GENERAL ANNOUNCEMENTS

Getting to Know

Sara Gardner

Department: Med-Peds

Title: Program Director

Birth date: December 23rd

What are your hobbies? I love sports - watching and playing. I also enjoy playing the piano.

If you could go on vacation anywhere, where would you go? My favorite place on earth is Hawaii - I love that you can be on a beach in the morning and on a mountain top at night.

What is your favorite food? Italian

What is your family setup? Married to Kyle, 4 children Melanie (6), Emily (5), Claire (5) and Ben (1 month). 2 labs, Pudge and Betsy.

When you were a kid, what did you want to be when you grew up? A teacher.
The School of Medicine has revised the Background Check requirements for medical students based on the requirements of our clinical affiliates. Beginning in summer 2015, all students must have a repeat background check prior to participation in Year 4/5 clinical rotations. Current year 4 students will be required to repeat the background check prior to June 1, 2015. Current year 3 students will be notified in advance of their clinical rotations to repeat the background check. The cost for the background check is approximately $45.

Affected students will receive an email from Student Affairs with details on how to complete the checks online via the Certiphi website. Students will be responsible for initiating the check by a specific due date once they receive instructions.

If you have any questions or concerns, please notify Dr. Rogers, Associate Dean for Student Affairs. She can be reached at rogersbr@umkc.edu or 235-1782.
**Year 6 Office Checkout**

All Year 6 students graduating in May or August will need to check out of their offices by May 21st. Offices must be clean with all of your personal items (including refrigerators, door décor, curtains, etc.) removed. Once that is completed, check out of your office with one of the following Administrative Assistants:

3rd floor Red: Cherie Burton  
4th floor Gold: Nikki Collier

The checkout process will include:
- Ensuring office is cleaned and all personal items have been removed (if you're sharing, ensure your items have been removed)
- Listing any maintenance needs
- Ensuring the door is locked and the key works
- Submitting office keys to the AA during checkout

**New Step 2 CS Deadline**

Updated deadline for Step 2 CS

Year 5 Students--Please see below for the updated deadline for Step 2 CS. Step 2 CS should be taken by October 31st of Year 6.

“Students must sit for the USMLE Step 2 Clinical Knowledge examination by the target date determined by the Council on Curriculum. The target examination dates for students will be provided to the Council on Evaluation by the Council on Curriculum. Students should sit for USMLE Step 2 Clinical Skills no later than October 31 of Year 6, or s/he may not be permitted to participate in out-of-town electives. Additionally, students who do not take USMLE Step 2 Clinical Skills by December 31 of Year 6 will likely not post a score in time for the National Resident Matching Program (NRMP). In compliance with NRMP rules, the School of Medicine may withdraw a student’s application from the Main Match for residency by the rank order deadline.”

The deadline was changed to October 31st from December 31st to coincide with the timeline of the national residency application process. It is suggested students take Step 2 CS far in advance of the October 31st deadline--the majority of program directors are using results from Step 2 CS when making decisions in the fall of who to select for residency interviews. Taking Step 2 CS far in advance of October 31st allows for a greater likelihood that program directors have your score available when making interview decisions.

If you are a Year 5 and currently not signed up for a Step 2 CS date that takes place on or before October 31st, please contact your ETC.

**Peer Tutors**

Now hiring Peer Tutors for summer Organic Chemistry and fall Anatomy and Biochemistry  

Peer Tutor  
This is a primary leadership position in the School of Medicine. It is a position of influence in which you have the opportunity to positively affect the lives of many others while demonstrating and enhancing your own command of the subject you are tutoring.  

**Position Description**  
Tutor will meet at regularly with students in group format to provide learning assistance for a designated science course. The Peer Tutor serves as a guide to assist peers as they develop mastery of the course content and become successful, independent learners.

