I still love a good burger but I’ve expanded my palate quite a bit since then!

When you were a kid, what did you want to be when you grew up? A heart surgeon. Now that I’m a counselor, I like to say that I’m more of a spiritual and emotional heart surgeon 😊

What is the one thing you can’t live without? The internet!!!!!
A University-sponsored travel, event, or activity is one that is financially supported or initiated, planned, or managed by a UMKC student, faculty, or professional staff member that uses student activity fees or other University financial resources.

To assure that events or activities involving student travel are consistent with the mission of the University and that student safety issues have been addressed, UMKC sponsored student travel must be reviewed and approved in advance by an advisor and by the Office of Student Involvement.

Travel to University-sponsored activities is limited to UMKC students, faculty, or professional staff unless authorized by the Office of Student Involvement who may permit other students, faculty, or staff in the University of Missouri System.

Once your travel is approved by your organization, advisor, and/or you have received funding approval from the Student Activity Fee Committee (SAFC), students may complete the Student Organization Travel Information Packet which includes all policies, forms, and up-to-date information for student organization travel.

All travelers are responsible for their own behavior and any resulting consequences and are subject to the provisions governing behavior of representatives of UMKC and are subject to the supervision of the advisor from UMKC participating in travel. UMKC is not liable for any loss, damage, injury, or other consequences resulting from a traveler’s failure to comply with University rules and regulations, the direction of University employees, or applicable local, state, and federal laws.

In order to make travel accommodations, students must complete the Travel Request form available on RooGroups available at https://roogroups.collegiatelink.net/form/start/37793. This form will request all applicable information regarding the travel process. This form must be completed at least four weeks in advance of departure, or six weeks in advance for international travel. No adjustments or changes will be made once travel is booked by OSI.

The Office of Student Involvement will make all arrangements for travelers, including flights, hotels, rental vehicles, registration, shuttles, etc. These accommodations will be billed directly to the student organization or departmental account. This process allows students, faculty, and professional staff not to have to fund travel from their own personal finances as well as reduces the amount of post-trip reimbursement processing. Students who reserve travel accommodations on their own will not be reimbursed for their expenses. Furthermore, students should not “hold” hotel rooms in advance. Rather, students should work proactively with the Office of Student Involvement to arrange for travel to minimize trip expenses.
FAFSA

Need help with your FAFSA?

We recommend that you complete your 2015-2016 FAFSA by the March 1st priority deadline. To help you, staff from the Financial Aid and Scholarships Office will be on hand to assist students at the following events. **Scott Sponholz and Nick Ward-Bopp** (the Hospital Hill financial aid staff) will be on hand at the Feb 25th event.

- **Feb. 24th from 3 PM to 5 PM** – Volker Event- Royall Hall 310 Computer Lab
- **Feb. 25 from 5:30 PM to 7:30 PM**- Hospital Hill Event- Computer Lab Located in the Dental Library (Hosp Hill Financial Aid staff present)

Contact: Please contact the Office of Research Administration with any questions at: [SOMresearch@umkc.edu](mailto:SOMresearch@umkc.edu). We will update this Student Research Summit 2015 page as updates become available. Information and the SOM poster template are available at: [SOM Poster](mailto:SOM Poster).
The next application deadline is: April 1, 2015.

The goal of the Sarah Morrison Student Research Award is to help students learn the value and application of research in the study and practice of medicine by providing funds to support the expenses of such research.

The application packet should include:

- **Application Form**
- **Reference Form** from at least 3 UMKC SOM faculty including the student’s research mentor.
- **Project protocol**
  - Please contact Research & Statistical Consult Service (RSCS), at 816-235-6617 or simons@umkc.edu, for free consult prior to submitting your protocol.
- **Proposed project budget - up to $1,500**
  - If research costs will be incurred at Children’s Mercy Hospital (CMH), please contact CMH Research Administration at (816) 701-1345 to obtain accurate numbers for your budget.
- **A current transcript**
  - **Pathway transcripts accepted.**
- **Resume/CV**

For more information please visit the website: [http://med.umkc.edu/ora/student_awards/](http://med.umkc.edu/ora/student_awards/)
Kathy’s Tips for Success

Study Smart!

Each week, Kathy Phillips, Learning Resource Specialist, will be featuring a study tip to help you succeed academically. This week’s tip:

Think ahead. Plan ahead. Prepare ahead!

