

Peoria Pons

Bridging communication; Celebrating accomplishments

News and Highlights

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DEAN'S MAILBOX

We updated Dean's mailbox—it is now an electronic form available to anyone with concerns that would like to be addressed anonymously.

Click [here](#) to access Dean's Mailbox

Peoria Medical Student Council (PMSC) Monthly Meeting

Wednesday, May 15th
6 PM, UICOMP A100-2

PMSC MEETING MINUTES

Click [here](#) to access PMSC's minutes

If I May...

Like puberty, we are entering a critical transitional period, and some lucky few will start having monthly cycles. You wouldn't be wrong to guess that May 2019 is the time when many of us experience the transition. We have Dean Rusch's retirement, Dr. Rosenblatt, MD, PhD, MBA serving as our next Dean of UICOM, and phase 2 for the new curriculum, to name a few.

Whether spending time with our family, catching up on sleep, or visiting dentists, I think we are all glad to take a small breather after zipping through a month of April. As we look forward to the next school year, we may look back and realize that everyone reached great milestones in our careers: completing the challenging organ system blocks, taking most stressful exam, finishing up clerkships, and transitioning from a student to a resident. As the April showers bring May flowers and Mayflowers bring Pilgrims, it also brings the blooming flowers of our career and our pilgrimage to residency.

So what do we have left after all the transitions? The students who remain will continue to support each other and the community to improve the Peoria's medical community, and the class of 2023 will arrive after the summer to continue the legacy of those who were in Peoria before us. See you in September!

Christine Pak

STUDENT EVENTS CALENDAR

Do you know how to add your SIG meeting or event time to the student events calendar? Please contact your PMSC rep or Jaymi Belcher (jaymib@uic.edu) from Student Affairs

Click [here](#) for the calendar



UICOMP Research Day

Wednesday, May 1st

All Day, UICOMP Lobby

Come learn about all the research happening at UICOMP, as well as listen to keynote speeches on providing compassionate support and palliative care. Complete agenda here: <https://peoria.medicine.uic.edu/research/uicomp-research-day/>

Student Awards Ceremony

Thursday, May 2nd

5pm; Jump Trading Center Auditorium

Class of 2019 Convocation

Saturday, May 4th

2 PM; Peoria Civic Center Ballroom

Spring Apparel Sale

Missed your chances during the fall apparel sale? Take a look at the spring apparel sale and grab your UICOMP spring/summer gears!

The Store will open until Sunday, May 12th 11:59 PM

https://stores.campus.ink/10973_uicomp/shop/home

UICOMP Iftar

Thursday, May 23rd

8:30pm (approximate), Student Lounge

Join the Muslim students for dinner and learn about Islam. Break fast with the MSA during Ramadan, our month of fasting. Students and faculty members will be joining us for a night of good food and community.

Class of 2023 Orientation

Monday, August 5th





What's New with the Peoria Medical Student Council?

Peoria Updates the Constitution

The Peoria Medical Student Council (formerly Student Government Association) recently completed constitutional revisions which created an official Peoria Pons Committee and clarified our general elections timeline. The Pons team has done a fantastic job of keeping students up to date on key events and deadlines and we wanted to make sure they had a system in place to thrive beyond the limits of PMSC. The election timeline revision now allows us to have M2 – M4 representatives in place over the summer months, which will help us maintain productivity and establish a more strategic plan for the upcoming academic year.

So, what does this mean for you? It means there will no longer be a 2-3 month period where PMSC hibernates. Thus, we can respond to your requests and concerns year-round and provide more advance notice for important fall activities.

Our May meeting (5/15/2019, 6pm, A100-2) will feature a summary from Dr. Tim Lacy, UICOM's Director of Medical Student Learning Environment, and executive board elections for 2019-2020. Additionally, you can finish off the requirements for your 2018-2019 Leadership Certificate. Oh, and did we mention that there is free food!?

As always, let your class representatives know if there is anything we can do to better serve you or to improve your educational experience!

With Love,
PMSC



Working on Summer Plans?

