

July 16th, 2018



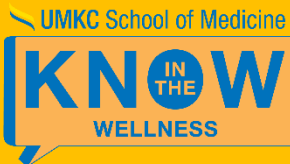
GENERAL ANNOUNCEMENTS

Personal Days

Personal Self-Care Days

Students are allowed on day per clinical elective block to use for personal wellness. Requests for these days **should be submitted at least 24 hours in advance** of the needed absence day in order to be respectful to colleagues, peers and patients as your responsibilities are reassigned. If you have an emergency, please contact your clerkship or clinical elective coordinator to request an unplanned absence.

Information about personal self-care days can be found at: <http://med.umkc.edu/docs/curriculum/ClkshpExcscdAbsence.pdf>.



WELLNESS

Niloofar's Wellness Tip

How to Stop Worrying

“If you wanted little stop-worrying tips like, “Oh, think happy thoughts and have some soothing chamomile tea” you have come to the wrong place. If you’re a chronic worrier, that’s like taking aspirin to treat cancer. Instead, we’re gonna nuke this thing from orbit and watch the ashes dance.

Our weapon of choice? A few concepts from Dialectical Behavior Therapy. Originally created by Dr. Marsha Linehan at the University of Washington, it has shown fantastic results in treating everything from anxiety to depression and is the first line treatment for problems as serious as Borderline Personality Disorder — which had previously been regarded as untreatable.

It hits your worries with the one-two punch of Cognitive Behavioral Therapy and mindfulness. If the ancient Stoics and Buddhists had gang signs, I’d be throwing them up right now — once again, those guys were ahead of their time.

This is not an overnight solution but it’s one that actually works. Those troubling thoughts may be sticky — but with a little work we can give you a teflon mind.

Roll up your sleeves. We have work to do...”

For full article click here:

<https://www.bakadesuyo.com/2018/06/how-to-stop-worrying-2/>

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)

Third Thursday at the Nelson: Thursday, July 19th. 6PM-9PM.

July's #ThirdThursday looks at how we build - exhibitions, art projects, communities, and museum careers! Join us for:

- * Run With It, in one of their final performances
- * Kansas City DJ Joe & DJ Ice Kole
- * Chance to win 96.5 The Buzz prize pack
- * Drop-in art activity: Participatory Group Art
- * Our summer interns present in galleries
- * Community spotlight: [Habitat for Humanity Kansas City](#)
- * Small plates & full bar, 5-8:45 p.m.

Details here: <https://goo.gl/4YAuuD> | All adults are welcome. FREE event; food and beverages are available for purchase.

Kansas City's Big Picnic: Sunday, July 22nd. 4PM-8PM. Nelson-Atkins Museum of Art. It's time for KC's biggest picnic with our partner [Kansas City, MO Parks and Recreation](#)! This fun-filled evening of live music, food trucks, art activities and lawn games stretches from the museum to Brush Creek. Discover more than 30 sculptures and celebrate [#WhereKCPlays](#) during National Parks and Recreation month.

See the full lineup of events on our website: <https://bit.ly/2K2YwUN>

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!)



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**
- **[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

Scholarship

American Medical Resource Institute

Eligibility: BA/MD, MD, and PA Students

Application deadline: 11:59 pm CST December 31, 2018.

Award amount: \$1,000

Application Information: Must write a 2000-word essay covering one of two healthcare topics. Click the link for more information <https://www.aclsonline.us/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.

AOA

Alpha Omega Alpha (AOA)

Alpha Omega Alpha, an honor society for physicians, provides opportunities for professional growth and financial awards/scholarships for humanistic and research endeavors. Students do not have to be members of AOA to be eligible.

More information can be obtained at: <http://alphaomegalpha.org/programs.html>.

Career Fair



WEDNESDAY, AUGUST 1ST
KANSAS CITY MARRIOTT DOWNTOWN
5:00-8:00 PM

Join us on Wednesday, August 1st anytime between 5:00 and 8:00 at the Kansas City Marriott Downtown for a Career Fair.

Residents, fellows, advanced practitioners and physician assistants of all specialties are encouraged to attend this event. Chat with hospitals locally and nationwide looking to hire!

Dinner and drinks are provided. Spouses are welcome to attend! Meet with healthcare providers both locally and nationwide. Dress casual and bring a copy of your CV to have a professional review it at no cost!

Register online at www.practicematch.com/careerfairs or call 636-288-9300. The program with the highest attendance will win a pizza party for the date of their choice. One lucky attendee will win a \$250 gift card!

**Local &
Nationwide
Opportunities**

**Free CV
Evaluation**

**Free Immigration
Law Handbook**

**Dinner & Open
Bar Provided**

**Put a face to your
CV**

PRACTICEMATCH

www.practicematch.com

Madison Harris

mharris@practicematch.com

636-288-9300

PracticeMatch 
CareerFairs



STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS

National Ice Cream Day

Come enjoy a free dessert from the Frosty Treats Ice Cream Truck from noon to 1PM or until supplies run out! Brought to you by the Friends of the School of Medicine and the SOM Wellness Council. Students only!

FREE ICE CREAM



NATIONAL ICE CREAM DAY CELEBRATION

COME ENJOY A FREE DESSERT FROM THE FROSTY TREATS ICE CREAM TRUCK FROM NOON TO 1PM OR UNTIL SUPPLIES RUN OUT! BROUGHT TO YOU BY THE FRIENDS OF THE SCHOOL OF MEDICINE AND THE SOM WELLNESS COUNCIL.
STUDENTS ONLY!

MONDAY, JULY 16TH, 2018
SOM COURTYARD

Medical
Humanities
Interest Group

Reach Out and Read

Medical Humanities Interest Group presents Reach Out and Read! MHIG will be collecting books through July for pediatric care at Children's Mercy and KU! Donate books by the School of Medicine lobby elevators.



MEDICAL HUMANITIES INTEREST GROUP

REACH OUT AND READ!

MHIG WILL BE COLLECTING BOOKS
THROUGH JULY FOR PEDIATRIC
CARE AT CHILDREN'S MERCY AND KU!

DONATE BOOKS BY THE
SCHOOL OF MEDICINE
LOBBY ELEVATORS

Sports Physicals

Hi everyone! Family Medicine Interest Group (FMIG) has the opportunity to help with Youth Camp Sports Physicals at Palestine Baptist Church on July 28th from 10 a.m. to noon. We're looking for 5-10 students to help with this. It's a great chance to practice those physical exam skills! Please use the following link to sign up: <https://www.signupgenius.com/go/60b044da8aa23a0f49-youth>
Please let me know if you have any questions!



FMIG

Transition Conference

Interested in learning more about Family Medicine? FMIG is inviting you to come to the Family Medicine Transition Conference for Residents and Students in Jefferson City August 17th & 18th! To register for free, go to: http://moafp.formstack.com/forms/residency_exhibit_contract Lodging will be included for students, if they share a room with another student. If you have any questions, please let us know!

FAMILY MEDICINE
TRANSITION
CONFERENCE FOR RESIDENTS AND STUDENTS



August 17-18, 2018
Doubletree Hotel
Jefferson City, Missouri
Registration Deadline is August 6, 2018 – [Register Here](#)

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.