



August 12th, 2019



GENERAL ANNOUNCEMENTS

Curriculum Ambassadors

Council on Curriculum Now Accepting Applications for Student Curriculum Ambassadors

Applications due August 30

The Council on Curriculum is now accepting self-nominations and applications for the 2019-2020 Student Curriculum Ambassadors.

As we continue to change and improve the Council on Curriculum, it is helpful and necessary to have student input in regards to their education here at the School of Medicine. While we have elected student representation on our council, it is imperative that we have open communication with students from all years of the curriculum in order to plan for change, assist with curriculum development, and provide assistance with communicating policies with their peers.

The Student Curriculum Ambassadors will work together to create and plan projects of their choosing to pursue throughout the academic year with assistance from the curriculum office. These projects can include information workshops, town halls, etc. **Only 2 students will be selected from each class.** All students, Years 1-6, are welcome to apply.

To be eligible, students applying must be in good academic standing, provide professional input, and commit to attending 75% of the monthly meetings. Meetings occur every 3rd Monday of the month at 12:00pm in the School of Medicine.

This is a great opportunity as a student to make your voice heard and make a direct impact on the curriculum.

To apply: Please write a one page, double-spaced personal statement about why you would like to serve the UMKC School of Medicine and your fellow students in this position. Students will be selected and notified of their application status by Curriculum leadership during the second week of September.

Submit your personal statements to Megan Frasher, Curriculum Coordinator, by August 30th at reedme@umkc.edu.

Mistreatment

Mistreatment Reporting

Mistreatment, either intentional or unintentional, occurs when behavior shows disrespect for the dignity of others and unreasonably interferes with the learning process. Examples of mistreatment include: sexual harassment; discrimination or harassment based on race, religion, ethnicity, gender, or sexual orientation; humiliation; psychological or physical punishment; and the use of grading and other forms of assessment in a punitive manner (AAMC, 2011).

Further descriptions of mistreatment can be found in the Standards of Conduct for Faculty/Learner Relationships and Title IX.

The UMKC School of Medicine is committed to ensuring the learning environment is free of mistreatment. If you experience or witness mistreatment, you are kindly requested to report the mistreatment incident on the SOM Mistreatment Reporting Form to enable a prompt investigation.

If you would like to talk with someone about your experience please include your name in your report and Dr. Nathan Thomas, the Associate Dean for Diversity and Inclusion, will contact you. Alternatively, you may contact Dr. Thomas to discuss your experience; thomasen@umkc.edu, 816-235-1780.



JOIN US AT WEEK OF WELCOME!

Pause for Paws

Pet away stress with the Therapy
Pets from MO-KAN Pet Partners

**HEALTH SCIENCES LIBRARY
(SCHOOL OF MEDICINE 2ND FLOOR)
TUESDAY, AUGUST 20TH
11:00AM - 1:00PM**

 OFFICE OF STUDENT INVOLVEMENT
UNIVERSITY OF MISSOURI - KANSAS CITY

 UMKC
University Libraries

Contact: Madi Smith
(madisonsmith@mail.umkc.edu)

Join us at Week of Welcome for Pause for Paws. Pet away stress with the Therapy Pets from MO-KAN Pet Partners. Health Sciences Library (SOM 2nd Floor) Tuesday, August 20th from 11AM-1PM.

Career Fair

Saturday, August 24th

11am-1pm

UMKC School of Dentistry
Cafeteria

School of Medicine Career Fair

Lunch Provided!

Specialties planning to attend include:
Pediatrics, Obstetrics and Gynecology,
Emergency Medicine, Radiology,
Med/Peds, Neurology, Cardiology,
Endocrinology, and Internal Medicine

SOM Career Fair. Saturday, August 24th. 11AM-1PM. SOD Cafeteria. Specialties planning to attend include: Pediatrics, Obstetrics and Gynecology. Emergency Medicine, Radiology, Med/Peds, Neurology, Cardiology, Endocrinology, and Internal Medicine.

UMKC School of Medicine



WELLNESS

Managing your Distress in the Aftermath of Recent Shooting From WellConnect

When a tragic event happens in your community, such as the recent shooting, you may find yourself struggling to understand how such an event could happen and why such a thing would happen. There may never be satisfactory answers to these questions.

