New Tools to Help You Succeed- Now Available on the Media Center’s Website

Have you visited the Medical Education Media Center’s website recently? You can find us at http://med.umkc.edu/memc/. We invite you to check out some of the new ways we’re supporting all of your educational endeavors!

**Online Board Preparation Resources**
- A series of online video lectures on Internal Medicine from leading physicians at Harvard and Brigham’s Women’s Hospital
- Genetic research assistance through OMIM, a comprehensive compendium of human genes that is moderated by professionals at Johns Hopkins University School of Medicine
- Medical images and videos, including digitized pathology slides and videos on surgical procedure
- Lists of media resources on a wide number of relevant topics
- A list of continuing medical education opportunities

And of course, we provide access to our physical resources and online lectures recorded at the university! You can access these via our online catalog. We also encourage you to submit recommendations and feedback.

We hope you’ll use our resources and share them with others.
The Diversity Task Force invites faculty, staff & students to attend a viewing of the film
FROM SEPARATE TO EQUAL
The Creation of Truman Medical Center
4:30 p.m.
Thursday, January 28, 2016
Diastole Scholar’s Center
The Diversity Task force invites you to a viewing of the film From Separate to Equal: The Creation of Truman Medical Center on Thursday, January 28, 2016 at 4:30 p.m. at the Diastole Scholar’s Center (2501 Holmes Street).
This documentary focuses on the realities of segregation in Kansas City area hospitals during the 20th Century. After the film, Dental Librarian Marie Thompson, MLS will moderate a panel discussion with the School of Dentistry faculty and Truman Medical Center Archivist/Historian Mary Kay Liston, D.M.M. Refreshments will be served. Please RSVP for the event at the following link:
http://library.umkc.edu/form/events
If you have any questions, please contact Mary Jane Bruning (bruningm@umkc.edu).
Niloofar’s Wellness Tip

Instead of asking ‘what should I eat?’ we should ask ‘what food is my body calling for right now?’ What would best nourish me in this moment? What would satisfy my desire for something that feels good AND my desire for something that’s healthful for my body?

Things to do in KC This Week

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

**Pop-Up Yoga at Union Station:** Sunday, January 10th. Join the #PopUpYoga tribe for the first practice of 2016 inside the beautiful and historic Union Station!!! We’ll meet in the north lobby for an all-levels yoga flow class. Please bring a yoga mat and a suggested cash donation for the class of $5-$15. All bodies welcome! PS.. bring $5 for garage parking. For more info visit: https://www.facebook.com/events/565405303608385/

**Quote-Along Monty Python and the Holy Grail:** Sunday, January 10th. 7PM. Alamo Drafthouse. Greetings old women it is I, Arthur, your king! That's right, one of the greatest and most quotable movies of all time is getting the quote-along treatment and you can be there for all its sword fighting, coconut clomping glory at the Alamo Drafthouse! As always we'll have the best lines subtitled karaoke style for your quoting pleasure as well as some of the silliest songs you can hope to sing. We'll also have swords for everyone, coconut halves for you to bring your imaginary horses to life and a test of will, dexterity and might prior to the show to recruit some brave knights to our cause (don't go second guessing your favorite colors now). So follow, but follow only if ye be men of valour. For the entrance to this quote-along is guarded by a creature so foul, so cruel that no man yet has fought with it and lived. Bones of full fifty men lie strewn about its lair. So, brave knights, if you do doubt your courage or your strength, come no further, for death awaits you all with nasty, big, pointy teeth. For more info visit: https://www.facebook.com/events/477066395799578/

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 Facebook Page

Please “Like” the Wellness Program on Facebook!