For more help with studying smart, contact Kathy Phillips, Learning Resource Specialist, at phillipsk@umkc.edu

WELLNESS

Nilofar’s Weekly Wellness Tip

For anyone going through a difficult time right now, remember this:

“Do not worry that your life is turning upside down. How do you know that the side you are used to is better than the one to come?”

Rumi

And, of course, I’m always happy to help you with whatever is going on. Please send me an e-mail and let’s set up an appointment. Hang in there! ~Nilofar 😊

Things to Do in KC This Week

(Compiled from around the web. These are not UMKC sponsored or sanctioned events)

American Folk Art at the Nelson Atkins Museum of Art: February 18th through November 1st. What is folk art? The term is broad and often difficult to define. A diverse
range of objects—from bedspreads to painted portraits—has been grouped as folk art since the term was first used in the early 1900s. Folk art like that featured in this small exhibition was produced by artists and artisans creating outside of art academies.

The works on view on the second floor of the Nelson-Atkins building offer a taste of folk art through objects from the museum's permanent collection. Created by men and women of all ages, they span more than 150 years, produced from 1795 to 1953.

Since the opening of the Nelson-Atkins in 1933, its holdings have included a small collection of American folk art. Some of these works are being shown for the first time, reaffirming the museum's interest in collecting and exhibiting folk art.

Theater League Presents “The Book of Mormon”: February 24<sup>th</sup> through March 8<sup>th</sup> at the Music Hall. The New York Times calls it “The best musical of this century.” Washington Post says, “It is the kind of evening that restores your faith in musicals.” And Entertainment Weekly says, “Grade A: The funniest musical of all time.” Jon Stewart of The Daily Show calls it “A crowning achievement. So good it makes me angry.” It’s THE BOOK OF MORMON, the nine time Tony Award winning Best Musical from the creators of South Park.


Cooking Techniques Class (Free!): Every Sunday at 11AM, the Williams-Sonoma store on the Plaza hosts a free Cooking Techniques class. This week’s class, on Sunday, February 15th is called “Spring Baking: Bundt and Layer Cakes”. Welcome the new season with some impressive desserts that are really quite simple to prepare. A Bundt cake makes a statement with very little effort, while a layer cake is a work of art that you can accomplish by mastering a few easy techniques. Join us and learn how. http://www.williams-sonoma.com/pages/store-events/store-events/technique-classes.html

For more events, visit Ink Magazine’s online, searchable calendar: http://calendar.inkkc.com/ and Kansas City on the Cheap: www.kansascityonthecheap.com (which also has great deals and coupons!)
This is such a common question and I will offer some advice on this topic in the video, but would also like to feature students who are either currently struggling with this or did in the past.

Email me at shahmohammadin@umkc.edu if you’d like to be involved in this project.

How are you feeling?
Take a mental health screening checkup.
✓ Free
✓ Quick
✓ Confidential
✓ Anonymous*

Mood & Alcohol Screening Event
- Wednesday, March 11, 11 am to 1 pm
- Health Sciences Building Room 3302
- Stop by to take a mood and/or alcohol screening & get information about common college mental health issues. Counseling Center staff will be present to review results & facilitate follow-up referrals as needed.
- Co-sponsored by IFSP, APHa-ASP Operation Self-Care, and School of Medicine Wellness Council

Screenings provided by the UMKC Counseling Center & Student Health & Wellness. Visit www.umkc.edu/counselingcenter and click on Screening For Mental Health or go to http://screening.mentalhealthscreening.org/mssouri

Questions?
Contact Rachel Pierce at 235-5186 or piercecora@umkc.edu

SCHOLARSHIPS
Getting Back to Those Financial Goals

Dave Ramsey was my inspiration to set financial goals, with his 7 Baby Steps. I didn’t follow his baby steps. As personal finance advice goes, they really aren’t that great. But I did find inspiration in listening to those who did call into his show and scream that they were debt free.

In the spirit of his Baby Steps, however, I’m going to cover 6 factors to consider as you set your own financial priorities. Then will apply these factors to some key financial goals that most of us have.

1. This is NOT one size fits all

It can be difficult to come up with a generic list of financial goals, because everybody’s financial situation is different. A college graduate with $200,000 in school loans, but no other debt, will have different financial priorities than somebody in their 50’s with little saved for retirement and $25,000 in credit card debt. Given the fact that variations in financial situations from one person to another are so great, there’s no such thing as one-size-fits-all.

This is my biggest concern when it comes to financial gurus who are dogmatic about their approach to personal finance. They leave no room for different financial situations, different personalities, and different life goals.

