



College of Medicine Parents & Family Association
Newsletter - August 2011



**PFA
Presidents’
Message**

Welcome to the parents, spouses, and family of the

College of Medicine Class of 2015! Although it’s been 2 years since our son started medical school, it’s gone by in a flash! The Parents and Family Association want to make the next four years memorable and exciting for you and your students. The students often get so wrapped up in their studies, they may not always tell you what is going on, so we hope to keep you informed through our newsletters and website!

As the new Co-Presidents, Sandy and I hope to continue the excellent job done by Mike and Susan Wescott last year. The Association, with the help of the parents from each class, was able to double our financial support for the student activities, update and upgrade the website, and initiate this newsletter. All of this should help you keep involved and better track what is going on with your student this year!

Please join our association! Consider serving on the Board! We really need much more representation from the families of the Class of 2014 and the newbies for 2015. It’s a lot of fun and not much work! You get to meet other parents and family members, only have to meet about 4 times a year, and help plan great events!

You can even participate and serve long distance with free phone conferencing at our meetings. If you have any interest, please call Roxanna at 402-559-4385!!

This coming year we will again support Match Day for the Senior Class, June Term for the Sophomores, and Post Comp Party for the new Freshman, as well as begin planning our part of

Parent and Family Day and the White Coat Ceremony for next year!

Many thanks to Roxanna Jokela, Director of the Office of Alumni Relations, and her wonderful staff for helping us be so successful. Please feel free to call us (402-330-4289) or Roxanna (402-559-4385) for any questions!! Check out the website for more pictures – better yet, experience the fun, meet great new friends, and share your student’s adventures by joining the Board. Just call, it’s a lot easier than getting into Med School!!

Stay Well!

Jeffrey A. Passer, MD, UNMC ‘72
Sandra J. Passer

<u>2011 Upcoming Calendar of Events</u>	
Family Day 8:30 a.m. – noon (New M1 students, parents, & families)	August 19 UNMC Sorrell Center
White Coat Ceremony 2 p.m. (New M1s, et al)	August 19 Joslyn Art Museum
First Day Classes (M1-M2)	Aug 22
Labor Day	Sept 5
Alumni Weekend	Oct 21-22
Thanksgiving (M3-M4)	Nov 24
Thanksgiving (M1-M2)	Nov 24 - 25
When will I see my student again?	
Winter Recess (M1-M4)	Dec 17, 2011 – Jan 2, 2012
For a full list of events, visit: www.unmc.edu/alumni/153.htm	

Find Information on the PFA Website

The UNMC College of Medicine Parents and Family Association has a page on the University web site where you can find lots of helpful information and pictures from your student's activities. It isn't always the easiest page to find before you get it bookmarked, so we thought that we'd go through this again for the new families.

There are several ways to find our page. Navigate to the www.unmc.edu/alumni link, type "Parents" in the Search box in the upper right hand corner and hit Enter. The first link should be "COM Parents & Family". "COM" stands for College of Medicine. If you click on that link, it will bring you to one of our pages.

Another method is to use the www.unmc.edu/alumni link and click on the "Chapters" tab. "COM PFA" is the next to last link listed on the left hand side of the page that comes up.

Once you're on the COM Parents and Family page, you'll find helpful information such as the purpose of the organization, copies of this and past newsletters, Upcoming Events, and links to the current year's Academic Calendar (and more especially the M1's and M2's Exam Schedules so that you know when your student might be a little grumpier), a list of Advisory Council Officers, UNMC Alumni Office contact information, and pictures of past events.

If you can't find some information that you think would be helpful to all families, please email one of the Advisory Council members and we'll try to get that posted on the web site as well.

2011 Teaching Awards Announced

The M1 and M2 students vote each year for the person that they believe exemplified the best skills in teaching. They then present this person with the "Golden Apple" award.

The recipients for this year were:

M1 Dr. Richard MacDonald, Biochem
M2 Dr. Geoff Talmon, Pathology



(Dr. Talmon receiving his award at the M2 June Term Picnic.)

The M4 students vote on an award called the Hirschmann Prize for Teaching Excellence. The recipients this year were:

Dr. Kurtis Cornish, Physiology
Dr. Ashish Sharma, Psychiatry

Congratulations to all for a job well done!

Welcome New M1s!

The incoming M1 class at UNMC will include 130 students. The new class includes graduates of the University of Nebraska Lincoln and colleges in at least 13 states. Here is a short summary of the students' first week at UNMC:

Monday: Welcome, Introduction to UNMC & College of Medicine, Problem-Based Learning, Lunch hosted by the College of Medicine Alumni Association

Mon. p.m. – Wed. a.m.: Small group sessions, Library Tours, student ID photos

Wednesday p.m.: Inter-professional activities
Thursday: Presentations, including: First Week Assignments, Introduction to support staff, "How to survive medical school," student activities fair and elective workshops.

Friday: Orientation wraps up in the morning and students receive their White Coats at the Joslyn Art Museum. PFA hosts Family Day in the morning for M1 families!

