### 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 shahmohammadir@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
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

23 Tips For Drinking More Water Each Day

We all know we’re supposed to drink more water. We’ve all heard about the “8 cups a day rule” or the newer, supposedly more accurate “Divide your body weight in half and drink that amount of water in ounces” rule. But even though we know we should, we often struggle to actually do it. Well here is a great article with 23 tips and tricks to make it easier! ~Niloofar ☺

http://www.onegoodthingbyjillee.com/2013/01/23-tips-for-drinking-more-water-each-day.html
Things to Do in KC This Week

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

**Third Thursday at the Nelson:** Thursday, August 20th. Introducing your not-so-quiet night at the museum! Join the revelry every third Thursday of the month for live music, free programs, art activities and more that showcase the talents of local artists, communities and businesses...all just for adult audiences! Designed for visitors college-age to 45, but all adults are welcome. [http://nelson-atkins.org/education/third-thursday.cfm?utm_source=NA&utm_medium=redirect&utm_campaign=thirdth](http://nelson-atkins.org/education/third-thursday.cfm?utm_source=NA&utm_medium=redirect&utm_campaign=thirdth)

**36th Annual Ethnic Enrichment Festival (Friday-Sunday):** Swope Park. Feel the world beat in the heart of America. This event is one of the largest festivals of its kind in the country and features more than 60 different cultures selling their native foods, crafts and performing ethnic music and dances. The festival is held during the third full weekend of August near the front entrance of historic Swope Park. For more information, visit the Ethnic Enrichment Commission. For more info visit: [https://www.facebook.com/events/166548820325259/](https://www.facebook.com/events/166548820325259/)

**Kansas City Aviation Expo and Airshow:** Charles B. Wheeler Downtown Airport. August 22-23. For more info visit: [www.kcairshow.com](http://www.kcairshow.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://www.kansascityonthecheap.com) (which also has great deals and coupons!)

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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, September 8th, 2015 5:30PM, Gold 4 Conference Room
Year 3-6 Peer Mentors Needed!

Year 3-6 Peer Mentors

Apps 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 Nilooifar Shahmohammadi at shahmohammadin@umkc.edu

DUE AUGUST 21st, 2015
Counseling Center

Free LEMONADE STAND
and cupcakes!*

Tuesday, August 25, 11:30 am - 1 pm
Walkway between Health Sciences Bldg. & School of Medicine
Free souvenir cup to the first 200 people
Stop by to meet the Counseling Center staff!

UMKC Counseling Center
umkc.edu/counselingcenter
816-235-1635

*while supplies last
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.

<table>
<thead>
<tr>
<th>Scholarship</th>
<th>Thomas W. Loeb, MD Scholarship</th>
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<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 Scholarship Application Form and confirmation email with all the details and information necessary to apply for the scholarship awards.</td>
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<tr>
<th>Scholarship</th>
<th>Concussion Awareness Scholarship</th>
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<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) &lt;u&gt;that has been accepted or attends&lt;/u&gt; 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>
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<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>
</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>
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<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>
</tr>
<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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<tr>
<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>
</tr>
<tr>
<td><strong>Application:</strong></td>
<td><a href="http://smaalliance.org/scholarship">http://smaalliance.org/scholarship</a></td>
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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:

Specialty: Nephrology
Date: 7/6-7/11

Specialty: Sleep Medicine
Date: 7/13-7/18

Specialty: Psychiatry
Date: 7/20-7/25

Specialty: Ophthalmology
Date: 7/27-8/1

Specialty: Physical Medicine and Rehabilitation
Date: 8/3-8/8

Specialty: Surgical Critical Care
Date: 8/10-8/15

Specialty: Pediatric Pulmonology
Date: 8/17-8/22

Specialty: Preventive Medicine/Occupational and Environmental Medicine
Date: 8/24-8/29

Specialty: Otolaryngology
Date: 8/31-9/5

Sarah Morrison Student Research Award

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/

STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS

Emergency Medicine Interest Group (EMIG)

EMERGENCY MEDICINE INTEREST GROUP PRESENTS

INTERESTING CASES IN THE ED

With Speaker: Dr. Fried
August 18th at 17:30
Theater B
OB/GYN Interest Group will be having a meeting about how to do well on your OB/GYN clerkship

Thursday, August 20, 2015
5:30p
Theatre C

Whether you are looking for tips or have advice to offer, we would love to have you!

Please contact obgyninterest.umkc@gmail.com to RSVP and for further details!

Officer Application - Orthopaedic Surgery Interest Group

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

Application attached to this week’s In the Know Email.
Anesthesiology Interest Group (AIG) Presents:

Residency, Interviewing, and the Match

What: Dr. Brandenburgh will be discussing the match process, including applying to programs and interviewing
When: Monday, September 14th at 6 PM
Where: Theater C, UMKC SoM 1

For questions, contact:
Greg Miller – gcm06db@umkc.edu
Rohan Balu – rcbrg3@umkc.edu
ROOS ON CALL

WADDELL AND REED MARATHON

AID STATION VOLUNTEERING

SAT OCT 17 • 10AM-2PM

SIGNUP INSTRUCTIONS:

Facebook UMKCROC
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.*