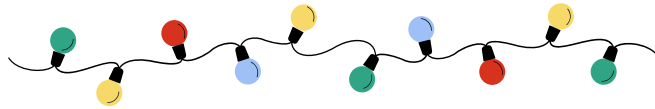




Student Affairs Weekly Newsletter



Please note badge replacements will now cost \$10!

Announcements!

Latino, Hispanic, or of Spanish Origin Identified Student Leaders in Medicine: Recognizing More Than 50 Years of Presence, Activism, and Leadership

Over the past 3 years 100s of medical students, residents, faculty and staff have worked on a book entitled Latino, Hispanic, or of Spanish Origin Identified Student Leaders in Medicine: Recognizing More Than 50 Years of Presence, Activism, and Leadership. The book highlights LHS+ individuals' activism in addressing unique health issues and disparities across the U.S. Describes the current state of LHS+ identified individuals in the physician workforce. Describes the social, cultural, and political factors that have influenced LHS+ identified individuals. Relays engaging stories on LHS+ identified individuals' pursuit of medical careers. The book is a part of the United Nations Sustainable Development Goal Series. Through financial donations from the AAMC, learners, faculty, and staff the book is open access and can be accessed for FREE via the following link - <https://link.springer.com/book/10.1007/978-3-031-35020-7>

Student Financial Services

The AAMC's FIRST (Financial Information, Resources, Services, and Tools) program provides free resources to help medical students make wise financial decisions: www.aamc.org/first.

Letters of Recommendation

To request a letter of recommendation (LOR) from any of the Deans (Drs. Verduin, Kibble or Smith), you must complete the [LOR Request Form](#), found on GPS. Keep in mind, you can only request one letter from a Student Affairs Dean. Please note, you MUST attach a curriculum vitae (CV) to your LOR request. The letters are written as formal letters and as such, the form needs to be filled out completely, with the program name and address, even if it is being emailed. If the letter is to be uploaded via a link from a program, please confirm the Dean for that to be sent to. The form should be accompanied by your CV that follows the required format per the CV Toolbox along with any link to the program that provides additional information helpful in writing the letter. Information on creating your CV, along with a sample and template, can be found at the [CV - Toolbox](#) (password COMPASS2024).

Upcoming Student Organization Events

Wednesday 12/4:
NSIG & SIAM
Neurosurgery
Journal Club
COM 211
12-1 PM

Wednesday 12/4:
MAS
Anesthesiology
Cases w/ Dr.
Petrovic
COM 116
5-6 PM

Friday 12/6:
GIIG IBD Patient
Experience
COM 211
12-1 PM

Friday 12/6:
MEDS Med Ed
Skills Event
Piazza/ COM 401
2-5 PM

Friday 12/6:
AIM Winter
Showcase
COM 102
5:30 - 9 PM

Saturday 12/7:
Central FL
Orthopedics
Confernece
COM 104
8 AM - 12:30 PM

Submission Opportunities & Industry Events

UCF Global Health Conference Call for Abstracts/Posters for Food Insecurity & Malnutrition: A Global Health Issue

Abstracts pertaining to ALL Global Health Topics AND theme-specific topics will be considered. Your submission should include a title and an abstract limited to 300 words. Please ensure your abstract includes Introduction, Objectives, Methods, Results, and Discussion, as abstracts without Results and Discussion will NOT be accepted. The final deadline for abstract submissions is November 25th, 2024, at 11:59 PM EST. Notifications of acceptance will begin on December 10th, 2024. No fees will be charged for submission or presentation. Please scan the QR code on the call for abstracts flyer or click on this [link](#), which will take you to the Google form. If you have any questions, please contact Adishi (ad632190@ucf) or Archi (ad538169@ucf.ed) for more information!

