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Student Services

THE UNIVERSITY OF ILLINOIS COLLEGE OF MEDICINE
CHICAGO PEORIA ROCKFORD URBANA



NEWSLETTER FOR STUDENTS, FACULTY, AND STAFF



February 2018

MEDICAL STUDENT WELLNESS & RESILIENCE *Spring Schedule for AY 17-18*

Date	Time	Location	Event
2/14/2018	5:30-7:30pm	106 CMW	<u>Communication, Compassion and Caring for You, Your loved one and you Patients</u> <i>Dr. Michael Greenberg and Lilli Frances, Comedy City</i>
2/21/2018	12:00-12:50pm	227 CMW	<u>Coping Constructively with Stress</u> <i>UIC Counseling Center Staff Medical Student Panel</i>
3/21/2018	12:00-12:50pm	227 CMW	<u>Understanding Personality Differences as it Relates to Professional and Patient Interactions</u> <i>UIC Counseling Center Staff Medical Student Panel</i>
4/11/2018	12:00-12:50pm	449 CMW	<u>Understanding Domestic and Intimate Partner Violence to help as a physician</u> <i>UIC Counseling Center Staff</i>
4/11/2018	9:00am	420 CMW	<u>M2 Final Exams Study Break: Breakfast</u> <i>Office of Student Affairs</i>
4/11/2018	11:00am-1:00pm	424 CMW	<u>M2 Final Exams Study Break: Massages</u> <i>Office of Student Affairs</i>
6/11/2018	9:00am	420 CMW	<u>M1 Final Exam Study Breaks: Breakfast</u> <i>Office of Student Affairs</i>
6/11/2018	11:00 – 1:00pm	424 CMW	<u>M1 Final Exams Study Break: Massages</u> <i>Office of Student Affairs</i>



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Staying Safe

UIC Police Department is organizing a self-defense class for women students. The four-hour course is designed to introduce the student to strategies, tactics and techniques needed to win a confrontation against an attacker. This course focuses on building the student's confidence in her ability to defend herself.

2018

January 7 & 21

February 4 & 18

March 4 & 18

April 8 & 22

May 6 & 20

June 3 & 17

July 1 & 22

Aug 5 & 19

September 2 & 16

1:00 pm - 5:00 pm, 1601 W Taylor St. Room 114

Parking: Street parking on Taylor St.

Public transportation: Ashland Ave #9 bus, Pink Line. (Any question about CTA travel information contact RTA 312.913.3110)

Attire: Comfortable clothing, preferably active wear

ID: Please bring an ID

Contact uicpdawsda@uic.edu to register for a specific date. Thanks! We are looking forward to seeing you! If you need more information, contact Investigator Tawanna Clark, Self Defense Instructor, at 312.617.9717 or <tclark9@uic.edu>.



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SPH Yoga Classes

A new session of yoga at SPH/PI (1601 W. Taylor) will start on January 17 and run through May 2, 2018. Classes are held in the gym on the first floor of the Psychiatric Institute/School of Public Health on Mondays and Wednesdays from noon – 1:00pm. Class participants need to bring a yoga mat, yoga blocks, a yoga strap, and wear comfortable clothing. You can choose whether to attend class once or twice a week. For the next session, there will be no classes during spring break (March 26 & 28).

If you would like to attend the yoga classes, please sign-up today! This is a great way to get in shape in the new year! To register, go to the campus recreation website listed below. On the website, select Program Registration, and register or sign in. Then select SPH for the Program Category, and choose which days you want to attend. The website lists the dates for both registration and the session class dates.

<https://north-a-60ols.csi-cloudapp.net/UIC/Login.aspx?ReturnUrl=%2fUIC%2f&AspxAutoDetectCookieSupport=1>



Amber LaRocco

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Counseling Center Workshops

Location: Counseling Center- Suite 2010 (2nd floor) in SSB (Student Services Building),
1200 W Harrison St.

Space: limit of 12 people per workshop, so register ASAP!

Cost: **FREE!**

Requirements for the workshops:

Attend all 4 weeks of the workshop

Arrive on time and stay for the full session

Commit to practice the skills outside of the workshop

Spring 2018 Koru Mindfulness Workshop 1:

**Fridays from 10:30-11:45pm on 1-26-18, 2-2-18, 2-9-18, (no meeting 2-16-18), &
2-23-18.**

Click here to register:

<https://vcsaonline.uic.edu/workshops/Home/Index/LJ10NM717W>

Spring 2018 Koru Mindfulness Workshop 2:

Tuesdays from 1-2:15pm on 2-27-18, 3-6-18, 3-13-18, & 3-20-18.

Click here to register:

<https://vcsaonline.uic.edu/workshops/Home/Index/ND9PZ1UWYT>

Spring 2018 Self-Compassion Workshop 1:

Tuesdays from 1-2:30pm on 1-30-18, 2-6-18, 2-13-18, & 2-20-18.

