Step 2 CK

USMLE Step 2 Clinical Knowledge (CK) Policy

Attached to this week’s In the Know email, please find the updated USMLE Step 2 Clinical Knowledge (CK) Policy.

Kansas City Marathon

Kansas City Marathon – 5 Free Entries

UMKC SOM is a sponsor of the KC Marathon this year. As sponsors, the KC Sports Commission has given us 5 comp entries.

The details are as follows:

Code: UMKC.SP.2015

Click here to register.

The code is valid for 5 comp entries into the full marathon, half marathon or 5K.

Below is the process to register using this code:

1. Fill out all of your personal information and event questions. Accept the waiver by typing your name and continue to the payment screen.
2. Underneath the transaction fees will be a box to enter your promotion code (UMKC.SP.2015).
3. When you apply the code you will see the discount reflected in the transaction fees.

Please note that this code is only applicable for online registration. Online registration closes October 11.

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:

Make a list of everything you need to do, so that you don’t forget anything important. Cross things out as you do them, so you can see what you’ve accomplished!

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

WELNESS

Niloofer’s Weekly Wellness Tip

Is Perfectionism Ruining Your Life?

I know many students struggle with perfectionism, which can affect so many different areas of our life. It can cause us to procrastinate, to pick apart our face and body, to feel that our relationship isn’t passionate enough, to feel depressed, and more. It’s a huge topic, but I wanted to share this short video on the topic in case any of the advice in it resonates. If you don’t like watching videos, below the video there is a full transcript. Here is an excerpt:

You know what’s interesting is that Tony Robbins, a friend and mentor of mine, says that perfection is the lowest standard possible, because perfection is really an impossible goal because there’s really nothing perfect that we can really do with our humanly-made hands. Ultimately, once we start to realize is we need to trade perfectionism for progress. The fear of getting started is what tends to hold us back. You have an idea, you have an idea for a book, or a blog, or a business, or a relationship, or there’s something that you want to do, and you’re worried that if you don’t get it perfect from the beginning it’s never going to work out. You know what’s interesting; it’s not working out because of that exact same belief. What’s fascinating as I work with people is whenever they have a fear, the fear that a project’s going to not work out, or the fear a relationship’s not going to work out, generally speaking when they’re in that fear, they’re actually in the middle of their worst-case scenario or their fear. What does that mean?

What it means is, let’s just say that you want to start a project, and you’re so afraid the project’s going to fail that you have to get it perfect before you get started, but the thing is you never get it perfectly perfect so you never get started, and in essence, the project has failed because you never got started, so I really do believe that perfectionism is really a disease of low self-esteem, which really makes us think if I’m not perfect ultimately, then I’m going to be abandoned, and I’m not going to get love.

See the full transcript and video here (5 minutes, 21 seconds):

http://thedailylove.com/is-perfectionism-ruining-your-life/

And of course, if you’re struggling with perfectionism, feel free to email me to set up an appointment to talk one on one. ~Niloofer☺

Things to do in KC This Week

(Compiled from around the web. These are not UMKC sponsored or sanctioned events)
Great Lenexa BBQ Battle: June 26th-27th. Two Days of Barbeque. The fun begins on Friday as 185 teams arrive with some of the most unique smoking contraptions imaginable. As the teams prepare their cooking sites, the Sar-Ko-Par Trails Park comes alive with entertainment and music. The real contest begins Saturday as the judging tent buzzes with activity preparing for the first barbeque samples to arrive at noon. Judges have the difficult task of identifying the best barbeque among seven different categories, including brisket, pork, ribs, sausage, chicken, whole animal and miscellaneous. For more info visit: http://www.lenexa.com/parks/festivals_bbq.html

Volkerfest: June 27th, 2015. Volkerfest was created to showcase all that Volker, Midtown, Hyde Park, Crossroads, and Downtown have to offer in respect to music and artists. The Volker Neighborhood Association in Partnership with The Kansas City Parks and Recreation Board of Commissioners hopes to provide a fun, family friendly day in one of the most beautiful parks in Kansas City.