CENTRAL FLORIDA ORTHOPEDICS CONFERENCE 2024



ABSTRACTS DUE:
NOV 4, 2024

Submit
Abstracts Here:



DR. LUKE OH

KEYNOTE SPEAKER
PRESENTING "A VIEW
FROM THE SIDELINES -
TEAM PHYSICIAN FOR
NBA, NFL, MLB, AND MLS:
PERSPECTIVES ON
LEADERSHIP,
MENTORSHIP, AND
SERVICE"

DECEMBER 7, 2024
UCF COLLEGE OF
MEDICINE 8:30AM-12PM

AMA Foundation's 2025 Physicians of Tomorrow Scholarship Applications Open!

*To apply, students must be preparing to enter their final-year medical, be currently enrolled in an accredited U.S. allopathic or osteopathic medical school, and be permanent residents or citizens of the U.S. or have DACA status. To learn more about the AMA Foundation's scholarship program, visit <https://amafoundation.org/programs/scholarships/>. The deadline to apply and upload all associated materials is **Monday, February 17, 2025 at 11:59 p.m. CST**. To start an application, head to <https://amafoundation.secure-platform.com/a/solicitations/14/home>.*



Neomed 43rd Annual William Carlos Williams Poetry Competition

Northeast Ohio Medical University (NEOMED) is now accepting submissions for the 43rd annual William Carlos Williams poetry competition through December 31, 2024. New this year, we will be awarding prizes in two categories: **a medical student category**, open to students enrolled in MD and DO programs in the US, Puerto Rico, or Canada, and **a physician category**, open to any rank of physician (MD or DO) at any career stage, from residency to retirement, in the US, Puerto Rico, or Canada.

Each year, the William Carlos Williams competition receives hundreds of entries, which are judged by the Wick Poetry Center at Kent State University.

Submissions will be judged on the merits of craft, originality, and content. **First-, second-, and third-place winners in each category will receive a cash prize and will be considered for publication in the Journal of Medical Humanities.** Winning poets will be notified by March 1, 2025.

For submission details, eligibility criteria, and to submit online, please visit NEOMED's William Carlos Williams poetry competition webpage. Contact wcw@neomed.edu with any questions or for additional information.

DUE TODAY! HIV Vaccine Research Grant for Medical Students

The HIV Vaccine Trials Network, in collaboration with the National Institute of Allergy and Infectious Diseases of the National Institutes of Health, is investing in a young generation of HIV prevention researchers by providing medical students from communities that are underrepresented in medicine in the US with opportunities to conduct independent research while receiving mentoring, project and salary funding, training, and professional development opportunities. To apply, visit <http://www.hvtn.org/ramp>. The Request For Applications (RFA) and application materials will be available on October 1, 2024. Carefully read the Request for Applications before applying. Applications are due via online by 5:00 PM PT on Monday, December 2, 2024.

2025 Summer Clinical Otolaryngology, Ob/Gyn, and Thoracic Research Program

An 8+ week intensive summer opportunity to pursue clinical research and observe clinical care in either Otolaryngology – Head & Neck surgery, Obstetrics & Gynecology, or Thoracic Surgery. Program Details:

- Sponsored through the Kaiser Permanente East Bay (Oakland/Richmond) Medical Center
- Program dates: June 16, 2025 to August 8, 2025 (option to extend additional weeks before or after program dates)
- Students are paired with a faculty mentor to guide them through clinical research project(s) and/or quality improvement projects. Students will be involved in a variety of activities from data entry and chart review, data analysis, abstract/manuscript preparation, etc.
- 4 days per week dedicated to clinical research
- 1 day per week in ambulatory outpatient clinic or observing in the operating room
- Up to 4 positions available for Otolaryngology, 2 positions for OB/GYN, 2 positions for Thoracic Surgery
- Stipend of up to \$400/week

More information & application can be found here: <https://residency-nca.kaiserpermanente.org/med-students/score/>
Applications available via above link, and due no later than January 26, 2025

Surveys & Studies

Soft Skills in STEM (SSS) Survey

By completing the survey, you will rate your own soft skills and if you wish to include your email address in the survey, we will share the report of what soft skills the participating companies are seeking. You will also receive suggestions on how you can improve the soft skills you feel you are lacking in to be as prepared for industry as possible!