FUN FACTS:

Summer 2011 ends, 2011/2012 School Year begins – What's next???

What's happening in each class now? It's been a really hot summer and things are heating up in the COM (College of Medicine) too. Everyone's now advanced to the next "level" M status.

M1's: A brand new class of M1 students began their Orientation week Monday, August 15th. There are probably some nervous jitters to get over, but all should be feeling a lot of pride at having been accepted into the UNMC COM. As one of your instructors has put it Welcome to "Grad school on steroids"! We're looking forward to meeting you on Parents and Family Day and at your White Coat Ceremony, Friday, August 19th.

M2's: This was really the last summer "off" that these students will get. Hopefully, they did spend some time enjoying it and relaxing for their upcoming M2 studies. However, sometime during this summer, all were required to spend about three weeks on a Primary Care Block in an underserved area. Besides being an up close and personal view into a clinical experience, for many, it serves also as an introduction to life in rural Nebraska. One big city resident was surprised that there was no cable TV and stores closed by 6 p.m. People were outgoing and showed an interest in this student's future plans. In fact, they were so friendly, they wanted to include this city slicker in their calf branding and castration "party" towards the end of that visit!

Now it's time to get back into focusing on classes, ICE, and studying.

M3's: The Step 1 Board Exam is OVER!!!! Yea! Students spent at least some of the time between the end of their classes the end of April and the beginning of June Term studying for and taking the Step 1 Board Exam. July 13th was "THE BIG DAY" when everyone's scores were released. Students had already continued on, though, with June Term. This is an intensive 3 day "term" in which they practice (on each other) some of the procedures which they will require when working their rotations this year. During this time, the PFA provides support with a June Term picnic.



A quick break for the 4th of July and then it was the start of the first year's rotations. M3s all go through the same six rotations, i.e. Family medicine, Pediatrics, Surgery, Internal medicine, Psychiatry, and Obstetrics and Gynecology. Rotations last 6 – 12 weeks, depending on the rotation, and are followed by a "Shelf Exam". A "Shelf Exam" is 100 Step 2 Board questions about the specialty just completed. This not only tests the M3s on what they've just learned, but helps them prepare for the real Step 2 Board exam at the end of the M3 year.

M4's: The M4 year started July 5th after only a 9 day "summer break". Rotations, rotations, and more rotations. This year, though, the students get to select some of their rotations from a set of possibilities.

Fall of the M4 year is a flurry of activity. M4s are busily studying for and taking their Step 2 Board Exam. The Step 2 assesses whether they can apply their medical knowledge, patient-centered skills, and understanding of clinical science. Its emphasis is on health promotion and disease prevention.

In addition, M4s are trying to solicit letters of recommendation for their applications to Residency programs and get those applications submitted this Fall.

One M4's impression is that after they get past this last Summer and Fall, its "smooth sailing" after that. (Editor: Let's ask again after they go through their interview process and Match Day!)

2011 June Term



(Left) Dr. Paulman speaks to students during the lunch on June 29th. The College of Medicine Alumni Association provided lunch for the students and the PFA provided dinner the next day.



(Right) A student panel talks about their recent rotations to the incoming M3s.

Find more pictures at:

<http://www.facebook.com/media/set/?set=a.10150698871760273.702060.374359690272&l=6022a60594>

Calling Parents, Spouses, and Family to Consider Joining the Advisory Council

Parents and Family members are encouraged to volunteer to serve as members of the PFA Advisory Council. There is quite a good representation from the current M3 class families, so we'd especially like to encourage family members from the M1, M2, and even M4 classes to volunteer. With the number of married students in medical school continuing to grow, we would like to have a spouse of one of our students active on the board also so that we can hear your ideas and needs.

Meetings are held 4 times a year and help with the yearly activities for the students is appreciated. All in all, this doesn't involve a

large amount of time and is a good opportunity to learn even more about your student's experiences.

Next PFA Advisory Council Meeting will be Tuesday, October 11, 2011 at 6:30 p.m., upper floor of the UNMC Alumni House.

Attendance by toll-free conference phone is possible for those out-of-town.

WANTED: Social Liaison for Newsletter Articles

Would you like to help out even if you're not located in Omaha? We need someone to act as a contact person for collecting information for this new newsletter.

Meet the 2011/2012 PFA Advisory Council!

Co-Presidents	Dr. Jeffrey & Sandra Passer	Student Year 2013
Presidents-Elect	Dr. Tom & Evelyn McKnight	Student Year 2013
Secretary/Treasurer	Duane & Bonnie Maresch	Student Year 2013
Council Members	Blaine & Tracy McKillip	Student Year 2013
Council Members	Dr. Mike Westcott & Dr. Susan Westcott	Student Year 2013
Council Members	Craig & Rita Osborn	Student Year 2014
Council Members	Sheldon & Kim Gallner	Student Year 2015

JOIN US!

Send an e-mail to Roxanna Jokela at rjokela@unmc.edu or call (402) 559-4385 to learn how you can get involved with the Parents & Family Advisory Council.