We do know, though, that it is typical for people to experience a variety of emotions following such a traumatic event. These feelings can include shock, sorrow, numbness, fear, anger, disillusionment, grief and others. You may find that you have trouble sleeping, concentrating, eating or remembering even simple tasks. This is common and should pass after a while. Over time, the caring support of family and friends can help to lessen the emotional impact and ultimately make the changes brought about by the tragedy more manageable. You may feel that the world is a more dangerous place today than you did yesterday. It may take some time to recover your sense of equilibrium but you have strengths that have helped you through past events that will help you now.

You can strengthen your resilience—the ability to adapt well in the face of adversity—in the days and weeks ahead.

Here are some tips:

Talk about it — Ask for support from people who care about you and who will listen to your concerns. Receiving support and care can be comforting and reassuring. It often helps to speak with others who have shared your experience so you do not feel so different or alone. Offer support as you feel able to those around you. Consider reaching out to peers, family, friends or religious leaders.

Strive for balance — When a tragedy occurs, it's easy to become overwhelmed and have a negative or pessimistic outlook. Balance that viewpoint by reminding yourself of people and events which are meaningful and comforting, even encouraging. Striving for balance empowers you and allows for a healthier perspective on yourself and the world around you.

Turn it off and take a break — You may want to keep informed, but try to limit the amount of news you take in whether it's from the internet, television, newspapers or magazines. While getting the news informs you, being overexposed to it can actually increase your stress. The images can be very powerful in reawakening your feeling of distress. Also, schedule some breaks to distract yourself from thinking about the incident and focus instead on something you enjoy. Try to do something that will lift your spirits.

Honor your feelings — Remember that it is common to have a range of emotions after a traumatic incident. Go a little easy on yourself and those around you. You may experience intense stress similar to the effects of a physical injury. For example, you may feel exhausted, sore, or off balance.

Take care of yourself — Engage in healthy behaviors to enhance your ability to cope with excessive stress. Eat well-balanced meals, get plenty of rest, and build physical activity into your day. Avoid alcohol and drugs because they can suppress your feelings rather than help you to manage and lessen your distress. In addition, alcohol and drugs may intensify your emotional or physical pain. Establish or reestablish routines such as eating meals at regular times and following an exercise program. If you are having trouble sleeping, try some relaxation techniques, such as deep breathing, meditation, or yoga.

Help others or do something productive — Find out from your community how you can help people who have been affected by this incident, or have other needs. Helping someone else often has the benefit of making you feel better, too.

If you have recently lost someone in this or other tragedies — Remember that grief is a long process. Give yourself time to experience your feelings and to recover. For some, getting back to school or work and returning to your normal routine as quickly as possible will be helpful and for others it may involve staying at home for a brief time. Dealing with the shock and trauma of such an event will take time. It is typical to expect many ups and downs, including "survivor guilt"—feeling bad that you escaped the tragedy while others did not.

For many people, using the tips and strategies mentioned above may be sufficient to get through the current crisis. At times, however, an individual can get stuck or have difficulty managing intense reactions. A licensed mental health professional such as a counselor can assist you in developing an appropriate strategy for moving forward. It is important to get professional help if you feel like you are struggling or feel unable to function. If you or any of your household members have been impacted, we encourage you to take advantage of the supportive resources available from **WellConnect**, including in-the-moment support counseling services, which are available 24/7 at 866-640-4777. Supportive resources for managing stress, anxiety, and grief are also available online at wellconnectforyou.com.

You will recover from this tragic event and your ability to persevere and trust in your abilities will get through the challenging days ahead. Taking the steps in this guide can help you cope at this very difficult time.

This adapted tip sheet was made possible with help from the following APA members: Dewey Cornell, PhD, Richard A. Heaps, PhD, Jana Martin, PhD, H. Katherine O'Neill, PhD, Karen Settle, PhD, Peter Sheras, PhD, Phyllis Koch-Sheras, PhD, and members of Division 17. Thanks to the American Psychological Association (www.apahelpcenter.org) for this document.

