

PEORIA PONS

University of Illinois Peoria

Bridging communication; Celebrating accomplishments

Table of Contents

Upcoming Events	p. 2
Dean's Corner	p. 4
SIG Spotlight: Food interest group (FIG), Oncology SIG (OnclG)	p. 5
Student Submission	p. 6
Other Announcements	p. 7
Staff Credits	p. 8

What's New in November?

When you're in medical school, time moves at the speed of light - as you try to catch up with schoolwork, pass the block exams or shelves, and travel for interviews, suddenly you realize it's November. Where did the time go? Perhaps you were also involved in revamping the Barn Dance into Spooktacular Soiree, planning community events to make an impact in Peoria, or taking care of yourself and each other through wellness initiatives. No wonder we needed two pages for listing the events in November!

We're excited to present the dean's column to enhance the communication between students and the administrators. It's quite amazing how many resources and opportunities are added to the Peoria campus based on the student feedback to the administrators. In addition, we are introducing a student submission in this month's issue: The Life of an M3. Caroline submitted a poem reflecting on her experience as an M3 thus far. This nicely captures the feeling that most M3's can appreciate and relate to while going through each rotation. As you know, Peoria Pons is a newsletter made by the students for the students -- you are always welcome to submit your original art, articles, and reflections.

Christine Pak (M3)

Peoria Medical Student Council (PMSC) Monthly Meeting

Wednesday, November 20th
6:00 PM, UICOMP A100-2

Does your SIG event need more notoriety? Get your event included in the Student Events Calendar!

Contact Jaymi Belcher: jaymib@uic.edu



Upcoming Events

Spooktacular Soiree

Friday, November 1st

8:00 PM – 11:00 PM; Kickapoo Creek Winery (6605 N. Smith Rd., Edwards, IL)

Enjoy great music, food, and drinks with your spooky friends! Bus transportation to and from Kelleher's Irish Pub will be provided. There will be a cash bar, food, and a bonfire with s'mores. Costumes encouraged but not mandatory! Click [here](#) to RSVP.

Theresa Tracy Trot

Saturday, November 2nd

8:00 AM; East Peoria Riverfront Park

This is a 4-mile run or 2-mile walk that helps Theresa Tracy Strive to Survive support pancreatic cancer research and awareness. Sign up [here](#) to join the UICOMP team!

IR Virtual Symposium

Saturday, November 2nd

9:00 AM – 2:00 PM; UICOMP auditorium

The Interventional Radiology Interest Group will be live streaming a symposium from the University of Colorado to introduce medical students to an exciting specialty! Lunch will be provided and there will also be a hands-on IR workshop! RSVP [here](#).

Be The Match Donor Registration Event

Wednesday, November 6th

3:00 PM – 7:00 PM; Greater Peoria Family YMCA, 7000 North Fleming Lane

Be The Match manages the largest and most diverse bone marrow registry in the world. All it takes is a cheek swab to join the registry and possibly save a life! The event will be held in the upstairs lounge of the YMCA.

Get Yourself Tested (GYT) Day at Manual High School

Thursday, November 7th

7:00 AM – 2:30 PM; Manual High School, 811 S Griswold St

Help counsel and educate high school students on sexual health.

This is a great opportunity to volunteer and make an impact in your community!

AMBOSS Campus Visit

Friday, November 8th

11:45 AM – 1:00 PM; table in UICOMP lounge, 1-2pm focus group session

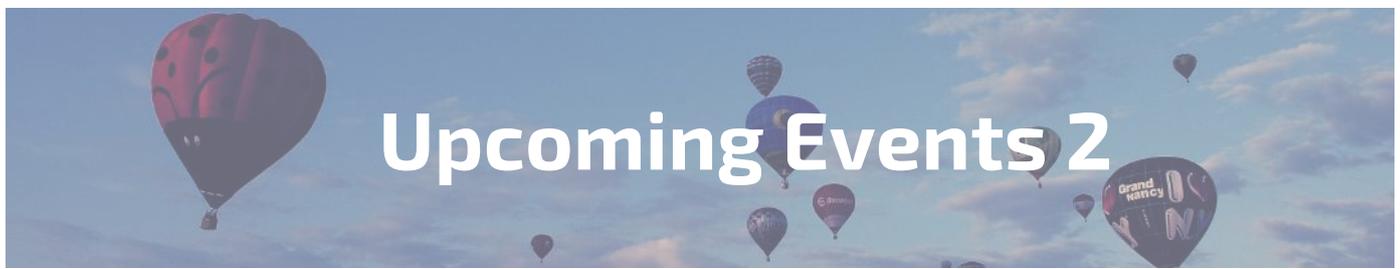
AMBOSS owns an online medical learning platform that includes prep materials for the USMLE Step exams and NBME shelf exams. Representatives from AMBOSS will be giving a live demonstration of their Basic Sciences/Step 1 materials at UICOMP. Register [here](#).