Click here to register:

<https://vcsaonline.uic.edu/workshops/Home/Index/OS5VBB869E>

Spring 2018 Self-Compassion Workshop 2:

Fridays from 10:15-11:45am on 4-6-18, 4-13-18, 4-20-18, & 4-27-18

Click here to register:

<https://vcsaonline.uic.edu/workshops/Home/Index/37X4OBWGK6>



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Financial Aid & Registrar

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Financial Aid

The COM Office of Student Financial Aid is excited to tell you about upcoming Financial Literacy learning opportunities. Sessions will be recorded. Please mark your calendars for the following dates:

Who: Radden Education Institute

Date and Time: Friday, February 2, 2018 ; 10:30 am-1:00 pm

Location: Room 426 CMWT

Topics: Literacy and Guidance for Financial Security Planning

Who: Physicians Loans, Tal Frank

Date and Time: Monday, February 12, 2018 ; 1:00 pm-2:00 pm

Location: Room 1020 COMRB

Topics: Financial Literacy and Home buying

Exit Interviews attendance is required for all M4 students. You will need to choose one of the dates to attend.

Who: M4 Exit Interviews (Required)

Date and Time: Monday, March 5, 2018 ; 12:00 pm-2:00 pm

Location: Room 119 CMWT

Topics: Financial Planning, Debt Management, Loan repayment plans

Who: M4 Exit Interviews (Require)

Date and Time: Friday, March 9, 2018 ; 3:00 pm-5:00 pm

Location: Room 5175 COMRB

Topics: Financial Planning, Debt Management, Loan repayment plans



Financial Aid & Registrar

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Registrar

Stage 5 of the M4 lottery will include most of the catalog electives, but if you are scheduling electives outside of the lottery, please refer to the instructions below:

▣ Advocate Hospitals

■ Christ

- Family Medicine & Sports Medicine electives, contact after March 1
- Medicine electives, contact after April 15
- Pediatrics electives, contact after April 1
- Trauma electives, contact after April 15

■ IL Masonic

- No earlier than six (6) months prior to the start date

■ Lutheran

- Contact after March 1

▣ All Other Catalog Electives not in the lottery

Contact department coordinator after February 26, 2018 when the Stage 5 lottery opens.



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M1

We hope your search for summer opportunities has been productive and successful! Do you still need a letter of good standing or a letter of recommendation to assist with your applications? If so, please fill out the [Student Request Form](#) and submit the appropriate materials to your OSA advisor so we can help you.

Is your search for summer opportunities just starting? A great place to begin is the Summer Opportunities tab on the Chicago M1 Resources [blackboard page](#). Here you will find a folder of current opportunities, search engines for activities, and suggestions from fellow students. Finally, don't forget to utilize your LCA who is another great clinical connection. We are all here to support you!



Amber LaRocco



M2

As you start to prepare for USMLE Step 1, check-out the many initiatives in place to help assist students.

February 20th 11 a.m.

Self-Assessment overview & Step 1 delay information presented by OSA followed by

Dr. Halsey Session 1 – Introduction to time management & study plan development

March 8th 12 p.m.

Dr. Halsey Session 2 – Continuation of time management and study plan development

March 21st 1 – 5 p.m.

Proctored Self-Assessment: Come take a NBME CBSSSA in a proctored/timed testing environment on campus.

March 27th 4 p.m.

Self-Assessment Follow-Up –Your score and what it means presented by OSA followed by Dr. Halsey Session 3 – Final session of time management and student plan development

Additional Step 1 Information:

The deadline to request a delay is May 18, 2018. If you have questions about delaying Step 1 schedule an appointment with your OSA advisor.

The M2 Class board, Student Leaders, and OSA are working together to provide a series of reviews and Peer Education support for Step 1. More news and details to come soon!

The College of Medicine is also providing a second Step 1 Self-Assessment in April, details to follow.



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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 by the deadline of **Friday April 20, 2018**. Please note that late applications will not be accepted.

The Co-Chairs of the GHHS Selection Committee are Dr. Sean Blitzstein and Dr. Memoona Hasnain.

INSTRUCTIONS FOR FILLING OUT THE APPLICATION

Due Date

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 mail it to the address listed below.

Melissa Hernandez – GHHS Application
Office of Student Affairs (MC 785)
1853 West Polk Street, 112 CMW
Chicago, Illinois 60612

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 application materials can be found on the M3 Resources [Blackboard page](#) under the GHHS tab. The components of the application are the following:

Application Coversheet

Curriculum Vitae

Personal Statement

Volunteer and Service Summary

Two Letters of Recommendation



Amber LaRocco



M4

NRMP ID: Remember to add your **NRMP ID** number into your ERAS portal. This number is provided by the NRMP after you have registered and paid the registration fee. Programs will need your NRMP ID in order to add you to their Rank List.

NRMP Verification: OSA is in the process of auditing all match participants to make sure that students are registered for all pathway/graduation requirements. We will also audit for USMLE Step 2 CK and CS scores. Please be reminded that students must have either a passing score reported or have a secured test date by Monday, February 12th in order us to verify you in the NRMP system. All 2018 Match participants will be Verified in the NRMP R3 system during the week of February 12-16. You can certify your rank list and programs can rank you even if your status in the NRMP R3 systems says “not verified.” This has no impact on the submission of your Rank Order List (ROL).

M4 Checklist: All M4 Checklists are saved on the M4 Resources blackboard page for future reference.

Match Day: Mark your calendars for the 2018 Match Day Celebration on Friday, March 16, 2018. The official invitation and registration link will be sent soon.

Commencement: The 136th College of Medicine Commencement is scheduled for May 11th from 2 – 4 p.m. at the UIC Pavilion. Free attendance for guests (no limit) and tickets are not required. More information can be found [here](#).

