



June 25th, 2018



GENERAL ANNOUNCEMENTS

Tutoring Fall 2018

Tutoring for the School of Medicine - Fall 2018

Looking for a way to make a little money while helping your fellow students? If so, consider becoming a School of Medicine tutor for Fall 2018 Anatomy and Pathology 1 courses. **The open period for applying for the fall 2018 Anatomy and the Pathology 1 tutoring positions has been extended to July 1, 2018. We are looking for two Anatomy tutors and one Pathology 1.** Please see below for more information.

Tutoring for the School of Medicine - Fall 2018, *Anatomy, Pathology 1*

Benefits of being a School of Medicine Tutor:

- Leadership role with fellow students
- Strengthen professional relationship with course professor(s)
- Review of content may be helpful with future Board exams
- Earn \$10/hour

Responsibilities of School of Medicine Tutors:

- A time commitment of approximately six hours/week. A typical week includes two one-hour tutoring sessions and an additional four hours of paid preparation time.
- Initiate and maintain open and frequent communication with the course professor(s) throughout the semester
- Complete all School of Medicine's Business Office and UMKC's Human Resources hiring paper work requirements in a timely manner prior to the start of the semester
- Log the time worked into the School of Medicine's Business Office website by biweekly deadline
- Maintain a sign-in sheet of student attendees, submit that sign-in sheet weekly
- Before tutoring begins, survey the class to select preferred dates/times for tutoring sessions
- Allow Academic Support team member to occasionally observe the tutoring sessions

Additional Notes about courses:

- Anatomy and Pathology each have two tutor positions
- Pathology tutors may be required to tutor additional review sessions
- Last year, 28 people applied for the two Anatomy positions

Requirements, Application Process and Timeline:

- Candidates must have earned an A grade in the course he/she wishes to tutor.
- Letters of Interest will be accepted Friday June 15 – July 1st, 2018.
- Submit a letter of interest to moburgk@umkc.edu by deadline addressing the following:
 - o Why I wish to be a tutor for the School of Medicine
 - o Which teaching strategies would you implement in your lessons?

Offers to candidates will be made in early July 2018.

Questions? Email Kathleen Moburg at moburgk@umkc.edu

Immunizations

Immunization and Occupational Health Changes

For the 2018-19 academic year, there are changes to the immunization services and requirements for students. Occupational Health and Exposure information also has been updated. Full information can be accessed on the Student Affairs website (www.med.umkc.edu/students). A very brief summary of changes is this:

- Students who have a history of a positive TB skin test must provide proof of the positive test. Without medical documentation of the positive test, an annual skin test is recommended. If a student cannot provide medical documentation and prefers to have a blood test (T spot) instead of the skin test, he/she may do so at his/her own expense.
- Students who have had a positive TB skin test are required to have a two view chest x-ray upon matriculation as well as a repeat two view chest x-ray within six months of the student's first rotation at Children's Mercy Hospital and Clinics. The cost of chest x-rays are not covered by the school; they are the responsibility of the student.
- Annual influenza vaccines and TB skin tests are provided by the school by using Concentra, the school's contracted service provider. Other services are the responsibility of the student and can be obtained at either the student's primary care provider's office or the UMKC Student Health Center.
- Documentation and results of any tests or immunizations obtained at a location other than Concentra must be provided to the student's ETC for tracking.
- Failure to maintain updated immunizations or complete mandatory annual requirements will result in the inability to participate in clinical endeavors and may therefore adversely affect a student's successful completion of requirements.

If you have any questions, please contact Dr. Rogers in the office of Student Affairs. She can be reached at rogersbr@umkc.edu or 235-1900.

WellConnect

BIG NEWS! – Introducing WellConnect - FREE New Service!

