

Newsletter

This newsletter is distributed via email from the UNMC College of Medicine Parents & Family Association.

Residency Prep Course Aids Students

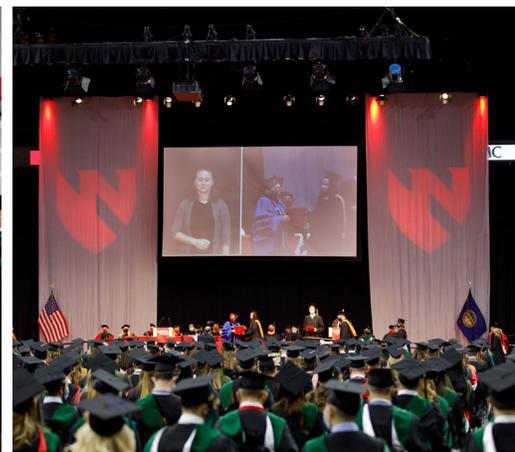
Medical school graduates have mastered many facts, undergone endless tests, earned the highest scores and snagged sought-after residencies. But nothing prepares students for when they have to take on the weight of making those first few decisions that can affect real patients' real lives.

"It's one thing to see it," on rotations, Jill Zabih, MD, assistant professor of internal medicine, said. "It's another thing to do it."

The College of Medicine's new Residency Prep Course is the last course students take before going out into the real world as resident physicians. Students spend the first two weeks together as a class doing content relevant to all residency specialties such as procedure simulation, professional development, delivering difficult news, rapid response team training, organizational skills, etc. This content is a mix of simulation with manikins, standardized patients and interactive didactics. The second two weeks are heavily weighted on the specialties they are going into.

Although nothing can entirely prepare students for the increased responsibility of being a physician, the RPC aims to ease this transition.

[Read more.](#)



UNMC Commencement Held In-Person

On the morning of May 8, 2021, the UNMC Colleges of Medicine, Nursing, Pharmacy, Public Health, Allied Health Professions and Graduate Studies held an in-person commencement ceremony for over 1000 students at Baxter Arena in Omaha. Public health precautions were taken, and no cases of COVID-19 were linked to the event.

[View more photos here.](#)



COM Spouse's & Significant Other's Reception a Success!

All College of Medicine students and their partners were invited to the 7th Annual Spouse's & Significant Other's Reception held at the River City Star Landing on August 16. Students enjoyed yard games, socializing and appetizers, drinks and dessert at the outdoor event. This event is sponsored each year by the Parents & Family Association to help students and their partners to get to know each other in a fun environment.



Summer Edition Newsletter August 2021

This newsletter is produced by the Alumni Relations Office at the University of Nebraska Medical Center.

Editors: Laura Olson, Kat Hamilton, and Catherine Mello

Photographer: UNMC Alumni Relations and Public Relations Staff

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Make a Gift to the Parents & Family Innovation Fund

You can help support the work of the Parents & Family Association with a tax deductible gift to the Parents & Family Innovation Fund at the University of Nebraska Foundation. [Click here](#) to support the Parent & Family Association.

Thank you for your generous support!

Resource Spotlight | Offices of Inclusion & Equity

It is through enriching experiences, events and discussions that we get to know each other a little better and realize we are more alike than different. In working to foster a culture of inclusion that values the uniqueness among us, the Offices of Inclusion & Equity:

- Provide leadership and support in developing and implementing policies, programs efforts that enhance recruitment & retention, diversity, equity and inclusion for our diverse campuses.
- Emphasize assessment and evaluation of high-impact strategies, programs, practices, and initiatives to promote equity, access and inclusivity across UNMC campuses.
- Works on diversity initiatives with senior leaders to engage the campus and surrounding community in order to help define, enable and foster an inclusive and welcoming culture.



UNMC offers opportunities throughout the year for faculty, staff and students to come together. Everyone can attend the Diversity Lecture Series, Culture Fest, Spirit Week, the Holi Festival of Colors, International Week and any events hosted by the Office of Inclusion. View a list of groups, offices and resources supporting diversity, equity and inclusion [here](#).

Class of 2024 Celebrates Completing Year One of Medical School

Each year, the Parents & Family Association sponsors the M1 Picnic, an opportunity for the first year class to celebrate making it through their first year of classes together.

Typically, the event is held on campus and students have lunch catered by a food truck vendor. But the Class of 2024 has had anything but a typical year--so they decided to mix things up. More than 50 members of the first-year class got together at a barn on the outskirts of Omaha to hang out and have pizza on the evening they finished their spring courses. They are grateful for the PFA funds that provided their food.



2021 Family Day Held Virtually

Parents and spouses of the College of Medicine Class of 2025 were invited to participate in Family Day, sponsored by the College of Medicine Parents & Family Association. In an abundance of caution, the PFA Advisory Council decided to host this year's programming in a virtual format.



