



# Student Affairs Weekly Newsletter

## 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](http://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

Monday 11/18: RIG  
Radiology Cases  
Practice

Monday 11/18:  
MedPACT Spanish  
Lunch Hour

Monday 11/18:  
AWS: "A Day in  
the Life" General  
Surgery Resident  
Panel

Tuesday 11/19:  
PRSIG Intro  
Meeting

Tuesday 11/19:  
OIG: Intro to  
Ophthalmology  
with Dr. Monika  
Farhangi

Friday 11/22:  
AMSIG x SIGN:  
Updates in  
Alzheimer's with  
Dr. Adam Golden

Friday 11/22: OIG  
Labor and  
Delivery  
Simulation Night

# Submission Opportunities & Industry Events

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

## PSCF Call for Scientific Posters for the 2025 Poster Symposium

The Physicians Society of Central Florida (PSCF) is issuing a Call for Scientific Posters for the 2025 Poster Symposium taking place during the PSCF Celebration of Medicine & Installation of Officers on Tuesday, January 28, 2025 at the Citrus Club in Orlando.

Presenting author must be a medical student in Orange, Osceola, Seminole, Lake or Sumter County and a member of the Physicians Society of Central Florida.

Poster applications must be submitted by November 15, 2024.

Presenting author **MUST** be able to attend the PSCF Annual Meeting on Tuesday, January 28, 2025 at The Citrus Club, Orlando, FL.

Applicants are limited to ONE abstract submission.

Each author may present ONE poster only.

Cash prizes will be awarded to the top three posters.

Winners of the General Poster Competition will be announced during the Annual Meeting. All Poster Presenters are invited to attend the Annual Meeting.

Abstracts should be submitted [online](#).

If you are not currently a PSCF Medical Student Member please [click here](#) to join.

## 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!

## 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](mailto:wcw@neomed.edu) with any questions or for additional information.

## 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

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## 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](#)

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# 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](#)

## **AUA International Student Humanitarian Grant Project**

The 6–8-week project will take place at San Fernando General Hospital, under the mentorship of Dr. Satyendra Persaud. The primary areas of study at San Fernando include kidney stones and prostate cancer, which are prevalent in the region.

The grantee will pursue humanitarian efforts advancing public health, while also experiencing rich, immersive exposure to the practice of urology in a Caribbean setting! The International Student Humanitarian Grant pays \$4,000 to an AUA Medical Student member, paid in March/April for the current summer program. The grant is to be used to cover travel, housing, and incidental expenses, with the remaining funds provided as a stipend for the student. Student applicants must be attending an accredited medical school in their first or second year, within the geographic Sections of the American Urological Association. All application materials are due no later than November 30, 2024.

[Learn More & Apply](#)

## 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](mailto:Lindsey.Elmes@va.gov)) or Dr. Veronica Sikka ([Veronica.Sikka@va.gov](mailto: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 [mdclinicalscheduling@ucf.edu](mailto:mdclinicalscheduling@ucf.edu)

# Volunteer Opportunities

## Central Florida Special Olympics Volunteer Opportunities

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

## Society of Physician Entrepreneurs AIMed Event November 17-19, 2024

The Society of Physician Entrepreneurs are looking for volunteers for their AIMed AI Shark Tank Competition on November 17-19 at the Caribe Royale. They are looking for volunteers for the following roles: Registration, Speaker Facilitation, Q&A Facilitation, Seat Escorts, and Signage Placement. The shifts are Sunday 12-6 PM, Monday 6AM-12PM, 12PM-6PM, Tuesday 6 AM-12PM & 12PM-6PM. Contact Rebecca Wiedemer at [rebecca@mi10.ai](mailto:rebecca@mi10.ai) to RSVP to volunteer. Visit <https://aimed.swoogo.com/GS24> for more information on the event.

## Conversations to Remember

**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.

# Easy Crockpot & Freezer Meals



## Thai Slow Cooker Chicken & Wild Rice Soup

### Ingredients

- 3 boneless skinless chicken thighs
- 2 carrots chopped
- 2 cups squash peeled, seeds removed, and cut into 1 inch cubes
- 1 onions diced
- 1 tablespoons fresh ginger finely chopped or grated
- 1.5 tablespoons [Thai red curry paste](#)
- 1.5 tablespoons brown sugar
- 1.5 tablespoons [fish sauce](#)
- 0.33 cup brown basmati wild rice blend or 100% wild rice
- 2 cups chicken stock

### After Cooking:

- 13.5 oz coconut milk
- .5 tablespoon lime juice

### Directions

- Combine all ingredients except the coconut milk in a 6 quart slow cooker
- Cook on low for 6 hours or high for 4 hours.
- Stir in the coconut milk and lime juice and cook for 10 or so minutes until completely combined.
- Shred chicken with two forks.
- Serve with lime wedges and cilantro (if desired).

### To prep ahead and freeze

- Assemble all ingredients except for the stock and wild rice in a quart-sized freezer bag. Remove as much air as possible. Freeze for up to 3 months.
- Thaw completely and add to the slow cooker with the stock and wild rice. Cook as indicated above.



