Fall Semester 2
Orientation
Semester 2 (Fall) Curriculum

Carol Wilkins, Ph.D.
Semester 2 Director
Introduction Sem 2
Dr. Carol Wilkins, Semester 2 Director

- Semester 2 Overview
  - 7 courses (15 credits) in Semester 2
    - Each course is compact—e.g. is not a full semester course (except for PSL 539—Pathophysiology)
  - Integrated Unit Exams: have 2-3 courses tested per exam
  - Exams have variable number of questions based on number of contact hours per two week period
Curriculum Issues Sem 2
Dr. Carol Wilkins, Semester 2 Director
Elizabeth Petsche, J.D. Curriculum Director

- Semester Map (posted to AP website)
- Exam question scoring (only one class)
- Remediation (is by course) ie: Retention Policy
- Practice questions/exams
- Remember Objectives
Curriculum Issues

- Semester 2 Calendar:
  - **Course syllabus** IS the final word
  - Google is a convenience, must be updated /synched
  - Google reflects the most up to date information
  - Google may not have all components of a course reflected in the calendar…thus SYLLABUS is still the final word.
Tips for Success

• Curriculum is CUMULATIVE
  • Faculty CAN assume your knowledge from previous courses/lectures

• Read the SYLLABUS for EACH course

• DO ALL required assignments outside of lectures – i.e. tutorials, homeworks, required readings, etc.—[HINT, HINT]

• **GET HELP** whenever necessary (for issues regarding content, time management, study skills, etc.)
  • COURSE FACULTY ARE WILLING TO HELP YOU!
Exam Preparation

• Do any provided practice exams UNDER TESTING CONDITIONS (*consider it a “rehearsal”*)
  • Time yourself (i.e. 1.5-2 min. per question)
  • DO NOT have your course pack/notes readily available while doing the problems
  • *Mark all foils* of which you are not sure if it is a “true” or “false” statement (even if you did ultimately choose the correct answer)
  • After doing all the problems, THEN check your answers and ALL foils you marked.
Semester 2 CLASSES

com.msu.edu ->
Academics ->
Preclerkship Curriculum ->
Class of 2022 ->
Semester 2
Preclerkship Curriculum

Semester 2 (Fall 2018)

OST 551 - Osteopathic Patient Care I
OST 551 Course Syllabus
OST 551 Course Schedule
2 Credit Hours; Scott/Jennings

This is the first of a five semester sequential course to provide students with basic interviewing abilities, physical assessment skills and an evidence-based medicine knowledge base so that students develop an in-depth understanding of the body and its structure/function with respect to health and disease.

OMM 511 - Osteopathic Manipulative Medicine I
1 Credit Hour; Francisco/Benton

This is one of a sequence of OMM courses offered by the College of Osteopathic Medicine to provide the students with an in-depth understanding of the body, its structure/function relationships in health and disease related to the musculoskeletal and nervous system.
### Google Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2022</td>
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<tr>
<td>Sept 28</td>
<td>Semester 2 Begins</td>
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<td>8am PSL539 (2) Fundamentals 2 - 8am MMG532 (3) Parasitology II - 8am PSL539 (4) Fundamentals 4 - 8am MMG532 (5) Mycology I - 8am PSL539 (6) Membranes &amp; Cell Signaling - 8am PSL539 (7) Modes of signaling - 8am PSL539 (8) Documenting bacterial growth - 8am PSL539 (9) Lab 1: Fundamentals - 8am PSL539 (10) HIV HTV - 8am PSL539 (11) The interplay of the host immune system and pathogens - 8am PSL539 (12) Protective immunity - 8am PSL539 (13) The role of the immune system in health and disease - 8am PSL539 (14) The role of the immune system in health and disease - 8am PSL539 (15) The role of the immune system in health and disease - 8am PSL539 (16) The role of the immune system in health and disease - 8am PSL539 (17) The role of the immune system in health and disease - 8am PSL539 (18) The role of the immune system in health and disease - 8am PSL539 (19) The role of the immune system in health and disease - 8am PSL539 (20) The role of the immune system in health and disease - 8am PSL539 (21) The role of the immune system in health and disease - 8am PSL539 (22) The role of the immune system in health and disease - 8am PSL539 (23) The role of the immune system in health and disease - 8am PSL539 (24) The role of the immune system in health and disease - 8am PSL539 (25) The role of the immune system in health and disease - 8am PSL539 (26) The role of the immune system in health and disease - 8am PSL539 (27) The role of the immune system in health and disease - 8am PSL539 (28) The role of the immune system in health and disease - 8am PSL539 (29) The role of the immune system in health and disease - 8am PSL539 (30) The role of the immune system in health and disease - 8am PSL539 (31) The role of the immune system in health and disease</td>
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*Dates in red are holidays or special events.*
## Semester 2 Exams Map

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*Courses were allotted 3 questions per contact hour

OST 551 also has their own mid-term exam.

