

Newsletter

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

Match Day Fast Facts



The College of Medicine Class of 2022 received their residency matches in a celebration on March 18 at Baxter Arena in Omaha.

- 129 students received a match.
- 40% of the class is staying in Nebraska for their residency training.
- 54% matched into primary care, which includes family medicine, internal medicine, internal medicine/pediatrics, pediatrics and obstetrics/gynecology.

[View Match Day photos.](#)



Congratulations, Class of 2022!

On May 7, 2022, the UNMC College of Medicine Class of 2022 received their Doctor of Medicine degrees in UNMC's Omaha Campus Commencement Ceremony at Baxter Arena. The medical graduates joined 1,062 total UNMC graduates this spring. [View Commencement photos.](#)

On May 6, 2022, the graduates attended a hooding ceremony at the Holland Center for Performing Arts. This celebration parallels the White Coat Ceremony held at the beginning of their medical school journey.





Spring Edition Newsletter
May 2022

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

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Message from the PFA Co-Presidents

Pat & Cindy Regan

Hello! Our names are Pat and Cindy Regan. We are current co-presidents of the Parents & Family Association (PFA) Advisory Council. Like most of you, we had no idea that there was a PFA Advisory Council when our daughter, Alex Regan, enrolled at UNMC. We also had no idea what to expect through the four years of medical school. What would it be like for Alex and our family, and what kind of support could we provide?

The summer before the start of our daughter's first year of medical school, we were approached by some friends who had been on the PFA Advisory Council about joining as members. They explained that the PFA Advisory Council was an organization of parents of medical students which was founded to enhance communication between student's family members and the university and to support social interaction among the students. We thought it would be a good way to get involved and accepted the invitation to join.

By participating in the PFA Advisory Council, we have been able to communicate with other parents, faculty and staff. As a result, we have gained a good understanding of what the four years of medical school are like for students and their families. The presentations by faculty and the shared experiences with other parents have been invaluable. Additionally, we have found it very rewarding to be part of an organization that supports activities for the medical students who need some respite from their studies.

We encourage any family members who are interested in joining the PFA Advisory Council to please [contact Laura Olson](#). As you know, anything of value has associated costs. If you are able to support the efforts of this association, please consider making a contribution to the [Parents & Family Association Innovation Fund](#).

Support Medical Students with a Gift to Our 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 make a gift.

Thank you for your generous support!

Student Senate Hosts Weekly Outdoor Socials

Upbeat music. Barbeque. Ice cream in the warm months. Chili and hot cider in the winter. And students enjoying the time together.

These were all part of weekly social events in the Green Space Series, held on the Ruth and Bill Scott Student Plaza and sponsored by the UNMC Student Senate. The series, which launched in fall 2021, is one of several Student Senate initiatives that took off in the 2021-2022 academic year.

This year's Student Senate has focused on promoting events and projects in three areas: programming, wellness and transparency. The goal of these activities was to build community, support students' mental health during a stressful time and improve student awareness of the Student Senate's role at UNMC.



M1s Celebrate with End-of-the-Year Social



The College of Medicine Class of 2025 celebrated the end of their M1 year with support from the UNMC Parents & Family Association. Students gathered at Rathskellar, where they enjoyed food, drinks and yard games. Around 85 members of the M1 class attended the event and enjoyed celebrating together on a beautiful May afternoon.



UNMC Students Honor Donors at Ceremony

A touching memorial service was hosted by UNMC students to recognize those who have donated their bodies to science. First-year medical, physician assistant, physical therapy and anatomy students hosted the ceremony.



Through the Nebraska Anatomical Board Deeded Body Program, donors make it possible for students to gain a fundamental understanding of the human anatomy. The anatomy class provides a foundation that launches students in their health careers. Students develop a respect for, and bond with, those who selflessly donated themselves to science.

Medical student Rebecca Brenner said the memorial service feels like the closing of a chapter that was both educational and inspiring.

“The donors made an enormous sacrifice that immensely benefitted our education and our future patients,” she said. “As we dove headfirst into the nuances of anatomy, their selfless sacrifice continually humbled us, inspired us, and challenged us to do our best. I’m very glad that we get the chance to honor them and thank them for everything they’ve given us.”

Student Spotlight: Garrett Sacco

Hometown

Omaha, Nebraska

Program & Year

MD Class of 2023



Undergraduate Education

BA, Medical Humanities

Baylor University

Hobbies

Drums, piano, drawing, mountain biking, frisbee

Staying Balanced

Spend time in church community, learn about the Bible, try new recipes with my wife and go on hiking trips.

Three things people may not know about me:

- I am a proud Baylor Bear! Sic ‘em!
- My wife and I are writing/illustrating a children’s book; hopefully the first of many!
- Drawing and playing music are my favorite creative outlets; check out @saccdrawer for art and @shilohsherwood for music!