As an example, Dave Ramsey is well know for his debt snowball. According to Dave, everybody should pay off their smallest debt first, regardless of interest rates. His theory is that getting rid of a debt provides motivation to stay on the path to getting out of debt. Yet what about those individuals who don’t need that type of motivation and have larger debts with very high interest rates. Blindly following Dave’s approach would be very costly.

2. Think in terms of goals

You can’t just think in terms of steps. Instead, focus on your financial goals. Having $1 million in the bank is not a goal – it’s a number. What are you going to do the day you become a millionaire? Probably the same thing you did the day before. That’s what most people who become millionaires do.

As an example, one goal is to be financially able to handle an emergency. This goal often translates into saving three to six months worth of expenses in a savings account. While that is one way to meet this goal, it’s not the only way. We relied on a home equity line of credit as our emergency fund as we were paying down debt. Today we rely as much on our taxable investments for emergencies as we do an FDIC-insured savings account.

The key is to separate the goals from how you’ll achieve the goals. Doing so enables you to think outside the box for creative solutions.

3. Multi-tasking is the Key

Throw out the idea of working on just one goal at a time. There’s no set of required sequential steps. You should be pursuing multiple goals at the same time. For example, one can and should build an emergency fund at the same time they’re saving for retirement. The notion that you should pursue financial goals one at a time, a concept usually marketed by popular financial personalities as “steps,” often leads to sub-optimal results.

4. Track Your Net Worth

If you see your net worth — what you own, less what you owe — you’ll see your progress. Net worth is more important than income in determining your financial resilience. It’s your financial
You can make decisions about how certain actions and strategies will affect your net worth. For example, we can evaluate whether to pay off a debt quickly or invest the extra cash in light of how the two options will affect our net worth. But first you have to know what your net worth is, and be able to track it.

It’s very easy to do—How to Track Your Net Worth.

5. Liquidity is important

Liquidity is your ability to access cash quickly. It’s often overlooked when it comes to getting out of debt. For example, paying off installment loans (e.g., car or student loans) reduces your liquidity. Once you pay extra on these loans, you can’t get the money back. In contrast, paying off a revolving loan (e.g., credit cards or home equity line of credit) increases your credit.

Of course the goal is to get out of debt completely. But one could use a revolving line of credit in an emergency. You can’t use a car loan to deal with an emergency. We considered this when getting out of debt. We paid off our home equity line of credit first, and then tackled our school loans.

6. Money you don’t spend can have a significant impact on your life

You don’t need to spend money to get the benefits of having money. The money you save can have a profound effect on your life. Let me explain.

Having a solid financial foundation enables us to make life choices we wouldn’t otherwise make. With money in the bank, you may be more likely to pursue your dreams, which may involve a different lower paying job, starting a business, or something else. You may not need to spend the money you’ve saved to accomplish these goals, but the money in the bank can give you the confidence to take the risk.


Scholarship

Thomas W. Loeb, MD Scholarship

Eligibility: This scholarship award is available to students with a physical or a learning disability.

Amount: $2,000: The award which will be distributed among three students; there will be one award of $1,000 and two awards of $500.

Requirements: Students will be requested to create a graphic on the subject of self-esteem; the requirements for the graphic will be provided upon submission of the application request.

To Apply: Students must apply through the website, at http://thomasloebmd.com. There is one section on the homepage (scroll down) titled “Thomas Loeb, MD Scholarship;” students may contact us via this portal to apply. Upon receiving their request we will send qualified applicants a Scholarship Application Form and confirmation email with all the details and information necessary to apply for the scholarship awards.
## Scholarship

### Concussion Awareness Scholarship

**Amount:** $1,000  
**Eligibility:** ANY graduate or undergraduate student (future or current) that has been accepted or attends a community college, technical/trade college, or university may apply.  
**Application:** [http://www.thepassrusher.com/concussionawareness.html](http://www.thepassrusher.com/concussionawareness.html)

Contact Robin Hill at hillrob@umkc.edu with questions.