What to do this summer (2019 edition)

Summer is (hopefully) around the corner, which means longer days, warmer weekends, and a chance to explore what this home we call Peoria has to offer. So, whether you wanna see a show, forge out into the wilderness, or simply relax with a dollop of ice cream, we've got you!

Outdoors

1. **Peoria Zoo** - Delve into the expanses of Africa, curtail over to the lush lands of Asia, or meander through Australia, all without leaving the comfort of Peoria! (Admission: \$9.75)
2. **Peoria Riverfront Market** - Shop Peoria's farmers market serving up fresh produce, cheeses, breads, flowers, and maybe take home some local artwork or jewelry along the way! Every Saturday, 8 AM - 12 PM next to the Peoria Riverfront Museum. (Admission: free)
3. **Peoria Chiefs game at Dozer Park** - Affiliated with the St. Louis Cardinals, the Chiefs are a smashing way to fill those well-deserved breaks from studying! (Admission: \$9 - \$18)

Indoors

1. **Peoria Riverfront Museum** - The cultural center of Peoria, with galleries and exhibits constantly rotating to ensure there's always a reason to go back and see more! (Admission: free with student ID through 2019)
2. **Contemporary Art Center** - Feeling a little artsy? The Contemporary Art Center provides a unique taste on local art, with exhibits changing monthly. Oh, and salsa dancing every 1st and 3rd Friday, classes included! (Admission: free, \$8 for salsa dancing)
3. **Caterpillar's Visitor Center** - What else is Peoria known for better than Caterpillar? Learn how it was all started, and maybe ride a mining truck or build your own Cat machine in the process! (Admission: \$7)



Working on Summer Plans? (Continued)

What to do this summer (2019 edition)

Adventurous

- 1. Wildlife Prairie Park** - Explore Peoria's 1,800-acre zoological park home to 150 different animals, and maybe do some hiking, biking, or fishing along the way! (Admission: \$9)
- 2. Forest Park Nature Center** - Seven miles of trails built for hiking, bird watching, and all the little adventures in between. Feeling less adventurous? They also offer guided hiking tours and adult classes if structure is more your speed. (Admission: free)
- 3. Jubilee College State Park** - Formerly Jubilee College which closed in 1862, the Jubilee College State Park remains open with 3,200-acres to hike, bike, fish, picnic, or camp within. (Admission: free)

Perfectly Peoria

- 1. Spirit of Peoria** - The nation's only overnight paddlewheeler, The Spirit of Peoria offers cruises ranging from a few hours to a few days. Their best seller: themed cruises, ranging from food to fireworks! (Admission: \$23+)
- 2. Corn Stock Theater** - Peoria's local outdoor playhouse, with hits such as Shrek the Musical; Baskerville, a Sherlock Holmes Mystery; Ragtime; The Robber Bridegroom; and Catch Me If You Can all playing this summer. (Admission: \$17 with student ID)
- 3. Heart of Illinois Fair** - July 16th - 21st, enjoy live entertainment, loads of local food, prized show animals, carnival rides, and everything else that goes into a well-crafted state fair! (Admission: \$10)

Something Cold

To finish it off, our very own Peoria expert, Jordan Boyle (Class of 2022), gave me her recommendations of the best places to cool off this summer with a refreshing ice cream cone in your hand (in no particular order of spectacularness): **1. Emack & Bolio's Ice Cream Shop**, **2. Ice Cream Shack**, and **3. Emo's Dairy Mart**.

So get out there, make the most of this summer, and see if you can hit all of the 15 aforementioned recommendations; I know I will!