You can access the survey [here](#).

Please participate to learn how you can continue developing strong soft skills that can help you get your dream job and to receive insight from the participating companies! Thank you.

Nova Southeastern University Attitudes towards Emergency Medicine Study

We are conducting a study to investigate U.S. Medical Students' Attitudes towards Emergency Medicine. We encourage you to fill out this survey regardless of your interest in Emergency Medicine. It is important to gather this information to help us understand the large volume of unfilled Emergency Medicine Residency spots in recent years. We are asking you to complete a one-time, anonymous 3-5 minute survey. This research study involves minimal risk to you. You can decide not to participate in this research, and it will not be held against you. You can exit the survey at any time. Participation will have no effect on your grades or standing in your academic program. There is no cost for participation in this study. Participation is voluntary and no compensation is provided. This study has been exempted and approved by the Institutional Review Board of Nova Southeastern University (NSU-IRB Protocol Number 2023-309).

[Survey Link](#)

Differences in perceived versus personal treatment plans for common acute complaints: An experimental vignette study

The objective of this study is to investigate how perceived and personal health treatment plans differ between healthcare providers of different specialties and education levels.

To participate, you must be: 18 years or older, A UCF student, faculty, or staff member (including residents and fellows), Affiliated with healthcare (medicine, nursing, PA, etc.), Have ongoing clinical experience in your curricular studies or work experience. Further details about the study are attached in this email and are also located on the first page of the survey. If you meet the above criteria and would like to participate, please find the survey links below:

[Survey Link](#)

ADHD USMLE Accommodations Survey

We are conducting a research study focusing on the experiences of medical students with ADHD who have applied for accommodations through the USMLE. As medical students, educators, and advocates, we recognize the importance of providing equal opportunities and support for individuals with ADHD who are pursuing a career in medicine. The purpose of this study is to gather firsthand accounts of the challenges, successes, and overall experiences of medical students with ADHD in applying for and receiving accommodations for USMLE testing. The survey takes approximately 10 minutes to complete and covers topics related to previous experiences in receiving accommodations, challenges faced, accommodations sought with the USMLE and the impact on academic performance. Participation is voluntary and responses are confidential. Your participation is highly appreciated and will help improve support for medical students with ADHD and potentially help pave the way for students with disabilities as a whole!

[Survey Link](#)

Residency Program Sessions & Other Opportunities

AMA Foundation Leadership Development Institute - Applications Open

Applications for the 2024-25 Leadership Development Institute are now open! The program cultivates a diverse cohort of aspiring physician leaders who are committed to serving the needs of their communities and improving our nation's health. The institute is open to medical students entering their final year of school and provides professional development and mentorship to those who are selected. [Click here](#) to apply today and cultivate your skills as a future leader in medicine!

Manatee Memorial Hospital Fair

[Graduate Medical Education | Manatee Memorial Hospital](#)

Memorial Sloan Kettering Cancer Center, one of the nation's leading cancer hospitals, hosts a summer research fellowship for **first-and-second year students studying at U.S. Medical Schools**. The program targets students who have an interest in careers as **physician scientists in the field of oncology or related biomedical sciences**. Our program provides hands-on exposure to cancer research in a laboratory or a field setting in order to stimulate the interest and advance the knowledge base of participants to consider further education for careers as cancer physicians and researchers. Program participants will work with mentors and in labs centrally involved in both basic and clinical research; attend MSK's abundant didactic opportunities; learn how to blend lessons from science and clinical practice; and present their work to a range of audiences. In addition, students spend the summer in New York City, providing them an opportunity to experience and explore everything NYC has to offer!

Fellowship Information: <https://www.mskcc.org/hcp-education-training/medical-students/summer-fellowship>

Our application will go live on Monday, December 2nd and we want to encourage your students to apply before the deadline. In order for students to have a better sense of what our program entails, we will be holding two virtual sessions providing a detailed overview. The Zoom information is below. No RSVP is necessary, students can simply join the presentation using the information provided below. We certainly look forward to seeing many of them on the call and receiving their applications!

