

June 17th, 2019



GENERAL ANNOUNCEMENTS

Self-Care Days

Self-care/mental wellness day update and clarification

We are so pleased that the self-care/wellness days have been utilized and want to notify you of a change. The multiple types of absences and the communication about them has been confusing to many. An extensive review of the past academic year self-care day policy identified that it did not fully meet its intended purpose, thus this absence option has been eliminated. Approval for unplanned and unexpected personal needs and provider health appointments are to be communicated directly to the clerkship or course director/coordinator. Students will need to provide the reason for the absence. Approval for all absences will be at the discretion of the clerkship director/coordinator. If any student wishes to keep information confidential, the student can provide Dr. Rogers (student affairs) with documentation about the absence. She will verify the absence for the clerkship director/coordinator without sharing details. We hope that this process will be easier for students and will promote improved communication between students, coordinators and directors.

Please send any questions to Dr. Rogers at rogersbr@umkc.edu.

SI Leaders Needed

Are you interested in helping other students while making some money? If so, consider becoming a Supplemental Instruction Leader for the School of Medicine. The SOM has recently partnered with UMKC's Supplemental Instruction services. The Supplemental Instruction team will hire and train Leaders for Fall 2019 SoM courses: Anatomy, Biochemistry, Pathology 1 and Pharmacology. Learn more about the SI program <https://www.umkc.edu/asm/umkcsi/index.cfm>. To apply for a Fall 2019 SI Leader position please click the link to be taken to the online New SI Leader Application. https://docs.google.com/forms/d/e/1FAIpQLScR776Fcu4Ca0T_RXpkH7F5dC_OH0yj6tkzV_pfc3Rfup-B1IQ/viewform

Below please find some additional helpful SI hiring/position details:

- Applicants are required to provide two references within the online application. No letter of recommendation is needed. The name, title and e-mail for each reference will suffice.
- \$10.00/hr for 7-10 hours a week.
- Weekly hours include attending lecture, planning sessions, holding SI session, and holding SI office hours.
- SI Leader interviews will take place the week of July 22, 2019

The deadline for online application is July 15, 2019, so if interested be sure to complete the application as soon as you are able. For more information contact Ms. Jessica Elam elanjim@umkc.edu (P) 816-235-6708

Blue Angels

U.S. Navy Blue Angels Flight Surgeon

Friday, July 5
Theater C
8:30am-9:30am

Learn about this unique medical, military role, as the Flight Surgeon from the U.S. Navy visits UMKC. RSVP to umkc_som_sa@umkc.edu

UMKC SCHOOL OF MEDICINE PRESENTS:

U.S. NAVY BLUE ANGELS FLIGHT SURGEON

Learn about this unique medical, military role, as the Flight Surgeon from the U.S. Navy visits UMKC.

FRIDAY, JULY 5TH
SOM THEATER C
8:30AM-9:30AM
RSVP TO UMKC_SOM_SA@UMKC.EDU





WELLNESS

Niloofar's Wellness Tip

People Are Sharing Advice They Thought Was "Useless" Until They Tried It

Click the link below to read 21 pieces of advice people thought was useless until they tried it. A few examples below!

4. "I was taught, 'if it takes less than five minutes, just do it now.'"

—[Chechina](#)

5. "'If your immediate answer isn't a 'yes,' then it's a 'no' (or vice versa).'
This advice has helped me learn to trust my instincts better."

—[preshusm](#)

6. "'The way someone treats you says everything about them and nothing about you.'
Once I actually internalized this advice, it changed my life."

—[elizabethg20](#)

<https://www.buzzfeed.com/alliehayes/useless-yet-useful-advice->

[sequel?fbclid=IwAR0Nxsid4r3XUzNVRuH8iC5qlx0dSZf1d3jaR5cl4a2CEkSyO9otwml4KNg](https://www.buzzfeed.com/alliehayes/useless-yet-useful-advice-sequel?fbclid=IwAR0Nxsid4r3XUzNVRuH8iC5qlx0dSZf1d3jaR5cl4a2CEkSyO9otwml4KNg)

Things to do in KC This Week

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

Third Thursday at the Nelson: June 20th. Our outdoor Third Thursday comes but once a year so join us on the north side of the museum on the J.C Nichols Plaza for:

