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.

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!

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
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:

Look at your class material in advance. You’ll understand the lecture better if you already have a little bit of background information!

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](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)*

**Sunset Yoga (Free!):** Onelife Fitness - Kansas City presents FREE Sunset Yoga on **Wednesday, August 12th at 7pm** on the Rooftop Park above **Cosentino’s Market Downtown**. The yoga class is FREE to attend and is open to the public. All ages welcome. Arrive early to get a good spot! Space is limited. Attendees are encouraged to BYOM- bring your own mat and a friend. Parking validation for the parking garage at 1261 Main St. Take the elevator to the Rooftop Park on the 6th floor. For more info contact (816) 268-2302. [https://www.facebook.com/events/912029958854199/](https://www.facebook.com/events/912029958854199/)

**August Second Friday Happy Hour (Free!):** Friday, August 14th. Nelson Atkins. Join YFA and our August Happy Hour partners, **Synergy Services** and Live KC for an evening of live music and networking. Enjoy complimentary appetizers and a cash bar with special prices for museum members. Not a member? Join during happy hour and receive a free drink! [https://www.facebook.com/events/1487979954807154/](https://www.facebook.com/events/1487979954807154/)

**Foam Glow 5K:** Saturday, August 15th. What is Foam Glow™ 5K? Foam Glow™ 5k is a unique experience focused less on speed and more on Glow in the dark fun with friends and family. Glowing runners come from all different ages, shapes, sizes, and speeds; but everyone who registers to glow has the time of their life. Whether you are a long term runner or a walk around the park stroller, the 3 miles of the Foam Glow™ course will have you shining bright and waiting for the next run. [https://www.facebook.com/events/1487979954807154/](https://www.facebook.com/events/1487979954807154/)

For more events, visit Ink Magazine’s online, searchable calendar: [http://calendar.inkkkc.com/](http://calendar.inkkkc.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

Year 3-6 Peer Mentors Needed!

Applications due August 21st, 2015

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
This article is a good reminder of how important it is to stay on top of paying back your loans. The key thing to remember is that there are so many protections put into place that if you aren’t able to make full payments and you are communicating with your lender, you should NEVER be in this place.


### 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

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

**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

### 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](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](http://nhmafoundation.org/index.php/scholarship-program)

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

## OPPORTUNITIES

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](http://www.facebook.com/AAMCMedStudent) or on Twitter[@AAMCMedStudent](http://twitter.com/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
Are you a student, or do you know a student, who is interested in learning the value and application of research in the study and practice of medicine? The goal of the Sarah Morrison Student Research Award is to help UMKC School of Medicine students by providing funds to support the expenses of such research. **Students must submit an application packet to UMKC SOM Research Administration by October 1, 2015.**

The application packet should include:

- **Application Form**
- **Reference Form** from at least 3 UMKC SOM faculty including the student’s research mentor.
- **Project protocol**
  - Please contact Research & Statistical Consult Service (RSCS), at 816-235-6617 for consult prior to submitting your protocol.
- **Proposed project budget - up to $1,500**
  - If research costs will be incurred at Children’s Mercy Hospital (CMH), please contact CMH Research Administration at (816) 701-1345 to obtain accurate numbers for your budget.
- **A current transcript**
  - Pathway transcripts accepted.
- **Resume/CV**

For more information please visit the website: [http://med.umkc.edu/ora/student_awards/](http://med.umkc.edu/ora/student_awards/)

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**STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS**

**Orthopaedic Interest Group (OIG)**

Are you interested in orthopaedic surgery and would like to become more involved with UMKC’s Orthopaedic Surgery Interest Group (OSIG)? If you have enjoyed attending our events and have leadership qualities, please consider applying to become an officer. All applications are due August 21st. For more details and to apply see the attached application.

Please contact osig.umkc@gmail.com with questions.

Stay up to date with OSIG events by liking [www.facebook.com/ortho.umkc](http://www.facebook.com/ortho.umkc)

Application attached to this week’s In the Know Email.

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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, August 11th, 2015 5:30PM, Gold 4 Conference Room
BP and Glucose screenings
9am - 2pm | August 15th
Kauffman Stadium

Signups on Facebook
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.