Session #1

Title: Information Session: MSK Summer Research Fellowship

Date: Thursday, December 5th

Time: 6:00pm – 7:00pm EST

Zoom Link: <https://meetmsk.zoom.us/j/92923557527>

Meeting ID: 929 2355 7527

Session #2

Title: Information Session: MSK Summer Research Fellowship

Date: Monday, January 13th

Time: 6:00pm – 7:00pm EST

Zoom Link: <https://meetmsk.zoom.us/j/95218835715>

Meeting ID: 952 1883 5715

UCF College of Medicine/Department of Veteran Affairs Teleurgent Care Selective

Are you looking for a 4th year selective that is educational, fun, cutting edge, AND possible from the comfort of your own home???? Check out the UCF College of Medicine/Department of Veteran Affairs Teleurgent Care Selective. This rotation is designed to provide you with insights into the specialty of Telemedicine, specifically Teleurgent Care. You will be introduced to key concepts, competencies, and applications of telemedicine as a method to deliver quality medical care. This selective also meets your ICU/emergency medicine requirement.

No matter what specialty you decide to pursue, telemedicine will be a part of your future practice. Get ahead of the future of medicine with this selective! If you have any questions, please do not hesitate to contact Dr. Lindsey Elmes (Lindsey.Elmes@va.gov) or Dr. Veronica Sikka (Veronica.Sikka@va.gov). Both Drs. Elmes and Sikka are Emergency Medicine trained and boarded physicians who practice telemedicine full time from home. If you're interested in scheduling availability, please reach out to mdclinicalsscheduling@ucf.edu

Volunteer Opportunities

Conversations to Remember



Central Florida Special Olympics Volunteer Opportunities

Check out the link below for volunteer opportunities with the Central Florida Special Olympics! [Click here for opportunities!](#)

Conversations to Remember, a 501(c)(3) nonprofit, dedicated towards combating loneliness and isolation felt by senior citizens. Our virtual visit program matches 2-3 college students with residents of long-term care, assisted living, and memory care communities for virtual video visits. These residents have been suffering from isolation, and your call could really brighten their days just by speaking with them. We provide training to the students in the program about the best ways to interact with the seniors, as well as additional support throughout their service. Typically, students volunteer 1-2 hours per week. Each call lasts up to one hour, based on the senior's attention span and mood on each day. We expect students to volunteer for approximately 16 weeks, so that they can build a friendship with the senior. This does not need to coincide with the start of a semester, as we have new seniors starting all the time, and train new volunteers weekly. The students are matched based on the times that they're available, with a senior who is available at the same time, and they will have a regular, weekly appointment for their visit. Students wishing for more visits or other opportunities that allow them to volunteer more hours can be accommodated with different ways to volunteer, such as assisting us with our social media, call support, or outreach.

<https://conversationstoremember.org>

Do you have an approved volunteer opportunity you need to recruit for? Or an event that needs promoted? Please email the details to Brooke Vercheski for it to be added to the weekly newsletter!

BROOKE VERCHESKI

BROOKE.VERCHESKI@UCF.EDU

HAVE A GREAT WEEK!



Breakfast

Sausage French Toast Roll-Ups

- Ten slices of sandwich bread
- Ten cooked sausage links
- Three large eggs
- One tablespoon of milk
- One-half teaspoon of cinnamon
- One-half teaspoon of vanilla extract
- Unsalted butter as required

Directions

1. Utilize a rolling pin to flatten each slice of bread. Proceed to carefully remove the crusts from each slice.
2. Position a cooked sausage link at the edge of a bread slice and roll the bread around the sausage. Ensure this process is repeated for the remaining sausage links and bread slices.
3. In a mixing bowl, combine the eggs, milk, cinnamon, and vanilla extract to create a uniform mixture.
4. Immerse each sausage and bread roll-up in the egg mixture, ensuring an even coating.
5. Cook the roll-ups in a skillet with a coating of unsalted butter. Continue cooking until all sides of the roll-ups attain a golden-brown hue.
6. Serve the prepared Sausage French Toast Roll-Ups promptly.