**Minimum Qualifications**

The successful tutor candidate must:
- Maintain a minimum GPA from science coursework of 3.0 or better  
- Have earned a grade of “A” in the course in which they will serve  
- Have a proven track record of responsibility, reliability, and punctuality  
- Meet all scheduling requirements for the tutoring and training  
- Be approved by faculty in the course for which they will tutor
Primary Responsibilities

- Participate in required tutor training and preparation sessions
- Plan for and conduct a minimum of two 1-hour sessions per week
- Maintain a professional attitude at all times

Contact Kathy Phillips, Phillipsk@umkc.edu (816) 235-8831 now for info and application materials.

Student Print Quota Change

Beginning in August 2015, students will receive their entire student print quota at the start of each semester rather than having it refreshed each week. This change is being made at the request of the UMKC Student Government and will provide students with additional flexibility with their printing needs. Quotas will be refreshed each spring, summer and fall.

The amount of the student print quota will remain the same — 850 black and white pages.

Students can check their print quota usage in any of the IS student computer labs by using the link in PaperCut. Students will continue to have the option to print beyond their print quotas by simply adding funds to their RooBucks account.

More detailed information will be available on the IS lab website this summer.

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:

Sleep. Don’t underestimate the importance of those eight hours of zzzs every night! Getting a good night’s rest will sharpen your focus and improve your working memory.

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

WELLNESS

May is National Mental Health Month – It’s Ok to Talk! – More Statuses to Share

In honor of National Mental Health Month, Kansas City has launched a new campaign called “It’s Ok to Talk – Mental Health Matters in Kansas City!” Part of the campaign involves sharing statuses on Facebook and Twitter to encourage people to talk if they’re struggling. There are even recommended status for each day of the month. I’ve pasted the recommended statuses for this week below. I hope you will take a moment out of your day to share these. People are so much more likely to talk if they know their friends will support them rather than judge them.

And if a friend DOES open up to you about a big issue or a struggle, I know it can be scary or you might panic and think “I’m not a psychologist, I don’t know the right thing to say!”. But truly, just really taking it in, listening, not judging, and saying “Wow, I’m so sorry” is incredibly powerful. Just sharing a secret is healing in and of itself. And of course, encourage your
friends to take advantage of Wellness Coaching or the UMKC Counseling Center. It’s ok to talk!!! ~Niloofar 😊

**Monday, May 18**

#motivationalmondays: Look for something positive each day, even if some days you have to look a little harder. Let the challenges make you strong. #ok2talkkc #mhmonth2015

> "Look for something positive in each day, even if some days you have to look a little harder. Let the challenges make you strong."

**Tuesday, May 19**

Be brave enough to start a conversation that matters! For tips, visit http://itsok.us/ or http://bit.ly/texttalkact #TextTalkAct #ok2talkkc #mhmonth2015

**Wednesday, May 20**

Volunteering for a cause that is near and dear to you can be a great way to bring happiness to your life. Check out http://www.volunteermatch.org for opportunities. What was your most rewarding volunteer experience? Share with us! #ok2talkkc #mhmonth2015

**Thursday, May 21**

Call someone close to you and tell them how much you appreciate them. Thanking them for their support can boost your mood and theirs. #ok2talkkc #mhmonth2015

**Friday, May 22**

According to a study conducted by the Health Care Foundation of Greater Kansas City, the economic toll exacted by untreated mental illness in the region is $624 million. For more information, go to hcfgkc.org/costs-untreated-mental-illness. #ok2talkkc #mhmonth2015

**Saturday, May 23**

Hold the door for a stranger or sign up to volunteer for your favorite charity. Studies show that random acts of kindness increase release of oxytocin - the “feel good” hormone. #ok2talkkc #mhmonth2015

**Sunday, May 24**

Make a list of activities you enjoy. Set aside time each week to focus on yourself and what makes you happy. What’s your favorite activity? #ok2talkkc #mhmonth2015
## Things to do in KC This Week