Plan on spending the day in Roanoke Park while shopping from LOCAL artists, learning all that LOCAL businesses have to offer, and hearing the relaxing and upbeat sounds from some great LOCAL bands. Don't forget to purchase snacks and dinner from some great LOCAL establishments.

Have you noticed a trend? We love LOCAL and we are sure you will too when you come to Volkerfest. For more info visit: www.volkerfest.com

Maker Faire Kansas City: June 27th-28th. Maker Faire: Kansas City celebrates things people create themselves -- from new technology and electronic gizmos to urban farming and "slow-made" foods to homemade clothes, quilts and sculptures. This family-friendly event demonstrates what and how people are inventing, making and creating. It brings together Makers, Crafters, Inventors, Hackers, Scientists and Artists for a faire full of fun and inspiration. Come see what others are making and be inspired to tap into your own creativity!

Check out the blog section on this site to see the Maker Faire: Kansas City program guide (coming soon), which includes lists of key speakers, attractions, activities for kids and families and the schedule of musicians playing through the weekend!

For more info visit: http://www.yelp.com/redir?url=http%3A%2F%2Fwww.makerfairekc.com%2F&s=83fdda4a2db10643a4c1934c5ceee2b14943719c1aa95ac6e428eb5d68f700c40

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!)

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, July 14th, 2015 5:30PM, Gold 4 Conference Room

SCHOLARSHIPS
## 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](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.

## 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.

## Hospital Hill Housing Scholarship

**Eligibility:** Students must be in good academic standing, submit their FAFSA and have
completed their contract for the Hospital Hill Apartments with the Office of Residential Life. Students must also be a sophomore or above.

**Amount:** $2,000 applied to the 2015-2016 school year

**Application:**
http://events.r20.constantcontact.com/register/event?oeidk=a07eb2ua2ob491ca1e3&llr=comos8qab

**Deadline:** June 26, 2015

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**Scholarship**  
**SignatureCare Emergency Center Student Scholarship**

**Requirements**
- Full-time enrollment at an accredited university
- 3.0 GPA
- 500-word essay
- 30-second video

**Amount:** $1,000

**Deadline:** June 30, 2015


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

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**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

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**Scholarship**  
**Boone Count Medical Society Scholarship**

**Eligibility:** Students must have completed their first semester of their clerkship year and must be from either Boone, Howard or Cooper County. They are also looking for students that have demonstrated exceptional intellectual and humanistic qualities with patients, peers and teachers.

**Amount:** $2,000

**Deadline:** September 1, 2015

**Application:** Contact Robin Hill at hillrob@umkc.edu for an application

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**Scholarship**  
**Roland P. Ladenson Scholarship**

**Eligibility:** Students must be committed to pursuing a career as a primary care physician. Students must also have started their clinical training and demonstrate exceptional intellectual and humanistic qualities with patients, peers and teachers.

**Amount:** $2,000

**Deadline:** September 1, 2015

**Application:** This is a nomination based scholarship. Please contact Robin Hill at hillrob@umkc.edu if you would like to be considered.

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**UMKC School of Medicine KNOW OPPORTUNITIES**

**OPPORTUNITIES**
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 nnpqm9@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: June1st.
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.
SAVE THE DATE October 9-11, 2015
Loews Hotel—Rosemont, Illinois 5 minutes from O'Hare
www.iafp.com/fmm

Theme for 2015
Celebrating Diversity: Our Patients, Our Communities and Ourselves!

No other specialty can celebrate the vast diversity of settings, patients, opportunities and relationships of family medicine.

Scholarships available for students enrolled in Midwest medical schools.

Find Your Family Medicine Future at FM Midwest:
- Clinical workshops
- Inspiring Plenaries and breakouts for faculty, resident and student attendees
- Residency Fair with Career Connections and Fellowship Opportunities
- Family Medicine Fun!
- Abstract submissions now open until late May!

STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS
Arterial vs Venous Disease: Learn about Peripheral Vascular Disease!

Cardiology Interest Group (C.I.G)

Theatre B: 5:00 June 22, Monday

We’ll also be discussing research opportunities in Cardiovascular Medicine

Pizza will be offered!!!
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 Niloo Far Shahmohammadi at shahmohammadin@umkc.edu.