**Diversity and Inclusion at the SOM**

It has recently come to the School of Medicine’s attention that there are some concerning behaviors occurring on the docent units regarding inappropriate statements and discriminatory remarks referring to color, race, religion, behavior and appearance. The University of Missouri-Kansas City mission and value statement regarding inclusion embraces a broad spectrum of diversities, including race, ethnicity, culture, nationality, gender, age, sexual orientation, disability, linguistic ability, learning style, religion, socioeconomic and veteran status, life experiences, educational level and family structure. If you experience remarks or encounter others who are engaged in actions that deviate from UMKC’s mission and values, please utilize your resources to stop the behavior. This is your school, and you play a large role in the environment. Do your part and politely redirect those who are speaking inappropriately. If you are not comfortable doing so, you can contact your docent and/or ETC with questions or concerns. Sam Turner, the medical school’s diversity consultant, is also available to meet with those with concerns and can be reached at turnersam@umkc.edu. Over the course of the school year, we will offer presentations and workshops to discuss how we can make our environment, and our interactions with each other, more respectful. This institution will always strive to create a safe and supportive environment for its students, staff, and faculty. We want, and need your help. Please do your part to keep UMKC and the School of Medicine a place that we all can be proud of and enjoy.

**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!

**Student Curriculum Ambassadors**

The final Student Curriculum Ambassadors have been selected for 2015-2016. They will assist on ad hoc committees and gather feedback from peers to share with the Council on Curriculum student representatives.

- Year 1 – call for applications will go out in September  
- Year 2 – Athira Jayan; Ashwath Kumar  
- Year 3 – Taylor Carter; Jonah Graves  
- Year 4 – Krishna Kumar; Haley Wardrip  
- Year 5 – Sally Azer; Payal Patel  
- Year 6 – Chizitam Ibezim; Isadore Tarantino
Study Smart!

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

Have a dedicated place to study, somewhere that is free of distractions such as people, pets, TV, etc. It should be comfortable, but don’t use your bedroom or a soft couch somewhere-- sit upright, or you’re asking for trouble! Make this the spot where to go to get your “study groove” on!

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

WELLNESS

Have you Ever Doubted Whether or Not You Belong in This Program (VIDEO)?

Over the last couple of months, I have written several posts here in the In the Know about the fact that many students are struggling in silence. I’ve written about the power of vulnerability, of opening up and sharing with classmates, and about the idea that what you see on Facebook is FAKE!
I also have heard, over and over again, that while staff members address these issues, students want to hear about them from other students. You want someone to step up and be a leader and tell you about their experiences (including the hard ones) personally and plainly. It was for that reason that the Wellness Council decided to start a Wellness Video Project. We want to bring you stories and advice from real students. Students who have had problems, even if you couldn’t tell on the outside.

The topic of the first video was “Have you Ever Doubted Whether or Not You Belong in This Program?” Have you ever wondered if you should drop out or felt like maybe other people were handling it all so much better than you? Two amazing students volunteered to share on camera, and I hope you’ll find their vulnerability healing. You may recognize yourself in them, and that is exactly the point. Whatever you’re going through, you’re not the only one. My hope is that more and more students will be as brave as these two were in the making of this video.

I’d like to make more videos on other topics, so if there’s something you want addressed, or a message you’d like to share with your fellow students, please send me an email with your idea.

And, please, share this video on your Facebook…Twitter…email. Share it with your friends, classmates, mentees or whoever you think could use it.

Lastly, if you can think of a great name for this video campaign, let me know!

P.S. Please excuse the poor video quality/setup…these will get better with practice ;)

–Niloofar

https://www.youtube.com/watch?v=JLME-KqjtKk

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**Things to Do in KC This Week**

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

**First Fridays in the Crossroads:** On the First Friday of every month, thousands of residents and visitors fill the sidewalks of the Crossroads in Kansas City, enjoying what has become the city's liveliest and most popular event. Arts organizations, galleries, studios, and a wide variety of local businesses feature regional and national artists as well as live entertainment starting at 5 p.m. Best explored on foot, the First Friday tradition continues to grow with up to 10,000 attendees. Most make it an evening, with dinner and drinks from a colorful array of restaurants and entertainment venues. For more info visit: [http://kccrossroads.org/first-fridays/](http://kccrossroads.org/first-fridays/)

**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: August 7th’s movie: Frozen (sing-along)

**Kansas City Comic Con:** Bartle Hall. Kansas City's hometown comic book convention taking place August 7-9 at Bartle Hall! Follow along on Twitter at @KCComicCon and on Instagram at @kansascitycomiccon. Check out the website for more info. [http://www.kansascity-comiccon.com/](http://www.kansascity-comiccon.com/)

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://calendar.inkkc.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

Year 3-6 Peer Mentors Needed!

Application open to current Year 3-6 students

Students selected as mentors will be added to a website and list of students available to help other students seeking advice or mentorship

Peer Mentors are NOT academic tutors or simply academic mentors but will support students with all kinds of general wellness issues and other concerns in addition to academics.

For further details regarding the Year 3-6 Peer Mentor Program or to apply, please contact Niloofar Shahmohammadi at shahmohammadin@umkc.edu

DUE AUGUST 21st, 2015
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!! 😊


### 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.

### 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.

### 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

### Boone Count Medical Society Scholarship
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.

Scholarship

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

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

Scholarship

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

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

OPPORTUNITIES

Careers in Medicine

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

STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS

Step up to the plate for the
PUBLIC HEALTH & SAFETY FAIR
Kauffman Stadium

BP and Glucose screenings
9am - 2pm | August 15th
Kauffman Stadium

Signups on Facebook
<table>
<thead>
<tr>
<th>Announcements Format</th>
<th><strong>Policy for In the Know Announcement Submissions</strong></th>
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<tbody>
<tr>
<td></td>
<td>1) All submissions <strong>must be in JPG format</strong> (if the announcement is a flyer). PDF and Word documents must be converted to JPG before being emailed to <a href="mailto:shahmohammadin@umkc.edu">shahmohammadin@umkc.edu</a></td>
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<tr>
<td></td>
<td>2) If the announcement is a <strong>text only announcement, please include it in the body of your email</strong>. Please use black font only and include a title for your announcement such as “Emergency Medicine Interest Group”.</td>
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<td></td>
<td>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 <strong>revision for your specific announcement will not be sent out to the school</strong>. 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).</td>
</tr>
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<td></td>
<td>Submissions which do not meet the new requirements <strong>will be returned to sender</strong> requesting the appropriate edits. The announcement may then be resubmitted to <a href="mailto:shahmohammadin@umkc.edu">shahmohammadin@umkc.edu</a> for inclusion in the In the Know.</td>
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<td></td>
<td>4) To be included in the following Monday’s “In the Know”, announcements <strong>must be submitted by 5PM the prior Thursday</strong>.</td>
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To submit information for the next Student Affairs Weekly Announcement, send an email to Niloofar Shahmohammadi at shahmohammadin@umkc.edu.