English Muffin Breakfast Pizza

Ingredients

- 1 package of English muffins
- 8 eggs
- 1 lb breakfast sausage
- 8 oz mild cheddar cheese, thinly sliced
- 2 cups milk (for sawmill gravy)
- ¼ cup sausage drippings (add butter if insufficient drippings)
- ¼ cup flour (for sawmill gravy)
- ½ teaspoon salt (for sawmill gravy, or to taste)
- ¼ teaspoon pepper (for sawmill gravy, or to taste)

Instructions

- Cook sausage in a cast iron pan until well done. Remove from pan and pour off all but ¼ cup of fat.
- To the reserved meat drippings in the skillet, add flour. Cook and stir over medium heat 5 to 10 minutes or until mixture starts to turn golden.
- Slowly add milk to the roux, stirring constantly. Cook gravy until it boils and thickens.
- Lightly toast English muffins while making the gravy.
- Scramble eggs in a non-stick skillet, adding a small dash of milk to make them fluffier, if desired.
- Turn oven broiler on high and assemble pizzas on a baking sheet. Spread sawmill gravy on the open-faced toasted English muffins, then top with scrambled eggs, a slice of cheese, and sausage.
- Broil until cheese is bubbly and melted.

Cozy Crockpot Meals



Beef Stew

Ingredients

- 1 tablespoon olive oil
- 2 1/2 pounds beef stew meat
- salt and pepper to taste
- 1 onion diced
- 2 teaspoons minced garlic
- 1 pound small yellow potatoes halved
- 4 carrots halved and sliced into 1 inch chunks
- 3 cups beef broth
- 3 tablespoons tomato paste
- 1 teaspoon dried thyme
- 1 bay leaf
- 1 cup frozen peas
- 3 tablespoons flour
- 2 tablespoons chopped parsley

Directions

- Heat the olive oil in a large pan over medium high heat. Season the stew meat generously with salt and pepper.
- Cook the meat in a single layer for 4-5 minutes on each side or until golden brown. You may need to cook in batches.
- Place the meat in a slow cooker along with the onion, garlic, potatoes, carrots, beef broth, tomato paste, thyme and bay leaf. Add salt and pepper to taste.
- Cover and cook on LOW for 7 hours or HIGH for 4 hours.
- Remove 1/3 cup of stew liquid from the slow cooker. Add the flour and whisk until smooth.
- Pour the flour mixture back into the stew; stir to combine. Cover and cook on HIGH for an additional 30 minutes or until stew is slightly thickened.
- Uncover and stir in the frozen peas. Sprinkle with parsley and serve.



Balsamic Herb Slow Cooker Pork Tenderloin

Ingredients

- 2 Tablespoons Olive Oil
- 1 (3 to 4 pound) Pork Tenderloin
- Salt and Black Pepper, to taste
- 1 Thinly Sliced Onion
- 2 Cloves Garlic, minced
- 1/3 Cup Brown Sugar
- 1/2 Cup Water
- 1/3 Cup Balsamic Vinegar
- 2 Tablespoons Soy Sauce

Instructions

- Place a large skillet over medium-high heat to get hot. Drizzle oil over the pork tenderloin and season well with salt and pepper. Carefully put the pork tenderloin in the skillet to sear until brown on all sides, about 3 minutes per side.
- Place the sliced onions in the bottom of a slow cooker. Place seared pork loin on top of onions.
- Sprinkle the garlic and brown sugar over the pork tenderloin.
- Mix the water, balsamic vinegar, and soy sauce. Pour over the top of the pork loin.
- Cover and cook on high for 2 to 3 hours or low for 6 hours or until it reaches an internal temperature of 145 degrees.
- Transfer the juices to a medium saucepan. Bring the mixture to a boil and simmer until syrupy, about 15 minutes. Pour over the pork and serve.

