



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 Events

Monday 1/6:
DIG Q&A with Dr. Greenwald

Tuesday 1/7:
PsychSIGN: The Opioid Crisis

Thursday 1/9:
M2 Class Meeting

Thursday 1/9:
UIG A Day in a Life of a Urologist: Academic and Private Practice

Submission Opportunities & Industry Events



2025 AAP Medical Student Essay Contest on The Art of Communication in Psychiatry

Medical Student Essay Award

- Complimentary Annual Meeting Registration
- Up to \$1,000 reimbursement for meeting-related travel, hotel, and meal expenses
- Essay presented as a poster at Annual Meeting

The selected winner of the creative writing contest will receive up to \$1,000 for reimbursement of travel expenses to attend the 2025 AAP Annual Meeting in Milwaukee, Wisconsin where s/he will present the essay.

The theme is: The Art of Communication in Psychiatry: Connecting with the Patient. **DEADLINE FOR SUBMISSION: June 1, 2025**

Submission Requirements

The contest is open to any student who is both currently enrolled in an accredited medical school in the United States, Canada or around the world and will be enrolled at the time of the Annual Meeting September 10-13, 2025. The work must be an original unpublished essay of 1,000 words or less. **ONLY ONE SUBMISSION PER STUDENT WILL BE ACCEPTED.**

The top essay may be considered for publication in the Academic Psychiatry Journal in "The Learners' Voice" section. Essay winner does not guarantee publication in the Academic Psychiatry Journal. Please review the publication criteria when writing your essay [here](#). Refer to MANUSCRIPT TYPE & GUIDELINES #8 The Learners' Voice.

Students may [click here](#) to apply online.

Essays should be submitted electronically and request the following information:

- Student's Name
- Name of Medical School where enrolled, year in school
- Mailing Address, Phone Number, Email Address

Selection Criteria

Judges will be blinded to the participant and affiliated medical school. Judging will be based on originality, uniqueness, flow of thought, and appropriateness to the theme.

Deadline for submission is June 1, 2025. No additional submissions for the 2025 Annual Meeting will be considered after that date.

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>.*

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-ncal.kaiserpermanente.org/med-students/score/>

Applications available via above link, and due no later than January 26, 2025

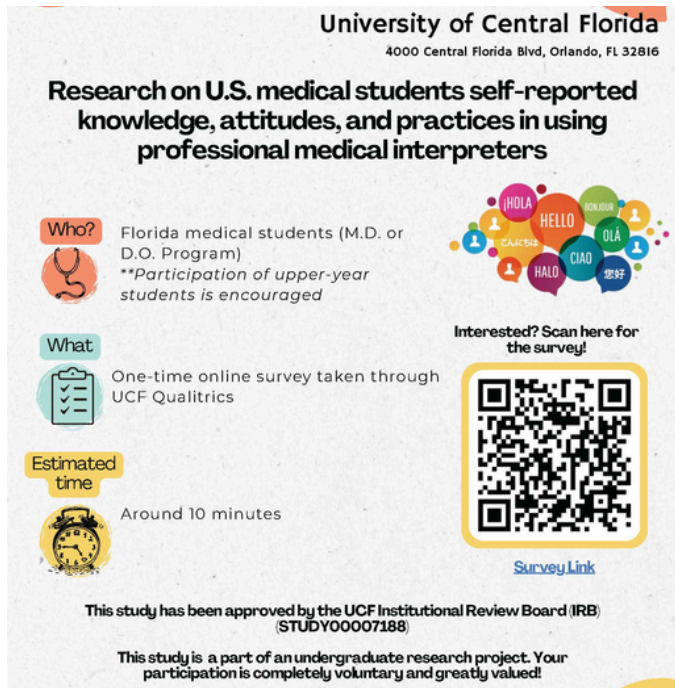
FIRE+ Program

The Focused Individualized Research Experience-Plus (FIRE+) Program was created in order to support medical student research projects that fall outside and beyond the FIRE curriculum. This Program aims to provide support, management, oversight, and tracking of student research projects and endeavors. The FIRE+ intent is to bring these students and projects under one structured program to ensure appropriate research guidance and support so that research quality, safety, and integrity are maintained and can be evaluated for a sustainable and successful scholarly endeavor.

