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Student Services

THE UNIVERSITY OF ILLINOIS COLLEGE OF MEDICINE
CHICAGO PEORIA ROCKFORD URBANA



NEWSLETTER FOR STUDENTS, FACULTY, AND STAFF



November 2017



Events

DATE	TIME	LOCATION	EVENT
11/1	1-2pm	SCE Rm 238	Wellness Center: Nutrition Workshop
11/7	12-1pm	SSB 2900	Academic Center for Excellence: Master the Art of Test Taking
11/8	2-3pm	SCE Rm 238	Wellness Center: Conflict Management Workshop
11/15	2-3pm	SSB 2900	Academic Center for Excellence: Goal Setting
11/30	10-11am	SSB 2900	Academic Center for Excellence: Time Management

Announcements



Save the Date!

Medical Student Winter Celebration Lunch

Friday, December 8, 2017

Faculty Alumni Lounge, Room 119 - CMW

(Enter through College of Medicine History Gallery)

11:00a.m. – 2:00p.m.

Career Advice from Fellow Students

Check out some suggestions from a few of your stellar classmates! M2, M3, and M4 students share their perspective on preparing for residency in the pages to come.





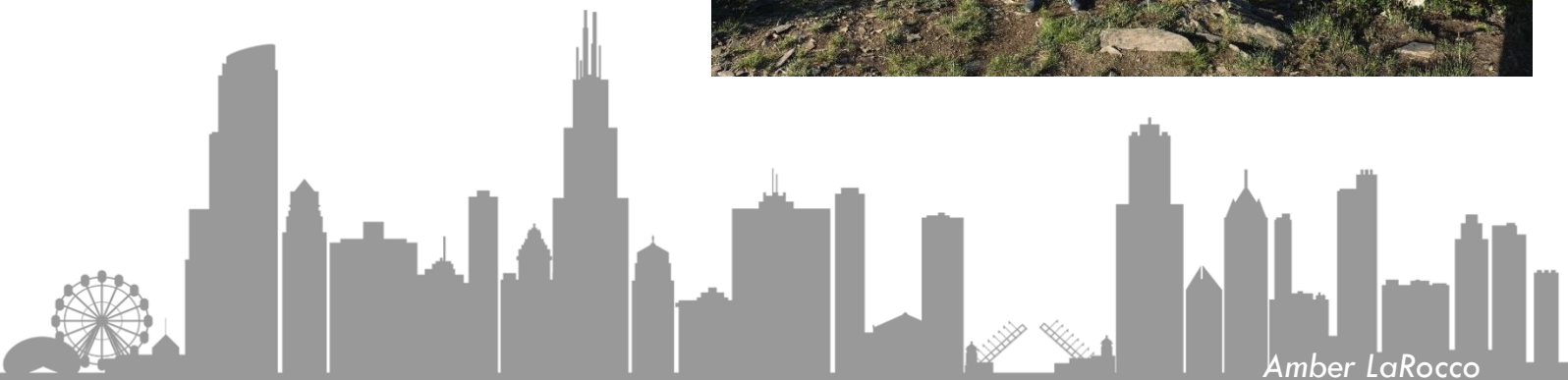
Andrew Florin, Class of 2020, shares how he spent the summer between his M1 and M2 year. These are exciting career exploration opportunities for Andrew and the beginning of his residency preparedness.

“I began this summer in the Surgical Exploration And Discovery (SEAD) program, then spent 7 weeks as the Lead Anatomy Peer Educator for the incoming M1's and D1's who were in the Summer Pre-matriculation Program (SPP). Since then and as a GMED student, I have been in the remote community of Tok, Alaska, at the Upper Tanana Health Center South, where I have been working with a family medicine physician to not only better grasp healthcare delivery in isolated regions, but also to begin a longitudinal research project. These experiences were made possible thanks to: Drs. Amelia Bartholomew & Antonio Gangemi and the UIC Department of Surgery, the Urban Health Program (UHP), and my IPC preceptor, Dr. Stockton Mayer, his former classmate Dr. Stuart Marcotte, and the support of the Global Medicine Track.”



Left: Andrew and his team of 11 gross anatomy peer educators.

Below: Andrew standing on a mountain in the Tanana Valley State Forest overlooking the city of Tok which is hidden in the background.



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Vivien Goh, Class of 2019, provides some great advice on how to approach the M2 curriculum, how to gear up for USMLE Step 1 and how to transition into the M3 clerkships.



“The best advice I can give for M2 year is to start strong M1 year and keep up with the material this year by doing well in class. First semester, try not to worry too much about studying specifically for Step 1. It may not feel like it initially, but you have plenty of time. Make sure you figure out how and where you personally study best, and try to do well in class while incorporating resources created for Step studying (Pathoma, Sketchy Medical, First Aid, etc). Becoming familiar with how to use these resources was crucial to being successful both in class and on Step 1. I also feel class performance is a strong indicator of how well you have learned essential information, and it keeps you focused on learning at the right pace so you don’t fall behind.

Second semester, I began to focus more on studying specifically for Step. I started UWorld. I created a study plan that correlated to what was being taught in class while reviewing material from first semester/M1 year, and I stuck with it to the best of my ability. I tried to treat it like a job by waking up at the same time every morning and sticking to a schedule. Be patient with yourself, and don’t get too frustrated if you don’t get everything on your list done. Make sure you reward yourself with breaks, and take the time to keep doing whatever it is you love to do. It’s a long journey, but if you set a goal, work hard, and take breaks for the things and people you love, you’ll have no regrets. Lastly, plan a vacation or something fun to look forward to afterwards. It will be much needed and well-deserved.