* Live music with KC band [Kangaroo Knife Fight](#)

* [Kansas City DJ Joe](#) and [DJ Ice Kole](#)

* Food trucks -

[Wiener Wagon](#) / [Derr's Artisan Sausage](#)

[El Tenedor KC](#)

[Beauty of the Bistro](#)

[Da Poke Wagon](#)

[Seven Swans Crêperie](#)

[Poppy's Ice Cream & Coffee House](#)

* Live screenprinting with [Charlotte Street Shirt Company](#)

* Drawings by Pop-Up Charlie

* [The Photo Bus](#) returns!

* Drop-in art activity: Mini pennants

* Lawn games & Putting green

* [#ArtCourseKC](#) - tickets required, \$14 for adults/\$11 for members

* Chance to win [96.5 The Buzz](#) prize pack, including Kansas City Royals tickets

* Full bar

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

FIFA Women's World Cup Watch Party: Show the world you want the World Cup in the Midwest!

The biggest sporting event in the world is back this summer!

The FIFA Women's World Cup France 2019™ has started! 🌐

Join the party at Kansas City Live! Block for official US Watch Parties and show your support for Kansas City's bid to be a 2026 World Cup host city 🌐
KC2026.com // Sign the Petition // Volunteer // Donate

Lineup:

Tuesday, June 11 // 2 PM - USA vs. Thailand **

Sunday, June 16 // 11 AM - USA vs. Chile

Thursday, June 20 // 2 PM - USA vs. Sweden

😊FREE Event

♥ Families welcome

☐ Giveaways 30 minutes prior to game time!

Presented by:

Sporting Kansas City

Kansas City Chiefs

KC Power and Light District

No Other Pub

KC Sports Commission

VisitKC

Fox 4

Sports Radio 810WHB

Telemundo

**Tuesday: Fox Sports will have a camera LIVE to showcase Kansas City fans on their national broadcast!

Maker Faire KC – June 22nd-23rd at Union Station. Fun. Wildly Creative. Totally unexpected. Discover Where Making Happens at the 9th Annual Maker Faire KC, June 22-23. Bring the entire family for this celebration of invention, creativity and Making with presentations, special performances, demos and workshops all weekend long.

Tickets give you access to Maker Faire, Science City and more!

https://www.facebook.com/events/676329686153738/?event_time_id=676329689487071

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!)

Yoga at the
Wellness Wing

FREE Yoga Every Tuesday and Thursday EVERY WEEK!



FREE Yoga Class at the School of Medicine

Class is 100% FREE for all students; \$48 for staff/faculty
EVERY Tuesday and Thursday from 10:00AM-10:45AM