Over the last few weeks, we’ve decided to begin posting “Humans of New York” style posts on the UMKC School of Medicine Wellness Program page on Facebook (of course, featuring Humans of the SOM). This will be the main focus of the page, to create a positive environment and a sense of community and connectedness, but there will also be some wellness articles, tips, and quotes, interspersed throughout, as well. Please visit [www.facebook.com/somwellness](http://www.facebook.com/somwellness) to “Like” the page and don’t forget to leave a comment 😊

### How to Set Up a Wellness Coaching Session

**How to Setup a Private Wellness Session**

A Note from Niloofar Shahmohammadi, M.A. – Wellness Program Coordinator

If you’re struggling with stress, anxiety, time management, depression, roommate issues, relationship or communication problems, eating well, sleep troubles, or anything else (really!), I am available to talk you through it and/or help you determine your next steps. You may not know that I have a Master’s Degree in Counseling and Guidance, with an emphasis in Couples and Family therapy, with plenty of experience working one-on-one with students and clients regarding all kinds of mental health, wellness, and relational issues. **Oftentimes, I am able to talk a student through an issue in just one session.** I am able to provide clear action steps on how to resolve a conflict with a roommate, how to help a friend, how to manage time better, etc. If it seems that an issue is going to require multiple sessions of intensive work, to heal family conflicts or past traumas, I will often provide some immediate guidance and action steps, but will then refer you to the UMKC Counseling Center for further therapy. But for many issues, students are able to gain perspective in one session and then come back periodically to check in with me or to update me on the situation and gain a little bit more perspective.

I know that as students, your time is valuable, so here are some things to note that will make setting up a session easier:

| 1) The BEST way to reach me is via email, at shahmohammadin@umkc.edu. Sometimes strange things happen with voice mails or I may not be in my office if you call or drop by, but I will always see and respond to my emails during normal business hours unless otherwise noted on an out-of-office reply. If for some reason you did not get a response to your email (or phone call) please don’t hesitate to call or email me again! |
| 2) You are ALWAYS welcome to simply drop by my office. If I’m in, I am happy to stop what I’m doing and speak with you, if possible. Many times, however, I have meetings outside of my office, or I am at the Volker campus for office hours. Therefore, the best thing you can do is to email me before you stop by to see if I’m there, or, email me afterwards if I wasn’t around to set up a session as soon as possible. |
| 3) I have office hours 2 days a week at the Volker campus: Wednesdays from 8:30AM-11:30AM and Thursdays, from 2PM-5PM. It’s always best to email first, however, as there are occasions where due to meetings or other scheduled appointments I will be unavailable during that time. |
| 4) Our session will be kept 100% confidential, except in cases where I believe you are at risk of harming yourself or someone else. I will always keep what we talk about private and will NEVER share anything we talk about with other students. In fact, many students have come to talk to me about a roommate, then the roommate comes to talk to me about the first person, and I never let on that I know anything about the situation. I also do not share information with faculty or staff, EXCEPT in cases where I need to consult with your ETC or with Cary Chelladurai, Manager of Student Affairs and/or Dr. Brenda Rogers, Associate Dean for Student Affairs, because I believe you may be at risk for harming yourself or someone else. In such cases, great care is taken to keep the information to only the staff and faculty who need to know and, again, the information is never shared with other students. |
5) If you’ve been thinking of setting up a session – set up a session! Don’t hesitate! Most students find that the experience is not at all scary, and is often beneficial. If you’ve been toying with the idea of coming in to talk, don’t wait! There have been many instances of students who waited too long to talk about an issue, sometimes waiting until it’s too late. I promise it’s not scary, I have plenty of tissues, and even just airing your problems can make all the difference!

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### Scholarships

#### Financial Literacy Article of the Month

**Zero to Millionaire in Ten Years**

Check out this month’s financial literacy article here:


#### 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**

**Amount:** $1,000

**Eligibility:** ANY graduate or undergraduate student (future or current) <u>that has been accepted or attends</u> 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.

#### Scholarship

**National Medical Fellowships**

**Amount:** Not to exceed $5,000

**Deadline:** NA

**Eligibility:** 5th or 6th year underrepresented minority students who need financial assistance and have exhausted all other options.

**Application:** Send a short paragraph to scholarships@nmfonline.org that describes your immediate, extreme financial need, and your reason for application to the NMF Emergency Scholarship Fund.