Dermatology Career Specialty Webinar

Monday, November 11th

1:30 PM; UICOMP A115

Dr. Tsoukos from Chicago will speak at this informative session on careers in Dermatology.



How to Manage Student Loans During Residency (Parts 1 and 2)

Thursday, November 14th 3:00 PM and Friday, November 15th 1:00 PM

This is a two-part webinar hosted by the AAMC covering topics like repayment plans, postponing payments, refinancing, and consolidation. This is a great way to learn about important financial issues affect medical students after graduation. Register [here](#) (part 1) and [here](#) (part 2).

Cookies for Cancer

Tuesday, November 19th

11:30 AM – 1:00 PM; UICOMP student lounge

Celebration of Excellence

Tuesday, November 19th

5:30 PM; UICOMP lobby

Celebrate the excellent work done by our faculty, staff, and students in the past year!

Jersey Boys

Wednesday, November 20th

7:30 PM; Peoria Civic Center

This award-winning musical is coming to Peoria this month! Student Affairs at UICOMP has a limited number of tickets available for students through [this link](#).

The Business of Being a Doctor

Thursday, November 21st

5:15 PM – 6:15 PM; A100-3

Learn about physician recruitment, employment contracts, negotiating, and more at this workshop that will feature hospital administrators and a residency program director as guest speakers!

Personal Financial Health Workshop

Tuesday, December 3rd

5:15 PM – 6:00 PM; location TBD

This is a workshop that will cover basic consumer finance topics including credit scores, estate planning, and buying a home. These are important things that can help you maximize your financial wellness now and in the future!

Dean's Corner

Dear Students:

It is an exciting time of the year! Interview season is ramping up for M4s; clerkships are in full swing for M3s; Brain and Behavior block is keeping the M2s busy and M1s are getting into the groove of being a medical student. We are impressed with your dedication, resilience and hard work.

During these times, we also recognize the importance of advising and mentoring. Here at UICOMP and across the college, we are working on enhancing the student experience and expanding opportunities for academic and career advising. While all the administrative leadership and deans at UICOMP are available to you, outlined below are additional key initiatives that are currently in progress. Some of these initiatives are the responses to feedback from students and upperclassmen on opportunities for improvement at UICOMP.

1. **Your personalized roadmap:** This road map will highlight the key events and serve as a guide to the key milestones and markers on your journey through medical school
2. **Career Specialty Resource Webpages:** These will include information related to career choices and information on upcoming career webinars.
3. **Advising Houses:** Hope most of you had the opportunity to participate in your first advising house meeting and meet up with your faculty advisors. More to come on this initiative.
4. **Cross Campus Communication:** Improved communication to students through platforms such as SLACK, allowing students across campuses to ask questions, have discussions and foster understanding of the cross campus opportunities.
5. **Support from Academic Advisors:** Each of you has an assigned academic advisor who can serve as your first resource for a wide variety of issues
6. **Academic Skills Support:** Peer educators are available to help you navigate the curriculum. We are also in the process of hiring an academic skills specialist to help with study skills and test preparation.
7. **Residency Preparation:** Student affairs office in collaboration with departments have offered didactics, multiple mock interviews, and one on one sessions with the deans on residency application. In the fall of 2019, over 40 students have participated in mock interviews at the start of the interview season.

We feel we are off to a great start! We will continue to engage with you to enhance your experience at our campus. Enjoy the beautiful fall weather!!

**THE
UNIVERSITY OF
ILLINOIS
COLLEGE
OF MEDICINE**
CHICAGO PEORIA ROCKFORD URBANA

Meenakshy Aiyer, Jessica Hanks,
Eileen Doherty, James Graumlich,
Kevin Wombacher



SIG Spotlight

In this section we ask you, the readers, about the student interest groups that you're involved with. Each month, we highlight a group and find out what they do and why you should join.