Dear Students,

In the last year I have watched as obtaining appointments with the UMKC Counseling Center has grown increasingly difficult. Students in crisis have been put on wait-lists several months long or been referred to groups that didn't always meet at convenient times or fill their needs. I've also heard from students in clinics and clerkships that they need after-hours appointments or more flexibility in scheduling. These problems are a reflection of the decrease in funding and the increased demand for services. The Counseling Center is doing everything they can to remedy this problem and we will continue to work with the counseling center and lobby for the hiring of more staff. (If these types of things interest you, consider joining the Wellness Council www.facebook.com/umkcsomwellnesscouncil)

But in the meantime, many of you need and want help – at an affordable rate, in a convenient location, at a convenient time. So after several months of research and behind-the-scenes negotiations, I'm so pleased to announce that we have signed a contract with WellConnect – a student assistance program – that meets all of those above-mentioned criteria.

What exactly is WellConnect? It's a hotline you can call at any time (24/7) and a licensed mental health provider will speak to you and then provide you with an appropriate referral to a mental health professional in the community that is near your zip code and specializes in your particular situation. You will then be able to set up either in-person or telephone counseling sessions with this provider (wait time is typically no more than 3 days) and all of this comes at no cost to you. You simply mention that you are with UMKC School of Medicine and the WellConnect program. **You are allowed 6 sessions per issue.**

This means you can do 6 sessions on depression, 6 on anxiety, 6 on family problems, etc. And all of it is covered by our contract.

In addition, this service is ALSO available to all members of your household. This means if your mom or your boyfriend or your roommate who is not a medical student needs counseling – they're covered too.

And because this is a national network, this means **that even if you are away in a different city or state**, you can still call this same number, share your zip code, and get a referral to a provider in that area. Again – sessions will be covered at no cost to you.

In addition, **you are also entitled to free legal and financial consultations and have access to free legal documents online.** You can find out more by calling the number.

You will begin to see some new posters up around the building with the phone number and information. I will also be announcing this new service at orientations and class meeting. And this service is **100% confidential.** We will never know who used it, who called, etc. We WILL receive generic utilization reports every quarter that simply state the number of students who used the service and what general category their issue fell into (anxiety, depression, etc.) No names, or other identifiable information will ever be made available to us.

I am SO thrilled to have found what will hopefully be a perfect solution to the challenges we've been presented with in recent years and I hope that you will call today if you've been thinking of starting counseling or have been needing to find a new provider.

If you run into any issues with the service or just want to share your feedback on your experiences with this new service, please don't hesitate to email me at shahmohammadin@umkc.edu to let me know!

www.wellconnectbysrs.com
1-866-640-4777



WELLNESS

Niloofer's Wellness Tip

Getting Enough Sleep

This week's tip was actually sent to me by one of our own medical students, Angela Nwankwo. She thought it might be an important one for you all to see, and I agree! The number one thing I hear students sacrificing is sleep. But I always tell students that instead of seeing sleep as something that takes AWAY from study time, you should see it as a crucial part of your study regimen! This video will explain why:

<https://www.youtube.com/watch?v=VTQhkwjt3ow>

Things to do in KC This Week

Things to Do in KC This Week

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

Middle of the Map Fest: [Middle of the Map Fest 2018](#)
Friday and Saturday, June 29 & 30
Tickets on sale NOW: goo.gl/f77N2F

The 8th annual festival, features 70+ bands on 10 stages over 2 days in Kansas City, MO.

Urbana: Join us for Urbana KC, a FREE downtown street scene happening select Sundays this summer, in the Power & Light District neighborhood. Mark your calendar for Sunday, July 1st from 4-8 PM for our "Tacos & Tequila" themed street fest!

Vendors will offer a variety of tequila cocktails, tacos and more to quench your thirst and

satisfy your tastebuds! Sit back, relax and enjoy live music from a variety of local musicians, or grab your friends for a round of bags or giant Jenga. It's all about Eats, Drinks & Enlightenment.