#### Scholarship

**Buckfire & Buckfire, P.C. 2016 Medical School Diversity Scholarship**
Amount: $2,000
Eligibility:
- Year 3 – 6 students with at least a 3.0 GPA
- Must be a member of an ethnic, racial or other minority OR demonstrate a defined commitment to issues of diversity within their community
Deadline: April 1, 2016


Contact Robin Hill with questions (816)235-1807 or hillrob@umkc.edu

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**Scholarship**

**The Society of Physician Assistant Scholarship**

Eligibility: PA student that displays a strong interest in ENT
Amount: Varies but a minimum of $500
Deadline: May 1, 2016

Process:
1. Be enrolled in either an accredited PA Program or post-graduate program.
2. Demonstrate a financial need (copy of financial aid award letter).
3. Be in good academic standing (copy of unofficial transcripts).
4. Be a student member of SPAO in good standing.
5. Submit a letter from their PA program verifying student status, rotation selection and academic standing.
6. Submit a letter of recommendation from PA program faculty, instructor or preceptor.
7. Prepare a short (500 word) narrative explaining their desire to practice in ENT and personal career goals.

Additional Information: Please visit [http://entpa.org/scholarship](http://entpa.org/scholarship) for more information

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**Student Research Inquiry – Correct Form Link**

Students who are interested in research are encouraged to submit a student inquiry form to the Office of Research.

The Office of Research website, [http://med.umkc.edu/ora/student_overview](http://med.umkc.edu/ora/student_overview), has a lot of information about student endeavors and opportunities.

Students who wish to inquire about becoming involved in a project can access the Student Research Information Form at [http://med.umkc.edu/docs/research/Student_Research_Information_Form.pdf](http://med.umkc.edu/docs/research/Student_Research_Information_Form.pdf).

This is a correct link for inquiry, updated from information that some of you may have erroneously received about the former form.

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**Student Research Opportunities and Fellowships**

**National Institutes of Health Programs:**

**NIH Medical Research Scholars Program**
Application deadline: January 16th, 2016

**NIH Clinical Center Summer Internships**
Application deadline: Late November- March 1st each year
[http://clinicalcenter.nih.gov/training/students/summer_internships.html](http://clinicalcenter.nih.gov/training/students/summer_internships.html)

**NIH Clinical Center Clinical Electives**
Application deadline: Various
http://clinicalcenter.nih.gov/training/students/clinical_electives.html

NIDDK Medical Student Research Program in Diabetes
Application deadline: February 1, 2016
http://medicalstudentdiabetesresearch.org/

Frontiers: The Heartland Institute for Clinical and Translational Research Training Program (TL1)
Application deadline: February 1, 2016
http://frontiersresearch.org/frontiers/TL1-training-program#overlay-context=clinical-doctoral-students

Frontiers: The Heartland Institute for Clinical and Translational Research Summer Research Training Program
Application deadline: Various
http://frontiersresearch.org/frontiers/summer-research-training#overlay-context=

AOA Carolyn L. Kuckein Student Research Fellowship
Application deadline: January 31st, 2016
http://www.alphaomegaalpha.org/student_research.html

The American Physiological Society Programs:
APS Undergraduate Summer Research Fellowships
Application deadline: February 1, 2016
the-aps.org/ugsrf

APS Undergraduate Research Excellence Fellowships
Application deadline: February 1, 2016
the-aps.org/ugref

APS STRIDE Fellowships for Underrepresented Undergraduate Students
Application deadline: February 1, 2016
the-aps.org/stride

APS Excellence in Professional Student (MD or DO) Research Travel Awards
Application deadline: 1 week after the EB abstract deadline
The-aps.org/md-do

American Society of Hematology Programs:
ASH Minority Medical Student Award Program
Application deadline: March 7th, 2016 (January 4th request a mentor deadline)
http://www.hematology.org/Awards/Medical-Student/383.aspx#

ASH Physician-Scientist Career Development Award
Application deadline: Not available yet for 2017.
http://www.hematology.org/Awards/Medical-Student/400.aspx

Memorial Sloan Kettering Cancer Center
Application deadline: Sign up to receive email notification and application
https://www.mskcc.org/hcp-education-training/medical-students/summer-fellowship

Additional descriptions of these opportunities are posted on the Student Research Webpage http://med.umkc.edu/ora/external_opportunities/

Please contact Drs. Wacker, Dall, or Molteni or send an email to UMKC SOM Research (somresearch@umkc.edu) with additional questions.
Global Health Conference Midwest

“Bridging Borders at Home and Abroad”

Global Health Conference Midwest 2016 is an opportunity to connect, collaborate, engage and learn about pertinent and emerging topics in global health.