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sporting KC vs. New England Revolution</td>
<td>May 20th</td>
<td>7PM</td>
<td></td>
<td>For more info visit <a href="http://www.sportingkc.com">www.sportingkc.com</a></td>
</tr>
<tr>
<td>Downtown Art Annual</td>
<td>May 21-23rd</td>
<td></td>
<td>Power and Light District</td>
<td>For more information visit: <a href="https://www.visitkc.com/event-detail/downtown-art-annual?cid=18622">https://www.visitkc.com/event-detail/downtown-art-annual?cid=18622</a></td>
</tr>
<tr>
<td>Celebration at the Station</td>
<td>May 24th</td>
<td>8 p.m.</td>
<td>Union Station</td>
<td>For more info visit: <a href="https://www.kcsymphony.org/Celebration">https://www.kcsymphony.org/Celebration</a></td>
</tr>
</tbody>
</table>

For more events, visit Ink Magazine’s online, searchable calendar: [http://calendar.inkkc.com/](http://calendar.inkkc.com/) and Kansas City on the Cheap: [www.kansascityonthecheap.com](http://www.kansascityonthecheap.com) (which also has great deals and coupons!)

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## Wellness Council

The purpose of this group is to promote wellness here at the SOM, both through lighter activities like Tea Time and Smoothie Days, and through awareness campaigns to promote national health observances and reduce stigma surrounding mental health.

**NEXT MEETING!**: Tuesday, June 9th, 2015 5:30PM, Gold 4 Conference Room

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## Volunteers Needed!

**Kickball Tournament**

**Thursday | June 4th | 8:30 – 11 AM**

**Volunteer to play with children and youth who are facing abuse, neglect or family disruption.**

**If interested, email**

[shahmohammadin@umkc.edu](mailto:shahmohammadin@umkc.edu)
Share... Learn... Understand

A group that includes psychoeducation, support, and group therapy. Because sometimes we need a little bit of everything.

**When:** Wednesdays May 27-June 24, time TBD based on members’ schedules

**Where:** UMKC Counseling Center | 4825 Troost Suite 206

**Who:** UMKC Students

Co-facilitated by Dr. Sherri Theoharidis and Dr. Rachel Pierce
Contact Dr. Theoharidis at 816-235-1256 or theoharidiss@umkc.edu to set up a group screening to get on the list to participate.

**this group is free!**

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**SCHOLARSHIPS**

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**Financial Literacy Updates**

**Exit Counseling Misconception**
Year 6 students have been reporting to me that they selected their repayment plan when completing their exit counseling. I want to make sure you all understand that you didn’t actually do anything to your loans by making that selection. You MUST contact your lender directly in order to set up the repayment plan that you want.
Year 4 and/or 5 students, you will need to complete exit counseling when you petition for your undergraduate degree. That exit counseling is only for your undergraduate loans and you will have to complete again before graduating in year 6.

Please let me know if you have any questions about that.

**Summer Awarding Update**

Many of you have asked about your summer awarding and why it wasn’t on Pathway with fall/spring of next year. Every year you will be accepting aid twice. Once around April for fall/spring of the next year and once around May for the upcoming summer.

This is out of order and confusing but always know that if you didn’t see it when accepting fall/spring aid, it’s because it hasn’t come out yet. Also, the summer aid will pay about 1-2 weeks before classes on Volker start for the summer.

Let me know if you have questions about this.

<table>
<thead>
<tr>
<th>Scholarship</th>
<th>Thomas W. Loeb, MD Scholarship</th>
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<tbody>
<tr>
<td><strong>Eligibility</strong>:</td>
<td>This scholarship award is available to students with a physical or a learning disability.</td>
</tr>
<tr>
<td><strong>Amount</strong>:</td>
<td>$2,000: The award which will be distributed among three students; there will be one award of $1,000 and two awards of $500.</td>
</tr>
<tr>
<td><strong>Requirements</strong>:</td>
<td>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.</td>
</tr>
<tr>
<td><strong>To Apply</strong>:</td>
<td>Students must apply through the website, at <a href="http://thomasloebrmd.com">http://thomasloebrmd.com</a>. 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.</td>
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<thead>
<tr>
<th>Scholarship</th>
<th>Concussion Awareness Scholarship</th>
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<tbody>
<tr>
<td><strong>Amount</strong>:</td>
<td>$1,000</td>
</tr>
<tr>
<td><strong>Eligibility</strong>:</td>
<td>ANY graduate or undergraduate student (future or current) that has been accepted or attends a community college, technical/trade college, or university may apply.</td>
</tr>
<tr>
<td><strong>Application</strong>:</td>
<td><a href="http://www.thepassrusher.com/concussionawareness.html">http://www.thepassrusher.com/concussionawareness.html</a></td>
</tr>
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Contact Robin Hill at hillrob@umkc.edu with questions.