On Wednesday, August 18th, Chris Weber (M4) and his wife Sam and Alex Regan (M2) and her parents Pat and Cindy joined Laura Olson, panel moderator, for a Family Day panel featuring advice for incoming students and their families. Over 50 families asked questions and listened to the event live. Families were also invited to [browse the Parent & Family Resource webpage](#) at their leisure, where they could find videos from Dean Bradley Britigan, MD, Wellness Advocate Kimberly Schenarts, PhD, and many other important folks in the College of Medicine and at UNMC.

Meet Hannah Tandon

Hometown

San Marino, CA

Program and Year

College of Medicine, Class of 2022

Education

Amherst College

Bachelor of Arts in Chemistry

Hobbies

Walking on the Field Club Trail, baking, and knitting

Staying Balanced

I am fortunate to have wonderful friends who laugh at each others' jokes, support one another when we're down, and make medical school a lot more fun. Though COVID has disrupted our usual socializing, I'm proud of all the physically-distant picnics, walks, and ice cream runs that have kept us safely together.



Three things people may not know about me:

- My friends and I are back-to-back intramural curling champions.
- I've brought my French horn with me to four different states, and though rehearsals are currently on hold, I'm glad to be able to keep playing with the Nebraska Medical Orchestra.
- My one act of youthful rebellion was learning French in Southern California, where almost 40% of the population speaks Spanish.

2021-2022 College of Medicine Student Calendar

Semesters

First Semester (M1-M2):	August 23, 2021 – December 17, 2021
First Semester (M3):	June 28, 2021 – December 17, 2021
First Semester (M4):	July 5, 2020 – December 17, 2021
Second Semester (M1):	January 3, 2022 – May 27, 2022
Second Semester (M2):	January 10, 2022 – June 29, 2022
Second Semester (M3):	January 3, 2022 – June 24, 2022
Second Semester (M4):	January 3, 2022 – May 1, 2022

Special Events

White Coat Ceremony (M1):	August 20, 2021
Match Day (M4):	March 18, 2022
Honors Convocation (M4):	May 6, 2022
Commencement (M4):	May 7, 2022

Full Academic Calendar available [here](#).

2021-2022 PFA Sponsored Events

Spouse's & Significant Other's Reception:	August 16, 2021
Family Day (Virtual):	August 18, 2021
Match Day:	March 18, 2022
M1 Picnic:	May 27, 2022

UNMC College of Medicine Phases of Curriculum

Phase
1

Foundations of Medicine 18 months

Integrates basic, clinical and health systems sciences into blocks that are organized by the organ systems of the human body.

Take the USMLE Step 1 exam.

Phase
2

Clinical Applications 12 months

Extensive clinical learning experiences in six of the core disciplines of medicine. Clinical rotations range from 6-12 weeks in length.

Phase
3

Career Preparation 13 months

Individualized training for each student in their career specialty choice to prepare students for success in residency training and beyond.

Register for USMLE Step 2 CK and CS at least one month before graduation.

College of Medicine Wellness Hub Set to Open this Fall

The new College of Medicine Student Wellness Hub is set to open on the third floor of Sorrell sometime in the fall of 2021. Kim Schenarts, PhD, Wellness Advocate, will have a private office space in the hub to meet with students needing support or someone to talk to. The space will be filled with natural light overlooking the plaza and will provide an updated space for students to study or hang out between classes. The Hub will have coffee, snacks and an industrial size refrigerator so students can bring lunch to campus.

M1 Words of Wisdom From Daniela Cortes Reyes

What is the number one piece of advice you would give to incoming students?

Be true to your heart—if you feel like crying while memorizing “high yield” esotericisms, then please do. Spending your time questioning if everyone is struggling as much as you are is not only defeatist but it’s also a disservice to you and your accomplishments. No one, including yourself, has the right to dictate how you study, how you process emotions, and ultimately how you live. P.S. Everyone is just as clueless as you are.