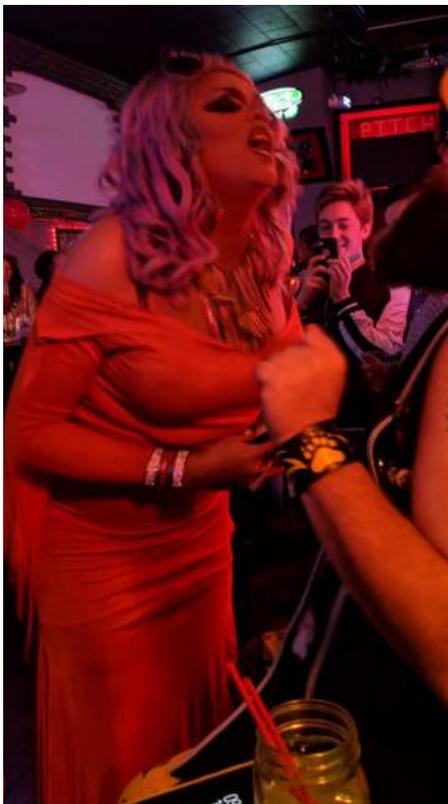
HATS Fundraiser Raises \$1,200 for a Local Peoria Clinic

Students Assemble to Support an Organization that Provides Comprehensive Care and Services HIV/AIDS Population in Peoria

The UICOMP LGBTQ+ Student Alliance annual HIV, AIDS, Treatment, and Support (HATS) Fundraiser took place on Saturday, April 13 at Pitch Karaoke Bar on Main Street.

The event featured performances from four local drag queens as well as special guest Dida Ritz, a contestant on Season 4 of RuPaul's Drag Race. The event raised around \$1,200 on the day of in support of Positive Health Solutions (PHS) -- a clinic that offers comprehensive care and services to those living with HIV/AIDS in not only Peoria but also 15 surrounding counties in central Illinois. PHS serves over 600 clients, and takes a holistic approach for providing case management and mental health services.

Victoria Lu



Annual UICOMP Health Disparities Forum

Students, Community Members Work Together to Tackle Inequality

The UICOMP Urban Health Program and Public Health Interest Group held the second annual UICOMP Health Disparities Forum on April 13, 2019. Medical students, resident physicians, faculty, and other community members came together to learn about health inequities and connect across disciplines to help address these problems. Attendees heard from many guest speakers from a wide variety of professional backgrounds, including medicine, nursing, public health, and non-profit leadership. Topics addressed included: Trauma Informed Community; Homelessness, Transiency, and Health; Approaching Disability and Ableism; Taking Ownership of Sexual Health; Multidisciplinary Approaches to Food Insecurity; Approaching Addiction and Chronic Pain; and Partnership for a Healthy Community.

See more photos at: <https://sites.google.com/view/2019-uicomp-health-disparities/photos?authuser=0>

Amith Rao



Step 1: A Rising M3's Perspective

As I look back on Phase 1 of my medical education, I am amazed by how far I have come as a medical professional, and how far I still need to go. The past year and a half have been filled by the constant grind of pre-clinical coursework, a seemingly endless carousel of textbooks, flashcards, practice questions and exams. With the biggest exam of them all, Step 1, now safely in the rearview mirror, I am starting to look ahead to clinical clerkships and the new challenges and rewards that they will bring. This past week afforded me some time to reflect on my Step 1 experience and allowed me to identify some things that I believe helped me on the exam, and some things that I could have done differently. I distilled my experience down into the following five points.

1. **Step 1 is a marathon, not a sprint.** Eight weeks of Dedicated study time is more than enough, and towards the end I found myself wishing I had taken the exam earlier. If you set a good pace early on and stick to it, you should be able to get through the material. And if you find yourself inclined to sprint marathons, invest in a good resource planner and daily schedule to keep you on track.
2. **Build a solid foundation.** All the building blocks you need to lay the foundation of knowledge necessary for success on Step 1 can be found in the pre-clinical coursework. Study hard for Block Exams, and this information will come back much easier the second time around. That being said...
3. **Get to know your resources.** Step 1 is a standardized test, and so standardized resources are a must. Use the resources early and often, starting during the pre-clinical blocks. If your using a daily flash card app, do your best to keep up, even on the busiest days. You will thank yourself come Dedicated.
4. **Trust the process.** Like any monumental endeavor, Step 1 studying can be overwhelming at times. There will be days where you feel like giving up, and times when it seems like there is no end in sight. I found that if I stuck to my routine during Dedicated and just took one day at a time, I was able to better focus on the task in front of me without being overwhelmed. If and when the burnout starts to set in, don't push yourself too hard. Stop studying, go work out, and come back to it after dinner. This will help your mind and body stay fresh.
5. **Dedicated.** A detailed study plan for Dedicated is a must. You do not need to always follow your plan item by item, but you do need a way to organize your goals for the day in a way that is realistically achievable. For me, that meant spending my mornings doing UWorld, and my afternoons reviewing said UWorld questions (you will find that this ends up taking the majority of your time). I would normally take a break from 5:30 – 7:00, and then watch the relevant Boards & Beyond/Sketchy videos for the day.