### Student Veterans – Apply for the Tillman Scholarship

UMKC students eligible to apply include:

- Veteran and active-duty military service members
- Honorably discharged of pre- and/or post-9/11 service (from all branches of the U.S. military, including National Guard and Reserve)
- Current spouses of veterans or active-duty service members, including surviving spouses
- All applicants must plan to be enrolled full-time in a degree program (Bachelor’s degree, Graduate, or post-graduate) for the 2015-16 award year

**Application Deadline:** March 3, 2015 - [www.PatTillmanFoundation.org/apply](http://www.PatTillmanFoundation.org/apply)

See this link for more information: [http://info.umkc.edu/usucceed/2015/02/03/student-veterans-apply-for-the-tillman-scholarship/](http://info.umkc.edu/usucceed/2015/02/03/student-veterans-apply-for-the-tillman-scholarship/)

Contact Robin Hill with questions at hillrob@umkc.edu

### YEAR 3-6 DEAN’S SCHOLARSHIPS

The Year 3-6 Scholarship application for the Dean's Scholarship is now open. The link to complete it is below. This scholarship will be applied next year(2015-2016) so **current year 2-5 students will be the ones to apply**. You must also have at least a 3.0 cumulative GPA to qualify.

**The application will be available from today through March 31st.** After midnight on April 1st the application will no longer be available.

Please contact Robin Hill at hillrob@umkc.edu if you have any questions or concerns.  
**Application Link:** [http://med2.umkc.edu/scholarship/](http://med2.umkc.edu/scholarship/)

### Karman Healthcare Scholarship

**Eligibility:** students suffering from a mobility disability  
**Amount:** 2 $500 scholarships  
**Application Process Deadline:** September 1, 2015

Please see or email Robin Hill for details at hillrob@umkc.edu
TEDxUMKC

x = independently organized TED event

DITCHING DOGMA

1-5PM
SATURDAY,
MARCH 14

@ THE NATIONAL WORLD WAR I
MUSEUM AT LIBERTY MEMORIAL

TICKETS ARE FREE

RESERVE ONLINE @
WWW.TEDXUMKC.COM
Midwest Interventional Radiology Medical Student Symposium

Chicago, Illinois – March 14, 2015

Hyatt Chicago Magnificent Mile
633 North Saint Clair Street, Chicago, IL 60611

9:00 am - 9:30 am  Registration
9:30 am - 2:00 pm  Lectures, Lunch, Q&A panel
2:00 pm - 4:00 pm  Hands-on Sessions

Faculty
Dr. Rakesh Navuluri - University of Chicago (Director)
Dr. Bulent Arslan - Rush University
Dr. Marc Borge - Loyola University
Dr. James Bui - University of Illinois at Chicago
Dr. Parag Patel - Medical College of Wisconsin
Dr. Scott Resnick - Northwestern University

Register online: http://goo.gl/c3AxD4
(The event is free, though space is limited)

Contact us: jr@uchicago.edu
Missouri Academy of Family Physicians Poster Contest

In 2015, MAFP is offering exciting educational and networking opportunities for students and residents at the Annual Scientific Assembly (ASA), June 5-6, 2015, The Lodge at Old Kinderhook, Camdenton.

Students and residents will meet with current family physicians and MAFP leaders. A “Mixer” will be held from 5:15 – 6:15 p.m., Saturday, June 6th, with hors d’oeuvres and drinks provided. Posters will be recognized and awards (3rd place $100, 2nd place $200, and 1st place $300) will be announced. Link for the Call for Proposal Form:


Conference registration is complimentary to both students and residents. MAFP will assist in funding for costs associated with overnight accommodations on a first-come, first-served basis for STUDENTS ONLY. Link to register for the conference:

http://www.mo-afp.org/cme-events/annual-scientific-assembly/annual-scientific-assembly/

If you need additional information, please contact Nancy Griffin at ngriffin@mo-afp.org. We look forward to seeing you in June.
externships to **Missouri medical students** interested in pursuing a career in Family Medicine. The externships are available at the following locations:

- Cox Health Family Medicine Residency Program
- Research Family Medicine Residency Program
- Mercy Family Medicine Residency Program
- Saint Louis University Family Medicine Residency
- University of Missouri - Columbia Department of Family and Community Medicine Program
- University of Missouri - Kansas City Family Medicine Residency Program

For a descriptions of the externships and to complete the application (fillable PDF) please follow the below link or email fmigumkc@gmail.com


---

**Regnier Venture Creation Challenge**

School of Medicine students are invited to participate in the 2015 Regnier Venture Creation Challenge, hosted by the Henry W. Bloch School of Management.

This annual event encourages UMKC students from all disciplines to create ventures by presenting their ideas to business leaders and entrepreneurs in a multi-stage competition. **The 1st place team receives a $15,000 team award**, and all 16 semifinalist teams receive a minimum $1,000 team award!

