GENERAL ANNOUNCEMENTS

SOM Roo Fair

Representatives from School of Medicine student organizations are invited to showcase their organization at the annual Year 1 Med Student Roo Fair Sunday, August 23rd. If your organization is interested in participating, email Niloofar Shahmohammadi at shahmohammadin@umkc.edu to reserve your table.

When: Sunday, August 23rd, Set-up at 1:30pm, Students arrive at 1:45pm
Where: Pierson Auditorium in Atterbury Student Success Center

See you there!

AAMC Student Newsletter

July newsletter for AAMC Organization of Student Representatives

https://drive.google.com/file/d/0B3u4k6DBhliEWGFCYUJhN1FsUHM/view

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:

Do your homework when assigned, whether you have to turn it in or not. It’s designed to help you learn the information in small, manageable doses—while there is still time to get help if you need it!

For more help with studying smart, contact Kathy Phillips, Learning Resource Specialist, at phillipsk@umkc.edu
Niloofer’s Weekly Wellness Tip

Take a Hike to Do Your Heart and Spirit Good

“Too many people think you have to exercise really, really hard to get a benefit, and nothing could be further from the truth,” Church says. “You’re actually getting, probably, 95 percent or more of the benefits when you’re walking as compared to jogging.”

Church says walking has many tangible effects on health — lower blood pressure, lower cholesterol, and an overall lower risk of heart disease.

And, he has the research to back that up. Church headed a study with 464 postmenopausal women who, for six months, came into the lab to walk a treadmill while researchers watched. One group walked 73 minutes a week; another group walked 136 minutes, and a third group walked for 190 minutes weekly.

These women weren’t strolling, but they weren’t race walking either. They were walking at a slow to moderate pace, and could easily carry on a conversation.

“One of the things we really learned from the study — and I guess we shouldn't be surprised, but we were — was how often the group that was only doing 73 minutes a week at a very slow pace benefited, no matter what we looked at," Church says.


Things to do in KC This Week

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

11th Annual Kansas City Fringe Festival: July 16th-26th. KC Fringe Festival is an annual 11-day performing and visual arts extravaganza. It straddles a thin, frayed line between mass appeal and eclectic tastes. Fringe links these two worlds together, showing that it is the bridge you take to be inspired and entertained no matter what your taste may be. For more information and a schedule of performances visit: [http://kcfringe.org/](http://kcfringe.org/)

Free Weekender at Crown Center: Every Friday night through August 7, 2015, Crown Center in Kansas City is holding a Weekender Event that includes live music by a local band, food trucks, and a movie. Admission is free. The gates open at 5:00 p.m. The bands starts at 6:00 and the movie at around 9:00. Here’s the movie schedule:

- 7/24: The Blind Side
- 7/31: The Amazing Spiderman
- 8/7: Frozen (sing-along)

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!)

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, August 11th, 2015 5:30PM, Gold 4 Conference Room
Seeking Volunteers for Video Project

Have you struggled with any of the issues listed below? And would you be willing to speak about it on camera to help students realize they’re not alone? If so, please email Niloofar Shahmohammadi, Wellness Program Coordinator, at shahmohammadin@umkc.edu

- Doubts about whether or not you really want to be a doctor
- Feeling like a fraud, like no one really knows how much you’re struggling even though on the outside you’re keeping up appearances
- Feelings of failure
- The feeling that everyone else is doing much better than you are
- Depression or anxiety
- Lower board scores than you had hoped
- Anything else you want to share with other students/that you think would help others 😊

SCHOLARSHIPS

Financial Literacy Article of the Month

Many students put their finances and student loan debt on the back burner during their schooling. Whether it’s because looking at it only causes anxiety or because their parents do it all for them, it’s never a good idea for them to stick their head in the sand when it comes to money. It is very common to get stressed over this subject but nonetheless, it’s important to have the knowledge and to utilize the resources.

The article below speaks to that and shows that you are not alone if you are doing this. The important thing to remember is that your tuition and fees cover a gamut of resources and the Financial Literacy Counselor is one of them. If you feel yourself being out of touch because your parents are “handling everything” or because it “just stresses you out” please take time to meet with me. I will walk you through everything until you understand. It’s important to take ownership over money. Blindly spending while someone else pays the bill or ignoring the reality won’t make it go away. If you don’t deal with it now and start the learning process you will have to deal with it in residency. I will help you. All I want for you is to have an understanding of what is going on and how your decisions impact your future. Please read the article below and come see me ANY TIME if you just want to talk about finances, get ideas or ask questions. I’m here for you!!! 😊