All that being said, there is no single correct way to study for Step 1. Trust the study habits that you have built over the past 1.5 years, and don't be afraid to change something up if it is not working. Talk to as many upperclassmen as you can, they can be a great resource and are always willing to help. And perhaps most importantly, stay connected to your family and friends during this time for continued emotional support. Good luck, you've got this!

Craig Kym

PMSC ANNOUNCEMENTS

The Leadership Certificate

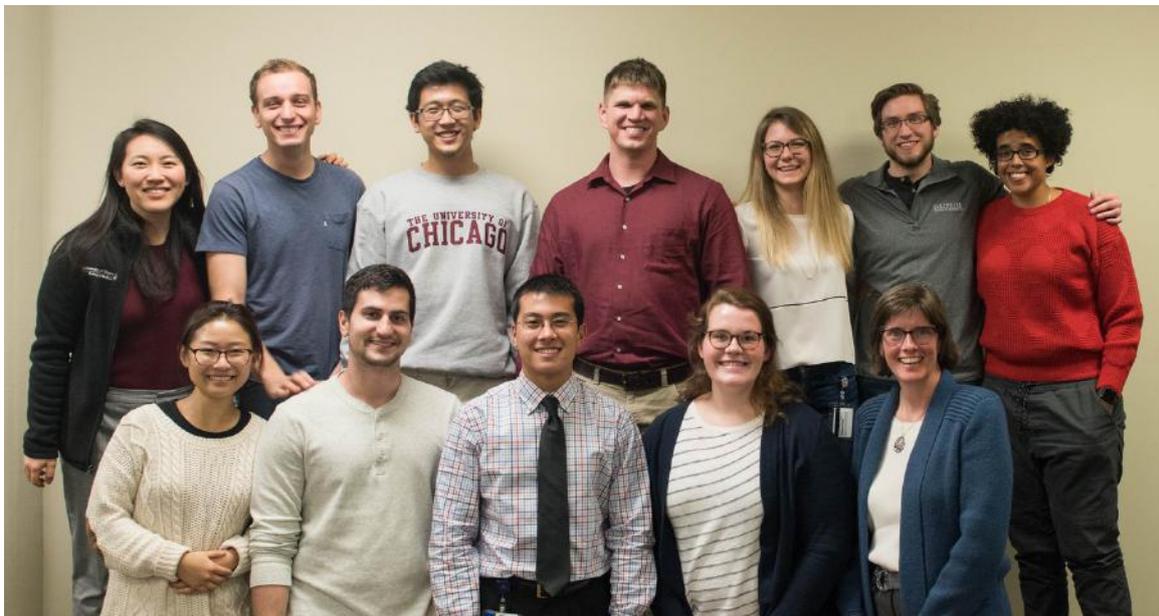
The Leadership Certificate of 2018-19 is **due August 2nd 2019**. Please make sure to read the email from Angela Delano, Class of 2020, if you are interested in participating, and please contact her with any questions. There's still plenty of time to complete a passport!

THE LIST OF STUDENT INTEREST GROUPS AND CONTACT INFO

Click [here](#)

THE LIST OF ELECTED STUDENT LEADERS 18-19

Click [here](#)



YOUR PMSC 2018-19

* Not pictured: Ian Magruder, Austin Rim, Nam Dao, Sean Park, Angela Delano, Matt Schaeffer

2018-19 Peoria Pons Team

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