GENERAL ANNOUNCEMENTS

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:

Plan in advance & give yourself plenty of time. Review daily and don’t get behind!

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

WELLNESS

Niloofar’s Weekly Wellness Tip

Self-Care Printable

You guys! I love this! So much of the time when we don’t feel good, there’s a very small action step we can take that will help us move in the right direction. Or, we are thinking that our feelings are “real”, when in fact they are just the temporary result of being tired or dehydrated or having had too much sugar. Print this out and put it somewhere where you can see it. Whenever you are feeling like giving up, or just feeling a little off, go through these questions and take care of yourself! ~Niloofar 😊

https://drive.google.com/file/d/0B6A2F5ky9SELU0Zfd05YMEpyNUk/view?pli=1
Everything Is Awful and I'm Not Okay: questions to ask before giving up

Are you hydrated?  
If not, have a glass of water.

Have you eaten in the past three hours?  
If not, get some food — something with protein, not just simple carbs. Perhaps some nuts or hummus.

Have you showered in the past day?  
If not, take a shower right now.

Have you stretched your legs in the past day?  
If not, do so right now. If you don’t have the energy for a run or trip to the gym, just walk around the block, then keep walking as long as you please. If the weather’s crap, drive to a big box store (e.g., Target) and go on a brisk walk through the aisles you normally skip.

Have you said something nice to someone in the past day?  
Do so, whether online or in person. Make it genuine; wait until you see something really wonderful about someone, and tell them about it.

Have you moved your body to music in the past day?  
If not, jog for the length of an EDM song at your favorite tempo, or just dance around the room for the length of an upbeat song.

Have you cuddled a living being in the past two days?  
If not, do so. Don’t be afraid to ask for hugs from friends or friends’ pets. Most of them will enjoy the cuddles too; you’re not imposing on them.

Have you seen a therapist in the past few days?  
If not, hang on until your next therapy visit and talk through things then.

Have you changed any of your medications in the past couple of weeks, including skipped doses or a change in generic prescription brand?  
That may be screwing with your head. Give things a few days, then talk to your doctor if it doesn’t settle down.

If daytime: are you dressed?  
If not, put on clean clothes that aren’t pajamas. Give yourself permission to wear something special, whether it’s a funny t-shirt or a pretty dress.

If nighttime: are you sleepy and fatigued but resisting going to sleep?  
Put on pajamas, make yourself cozy in bed with a teddy bear and the sound of falling rain, and close your eyes for fifteen minutes — no electronic screens allowed. If you’re still awake after that, you can get up again; no pressure.

Do you feel ineffective?  
Pause right now and get something small completed, whether it’s responding to an e-mail, loading up the dishwasher, or packing your gym bag for your next trip. Good job!

Do you feel unattractive?  
Take a goddess selfie. Your friends will remind you how great you look, and you’ll help fight society’s restrictions on what beauty can look like.

Do you feel paralyzed by indecision?  
Give yourself ten minutes to sit back and figure out a game plan for the day. If a particular decision or problem is still being a roadblock, simply set it aside for now, and pick something else that seems doable. Right now, the important part is to break through that status, even if it means doing something trivial.

Have you over-exorted yourself lately — physically, emotionally, socially, or intellectually?  
That can take a toll that lingers for days. Give yourself a break in that area, whether it’s physical rest, taking time alone, or relaxing with some silly entertainment.

Have you waited a week?  
Sometimes our perception of life is skewed, and we can’t even tell that we’re not thinking clearly, and there’s no obvious external cause. It happens. Keep yourself going for a full week, whatever it takes, and see if you still feel the same way then.

You’ve made it this far, and you will make it through. You are stronger than you think.

