Located on the second floor of the School of Medicine, the Medical Education Media Center offers a wide selection of resources for audiovisual and hands-on learning. In addition to anatomical models, the media center has computers installed with educational software, instructional videos and board prep materials. Learn more at http://med.umkc.edu/memc/

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

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! ~Niloofer 😊

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)

City Market Cinema: Friday, August 28th. City Market Cinema returns with movies under the stars on the Final Fridays of July and August!! City Market Park and Kansas City’s beautiful skyline are the setting for the community to gather on a summer evening and enjoy a classic feature film together.

Come early and enjoy dinner at one of the many restaurants in the City Market or bring a lawn chair and blanket for a picnic in the park prior to the show!

City Market Cinema is in City Market Park, located at 3rd & Main just outside City Market Coffee House. Admission is free and movies begin at 9:00 p.m.

August 28: Caddyshack

India Fest 2015: Sunday, August 30th. 11AM-5PM. Overland Park Convention Center. India Association of Kansas City is proud to announce its annual event India fest will be hosted on August 30th 2015! With over 100 stalls and more than 8000 people visiting our event last year we are hoping for a bigger crowd and more stalls this year.

IAKC is a non-profit volunteer umbrella organization that represents all sister organizations and non-profit organizations of the community of Indian heritage in the Greater Kansas City. IAKC provides information about the Indian community, and holds many events which are open to the public. 2015 is a very special year for IAKC, we are completing 50 glorious years of community involvement and service. Our executive committee and Board are Trustees are excited to bring together the 4th Annual India Fest!! For more info visit: http://www.iakc.org/index.html

For more events, visit Ink Magazine’s online, searchable calendar: http://calendar.inkkc.com/ and Kansas City on the Cheap: 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, September 8th, 2015 5:30PM, Gold 4 Conference Room
Counseling Center
Lemonade and Cupcake Stand

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
Financial Literacy Article of the Month

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>
</tr>
</thead>
<tbody>
<tr>
<td>Eligibility:</td>
<td>This scholarship award is available to students with a physical or a learning disability.</td>
</tr>
<tr>
<td>Amount:</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>Requirements:</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>To Apply:</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>Amount:</td>
<td>$1,000</td>
</tr>
<tr>
<td>Eligibility:</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>Application:</td>
<td><a href="http://www.thepassrusher.com/concussionawareness.html">http://www.thepassrusher.com/concussionawareness.html</a></td>
</tr>
<tr>
<td>Contact:</td>
<td>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>Eligibility:</td>
<td>students suffering from a mobility disability</td>
</tr>
<tr>
<td>Amount:</td>
<td>2 $500 scholarships</td>
</tr>
<tr>
<td>Application Process Deadline:</td>
<td>September 1, 2015</td>
</tr>
<tr>
<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>Eligibility:</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>Amount:</td>
<td>$2,000</td>
</tr>
<tr>
<td>Deadline:</td>
<td>September 1, 2015</td>
</tr>
<tr>
<td>Application:</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>Society of 1924 Medical School Scholarship – Southern Medical Association Alliance</th>
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<tr>
<td>Eligibility:</td>
<td>5th year student who exhibits both academic and leadership qualities.</td>
</tr>
<tr>
<td>Amount:</td>
<td>$2,000</td>
</tr>
<tr>
<td>Deadline:</td>
<td>September 15th</td>
</tr>
<tr>
<td>Application:</td>
<td><a href="http://smaalliance.org/scholarship">http://smaalliance.org/scholarship</a></td>
</tr>
<tr>
<td>Please see or email Robin Hill if you have questions. <a href="mailto:hillrob@umkc.edu">hillrob@umkc.edu</a></td>
<td></td>
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<tr>
<th>Scholarship</th>
<th>National Hispanic Health Professional Student Scholarship Program</th>
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<tr>
<td>Eligibility:</td>
<td>Hispanic students or students with a passion for working with the Hispanic community</td>
</tr>
<tr>
<td>Amount:</td>
<td>$2,000 - $5,000 (17 students will be awarded)</td>
</tr>
</tbody>
</table>
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

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/
Medical students:

Please note some opportunities listed below for support from the AOA (alpha omega alpha) honor society. Our school has successfully competed for most of these in prior years:

* A recent graduate won the Carolyn Kuckein award for $5000 while he was a student.
* Another student won the national award (best in the nation) for the Pharos Poetry competition.
* We have for many years been helping some of the needy in our area with work initially driven by a grant from the medical student service leadership project. It’s called Second Servings.

Please consider applying for these opportunities, and let me know how I might help you.

Thank you.

John Foxworth, PharmD
Professor of Medicine, Pharmacology, & Biomedical and Health Informatics
Asst. Dean, Faculty Development, School of Medicine
Associate Program Director & Director of Research, Internal Medicine Residency Program
Clinical Pharmacology Section,
Department of Medicine, Truman Medical Center-Hospital Hill
and University of Missouri-Kansas City School of Medicine
Red 4 unit Room M4-133
2411 Holmes St.
Kansas City, MO 64108-2792
voice: (816) 235 1925
e-mail: foxworthj@umkc.edu

CAROLYN L. KUCKEIN STUDENT RESEARCH FELLOWSHIPS
An opportunity for 1st -3rd year medical students to conduct independent research with a mentor. Award amount: $5k. One submission per chapter. Submit Dec. 31st to Councilor, Jan. 31st to National Office.
http://www.alphaomegaalpha.org/student_research.html

HELEN H. GLASER STUDENT ESSAY AWARDS
Encourage students to write scholarly essays and creative narratives relevant to medicine. Essays must be original, by a single author, and on a nontechnical medical subject. Scholarly essays given preference. Winning essays published with monetary prize. All students eligible. One submission per student. Submit online by January 31st.
http://www.alphaomegaalpha.org/student_essay.html

MEDICAL STUDENT SERVICE LEADERSHIP PROJECT AWARDS
Support leadership development for medical students by organizing a service project with structured leadership development. Three years of funding. Award amount: $9k. One submission per chapter. Submit Dec. 31st to Councilor, Jan. 31st to National Office.
http://www.alphaomegaalpha.org/student_service_leadership.html

PHAROS POETRY COMPETITION
Encourage students to write effective poetry. Submitted poetry must be an original, unpublished work by a single author, relating to medicine or health. Winning poems published with monetary prize. All medical students eligible. One submission per student. Submit online by November 30th.
http://www.alphaomegaalpha.org/poetry_competition.html

STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS
Join Surgical Society as we have our first meeting of the 2015-2016! We will have Dr. Talboy come talk about General Surgery and also discuss the goals of the group for the year.
Doctors for America will be having its first meeting EVER!

Thursday, August 27
6:30 pm
Theatre C

We will be discussing the purpose of our organization, our goals, as well as how YOU can get involved as a board member!
SALON
A TEDxUMKC EVENT

A SERIES OF TED TALKS
ABOUT THE INTERSECTION
BETWEEN GROWTH IN A CITY
AND ISSUES WITH URBAN LIFE

JOIN US AUG-31ST
STUDENT UNION ROOM 301
6PM - 7PM | FOOD/DRINK PROVIDED

MORE INFORMATION AT: TEDXUMKC.COM
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 – gcm3db@umkc.edu
Rohan Balu – rcbg3@umkc.edu
ROOS ON CALL

WADDELL AND REED MARATHON
AID STATION VOLUNTEERING

SAT OCT 17 • 10AM-2PM

SIGNUP INSTRUCTIONS:

fUMKCROC
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.