- Breakout Sessions
- Panel Discussions
- Research Symposium
- Community Fair
- Film Screenings

Featured Keynote Speakers

- **February 5th**
  - 5:10 pm
  - Renasia S. Anthony, MD, MPH
    - We Are the World: A 21st Century Health Disparities Perspective

- **February 6th**
  - 8:45 am
  - Dunces Maru, MD, PhD
    - Building Public Sector Businesses for Healthcare Delivery: View from Nepal

  - 1:45 pm
  - Stephen Luby, MD
    - Lead Intoxication in Rural Bangladesh: Undermining a Healthy Future

Join us and register now at www.ghcmidwest.org

Students – $10.61  Professionals – $31.23

*Prices include event admission and processing fee

2500 California Plaza
Omaha, NE 68102

Creighton University
Mike and Josie Harper Center

This program will offer continuing credits for health professionals. Information on the credits provided, and the number of credits will be available at the above link after November 24, 2015

NIH Research

National Institutes of Health
National Institute on Minority Health and Health Disparities

Medical Research Scholars Program
The National Institutes of Health (NIH) Medical Research Scholars Program (MRSP) provides a unique opportunity for second-, third-, and fourth-year medical students to work with an NIH investigator on a research project, learn new skills, and get to know like-minded peers. Scholars have access to a wide variety of lab settings and to state-of-the-art research and medical facilities.

This comprehensive 12-month residential enrichment program is designed for students interested in research. The MRSP is located on the NIH main campus in Bethesda, Maryland. Scholars live on the campus and receive a stipend.

Scholars engage in mentored basic, translational, or clinical research projects in an area that matches their personal interests and career and research goals.

NIMHD is proud to collaborate on the MRSP for a second year. Our goal is to introduce the MRSP to medical, dental, and veterinary students from diverse racial and ethnic backgrounds and encourage them to consider biomedical research as a career.


NIMHD is available to assist prospective applicants through the process. Applications are due January 15, 2016. To discuss the application process with an NIMHD staff member, contact: MRSP-NIMHD@mail.nih.gov.

Dr. Jannette Berkley-Patton is available to assist UMKC students with their application. Contact her at berkleypattonj@umkc.edu

Domestic Nuclear Detection Office (DNDO) Summer Internship Program

The U.S. Department of Homeland Security (DHS) Domestic Nuclear Detection Office (DNDO) Summer Internship Program will provide opportunities for undergraduate and graduate students to participate in projects focused on helping DNDO meet its mission of “implementing domestic nuclear detection efforts for a managed and coordinated response to radiological and nuclear threats, as well as integration of federal nuclear forensics programs.” Internships will primarily focus on projects related to Advanced Technology Demonstration programs, or are otherwise in the areas of: Materials Research and Supporting Technology, Advanced Analytics, Nuclear Forensics, Program Management, Radiation Detection, and Shielded Special Nuclear Material (SNM) Detection.

Undergraduate students receive a stipend of $600 per week for ten weeks plus travel expenses.

Graduate students receive a stipend of $700 per week for ten weeks plus travel expenses.
Research experiences are anticipated at: Lawrence Berkeley National Laboratory (Berkeley, CA) ● Lawrence Livermore National Laboratory (Livermore, CA) ● Los Alamos National Laboratory (Los Alamos, NM) ● National Security Technologies – Remote Sensing Laboratory (Los Vegas, NV and Andrews AFB, MD) ● Oak Ridge National Laboratory (Oak Ridge, TN) ● Savannah River National Laboratory (Aiken, SC)

Areas of research: Engineering, earth and geosciences, computer science, mathematics, physics, chemistry, biological / life sciences, environmental science, and more.