OMM 511 has their own written and practical exams during the semester.
Weekly Review:
Weeks 1 and 2

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<thead>
<tr>
<th>Courses</th>
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<td>MMG 532: Medical Microbiology</td>
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## Weeks 3 and 4

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Weeks 7 and 8

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Weeks 9 and 10

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Weeks 13, 14, and 15

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<td>OMM 511: Osteopathic Manipulative Medicine I</td>
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</tbody>
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Academic and Career Guidance (ACG)

(517) 884 – 3893

AC.Guidance@hc.msu.edu
The Office of Academic and Career Guidance Staff

Kim Peck, MBA
Director, Advisor

Dawn Dewar, M.Ed.
Advisor – East Lansing

Pauline Tobias, MA
Advisor – DMC

Brooke-Lynn Vij, M.Ed.
Advisor – Macomb

Meagan Semeyn
Administrative Assistant – East Lansing
College Resources

The Office of Academic and Career Guidance

• Advisors at all 3 sites!
• One-on-One advising
• Workshops
• SCILS Workshops
• Peer to Peer Tutoring
• Peer Mentors
Semester 2 Goals

• Determine your priorities and set attainable goals for the semester
• Create a schedule in a mode that works for you
  ➢ Paper planner
  ➢ Smartphone
• Create manageable to-do lists of *high-priority* tasks
  ➢ Daily
  ➢ Weekly
• Utilize effective and efficient learning approaches
• Identify resources and a support system
Academic Success Check-ups

• Proactive initiative to help you stay on track
• Involves:
  ➢ Monitoring Academic Vital Signs
  ➢ Academic advising appointments
• These are MANDATORY so if you receive an email please respond as soon as possible.
It’s time to create your CV…

• Why
  • Networking, Interviewing, Obtaining Letters of Recommendation, ERAS

• When
  • Prior to your required career advising meeting

• How
  • Check out our guide and our template
Semester 2 Reminders

- Give yourself a break—you’re only human!
- Use your support system
- Recognize when you need help and ASK sooner rather than later
- Take care of yourself, find balance
- Learn to say “no”
Upcoming SCILS Workshops for the Class of 2022

Wednesday, August 29
12:00p & 5:00p
A316 East Fee Hall (DMC and Macomb Dates TBA)
Organizing and Understanding Scientific Concepts Rather than Memorizing Facts - with a Focus on Microbiology Topics

Friday, August 31
2:00p
A316 East Fee Hall (DMC and Macomb Date TBA)
Organizing and Understanding Scientific Concepts Rather than Memorizing Facts - with a Focus on Various Semester 2 Topics

Friday, October 26
1:00p & 3:00p
A316 (DMC and Macomb Dates TBA)
Organizing and Understanding Scientific Concepts Rather than Memorizing Facts - with a focus on Pharmacology Topics
Personal Counseling and Health Promotion

(517) 432 – 0141
Pre-Semester 1 Snapshot
John Taylor, Psy.D., Licensed Psychologist, Director, PC/HP
MSUCOM ELC  John.Taylor@hc.msu.edu  517-432-0142

Al Aniskiewicz, Ph.D., ABPP, Licensed Psychologist, Professor Emeritus
MSU Department of Psychiatry  Al.Aniskiewicz@hc.msu.edu

Mangala Sadasivan, Ph.D., CCC, Associate Professor, Director PEAK
MSUCOM ELC  Mangala.Sadasivan@hc.msu.edu  517-432-5043

Erica Suszek, M.A., NCC, Licensed Professional Counselor
MSUCOM MUC  Erica.Suszek@hc.msu.edu  586-263-6711

Rachel Reid, M.S., NCC, Limited License Professional Counselor
MSUCOM DMC  Rachel.Reid@hc.msu.edu  313-578-9636 or 517-884-9636

Alissa Berry, Office Assistant
MSUCOM EL  Alissa.Harding@hc.msu.edu  517-432-0141
MSUCOM Office of Personal Counseling and Health Promotion: What We Offer