Taco 'bout a party! Purchase an Urbana Taste Tour card to join in on all the fun. For just \$25, you can visit each participating venue's booth to receive a 2 oz. tequila cocktail sample and/or taco! The Tacos and Tequila Taste Tour offers a variety of food and tequila samples from venues including No Other Pub, Leinenkugel's KC, Bristol Seafood Grill-Downtown KC and more! Must be 21+ to participate in the Urbana Taste Tour.

For more info visit:

https://www.ticketfly.com/purchase/event/1709762?utm_medium=ampOfficialEvent&utm_source=fbTfly

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!)

Spring 2018 Wellness Office Events Calendar


WELLNESS OFFICE
SPRING 2018

Events Calendar

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
<p>Tuesday, January 9 Tea and Cookie Tuesday Time: Noon-1 p.m. Location: SOM Lobby</p> <p>Wednesday January 17 Wellness Council Monthly Meeting Time: 5:30-6:30 p.m. Location: Gold 4 Conference Room</p> <p>Wednesday, January 24 Free STI Testing in conjunction with the Good Samaritan Project Time: Noon-1:30 p.m. Location: Green 5 Conference Room</p> <p>Tuesday, January 30 National Puzzle Day Time: All Day Location: SOM Lobby</p>	<p>Thursday, February 1 School/Life Balance Panel for Allied Health Students Time: 6-7 p.m. Location: Theater B</p> <p style="background-color: blue; color: white; padding: 2px;">Monday, February 12-Friday, February 16 Celebration of Love Week</p> <p style="background-color: blue; color: white; padding: 2px;">Monday, February 12 Free Riags Time: Noon-1 p.m. Location: SOM Lobby</p> <p style="background-color: blue; color: white; padding: 2px;">Tuesday, February 13 Tea and Cookie Tuesday Time: Noon-1 p.m. Location: SOM Lobby</p> <p style="background-color: blue; color: white; padding: 2px;">Wednesday, February 14 Wellness Council Monthly Meeting Time: 5:30-6:30 p.m. Location: Gold 4 Conference Room</p> <p style="background-color: blue; color: white; padding: 2px;">Thursday, February 15 Donations to Rose Brooks Time: All Day Location: SOM Lobby</p> <p style="background-color: blue; color: white; padding: 2px;">Friday, February 16 Random Acts of Kindness Day Time: 11 a.m.-1 p.m. Location: SOM Lobby</p> <p>Wednesday, February 21 Free STI Testing in conjunction with the Good Samaritan Project Time: Noon-1:30 p.m. Location: Green 5 Conference Room</p> <p>Thursday, February 22 Lunch and Learn: How to Manage Anxiety Time: Noon-1 p.m. Location: Gold 4 Conference Room</p>	<p>Tuesday, March 6 National Oreo Cookie Day Time: Noon-1 p.m. Location: SOM Lobby</p> <p>Tuesday, March 13 Tea and Cookie Tuesday Time: Noon-1 p.m. Location: SOM Lobby</p> <p>Wednesday, March 14 PI Day Time: Noon-1 p.m. Location: SOM Lobby</p> <p>Wednesday, March 14 Free STI Testing in conjunction with the Good Samaritan Project Time: Noon-1:30 p.m. Location: Green 5 Conference Room</p> <p>Wednesday, March 14 Wellness Council Monthly Meeting Time: 5:30-6:30 p.m. Location: Gold 4 Conference Room</p> <p>Friday, March 16 St. Patrick's Day Green Smoothies Time: Noon-1 p.m. Location: SOM Lobby</p> <p>Thursday, March 22 Lunch and Learn: Clean Eating Time: Noon-1 p.m. Location: Gold 4 Conference Room</p>	<p>Tuesday, April 10 Tea and Cookie Tuesday Time: Noon-1 p.m. Location: SOM Lobby</p> <p>Wednesday, April 18 Free STI Testing in conjunction with the Good Samaritan Project Time: Noon-1:30 p.m. Location: Green 5 Conference Room</p> <p>Wednesday, April 18 Wellness Council Monthly Meeting Time: 5:30-6:30 p.m. Location: Gold 4 Conference Room</p> <p>Thursday, April 26 Lunch and Learn: Self-Care Through Healing Arts Workshop Time: Noon-1 p.m. Location: Gold 4 Conference Room</p>	<p>Tuesday, May 8 Tea and Cookie Tuesday Time: Noon-1 p.m. Location: SOM Lobby</p>	<p>Tuesday, June 12 Tea and Cookie Tuesday Time: Noon-1 p.m. Location: SOM Lobby</p> <p>Wednesday, June 20 Free STI Testing in conjunction with the Good Samaritan Project Time: Noon-1:30 p.m. Location: Green 5 Conference Room</p> <p>Wednesday, June 20 Wellness Council Monthly Meeting Time: 5:30-6:30 p.m. Location: Gold 4 Conference Room</p> <p>Thursday, June 28 Lunch and Learn: The Work -- 4 Questions to Transform Your Life Time: Noon-1 p.m. Location: Gold 4 Conference Room</p>