This is an excellent opportunity to enhance your entrepreneurial mindsets in addition to the skills you are already learning in the classroom.

The Regnier Venture Creation Challenge involves the following key milestones:

- February 2 - April 3: Team registration
- April 19: Business plan submission deadline
- May 1: Advancing teams compete in the elevator pitches and venture expo competition
- May 8: Advancing teams compete in the semifinalist and finalist presentations

For additional competition information, access www.umkc.edu/entrepreneurship and look under Student Programs.

---

**Call for Artists**

The Multicultural Student Affairs office at UMKC is putting together a Mental Health Art Gallery premiering April 10th on 5245 Rockhill Rd. This gallery would serve to fight mental illness’s stigma and help cure ignorance of mental disorders through education by means of artwork.

If you are interested in joining with local artists and want to submit your own photography, paintings, drawings, etc., then please see the attached flyer and contact David Mosher at dkmxb6@mail.umkc.edu for details.

For all others, please put April 10th in your calendar and come out to show your support for mental health! 100% of the proceeds made during the event will be given to a charity supporting mental health treatment for Kansas City, so please come out to show your support!
Mental Health Art Gallery

Call For Art Proposals

Gallery Opens April 10th @ 6pm
Located: Culture House @ 3245 Rockhill Rd & corner of 52nd St.
- Artist must submit CV & Artistic statement
- Art must relate to Mental Health
- Submission Deadline: March 30th

Contact: Dkmxb6@mail.umkc.edu for more details!

STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS
Attn 4th yrs!

Worried about Step I? Don’t be!

COME JOIN

S.O.A.P

Step One Assistance Program

Lectures every Thursday at 7pm in Theater B

Feb 19 – Bile Duct Disorders
Feb 26 – Blood Dyscrasias
Mar 5 – Leukemias
Mar 12 – Anemias
Mar 19 – Cardio Phys 1
Mar 26 – Cardio Phys 2

Apr 2 – Heart Murmurs
Apr 9 – Respiratory Phys
Apr 16 – Nephrotic/ nephritic & Pre/Intra/Post-renal injuries
Apr 23 – Acid/Base Disorders
Apr 30 – Adrenal & Pituitary Disorders
Volunteers Needed for Suturing Workshops

If anyone year 4-6 is interested in volunteering to teach suturing to Year 1 and 2 students. Please email Kevin Xiao, kx258@mail.umkc.edu

You would be working directly with UMKC faculty to help teach suturing techniques to 1st and 2nd year UMKC medical students. It is a great way to be involved with the Surgical Society and meeting UMKC faculty, as well as brushing up on your own suturing techniques. The dates to volunteer are as following:

Feb 24th 8-10AM
Feb 26th 8-10AM, 10-12AM
SNMA'S 3rd ANNUAL
BLACK HISTORY MONTH EVENT

Date: February 27th
Time: Doors open at 6 pm
Free FOOD!! We will be serving Jimmy John’s
Where: Health Sciences Building Rm 5301

Come Join SNMA for our 3rd Annual Black History Month Event! Join your peers as they show off a variety of talents reflective of the wide array of cultures that have helped define black history in America. We will also be discussing and educating on health issues that plague minority communities.

FOR MORE INFORMATION PLEASE CONTACT: PAUL GUIDOS Pag120@mail.umkc.edu
Emergency Medicine Interest Group (EMIG)

Announcements Format

Policy for In the Know Announcement Submissions

1) All submissions must be in JPG format (if the announcement is a flyer). PDF and Word documents must be converted to JPG before being emailed to shahmohammadin@umkc.edu.

2) If the announcement is a text only announcement, please include it in the body of your email. Please use black font only and include a title for your announcement such as “Emergency Medicine Interest Group”.

3) If an announcement includes incorrect information (such as an incorrect date or time), and that week’s In the Know has already been sent out, a revision for your specific announcement will not be sent out to the school. The only time a correction email will be sent out is if the error is on the part of Student Affairs (mistyped or forgot to include an announcement).

Submissions which do not meet the new requirements will be returned to sender requesting the appropriate edits. The announcement may then be resubmitted to shahmohammadin@umkc.edu for inclusion in the In the Know.

4) To be included in the following Monday’s “In the Know”, announcements must be submitted by 5PM the prior Thursday.

To submit information for the next Student Affairs Weekly Announcement, send an email to Niloofar Shahmohammadi at shahmohammadin@umkc.edu.