- In-house, **strictly confidential**, short-term individual counseling free to COM students (including 3rd and 4th years)
- Consultation re: personal concerns (e.g., assistance with getting emotional support pet, documentation for RCPD, deciding about staying in school, etc.)
- Referral assistance with getting linked with medical providers and mental health specialists in the students nearby community
- Workshops, meditation sessions, partnering with student groups and SGA’s re: wellness-related events
Personal Counseling Student Reported Concerns
Combined from 2016/2017 and 2017/2018 (n = 339)

- Stress: 185
- Academics: 91
- Relationships: 57
- Consultation: 33
- Traumatic Event: 8
- Loss: 8
- Health Issues: 7
- Acculturation: 3
MSUCOM Office of Personal Counseling and Health Promotion: Self-care Tips (Dr. Taylor’s)

• Maintain your “your tried and true” self-care practices you did pre-COM (it will cost you more to give them up)
• Refrain from comparing yourself with the rest of the pack (e.g., so-and-so is smarter, more glamorous than me, etc.) To do otherwise is to perpetuate misery
• Ask for help, repeat, ask for help – there is no shame in asking for help
• Don’t put off taking care of what needs to be taken care of today – if not sooner
• If you think you are just going to “tough it out” with your issues think again – would you keep putting off an abscessed tooth, an in-grown toe-nail, or a lump growing in the middle of your forehead?
Personal Counseling and Health Promotion (PC/HP)

Our office is devoted to addressing the personal and professional issues of MSUCOM medical students. If it's important to you, it's important to us!

The premise upon which our office is built:
- Confidentiality is paramount.
- Each individual will be treated with dignity.
- Everyone needs and deserves to be heard; no issue is too small or too large.

Meet our PC/HP Team
- Schedule an Appointment
- Information about the PC/HP Office
- Take an Online Mental Health Screening
- Online Self-Help Resources
- University Resources

In case of a Life-Threatening Emergency, please call 911 or go to the nearest emergency room.

For after-hours help, please email Dr. Taylor.

24-Hour Crisis Numbers:
- Detroit Wayne Mental Health Authority: 1-800-241-6440
- Clinton-Eaton Ingham Community Mental Health: 1-800-372-8460

Emergency Care:
- MySSP App: Free 24/7 Mental Health Support for ALL MSU Students
- Henry Ford Hospital
- Sparrow Hospital

Our CARE Team

COM Programs and Resources
- Medical Student Mental Health Committee (MSMHIC)
- Mental Health Guide
- MSUCOM Mindfulness Facebook
- PEAK
- Peer Mentors Group
- Personal Counseling/Health Promotion Brochure
- Sexual Assault/Domestic Violence Quick Links

"To get through the hardest journey, we need take only one step at a time, but we must keep on stepping."
Welcome to the MSUCOM CARE Team

Mission
The MSUCOM CARE Team is committed to improving the wellbeing of students and promoting student success at all three sites of the Michigan State University College of Osteopathic Medicine by proactively and collaboratively identifying and assisting students in distress. The team coordinates with students, faculty, and staff using thoughtful approaches to identifying, assessing, and intervening with individuals of concern.

Goals
The MSUCOM CARE Team strives to:

- Identify distressed students
- Provide resources, referrals, and other forms of support to individuals in distress
- Prevent escalation of concerning situations
- Enhance the wellbeing and safety of the MSUCOM community
- Collaborate with faculty, staff, administration, and concerned others
- Educate the MSUCOM community about identifying concerning behaviors
- Foster a culture in which concerns for others can be respectfully shared

Who Are We?
Helping a Student in Distress
CARE Team Process

REFER A STUDENT TO THE CARE TEAM
Please send any concerns to the following email address:
MSUCOMCARE@hc.msu.edu

Report an incident to the Office of Institutional Equity (OIE)
File a report with MSU Behavioral Threat Assessment Team (BTAT)
I appreciate those who participated in the body scan pre-exam mindfulness meditation this morning! Good luck on your exams this week and enjoy your break! Hopefully your break can be mindful not mind full!
Upcoming: Medical Student Mental Health Event

Class of 2022, Working on the Date
12:00-1:30 p.m.
Dr. Taylor/Ms. Suszek Tips for Managing Burnout & Panel Discussion

Lunch will be served!
Mandatory Medical Student
Annual Mental Health Survey
September 2018

Details Forthcoming in
Class E-mail and Student Services Newsletter

ONLINE SURVEY
Sparty Says Get Your Mindfulness Groove On

Come and check out a pre-exam mindfulness session!