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SCHOLARSHIPS

Financial Literacy Article

These towns will help pay off your student loan debt if you move there



Fotosearch | Getty Images

<https://www.cnbc.com/2018/01/03/us-towns-that-offer-financial-incentives-to-live-there.html>

List of Rural Opportunity Zones <https://kansascommerce.gov/320/Rural-Opportunity-Zones>

Scholarship

OppU Achievers Scholarship

To apply for the OppU Achievers Scholarship, submit a short essay responding to the prompted question. Scholarship decisions are based solely on an applicant's essay response.

Winners for the OppU Achievers Scholarship are selected four times a year, with submission deadlines on September 30, December 31, March 31, and June 30.

To be eligible for the OppU Achievers Scholarship, a student must:

- Be enrolled full time in high school or at least part time in college, graduate, professional, or trade school.
- Possess a cumulative GPA of at least 3.0/4.0.
- Be a U.S. citizen.

For application and more information go to <https://www.opploans.com/scholarship/>

Scholarship

PA Scholarship/Tuition Assistance Opportunities

Organization: VA

Amount: They offer scholarships and full tuition assistance

Information: Please go to <https://www.vacareers.va.gov/why-choose-va/education-support.asp> for more information

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

New and Current NMF Scholarship Applications

On Friday June 22, NMF is opening the application to the 2018 Mary Ball Carrera Scholarship. Other applications are still open for NMF programs. Each award below is for **medical students enrolled in an accredited program for the 2018-2019 year**. See the list below to review the awards and eligibility. Contact scholarships@nmfonline.org for more information.

Start your application here! nmf.fluidreview.com

- **[Mary Ball Carrera Scholarship - NEW!](#)**
 - Established by NMF Board member Neal Ball to honor the memory of his sister Mary Ball Carrera, this award provides a **\$2,500** scholarship to **one (1) outstanding Native American woman**, recognized for outstanding academic achievement, leadership, and community service, and **enrolled in an accredited US medical school**. **Application Deadline: August 5, 2018**
- **[NMA Emerging Scholars Awards](#)**
 - Established in 2004, this award provides **\$5,000** to **two (2) African American, 1st, 2nd, or 3rd year medical students (for the 2018-2019 academic year)** who have demonstrated outstanding academic achievement, leadership, financial need and potential for distinguished contributions to medicine. These awards are the highest honors presented to students by the National Medical Association. **The two recipients will be required to attend, and will be presented the scholarships, at the 2018 NMA 116th Convention Scientific Assembly in Orlando, Florida. Application Deadline: June 24, 2018**
- **[Dr. David K. McDonogh Scholarship in Ophthalmology/ENT](#)**
 - Designed to increase the number of qualified physicians who are interested in a career in Ophthalmology or Ear, Nose & Throat (ENT) specialties, this scholarship is a **\$5,000** award for **African American, Afro-Latino, or Native American medical student(s) in New York City**. Eligible candidates must be committed to academic excellence, research, leadership and service. **The awarded Scholar is required to attend the Scholarship Reception on November 1, 2018. Application Deadline: August 1, 2018**

Start your application here! nmf.fluidreview.com

Scholarship

Boone County Medical Society Scholarship

Eligibility: Students who have graduated from a high school in Boone, Howard, or Cooper Counties and have finished first semester of clerkship year. Students need to have demonstrated exceptional intellectual and humanistic qualities in interactions with patients, peers, and teachers.