<table>
<thead>
<tr>
<th>Scholarship</th>
<th>SignatureCare Emergency Center Student Scholarship</th>
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<tbody>
<tr>
<td><strong>Requirements</strong>:</td>
<td>• Full-time enrollment at an accredited university • 3.0 GPA • 500-word essay • 30-second video</td>
</tr>
<tr>
<td><strong>Amount</strong>:</td>
<td>$1,000</td>
</tr>
<tr>
<td><strong>Deadline</strong>:</td>
<td>June 30, 2015</td>
</tr>
<tr>
<td><strong>Application Information</strong>:</td>
<td><a href="http://ercare24.com/scholarship/">http://ercare24.com/scholarship/</a></td>
</tr>
</tbody>
</table>

See Robin Hill in Student Affairs or email at hillrob@umkc.edu if you have questions or need assistance with this process.
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

OPPORTUNITIES

APAMSA IAKC Health Fair – Volunteers Needed

Sojourner Clinic Mini-Med School – Volunteers Needed!

HELP NEEDED!

Sojourner Health Clinic is hosting a mini med school fundraiser on Saturday June 27 2015 from 8am-3:30pm. Interested high school students and pre-medical college students are invited to attend. The event will aim to provide students with an enjoyable clinical experience while also learning more about medical school. **We are looking for interest groups to host 1 hour workshops for the students.** If you are part of an interest group and have ideas for workshops, or want to get involved in the planning, please contact Nilbhi Patel at npqm9@mail.umkc.edu.
Attend

Mini Medical School

Saturday, June 27th: 8:00AM – 3:30PM

For high school and undergraduate students to learn basic medical skills, talk to medical students and professionals, and explore their interest in healthcare.

To Register: Contact Stephanie Taylor from West Central Missouri AHEC at Stephanie@hccnetwork.org
Registration Deadline: June 1st.
Checks can be made payable to "UMKC School of Medicine for Sojourner Clinic"

Event will be located at the University of Missouri-Kansas City School of Medicine: 2411 Holmes Street, Kansas City, MO 64108
Cost of attendance: $25

Registration fees will go toward providing health care to the homeless and underserved.
CELEBRATING 10 YEARS OF THE EXPLORING MEDICAL MISSIONS CONFERENCE

You’re Invited!

WHAT CAN YOU DO IN TEN?

Exploring Medical Missions Conference

LOCATION
Graceway Church
5460 Blue Ridge Cut-Off
Kansas City, MO 64133

DATES
Friday & Saturday
May 29th - 30th
two thousand fifteen

The EMMC (Exploring Medical Missions Conference) provides an opportunity for you to engage in learning alongside leaders and visionaries, build valuable relationships, and discover new ways to participate in medical missions. We invite anyone, with a passion to serve the forgotten of this world, to join us at the 2015 EMMC, May 29 – 30 as we answer the question: What Can You Do in Ten?

REGISTER ONLINE AT INMED.US

Hosted by the Institute for International Medicine and Graceway
StUDENT ORGANIZATION MEETINGS AND OTHER EVENTS

Roos on Call Officer Elections

Applications for the 2015-2016 Roos on Call executive board are now available! To view the application, click here. Applications are due by Sunday, May 31st at 11:59 pm using this form. Links are also available on our Facebook page - http://www.facebook.com/umkcroch. If you have any questions, please email umkcmedicaloutreach@umkc.edu.
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 Nilofar Shahmohammadi at shahmohammadin@umkc.edu.