Things to Do in KC This Week

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

Overland Park Farmers’ Market: July Evening Market – Wednesday, July 1st. 4PM-7:00PM.  
Join us on the first Wednesday of the month for fresh produce, artisan foods, live music and cold beer. The evening markets will take place on the first Wednesday of the month throughout the summer! For more info visit:  http://www.opkansas.org/things-to-see-and-do/farmers-market/
<table>
<thead>
<tr>
<th><strong>Heart of America Shakespeare Festival</strong>:</th>
<th>June 30th-July 5th. Gates open at 6:00PM. Show starts at 8:00PM. Southmoreland Park. Free. Donations welcome. This year’s production is “King Lear”. For more information visit: <a href="http://www.kcshakes.org">http://www.kcshakes.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>KC Riverfest</strong>:</td>
<td>Saturday, July 4th. 4PM-10PM. KC Riverfest is THE premiere Independence Day celebration in the region, located along the beautiful Missouri Riverfront, overlooking the Downtown Kansas City skyline. KC Riverfest features one of the largest fireworks shows in the Midwest plus two stages of music, kids activities, delicious food and refreshing beverages and much more! 2015’s music lineup will feature some of Kansas City’s best entertainment bands, including The Zeros, Patrick Lentz Band, Revelation: A Tribute to Journey and others! Admission is FREE from 4:00 p.m. - 5:00 p.m. and just $5 after! The unrivaled fireworks show begins at approximately 10:00 p.m.! For more info visit: <a href="http://www.kcriverfest.com/">http://www.kcriverfest.com/</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!) |

<table>
<thead>
<tr>
<th><strong>Wellness Council</strong></th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NEXT MEETING!</strong>:</td>
<td>Tuesday, July 14th, 2015 5:30PM, Gold 4 Conference Room</td>
</tr>
</tbody>
</table>

<p>| <strong>Financial Literacy Article of the Month</strong> | <a href="http://www.doughroller.net/credit/free-fico-credit-score-myfico-com/">http://www.doughroller.net/credit/free-fico-credit-score-myfico-com/</a> |</p>
<table>
<thead>
<tr>
<th>Scholarship</th>
<th>Thomas W. Loeb, MD Scholarship</th>
</tr>
</thead>
<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://thomasloebmd.com">http://thomasloebmd.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 <a href="#">Scholarship Application Form</a> and confirmation email with all the details and information necessary to apply for the scholarship awards.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Scholarship</th>
<th>Concussion Awareness Scholarship</th>
</tr>
</thead>
<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>
<tr>
<td></td>
<td>Contact Robin Hill at <a href="mailto:hillrob@umkc.edu">hillrob@umkc.edu</a> with questions.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Scholarship</th>
<th>SignatureCare Emergency Center Student Scholarship</th>
</tr>
</thead>
</table>
| **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. |

<table>
<thead>
<tr>
<th>Scholarship</th>
<th>Karman Healthcare Scholarship</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eligibility:</strong></td>
<td>students suffering from a mobility disability</td>
</tr>
<tr>
<td><strong>Amount:</strong></td>
<td>2 $500 scholarships</td>
</tr>
<tr>
<td><strong>Application Process Deadline:</strong></td>
<td>September 1, 2015</td>
</tr>
<tr>
<td></td>
<td>Please see or email Robin Hill for details at <a href="mailto:hillrob@umkc.edu">hillrob@umkc.edu</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Scholarship</th>
<th>Boone Count Medical Society Scholarship</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eligibility:</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Amount:</strong></td>
<td>$2,000</td>
</tr>
<tr>
<td><strong>Deadline:</strong></td>
<td>September 1, 2015</td>
</tr>
<tr>
<td><strong>Application:</strong></td>
<td>Contact Robin Hill at <a href="mailto:hillrob@umkc.edu">hillrob@umkc.edu</a> for an application</td>
</tr>
</tbody>
</table>
**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.

---

**Society of 1924 Medical School Scholarship – Southern Medical Association Alliance**

**Eligibility:** 5th year student who exhibits both academic and leadership qualities.

**Amount:** $2,000

**Deadline:** September 15th

**Application:** [http://smaalliance.org/scholarship](http://smaalliance.org/scholarship)

Please see or email Robin Hill if you have questions. hillrob@umkc.edu

---

**National Hispanic Health Professional Student Scholarship Program**

**Eligibility:** Hispanic students or students with a passion for working with the Hispanic community

**Amount:** $2,000 - $5,000 (17 students will be awarded)

**Deadline:** September 18th

**Application:** [http://nhmafoundation.org/index.php/scholarship-program](http://nhmafoundation.org/index.php/scholarship-program)

Please see or email Robin Hill if you have questions. hillrob@umkc.edu

---

**OPPORTUNITIES**
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
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.