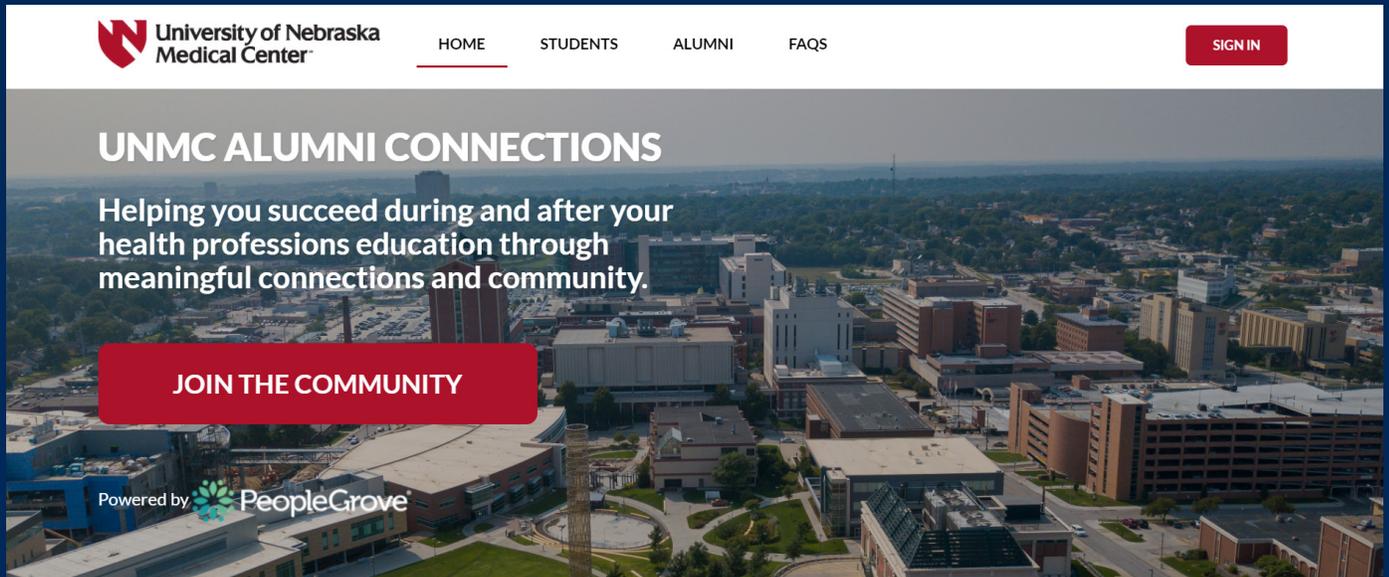
What was your biggest “aha” moment as a first year medical student?

I’m a firm believer of reclaiming the saying “It takes a village to raise a child” and replace it with “It takes a village to raise a doctor.” The community supporting me is composed of a mish-mash of characters, all of who enrich my life with their own experiences. At first, I believed it was weak to ask for help in a journey I alone chose to embark. I finally found strength when I asked for help from the people who wanted me to succeed the most, from asking my family to drop off a meal or taking a zen walk to grab coffee at Dr. Schenarts’ office with friends.

If you could do your M1 year over again what would you do differently?

I wouldn’t waste as much time with my own insecurities. What no one explicitly tells you when starting medical school is that it’s cruelly similar to high school in that you are afraid you won’t make friends, that you won’t impress your professors and that you’ll disappoint your family. My deepest regret was fearing this experience—my very own ‘bildungsroman’ (coming of age story). I wish I jumped more fearlessly into the unknown, said yes to more things and wasn’t so afraid that I was “too strong” of a personality.

UNMC Alumni Association hosts online platform for students and alumni



In April, the UNMCAA launched a special online community called *Alumni Connections* for UNMC alumni and students. Students are invited to build a profile that will transition with them upon graduation.

The platform will facilitate:

- Networking opportunities with colleagues who share similar interests and professional experiences;
- Inter-professional groups and discussion boards for conversations about hot topics in health care and other interest areas;
- Opportunities to find a one-time or long-term mentor and easy-to-use scheduling assistance to set up meetings;
- The HOST program for fourth-year medical students looking to connect with alumni before and during residency interviews; and
- The ability to locate alumni through powerful filters, including professional interests, location, identity groups and more.

Students can sign up for Alumni Connections at connections.unmc alumni.org.

Stay Connected with the UNMC Alumni Association

Subscribe to the [Connections Project Blog](#), which features advice from UNMC alumni on real-world topics, such as financial literacy, professional development, and more.



Parents and Family Association 2021-2022 Advisory Council

President

Mary Sinclair - Student Year 2022

Treasurer

Janelle Pfeifer - Student Year 2022

Members

Mary Matis - Student Year 2022

Colleen Connely - Student Year 2022

Carol Lackner - Student Year 2022

Alan Gilmore & Julia Cronin-Gilmore
- Student Year 2022

Paul & Sheryl Aufenkamp
- Student Year 2022

Jacey Johnston - Student Year 2023

Scott & Paula Hardin - Student Year 2023

Stephanie Sacco - Student Year 2023

Mike & Melissa Karloff - Student Year 2024

Pat & Cindy Regan - Student Year 2024

Mark Ziegenbein - Student Year 2024

Elaine Adams - Student Year 2025

Kim Anderson - Student Year 2025

Michelle Schefcik - Student Year 2025

Student Representatives

Tiffany Truong, Class of 2022

Rebecca Brooks, Class of 2023

Anna Wilwerding, Class of 2024

TBD, Class of 2025

If you are interested in joining the PFA
Advisory Council, please send an email to
lauraj.olson@unmc.edu.

Contact Us

The Parents & Family Association Advisory Council gets administrative support from the UNMC Alumni Relations Office. For more information contact:

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