Any research and scholarly activity performed by medical students OTHER THAN RESEARCH RELATED TO THE M1/M2 FIRE CURRICULUM is required to be included in FIRE+. New research projects outside of the

FIRE curriculum in M1/M2, continuity of the FIRE project in M3/M4 years, or independent research as extracurricular activity must be approved by FIRE+. After submission of a brief in-take form, FIRE+ projects will be reviewed to ensure quality and rigor with the anticipation that the project can be publishable in peer-reviewed journals and presentable in national/international professional conferences.

Link: <https://redcap.link/FIRE-Plus>



University of Central Florida
4000 Central Florida Blvd, Orlando, FL 32816

Research on U.S. medical students self-reported knowledge, attitudes, and practices in using professional medical interpreters

Who? Florida medical students (M.D. or D.O. Program)
**Participation of upper-year students is encouraged

What
One-time online survey taken through UCF Qualtrics

Estimated time
Around 10 minutes

Interested? Scan here for the survey!

[Survey Link](#)

This study has been approved by the UCF Institutional Review Board (IRB) (STUDY00007188)

This study is a part of an undergraduate research project. Your participation is completely voluntary and greatly valued!

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](#)

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](#)

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!



Chocolate Cherry Overnight Oats

- 2 cups rolled oats
- 2 1/2 cups milk (or milk alternative)
- 4 tablespoons vanilla protein powder
- 4 tablespoons unsweetened cocoa powder
- 3 tablespoons chia seeds
- 2 teaspoons vanilla extract
- 2-4 tablespoons maple syrup (optional)
- 1 cup sliced fresh or frozen cherries, plus more for topping

Instructions

- In a large bowl, add the oats, milk, protein powder, cocoa, chia seeds, vanilla and maple syrup (if using). Stir until combined.
- Add in 1 cup of diced cherries and fold into mixture.
- Allow to sit in the fridge for at least eight hours or overnight.
- Once thickened, divide mixture into four jars or bowls. Top with additional chopped cherries and shaved or chopped dark chocolate. Serve and enjoy!

Easy Egg Bites

- Cooking spray
- 8 eggs
- 1 cup cottage cheese
- 1/2 cup shredded sharp cheddar cheese
- 1/4 teaspoon fine salt
- Pinch of black pepper
- Fresh chives, roughly chopped

Instructions

1. Mist the cups of a silicone muffin pan lightly with cooking spray. Preheat the oven to 350°F.
2. In a blender, blend together the eggs, cottage cheese, cheddar, salt, and pepper until smooth. (**Note:** A small blender, like a Nutribullet, works great for this).
3. Divide the egg mixture into the cups of the muffin pan filling each about half full. Sprinkle with the chopped chives. You can also add any other mix-ins, such as veggies or bacon, to the cups at this stage.
4. Bake for 20-22 or until muffins are slightly firm to touch in the center. Remove the muffin pan from the oven. The egg bites will be puffed up but they will settle down into the cups a bit after removing from the oven. Let the egg bites cool a few minutes before removing them out of the pan to enjoy to store for later.
5. Store egg bites in an airtight container in the refrigerator for up to 5 days.

Dinner

Tomato Basil Pasta with Balsamic Grilled Chicken

Ingredients

Balsamic Grilled Chicken

- 1 pound boneless skinless chicken breasts
- 2 tablespoons balsamic vinegar
- 1 tablespoon pesto
- 1 teaspoon honey
- Pinch of red pepper flakes
- Kosher salt and fresh ground black pepper to taste

Tomato Basil Pasta

- 12 ounces uncooked pasta gluten-free if needed
- 2 tablespoons olive oil
- 2 cloves of garlic minced or grated
- 2 cups halved cherry tomatoes
- 2 tablespoons chopped fresh basil leaves
- Pinch of red pepper flakes
- Kosher salt and fresh ground black pepper to taste
- 3 tablespoons shredded Parmesan cheese
- Balsamic glaze and extra chopped basil for garnish optional