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: Thursday, August 15th. Nelson-Atkins Museum of Art. Come together to celebrate our diverse American experiences and stories as part of the museum's summer exhibition, 30 Americans, featuring four decades of contemporary African American artwork. Join us in Bloch Lobby for:

- * [SoulRevival Band](#) feat. Derick Pierre & [Charlotte Fletcher](#)
- * [Kansas City DJ Joe & DJ Ice Kole](#)
- * [#GetWoke](#) Best Runway Audience Contest
- * Soul Train Line Dance with [Kansas City Friends of Alvin Ailey](#)
- * Live Painting: Michelle Julmisse
- * Drop-in art activity: Self-portraits inspired by Langston Hughes poem "I, too"
- * [#30AmericansKC](#) exhibition: \$, Tickets avail. @ nelson-atkins.org
- * [Hot 103 Jamz](#) swag and chance to win a prize package
- * [Charlotte Street Shirt Company](#) live screenprinting & shirt giveaway
- * Community Spotlight: [Transformations: A KC Trans And Gender Expansive Youth Group](#)

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

KC Taste 2019: Saturday, August 17th. 12PM-10PM. Crown Center. Don't miss Kansas City Taste, brought to you by Carrier- Bryant! A food and music festival in downtown Kansas City at Crown Center on Saturday August 17th. Kansas City Taste will feature more than 30 restaurants showing off their most creative dishes.

About that Food: More than 30 of Kansas City's favorite restaurants will be featured at the festival showcasing signature dishes from their menus.

About the Music: Live music from Cherry Bomb will get you dancing and grooving while you enjoy culinary delights or sip on a beer or cocktail from local wineries and distilleries. MORE ACTS to be announced soon!

<https://www.facebook.com/events/2243184602678175/>

Ethnic Enrichment Festival 2019: Friday, August 17th – Sunday, August 19th. Swope Park. FEEL THE WORLD BEAT IN THE HEART OF AMERICA

This year marks the 40th year of connecting pieces of the world to make peace in the world.

The volunteers of the non-profit Ethnic Enrichment Commission of Kansas City are bringing to you one of the largest gatherings of multiculturalism - focusing on the traditional cultures found here in our home, Kansas City and its surrounding metro area - the 40th annual ETHNIC ENRICHMENT FESTIVAL (a.k.a. Ethnic Festival). This is hosted by the Ethnic Enrichment Commission of Kansas City, a non-profit 501(c)(3) organization.

The Ethnic Enrichment Festival's booth's Hours of Operation:

6:00 p.m. - 10:00 p.m. Friday, August 17th

12:00 p.m. - 10:00 p.m. Saturday, August 18th

12:00 p.m. - 6:00 p.m. Sunday, August 19th

Come early 30 minutes early to enjoy the stage performances!

<https://www.facebook.com/events/467505147349414/>

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

Boone County Medical Society Scholarship

Eligibility:

- 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

Amount: \$2,000

Deadline: September 1, 2019

Application: Contact Robin Totzke at totzker@umkc.edu for the application.

Scholarship

Dr. Roland & Virginia Ladenson Medical Scholarship

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.

Amount: \$2,000

Deadline: September 1, 2019

Application: Contact Robin Totzke at totzker@umkc.edu for the application.



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.

Opportunity

AMSA Seeking UMKC SOM Chapter Leaders

AMSA is currently looking for chapter leaders at the University of Missouri - Kansas City School of Medicine chapter. Please contact AMSA Vice President of Membership, TJ La at vpm@amsa.org or AMSA Membership Associate, Dylan Favre at dfavre@amsa.org to find out more about the leadership opportunities available.

Seventy years strong, AMSA is a student-led, national association that exists to cultivate, inspire and inform medical students. We do this by offering students the vital skills needed to lead and listen, and a safe place to explore, reflect and become the kind of physician who thinks beyond drugs and diagnoses: the kind of physician you want to become.

Many think of AMSA as a family— a diverse, impassioned network that supports one another in meaningful ways. AMSA offers its members leadership opportunities and community, guidance for the residency application process, discounts ranging from test prep to travel—and a place in AMSA’s long history of advocacy for both patients and future physicians.

Learn more at amsa.org/about, or review AMSA’s one-, two-, and four-year membership options at amsa.org/join.