Amount: \$2,000

Deadline: September 1, 2018

Application: Please contact Robin Patterson at pattersonrd@umkc.edu for application materials if you feel you qualify for this scholarship

Scholarship

Roland P. Ladenson Scholarship Fund

Eligibility: Students who are pursuing primary care and have finished first semester of clerkship year. Students need to have demonstrated exceptional intellectual and humanistic qualities in interactions with patients, peers, and teachers. Although financial need will be considered, it is not the determining factor.

Amount: \$2,000

Deadline: September 1, 2018

Application: Please contact Robin Patterson at pattersonrd@umkc.edu for application materials if you feel you qualify for this scholarship



OPPORTUNITIES

Student Research Inquiry – Correct Form Link

Student Research Inquiry
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, 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.

Student Research Opportunities

Student Research Opportunities and Fellowships
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.



STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS

Wellness Council

Lunch and Learn – THIS THURSDAY – RSVP NOW!
This month’s Lunch and Learn will be our FIRST Lunch and Learn held in the new Wellness Wing! Please join us on Thursday, June 26th for a video and a discussion on prioritizing sleep and how and why you should be getting more of it.
Lunch and Learns are limited to the FIRST 10 students who RSVP and you will be provided with a salad from The Mixx of your choice. Please email shahmohammadin@umkc.edu by TOMORROW (Wednesday) at 5:00PM to attend.

LUNCH AND LEARN

THURSDAYS

Noon - 1 p.m.
Every fourth Thursday
The Wellness Wing



This month's topic:

**Getting Enough
SLEEP!**



**Radiology
Interest Group**

Linking Students and Residents

Hello, we hope medical school is treating you well at this time. We are looking to get the Radiology interest group started back up again. The residency program has a new staff member coming to UMKC and she is interested in getting med students linked up with residents and hosting a few events about radiology — including basic imaging lectures and potentially Ultrasound and biopsy workshops. We will also have some sessions with current residents on

applying to residency, matching, etc but it doesn't have to just be people who are going in to radiology, anyone is more than welcome (these lectures/workshops would be useful for people applying in almost any speciality)! If you are interested in helping the Radiology interest group pick back up again, please email me (krishnak6114@gmail.com) or Dr. Jenn Buckley (one of the UMKC Radiology chief residents) at jenniferrbuckley@gmail.com. Thanks!

Sincerely,

Krishna A. Kumar
UMKC Diagnostic Radiology PGY1

TedX UMKC

TEDxUMKC's 2018/19 Applications

Applications are now open for TEDxUMKC's 2018/19 organizing team! Apply now to be a part of UMKC's official TEDx event committee. Applications can be found here: https://docs.google.com/document/u/1/d/e/2PACX-1vRKbAmQZvqueHTUgAR2B7bsRNPMYLnzXhYICyPCXMh68SsutATzkin2viR_MrCCu9koMLXYG487Tdf/pub

Please contact Rmaah Memon or Vishnu Harikumar with questions.

**FAN OF TED TALKS?
BECOME A MEMBER OF
THE TEDxUMKC TEAM!**

TED^xUMKC

x = independently
organized TED event



**APPLICATIONS DUE:
JULY 1st, 11:59 PM**

Announcements Format

Policy for In the Know Announcement Submissions

- 1) All flyer/image 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. **A TEXT summary of the information in the flyer must also be included along with the flyer. This is to ensure that our In the Know emails are ADA compliant and readable by the visually impaired.**
- 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". Make sure to include a contact person and email.
- 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 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.