Dinner

INA GARTEN'S ROAST CHICKEN

Ingredients

- 6 lb. whole chicken
- Salt/Pepper
- 1 large bunch thyme, plus 20 sprigs
- 1 head garlic, cut in half crosswise
- 1 lemon, halved
- 2 Tablespoons butter, melted
- 1 large yellow onion, sliced into large chunks
- 4 whole carrots, sliced into 4-inch chunks
- 1 bulb of fennel, tops removed, cut into wedges
- 2-3 Tablespoons Olive oil

For the Gravy:

- 2/3 cup chicken broth
- 3 tablespoons butter
- 3 tablespoons flour

Intructions

Note: An easy rule of thumb is that chicken takes about 15 minutes/pound to roast at 425° F.

Roasting the Chicken

- Unwrap the chicken and remove the giblets and/or the neck (if included). Pat the chicken dry with paper towels.
- If possible, let the chicken sit at room temperature for 30-60 minutes to allow for more even cooking.
- Preheat the oven to 425° F.
- Seasoning the entire chicken generously with salt and pepper.
- Stuff the chicken with the thyme, garlic, and lemon.
- Brush the outside of the chicken with the 2 TBS melted butter and season again with salt/pepper.
- Use kitchen twine to tie the legs together. Tuck the wings underneath the body of the chicken.
- Place the sliced onions, carrots, and fennel bulb on the bottom of a roasting pan.
- Sprinkle the vegetables with salt, pepper, 20 sprigs of thyme, and drizzle generously with olive oil. Use your hands to toss to evenly coat the vegetables.
- Place the chicken on top of the vegetables. This prevents the chicken from sitting in its own juice while it cooks and elevates the chicken for even cooking.
- Roast (uncovered), for 1½ hours. Halfway through, use a spoon to drizzle the chicken with some drippings from the bottom of the pan. Rotate the pan 180 degrees and place it back in the oven.
- The chicken is done when the juices run clear and the internal temperature reads 165° F. (Place a [meat thermometer](#) into the thigh to check the temperature.)
- Let the chicken rest, uncovered, for 15-20 minutes to allow the juices to reabsorb before you cut into it!
- Slice and serve with the roasted vegetables.

Making the Gravy

- Pour the chicken drippings into a large measuring cup.
- Top it off with chicken broth to make 2 cups.
- Melt 3 tablespoons of butter in a saucepan over medium heat.
- Add 3 tablespoons flour. Whisk for 1 minute.
- Add half of the gravy juice/broth. Whisk until there are no lumps.
- Add remaining liquid. Whisk for 2 minutes. The gravy will continue to thicken more and more.
- Season with salt/pepper if desired. Done!

Note: If your chicken needs a touch more color, increase the heat to 500° and use foil to cover up any parts that are already sufficiently browned. Roast for an additional 5 minutes or so. Keep a close eye on it.

RANCH SHEET PAN CHICKEN & VEGGIES

Ingredients

- 1 large sweet potato peeled and cubed
- 2 ½ tablespoons olive oil divided
- 1 pound (454g) boneless skinless chicken breasts cut into bite sized pieces
- 2 onions peeled and sliced (one red and one white for color)
- 1 bell pepper deseeded and diced large
- 14 grape tomatoes
- 1 ounce (28g) ranch seasoning 1 packet
- 2 teaspoons dried oregano or Italian seasoning
- 1 teaspoon smoked paprika
- garlic salt to taste

Directions

- Preheat oven to 400F / 200C / gas 6 and line a sheet pan with parchment paper.
- Place the sweet potato in the middle of the sheet pan and pour on 1 tablespoon of the oil. Mix until coated and then cook for 15 minutes.
- In a large bowl, combine diced chicken, peppers, onion, tomatoes, remaining oil, ranch seasoning, paprika, Italian seasoning and garlic salt.
- Add the chicken mixture to the sheet pan, placing around the sweet potato.
- Return sheet pan to the oven and cook for an additional 15 -18 minutes until the chicken is cooked through and the internal temperature is at least 165F / 74C.