## Slow Cooker Sweet Potato Quinoa Stew

### Ingredients

- 4 cups sweet potatoes cut into 1 inch cubes; see note 1
- 11 oz can of corn 341 mL; drained
- 19 oz can black beans 540 mL; drained and rinsed
- 19 oz can diced tomatoes 540mL; including juices
- 1 cup red onion diced
- 1 teaspoon salt
- 2 tablespoons cumin
- 1 tablespoon chili powder
- 4-5 cups stock vegetable or chicken
- 2/3 cup quinoa uncooked

### After Cooking

- 2 tablespoons lime juice
- additional salt start with 1/4 teaspoon

### Instructions

- Place all ingredients into the insert of a 5 or 6 quart slow cooker. This makes a big batch and your slow cooker will be quite full.
- Cook on low for 6 hours.
- Add the lime juice and additional salt if necessary. Serve with bread, cheese or yogurt.

### Prep ahead and Freeze

Freeze before cooking for an easy 'dump and go' meal:

1. Assemble all ingredients (except for the quinoa) in a gallon-sized freezer bag, reusable silicone bag, or meal prep container.
2. Squeeze out as much air as possible.
3. Freeze flat for up to 3 months.
4. Thaw completely, dump into the slow cooker, stir in the quinoa, and cook.



# Dinner

## 30 MINUTE MOZZARELLA CHICKEN SKILLET

### Ingredients

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 3-4 garlic cloves, minced or grated
- 1 (15 oz) can crushed tomatoes or your favorite marinara
- 1 teaspoon Italian seasoning
- ½ teaspoon EACH garlic powder, crushed red pepper, salt, pepper
- 4 small-medium boneless, skinless chicken breasts
- 8 oz fresh or shredded mozzarella
- fresh basil, to garnish

### Intructions

- Preheat the oven to 400°F.
- Heat 2 tablespoons olive oil in a large heavy-duty (oven-safe) skillet over medium-high heat. Add the onion and cook for 2-3 minutes or until softened and the edges are slightly golden.
- Add the garlic and sauté for 30 seconds then add the crushed tomatoes and spices. Sauté for 2 minutes.
- Add the chicken breasts to the skillet and cook for 1-2 minutes per side. Transfer the pan to the oven and bake for 10 minutes.
- Flip the chicken breasts over and top with fresh mozzarella slices (or shredded mozzarella) and bake another 10 minutes or until chicken is cooked through to an internal temperature of 165°F.
- Garnish with fresh basil and serve immediately.

## FOIL PACK CAJUN CHICKEN & VEGGIES

### Ingredients

- 2-3 boneless skinless chicken breasts, cut into 1-inch pieces
- 1 large zucchini, chopped
- 2 cups broccoli florets
- 1 bell pepper, chopped
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 teaspoon EACH garlic powder, chili powder, paprika, oregano, salt, ground onion (optional)
- 1/4 teaspoon black pepper, optional

### Directions

- Pre-heat oven to 450F. Cut 4 sheet of foil into long rectangles (about 12"x12"). Set aside.
- Combine all the ingredients in a large bowl. Spoon mixture evenly onto the 4 foil sheets. Fold and seal foil.
- Place foil packs on a cooking sheet and bake 20-25 minutes. Serve chicken from foil packets. Be careful when opening packets; steam is trapped inside.

# Treats and Snacks!

## SNACKS

### Pumpkin Protein Muffins

#### Ingredients

- 1 ¼ cups whole wheat flour
- ½ cup protein powder plain, vanilla, or chocolate
- 2 tsp cinnamon
- 1 ½ tsp baking soda
- ½ tsp ground ginger
- ½ tsp ground nutmeg
- ¼ tsp ground cloves
- 15 oz canned pumpkin puree (not pumpkin pie filling)
- ¾ cup coconut sugar or brown sugar
- 2 large eggs
- ¼ cup avocado oil
- ¼ cup plain Greek yogurt
- 2 tsp vanilla extract
- ½ cup mini chocolate chips (optional) plus more for topping (optional)
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#### Instructions

1. Preheat your oven to 375° and line a 12-count muffin tin.
2. In a medium bowl, mix together the flour, protein powder, cinnamon, ginger, nutmeg, cloves, and baking soda. Set aside.
3. In a separate bowl, whisk together pumpkin, coconut sugar, eggs, oil, Greek yogurt, and vanilla. Whisk until no clumps of yogurt remain.
4. Add the dry ingredients and stir until just combined. Fold in the mini chocolate chips (if using).
5. Divide the batter evenly between 12 muffins. Sprinkle a few mini chocolate chips on each muffin, then bake for 20-22 minutes or until a toothpick inserted in the center comes out clean. Allow to cool, then serve!

## TREATS

### M&M Cookie Bars

#### Ingredients

- 2 sticks unsalted butter at room temperature
- 1 cup granulated sugar
- 1 cup golden brown sugar firmly packed
- 3 large eggs
- 1 1/2 teaspoons pure vanilla extract
- 3 cups all-purpose flour
- 3/4 teaspoon baking soda
- 3/4 teaspoon salt
- 1 1/2 cups M&M's plus more for topping
- 1 cup mini chocolate chips plus more for topping

#### Instructions

1. Preheat oven to 350 degrees.
2. Line a 9×13 baking dish with foil, leave some overhang to make removal easier.
3. Spray foil generously with nonstick cooking spray.
4. In the bowl of a stand mixer, beat butter, granulated sugar, and brown sugar together until fluffy.
5. Add in eggs and vanilla extract and continue to beat.
6. Lower speed of mixer and add flour, baking soda and salt and mix until combined.
7. Add M&M's and mini chocolate chips and give a final stir, reserving some M&M's and mini chocolate chips for topping cookie bars.
8. Transfer cookie dough to prepared baking dish.
9. Press additional M&M'S and chocolate chips into top of cookie dough.
10. Bake for 30-35 minutes or until bars are a light golden brown and just set in the center.
11. Let cool completely and cut.