In this edition of SIG Spotlight, I spoke with Brock Taylor, M2 and executive board member of the new student interest group, **Food Interest Group**. Brock lets us know everything you need to know about the Food Interest Group and how you can get involved!

What made you start this SIG?

Last year, the class of 2022 wanted to explore Peoria restaurants while taking time to relax and bond. This year, we wanted to reach the other classes and expand out events with help from the school.

Who should join?

Anyone who values food and friendship! (who doesn't, right?)

What does your SIG do?

We plan and host events such as potlucks, restaurant fundraisers, food challenges, and mentoring sessions during meals.

We also are starting a monthly Food Review column to publish in the Peoria Pons that will both review local restaurants and provide recipe ideas for busy medical students and staff!

What are your SIG's goals for this year?

Our mission is to foster community and wellness through the shared love and interest in food and nutrition. Specifically, we would like to increase inter-class community.

When is your next meeting?

Be on the lookout for emails with updates or join our GroupMe if you are interested in helping to plan/advertise events!

Is there anything else we should know about your SIG that you didn't get to discuss?

Contact those on our Executive Board! Bhargavi Dhanireddy, Brock Taylor, Marcel Youkhana, Bree Sullivan, and Joan Lee (the M1 Representative).



We are also excited to learn about the **Oncology SIG** this month!

The past two months were an exciting time, with many student interest groups holding their inaugural meetings to share their mission statements. One of the newest of these groups is the Oncology SIG (OnclG), led by co-presidents Eliot Rapoport (M2) and Katie Perlman (M1).

To get a better sense of OnclG's vision, I sat in for the October Board Meeting. Katie Perlman reported to Pons, "I have always been interested in oncology, and I knew I wanted to start an oncology student interest group when I came to UICOMP. The OnclG was started to get students interested in the various oncology paths and to support related social issues. Our group plans to have a residency panel featuring hematology oncologists, pediatric oncologists, radiation oncologists, and other oncology-related residents later this school year."

The board meeting proceeded with a discussion about event planning. Katie Perlman added, "We are also planning a few events to fundraise for cancer charities and increase awareness for different cancers. Our first event of the year is 'Cookies for Cancer' and is scheduled for November 19th. Students and faculty can donate money to decorate cookies, have hot chocolate, enter raffles, and socialize. All proceeds will be donated to Illinois Cancer Care, a local cancer charity in Peoria!"



Michelle Famakinwa (M3)

Tahsin Zaman (M1)

The Life of an M3

(to the melody of "Old Town Road")

Caroline Lewis (M3)

Yeah, I'm gonna take my car to the hospital
Gonna search for parking 'til I can't no more
I'm gonna take my car to the hospital
Gonna search for parking 'til I can't no more

I got my white coat in the back
Student badge attached
Pens are blue and black
Stethoscope that's black to match
Saying hi to residents
They tell me go see patients
Got that SOAP note written
Time for rounds and pimping

Can't tell the attending nothing
I can't tell him nothing
Can't tell the attending nothing
I can't tell him nothing

Rounds have gone for hours
Fullness in my bladder
Nurse is yelling at me
You can go and ask her
My diet's unhealthy
Cafeteria food and no sleep
Ask the resident anything else you need?
Can't leave with scrubs still on me

Can't tell the attending nothing
I can't tell him nothing
Can't tell the attending nothing
I can't tell him nothing

Yeah, I'm gonna take my car to the hospital
Gonna search for parking 'til I can't no more
I'm gonna take my car to the hospital
Gonna search for parking 'til I can't no more

OTHER ANNOUNCEMENTS

Know of anything Pons-tacular?

We are always looking for stories, events, or accomplishments that happen around UICOMP. If you have a story you'd like to see included in the *Peoria Pons*, please email written articles to Anna Kolasa or Christine Pak. Please keep all articles to 250 words or less; photos are always encouraged. Deadline: 25th of every month.

THE LIST OF STUDENT INTEREST GROUPS AND CONTACT INFO

Click [here](#)

THE LIST OF ELECTED STUDENT LEADERS 19-20

Click [here](#)

University Medical Student Council (UMSC) Quarterly Meeting

Saturday
November 16th
10:00 AM
@ Rockford



YOUR PMSC 2019 - 2020

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