Location: Wellness Wing M5-C05
Mats and blocks provided

REGISTER at UMKC.EDU/SRC/CLASSES-PROGRAMS-FITNESS.ASPg

Brought to you by the **SOM Wellness Office** and **Swinney Rec**

UMKC School of Medicine



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

AAMC Darrell G. Kirch, MD Scholarship

	<p>Eligibility: 2019-2020 Year 3 underrepresented/minority students. Students must demonstrate both community service and leadership and will be eligible to renew the scholarship for each additional 3 years.</p> <p>Amount: 8 \$10,000 scholarships</p> <p>Deadline: Application is open June 3, 2019 – July 12, 2019</p> <p>Application: For additional information and application go to https://nmf.fluidreview.com</p> <p>Note: There are many other scholarships at that site so even if you do not qualify for this one; it may be worth your time to click the link and see if there are others you may qualify for.</p>
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Scholarship	<h3>Bag Mast Anesthesia Scholarship</h3> <p>Eligibility: MSAA students and BA/MD or MD students that have matched to Anesthesia</p> <p>Amount: \$5,000</p> <p>Deadline: July 1, 2019</p> <p>Application: https://www.bagmask.com/scholarship</p>
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Scholarship	<h3>Boone County Medical Society Scholarship</h3> <p>Eligibility:</p> <ul style="list-style-type: none"> Must have completed the first semester of your clerkship year Must have demonstrated exceptional intellectual and humanistic qualities in interactions with patients, peers and instructors. Graduated from a high school in Boone, Howard, or Cooper counties in Missouri <p>Amount: \$2,000</p> <p>Deadline: September 1, 2019</p> <p>Application: Contact Robin Totzke at totzker@umkc.edu for the application.</p>
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Scholarship	<h3>Dr. Roland & Virginia Ladenson Medical Scholarship</h3> <p>Eligibility: Outstanding medical students who are committed to pursuing careers as primary care physicians. Candidates should be in year 5 or 6 for the 2019-2020 academic year. They should demonstrate exceptional intellectual and humanistic qualities in their interactions with patients, peers, and instructors.</p> <p>Amount: \$2,000</p> <p>Deadline: September 1, 2019</p> <p>Application: Contact Robin Totzke at totzker@umkc.edu for the application.</p>
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	<h2>OPPORTUNITIES</h2>
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Student Research Inquiry – Correct Form Link	<h3>Student Research Inquiry</h3> <p>Students who are interested in research are encouraged to submit a student inquiry form to the Office of Research.</p> <p>The Office of Research website, http://med.umkc.edu/ora/student_overview, has a lot of information about student endeavors and opportunities.</p> <p>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.</p>
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Student Research Opportunities	<h3>Student Research Opportunities and Fellowships</h3> <p>Opportunities are posted on the Student Research Webpage</p> <p>http://med.umkc.edu/ora/external_opportunities/</p>
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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 Thursday, June 27th! FREE lunch from Pickleman's to the first 20 who RSVP!

12PM-12:50PM in the Wellness Wing. Please RSVP to shahmohammadin@umkc.edu

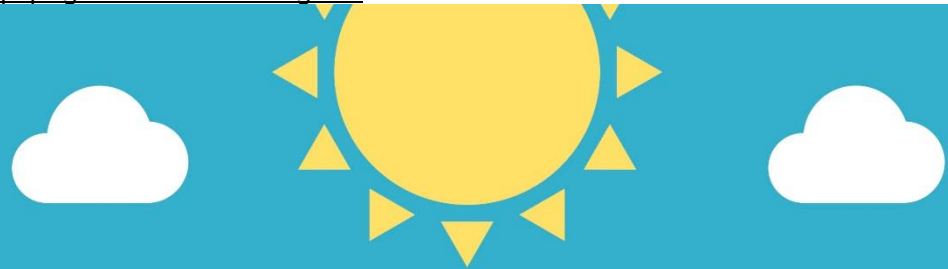
A vibrant graphic for 'Lunch and Learn Thursdays'. The background is a teal color with a yellow banner at the top that reads 'LUNCH AND LEARN' in red, bold letters. Below the banner, 'THURSDAYS' is written in large, white, bold letters. Underneath, the text 'Noon - 1 p.m. Every fourth Thursday The Wellness Wing' is displayed. The central part of the graphic features a collection of icons: a beaker with green liquid, a book, a plate of food with a fork and knife, a coffee cup, and a document. The bottom of the graphic has a white box containing the text 'This month's topic: Wellness with Dr. Taylor Phipps with Innate Family Chiropractic'. At the bottom right, there is a small logo for 'UMKC School of Medicine KNOW IN THE WELLNESS'.

Simulation Interest Group – Volunteers Needed!

Hello everyone!

Simulation Interest Group needs volunteers for BA/MD campus visit days this summer! Come help us run simulations with the prospective students while getting hours for volunteering, super fun!! Sign up is on the google sheet link below, scroll to the bottom and select "Campus Visit Days".

https://docs.google.com/spreadsheets/d/1RakXGgTtiAy0T94T4N_sgo-kCDQGf3aun36HUC3qHC0/edit?fbclid=IwAR3AKKKwKd6Rgh2mtxh_2EkJO5fYz6hl4pHrNuYH9lp3pKqsahP4AwKXUCY#gid=0



UMKC SimIG volunteer opportunity...

SUMMER BA/MD CAMPUS VIST DAYS

Help with running a simulation at the Clinical Training Facility for prospective students while getting volunteer hours!

OPEN DATES:

June 3, June 28, July 8, July 29

*** AT LEAST ONE PERSON PER DATE SHOULD BE MS3+***

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.