2022-2023 College of Medicine Student Calendar

Academic Calendar

Orientation Week	August 15 - 19, 2022
First Semester (M1-M2)	August 22 – December 16, 2022
First Semester (M3-M4)	July 5 – December 16, 2022
Second Semester (M1)	January 2 – May 26, 2023
Second Semester (M2)	January 9 – July 1, 2023
Second Semester (M3)	January 2 – June 23, 2023
Second Semester (M4)	January 2 – April 28, 2023

The full 2022-2023 academic calendar, with holidays & breaks, is [available online](#).

Special Events

White Coat Ceremony (M1)	August 19, 2022
Match Day (M4)	March 17, 2023
Honors Convocation (M4)	May 5, 2023
Commencement (M4)	May 6, 2023

2022-2023 PFA Sponsored Events

Spouse & Significant Other's Reception	August 15, 2022
Family Day	August 19, 2022
Match Day	March 17, 2023
Graduation	May 6, 2023
M1 Picnic	May 26, 2023

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.

Med Students Engage with Underserved Communities



First-year College of Medicine students headed out into the community in early November to engage with community leaders, discuss health disparities and explore potential remedies. The “Community Engagement Day” split up all 132 first-year medical students, sending small groups to 14 community partner sites for presentation and discussions.

“What we really took away is that what we do has larger implications on the community,” M1 Class President Pranita Devaraju said. “By focusing only on the people we see at the hospital, we miss people who may not have access. This event left us thinking about ways not only to include these people in the conversation but also get them access. It was invaluable to us.”

[Learn more](#) about the Community Engagement Day.

Project Explores History of Racism in Medicine

Health disparities and inequities in medicine as a result of racism are the subject of a new, virtual history tour on the UNMC campus. Third and fourth-year medical students Donovan Allen and Mark Carter, along with Jennifer Liu, MD, an assistant professor in the department of family medicine, created a 27-stop QR code campus tour highlighting inequities such as the higher maternal mortality in African American women, the flaws in the slavery hypertension hypothesis and the number of underrepresented minorities in medicine. [Learn more.](#)



UNMC Office of Academic Success Introduces New Student Experience



The UNMC Office of Academic Success is building strong supports for students in the early phases of its New Student Experience (NSE) initiative, meant to enhance the educational journey of UNMC students from their acceptance through graduation. The NSE launched in summer 2021 and represents the culmination of academic success' investigations into how best to support UNMC students academically.

The NSE initiative includes a comprehensive outline of steps for new students to complete before getting to campus and new student orientation activities, which emphasize community and student wellness. Additionally, academic success published a collection of online modules to support the development of positive learning habits. Along with these initiatives, the academic success office launched a new program aimed at developing self directed student learners: Peer and Academic Wellness (PAW) Mentoring. PAW Mentoring pairs students with a peer mentor to address common areas of difficulty in students' lives, such as managing time effectively, developing study habits and prioritizing wellness.

[Learn more](#) about the New Student Experience.

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.



The Economic Impact of the NU System & UNMC

An analysis of the NU System's statewide economic impact was released earlier this year. Key findings included that the NU System grows Nebraska's economy by \$5.8 billion annually and provides a 9-to-1 return on the state's investment.

[See the full report](#) or [view the one-pager](#).

A separate analysis of UNMC and its primary clinical partner, Nebraska Medicine, showed an economic impact of \$5.9 billion (a 34% increase since 2018). The current economic impact number grows to \$6.4 billion annually when considering the academic-related functions (such as residency programs and research) at UNMC affiliates, Children's Hospital & Medical Center and the VA Health System.

The medical center impacts Nebraskans daily through its statewide educational programs, bioscience research and clinical services. UNMC, Nebraska Medicine and the affiliates support more than 56,000 jobs in the Nebraska economy through direct employment and indirect jobs created through the supply chain.

[See the full UNMC & Nebraska Medicine report](#).

Parents and Family Association | 2022-2023 Advisory Council

Co-Presidents

Cindy & Pat Regan - Student Year 2024

Student Representatives

Rebecca Brooks, Class of 2023

Anna Wilwerding, Class of 2024

Garret Ostdiek-Wille, Class of 2025

Class of 2026 members and student representative will join this fall

Members

Paula & Scott Hardin - Student Year 2023

Stephanie Sacco - Student Year 2023

Melissa & Mike Karloff - Student Year 2024

Mark Ziegenbein - Student Year 2024

Elaine Adams - Student Year 2025

Kim Anderson - Student Year 2025

Michelle Schefcik - Student Year 2025

Marian & Mike Weaver - Student Year 2025

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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