As far as preparing for M3 year, take advantage of practicum. Having the opportunity to be in the hospital and find out what your role is as a medical student, learn how rounds work, and practice giving oral presentations gives you a huge advantage third year. Your team will appreciate how quickly you’re able to adapt.

If you have any questions, would like more detailed advice, or just want to vent, please feel free to reach out to me anytime! Good luck!!”



Amber LaRocco

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Rachel Payne, Class of 2018, shares how she was able to secure a year of research at Johns Hopkins University. She also offers her recommendations on building your personal network and preparing for your M4 career electives.

“My interest in a competitive specialty prompted me to pursue research in order to strengthen my application. I reached out to multiple programs regarding research opportunities via email. Ultimately, Johns Hopkins was the best fit for me. I wanted to go to a prestigious program, expand my network outside of the Midwest, perform clinical research, and I liked that they had a collaborative environment with multiple people at different stages in their medical career dedicating time to research. This experience also taught me the importance of networking and how having strong advocates and mentors can go a long way.

The best piece of advice I can give is to keep your CV up to date; I have needed it on demand for submitting abstracts to conferences, applying to away rotations, and to provide to letter of recommendation writers. On M4 rotations, it is helpful to have a discussion early on to understand expectations of you, come to work eager to learn with a positive attitude, ask for feedback, and be dedicated to working long hours if necessary.”



Amber LaRocco

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Financial Aid & Registrar

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Registrar

Spring 2018 Registration

The Registrar's Office will begin registering all students in November for the Spring 2018 semester with the University. Once the process is complete, an announcement will be sent to each class listserv.

Compliance

A friendly reminder, please make sure to monitor the dates that your immunizations expire and update at least 4 weeks prior so that you do not experience any issues regarding registration or clinical activity.

M4 Audit

The College of Medicine allows you to audit your graduation requirements. Please visit the College of Medicine's Online Score and Grade Summary at <http://services.com.uic.edu/studentgrades> and click on "Student Pathway Audit Link." This page will display which courses you have scheduled and which graduation requirements they fulfill. There is a box that will indicate if you have met your pathway requirements.



Amber LaRocco



M1

Summer seems far away now as the weather gets colder however it is not too early to start planning for your summer opportunities. Check out the Chicago M1 Resources page on [blackboard](#) and click on the Summer Opportunities tab to find a folder of current opportunities, fellow student suggestions, program and project search engines, and a list of specialty career advisors here at UIC. Another great place to start is by reaching out to your Longitudinal Career Advisor (LCA) who can help you make clinical connections. At your next meeting with them during Synthesis Week 2 you will have the opportunity to review and polish your CVs together. Talk to your Office of Student Affairs (OSA) advisor if you need help!

M2

Step 1

There will be a Step 1 overview 11/1/17 at 3:30pm in 227 CMW. This presentation will provide you a general overview of Step 1.

OSA will also be sponsoring a Step 1 student panel on 11/28/17. This session will provide some insight on Step 1 from a student prospective.

If you are thinking about applying for accommodations for your Step 1 exam please contact your OSA advisor as soon as possible to discuss the process.

Academic Resources

Although OSA hopes you are doing well this year, it is understandable that there may be a few bumps here and there. If you are having issues please reach out to your OSA advisor and speak to course directors. Also feel free to attend large group review sessions. The review schedule is posted on the PEP [blackboard](#) page.





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M3

We are now accepting applications for the Gold Humanism Honor Society. If you are interested in humanistic activities and service to others, we encourage you to submit your application. Please note that late applications will not be accepted.

Instructions for Applying

The application is due Friday, April 20, 2018. Please submit by email to Melissa Hernandez pmhern@uic.edu. You may also submit the application in person to OSA or by mail. Please find the application materials on your M3 resource [blackboard](#) page under GHHS.

Eligibility

In order to apply you must be a Spring/May or Summer/August graduate in the class of 2019. Also, incidents of unprofessionalism are taken into account when evaluating applicants for the honor society.

Complete Application

Only complete applications will be accepted by the GHHS Committee. The components of the application are the following, the word documents are attached under M3 resource page named GHHS.

- ❑ Application Coversheet
- ❑ Curriculum Vitae
- ❑ Personal Statement
- ❑ Volunteer and Service Summary
- ❑ Two Letters of Recommendation

Class presentations regarding M4 Year Scheduling and Away Rotations are coming up. It is mandatory to attend one of these two sessions.

December 1, 2017

Room 106 CMWT
-OR-

December 15, 2017

Room 106 CMWT

3:15pm: Doors open/food will be provided

3:45pm: Presentation will begin after shelf examination

RSVP to pmhern@uic.edu

M4

Questions about Interview Status? Fill out the survey sent by OSA. This survey will help us to address any concerns that you may have related to entire match process.

Remember to reference the [absence policy](#) when asking for time off for residency interviews! Finally, don't forget to check out the [HOST Program](#) setup by alumni volunteers to help M4s travel for interviews.

Registration for the [National Resident Matching Program \(NRMP\)](#) is open and required to participate in the Main Residency Match. There is an \$80 fee to register and the deadline is Thursday, November 30th. An additional \$50 fee will be charged for late registration.