U.S. citizenship required

Application deadline: January 27, 2016, at 11:59 PM EST

Additional information and how-to-apply instructions can be found at: https://www.zintellect.com/Posting/details/1626

Himalayan Health Exchange

2016 International Health Expeditions Schedule:
Himalayan Health Exchange will organize its 21st annual medical/dental and public health camps in the remote Inner, Greater and Trans- Himalayan regions of north India and Indo-Tibetan Borderlands in 2016. Participation is open to medical students of all levels. Supervision is provided by US based board certified physicians. Each camp is designed to provide care to approximately 1,500 underserved patients and a hands-on clinical experience to participants. Medical students and residents participation is limited to 30 on each trip.

Note: Participants are responsible for arranging their own funding to meet expedition costs and must be willing to put in a minimum of 6-8 hours of clinical work, each day, for the duration of each clinical period.


Dharamsala: Public Health and Medical/Dental camp in villages and settlements around Dharamsala (north India), home to The 14th Dalai Lama and Tibetans in Exile.
April 1-April 28, 2016

Pangi Valley: Public Health and Medical/Dental trek through the remote Pangi Valley.

June 22 – July 12, 2016

Kargiakh: High-altitude medical/dental trek to a remote Trans-Himalayan tribal villages located in southern Zanskar.
August 1 - August 28, 2016.

Tibetan Settlements and TCVs: Public Health and Medical/dental covers 3 Tibetan Refugee settlements and a Tibetan Children’s Village in the Indian Himalayas
October 1 – October 26, 2016.

********************************************************************2017********************************************************************


Dharamsala: Public Health and Medical/Dental camp in villages and settlements around Dharamsala (north India), home to The 14th Dalai Lama and Tibetans in Exile.
April 1-April 28, 2017
Minority Medical Student Award Program

The deadline to submit applications for the Minority Medical Student Award Program is March 7, 2016. Please note, the deadline to submit applications for requesting a mentor is January 4, 2016.

The Minority Medical Student Award Program (MMSAP), part of the ASH Minority Recruitment Initiative, is an 8- to 12-week research experience for students from the United States and Canada in their early years of medical school. As part of this experience, students collaborate with an ASH member who serves as their research mentor. Program participants are also paired with an ASH member who serves as a career-development mentor throughout the participants’ medical schooling and residency.

At the end of the research experience, students present their findings at the Promoting Minorities in Hematology Presentations at the ASH annual meeting. After the research year, the students remain involved with ASH throughout medical school and residency to keep them engaged in the study of hematology and to help them gain valuable knowledge in the field. In addition, students who participate in this program may apply to the program for a second summer research experience.

Read the ASH press release about the 2015 MMSAP recipients.

Participants receive the following support:

- A stipend of $5,000
  - $2,500 at the start of the research experience, $1,250 during the middle, and $1,250 at the completion of the research experience
- A $2,000 allowance for travel to the ASH annual meeting held in early December
  - $1,000 for attending the annual meeting
  - $1,000 for a short presentation about the research experience at a special reception
- Complimentary subscriptions to Blood, the journal of the American Society of Hematology, as well as The Hematologist, the Society’s newsletter, during medical school and residency years.
- The guidance of a research and career-development mentor

For more information visit: http://www.hematology.org/Awards/Medical-Student/383.aspx
UMKC Health Sciences Student Research Summit
Wednesday, April 13, 2016
UMKC Student Union, room 401
3:00-5:30pm

Posters drafts to Research Administration and abstract submissions are both due March 2, 2016

http://med.umkc.edu/ora/students/

STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS

Research Interest Group Meeting

Thursday, January 14
Theater B
5:30PM – 7:00PM

Pizza will be provided!

Join RIG, Dr. Choi, and Dr. Chu for a discussion about clinical and translational research fellowships, as well as neuroscience research at UMKC SOM!
AMA MEMBERSHIP MEETING

LOOKING TO SIGN UP FOR AMA MEMBERSHIP?!

***NEW MEMBERS WILL GET FREE RAPID REVIEW FOR PATH OR NETTER'S ANATOMY FLASHCARDS

FIND OUT MORE ABOUT WHAT AMA DOES AND ENJOY FREE CHIPOTLE!

FOR ANY QUESTIONS, PLEASE VISIT OUR FACEBOOK PAGE OR EMAIL
umkc.ama@groups.facebook.com
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 Shahmohammadi at shahmohammadin@umkc.edu.