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
<table>
<thead>
<tr>
<th>Scholarship</th>
<th>Karman Healthcare Scholarship</th>
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<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>
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<tr>
<td><strong>Application Process Deadline:</strong></td>
<td>September 1, 2015</td>
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Please see or email Robin Hill for details at hillrob@umkc.edu

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<thead>
<tr>
<th>Scholarship</th>
<th>Boone Count Medical Society Scholarship</th>
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<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>
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<tr>
<th>Scholarship</th>
<th>Roland P. Ladenson Scholarship</th>
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<tr>
<td><strong>Eligibility:</strong></td>
<td>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.</td>
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<tr>
<td><strong>Amount:</strong></td>
<td>$2,000</td>
</tr>
<tr>
<td><strong>Deadline:</strong></td>
<td>September 1, 2015</td>
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<tr>
<td><strong>Application:</strong></td>
<td>This is a nomination based scholarship. Please contact Robin Hill at <a href="mailto:hillrob@umkc.edu">hillrob@umkc.edu</a> if you would like to be considered.</td>
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<tr>
<th>Scholarship</th>
<th>Society of 1924 Medical School Scholarship – Southern Medical Association Alliance</th>
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<td><strong>Eligibility:</strong></td>
<td>5th year student who exhibits both academic and leadership qualities.</td>
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<tr>
<td><strong>Amount:</strong></td>
<td>$2,000</td>
</tr>
<tr>
<td><strong>Deadline:</strong></td>
<td>September 15th</td>
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<tr>
<td><strong>Application:</strong></td>
<td><a href="http://smaalliance.org/scholarship">http://smaalliance.org/scholarship</a></td>
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Please see or email Robin Hill if you have questions. hillrob@umkc.edu

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<tr>
<th>Scholarship</th>
<th>National Hispanic Health Professional Student Scholarship Program</th>
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<td><strong>Eligibility:</strong></td>
<td>Hispanic students or students with a passion for working with the Hispanic community</td>
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<tr>
<td><strong>Amount:</strong></td>
<td>$2,000 - $5,000 (17 students will be awarded)</td>
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<tr>
<td><strong>Deadline:</strong></td>
<td>September 18th</td>
</tr>
<tr>
<td><strong>Application:</strong></td>
<td><a href="http://nhmafoundation.org/index.php/scholarship-program">http://nhmafoundation.org/index.php/scholarship-program</a></td>
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Please see or email Robin Hill if you have questions. hillrob@umkc.edu
Do you feel overwhelmed by the 120+ specialty and sub-specialty training options?

Careers in Medicine wants to make it easy for you to learn about all available options to ensure you find the right fit.

We’ve chosen 9 niche, undersubscribed or little known areas of medical practice for a deep dive into what physicians in these fields do, length of training, competitiveness factors, and medical research that is revolutionizing the field.

Along the way we will be busting myths and answering your questions.

Follow our new Medical Student communities at www.facebook.com/AAMCMedStudent or on Twitter@AAMCMedStudent and check in when you can between July 6 and September 5 to prepare to make your own #SpecialtyChoice.

Specialty schedule:

Nephrology 7/6-7/11
Sleep Medicine 7/13-7/18
Psychiatry 7/20-7/25
Ophthalmology 7/27-8/1
Physical Medicine and Rehabilitation 8/3-8/8
Surgical Critical Care 8/10-8/15
Pediatric Pulmonology 8/17-8/22
Preventive Medicine/Occupational and Environmental Medicine 8/24-8/29
Otolaryngology 8/31-9/5
Anesthesiology Interest Group Election Results

Congratulations to our new Anesthesiology Interest Group Officers!

Co-Presidents: Roshan Babu, Greg Miller
Co-Vice Presidents: Farhan Raza, Salman Sagarwala

ASA Delegate: Cate Curcuru

Secretary: Supriya Dasari

Treasurer: Jake Kuhlman

Web Master: Vivek Singam

Years 1&2 Awareness Chair: Anthony Okafor

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Family Medicine Interest Group

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Cox Family Medicine Residency invites all MSIII and MSIV UMKC students interested in Family Medicine to a dinner at

**BRIO Tuscan Grille**

Country Club Plaza
502 Nichols Rd
July 29 6:30pm-8pm

Join us for dinner and residency information presented by Residency Administrator, Resident and Program Director

RSVP to Tonya Fisher, Residency Administrator, 417-269-8733 or tonya.fisher@coxhealth.com no later than July 27, 2015

Cox Family Medicine Residency Springfield, MO www.coxhealth.com/fmr
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.