Upcoming sessions posted on Facebook and in the Student Services bi-weekly e-mail newsletter.
Registrar Services

(517) 353 – 7741

OsteoMedReg@hc.msu.edu
Robin C. Hastings
Registrar

Erin D. Doelling
Assistant Registrar

Elaine Williams
Students A – D

Tess Zdenahlik
Students E – J

Angela Jenks
Students K – M

Erin Millikan
Students N – R

Stephanie Shepard
Students S – Z

Diane Cobus
Records Support

Cathy LaPierre
DMC

Jenny Lanuzza
MUC
Verifications and Certifications

• Loan deferment
• OSAP
• military reimbursement
• Name changes
• building access
• lockers
• Jury Duty Excusal
Enrollment and Registration

Applications
- Pre-Clerkship Electives
  - Research
  - International
- Physician Shadowing

Student Portal – tool
Student Portal

- AOA #s – should’ve received notice from AOA with your ID#
Audits

• Keep up on annual immunizations and compliances.
  • TB and influenza (updated influenza due by November 1, 2018, for all students).
  • HIPAA and BBP by August 30th
• The compliance checklist* is a useful tool for tracking when your compliances are due.

Responsible Conduct of Research (RCR) Training

- There is an additional checklist* specifically devoted to your training timeline on our website.

Year 1

Complete all of the following:

- Face-to-face
  - 3 hours discussion—based training
    - Introduction to RCR and Briefing Seminar (1 hour)
    - IRB session on Human Research Topics (1 hour)
    - Universal Precautions session (1 hour)

- Online via the CITI Training System
  - Introduction to RCR (RCR-Basic) - New (ID: 17009)
  - Authorship (RCR-Basic) (ID: 16597)
  - Research Misconduct (RCR-Basic) (ID: 16604)
  - Plagiarism (RCR-Basic) (ID: 15156)

AACOM Survey

• There’s still time to complete the AACOM Entering Student Survey
• Your input through this survey is invaluable to the future of the osteopathic profession
• Deadline: Sunday, September 16

- At only 25% completion, the response rate is too low for accurate statistical representation
Financial Aid

• Medical Student Financial Aid representatives
  • Angelene Patton  harri494@msu.edu
  • Teresa Halliburton  hallibu1@msu.edu
  • Christy Cotton  cottonc4@msu.edu
• (517) 353 – 5940
• Room 252, Student Services Building
  • COM students have priority for walk-ins!
• C-18 Fee Hall (Basement) beginning September 10th
  • Mondays and Thursdays, 12-4
  • Fall and Spring Semesters only
Scheduling and Student Activities

(517) 884 – 7283
Scheduling and Student Activities

• Your non-academic meetings, events, activities.
• RED = Mandatory. GREEN = Optional
• Google Events Calendar how to: www.com.msu.edu click Students, click Scheduling and Student Activities, click Google Calendar Instructions
• Deadline for 2022 Class Crest submissions, Wednesday, 9/5
• Student Government Association (SGA) Meeting – Thursday, 9/5, 12 to 1. Activities of all 30 organizations Must RSVP for food.
Scheduling and Student Activities

• Interested in class executive board or committee representatives – attend Class of 2021 Meeting, Thursday, 9/13. Must RSVP for lunch. Information on each position and contact information sent out. Applications Due – Monday, 9/24
• Willed Body Program Memorial Service – Friday 9/14
• SGA Detroit Princess Riverboat Fall Mixer – Friday, 9/14. Buses provided from East Lansing and Macomb. Includes drink ticket, full buffet and DJ and evening ride on the Detroit River. $50 until September 6
Scheduling and Student Activities

- COM Silverfest Weekend – Golf, Friday 9/28, Tailgate, Saturday, 9/29
- Class of 2022 Elections, Tuesday, October 2
- 2021 & 2022 Cross Over Meeting – Tuesday 10/9
- 2022 Executive Board and Committee Representatives Meeting – Thursday, 10/18
- 1st Class Meeting – Thursday, 11/1
- 2022 CLASS CREST CONTEST........
Scheduling and Student Activities
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• Cannot change the MSU Block S or the Sparty Helmet.
• Submit drawing of artwork by September 9/5
• Voting on line. The student that creates winning logo will be given a free piece of class swag.
• The new 2022 Social Events Coordinators will select several pieces of swag with the Class Crest or COM Logo for purchase later in the fall.

Cool logo – but it cannot used
Thank You for Your Attention

Questions?