Instructions

- Place the chicken breasts in a freezer bag along with all the marinade ingredients. Seal the bag, pressing out the air as you do, and massage the marinade into the chicken. Let the chicken marinate for at least an hour or overnight.
- Preheat your grill or pan to approximately 400° F. and spray or brush the grates with oil. Place the chicken on the grill and cook for approximately 7-8 minutes, then flip and grill another 6-8 depending on the size and thickness of the chicken. The internal temperature should be 165° F.
- Remove from the grill and let it rest for at least 5 minutes before slicing.
- Cook the pasta according the package instructions. Reserve 1/2 cup of the pasta water before draining the pasta into a colander.
- Return the pan or pot to the stove and add in the olive oil. Heat the oil over medium heat and swirl to coat the bottom of the pan.
- Add in the garlic and cook for 30 seconds then pour in the cherry tomatoes and season with salt, pepper and red pepper flakes.
- Sauté the tomatoes and garlic for several minutes or until they soften and release some of their juices. Add in the chopped basil and stir everything together. Pour the pasta back in with the tomato basil mixture along with some of the reserved pasta water and toss everything together. Add additional pasta water as need to create more sauce.
- Top with the sliced balsamic grilled chicken, parmesan cheese, balsamic glaze and extra basil.

CHEESESTEAK STUDED PEPPERS

Ingredients

- **2 lb beef, sliced very thinly**
- **1 large onion, sliced into half rings**
- **3 large bell peppers**
- **12 oz provolone cheese, grated**
- **1 tsp salt, adjust to taste**
- **1 tsp pepper, adjust to taste**
- **1 tbs olive oil**

Directions

- Preheat a skillet with oil and add sliced onions. Cook until the onions turn golden brown and set aside.
- Using the same skillet, cook beef until it turns golden brown and set aside.
- Using a large bowl, combine beef, onion and cheese. Season with salt and pepper and toss it all together.
- Slice the bell peppers into halves and remove the seeds from inside. Stuff each pepper with a steak filling. Bake the bell peppers at 400 °F for 25 minutes.
- Sprinkle the remaining cheese on top of each pepper and bake for another 5 minutes.
- Serve the dish right away while the cheese is melted.

Treats and Snacks!

Cowboy Cookies

Ingredients

- 1 cup butter, softened (2 sticks)
- 1 cup white sugar
- 1 cup brown sugar
- 2 large eggs
- 1 teaspoon vanilla
- 2 cups flour, spooned and leveled
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 cup old fashioned oats
- 1 cup corn flakes
- 1 cup pecans, roughly chopped (and toasted!)
- 1/2 cup coconut flakes
- 1 (6-oz) cup peanut butter chips, (I used Reese's)
- 1 (6-oz) cup semi-sweet chocolate chips

Instructions

- If you want to toast your pecans (you do! you do!) chop them up and throw them in a dry skillet over medium heat. Toast for 3-5 minutes, until fragrant. Don't let them burn! Remove from heat and let cool while you make the dough.
- In a large bowl or stand mixer, beat the butter until it is light and fluffy.
- Add both sugars and beat well, scraping sides and bottom.
- Add eggs and vanilla, beat well.
- Add the flour but don't mix it in. Add the salt, baking powder, and baking soda to the flour and use a small spoon to blend it with the flour a bit. Then mix in the flour, but stop before it's fully incorporated.
- Add the oats, corn flakes, pecans, and coconut to the bowl. Mix in gently.
- Add the peanut butter chips and chocolate chips and mix until everything is incorporated. Don't over mix, it will make your dough tough.
- Chill the dough in the fridge for at least an hour, or up to 24 hours.*
- Preheat oven to 350 degrees F. Line a couple baking sheets with parchment paper.
- Use a 1/4 cup measuring cup (THINK TEXAS, YA'LL)* to scoop these onto the pan. Leave at least a couple inches in between each ball of dough.
- Bake at 350 for 12-14 minutes, until the cookies are golden on the edges and they are not too shiny in the middle. (A little shine is okay.)
- Let cool as long as you can before stuffing your face! These are great dipped in milk.

Nutella Crescent Rolls

Ingredients

- 1 can refrigerated crescent rolls (8 oz)
- 1/3 cup Nutella or [Homemade Nutella](#)
- optional chopped hazelnuts, powdered sugar, or melted chocolate chips for garnish

Instructions

Preheat the oven to 350 F. (There is also an air fryer baking method included above.) Break the dough at the seams to form triangles. Place on a baking sheet lined with parchment paper. Spread about two teaspoons of Nutella onto each triangle, then add any optional toppings of choice. Roll up into crescents. Bake 12 minutes or until golden. If desired, drizzle with melted chocolate and powdered sugar. Store leftovers in a covered container. These Nutella crescent rolls do not need to be refrigerated.

HAVE A GREAT WEEK!