Opportunity

Elective Opportunity:

Infant/Toddler Nutrition Experience



This 4-week academic pediatrics elective will offer students a unique opportunity to learn about the infant/toddler nutrition industry by visiting Nestle Gerber facilities in Fremont, Michigan and Arlington, Virginia. Students will spend 2.5 weeks reviewing knowledge in core pediatric nutrition topics with faculty here at UMKC. They will spend 1.5 weeks touring Nestle facilities, including factory, farm, research and development, marketing, finance, and legal departments. *Travel and lodging expenses will be covered by Nestle.*

For students interested in Pediatrics, this would be a distinctive experience to include on your CV and to discuss at residency interviews. Students must have completed their core Pediatrics clerkship as a prerequisite to the elective. The elective will be offered in Blocks 5 and 6 this fall, pending approval of final arrangements. If you are interested or have questions, please contact Dr. Haury at haurye@umkc.edu.

Volunteer

No One Dies Alone – Volunteers Needed

Truman Medical Centers has a great program where Caring Companions, who are volunteers, sit with patients and provide social, emotional and spiritual support. These patients may or may not have family or friends that are able to visit. Sometimes the family and friends are exhausted and need a break. The patient may or may not be at their end of life stage, but might be scared and alone and just want someone to sit with them.

This is a great opportunity for students (years 3-6) to volunteer their time. If you are interested in becoming a Caring Companion, please contact **Lori Bruce** (lori.bruce@tmcmcd.org) to sign up our next training in September 2019 (date not yet determined) at 5:30 pm.



Research

Children's Mercy Research Survey

Students are needed to take this survey for research being conducted by pediatric ophthalmologist Justin Marsh, M.D. The survey is designed to look at perception of strabismus (misalignment of the eyes) from the perspective of medical students, and simply asks medical students whether or not they believe an individual in a photo has strabismus. It should take less than 5 minutes to complete.

The link to the survey is:

<https://www.surveymonkey.com/r/YJH7PLJ>

Opportunity

Call for Abstracts

Call for Abstracts
Fourth Annual Medical Students Ethics Conference
Becoming a Physician:
Ethical Challenges in Medical Education Keynote Speaker:
Susan Goold, MD, MHSA, MA, FACP
Professor of Internal Medicine Professor of Health Management and Policy
University of Michigan

Icahn School of Medicine at Mount Sinai
Saturday, November 16, 2019

Icahn School of Medicine at Mount Sinai New York, NY
Abstract Submission Deadline Sunday, August 18, 2019

The "Becoming a Physician: Ethical Challenges in Medical Education" conference is the only medical ethics conference to focus on the ethical challenges medical students encounter on the path to becoming physicians. It is intended to be a forum for medical students to present their reflections on these challenges. The organizing committee invites abstracts for oral presentations on the ethical issues that arise in and because of one's role as a medical student. Potential topics include, but are not limited to: disparity in allocation of educational resources in medical school; learning on/with patients; role of medical students in public health outreach; moral distress; hierarchy in medicine.

Eligibility

To submit an abstract the author must be enrolled in an accredited medical college. Abstracts co-authored with faculty or residents will not be considered.

Submission

All submissions should include two MSWord documents: a 350-word abstract with title and no identifying information and a cover page with the following information: 1) abstract title; 2) author name; 3) author affiliation; and 4) email address.

Best Abstract Award

The organizing committee will award the best abstract a monetary prize in the amount of \$200. Please email your submissions to nada.gligorov@mssm.edu.

The conference is organized by the Bioethics Program and Medical Ethics Student Organization of the Icahn School of Medicine at Mount Sinai with support from the Atran Foundation.



Icahn
School of
Medicine at
Mount
Sinai

Call for Abstracts

Fourth Annual Medical Students Ethics Conference

Becoming a Physician: Ethical Challenges in Medical Education

Keynote Speaker:

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Professor of Internal Medicine
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UMKC School of Medicine



STUDENT ORGANIZATION MEETINGS AND OTHER EVENTS

**Wellness
Council**

Tea and Cookie Tuesday

Join us THIS Tuesday, August 13th from 12PM-1PM in the SOM lobby for our monthly Tea and Cookie Tuesdays. Tea and Cookie Tuesdays occurs on the second Tuesday of every month. Stop by for a cookie and some hot tea on your way to class ☺ Brought to you by the Wellness Council.

STI Testing

Every third Wednesday
Noon - 1:30 p.m.

**FREE and CONFIDENTIAL
STI TESTING** courtesy of the
Good Samaritan Project
and sponsored by the
UMKC SOM Wellness Council

**5th Floor
Green Conference Room**



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.