Summer (Semester 4) Orientation

William M. Falls, Ph.D.
Associate Dean/Student Services
Orientation - Topics

• Information from Academic Programs
• Information from the Associate Dean/Student Services
• Information from the Office of the College Registrar
• Information from the Office of Academic/Career Guidance
• Information from the Office of Personal Counseling/Health Promotion
• Information from the Office of Scheduling/Student Activities
Information from Academic Programs

Elizabeth Petsche, J.D.
Director of Preclerkship Curriculum
<table>
<thead>
<tr>
<th>Course ID</th>
<th>Credits</th>
<th>Title</th>
<th>Coordinator/s</th>
</tr>
</thead>
<tbody>
<tr>
<td>OMM 513</td>
<td>1</td>
<td>Osteopathic Manipulative Medicine 3</td>
<td>Gugel</td>
</tr>
<tr>
<td>OST 553</td>
<td>3</td>
<td>Osteopathic Patient Care 3</td>
<td>Scott</td>
</tr>
<tr>
<td>OST 557</td>
<td>1</td>
<td>Pediatrics II</td>
<td>Rosenberg</td>
</tr>
<tr>
<td>OST 574</td>
<td>3</td>
<td>Female Reproductive System</td>
<td>Boes</td>
</tr>
<tr>
<td>OST 575</td>
<td>6</td>
<td>Gastrointestinal System</td>
<td>Kerschen/Nantais</td>
</tr>
<tr>
<td>OST 576</td>
<td>2</td>
<td>Integumentary System</td>
<td>Gallagher</td>
</tr>
<tr>
<td>FCM 640/650*</td>
<td>1</td>
<td>Principles of Family Medicine (Preceptor)*</td>
<td>Keenum</td>
</tr>
</tbody>
</table>
A couple quick notes

• Dr. Michelle Gallagher
• Pediatrics and Geriatrics used to be Young and Aging
• Exam Accommodations
Information from the Associate Dean/Student Services

William Falls, Ph.D.
Associate Dean/Student Services
Curriculum Vitae (CV)

• Required for all students
• CV will be submitted at the end of Preclerkship Program and updates will be accepted during Clerkship Program
• Content will be used for MSPE and ERAS application, as well as, professional life
• Template location and guide: “Students webpage” - “Academic Success and Career Guidance” – “CV or Personal Statement Guides”
“We Connect with Students”

• *If you have questions, don’t understand something, need clarification! Please come in to see us! We want to meet with you!*
  • Office of the Associate/Assistant Dean – Dr. Kari Hortos Interim Administrator
  • Office of the College Registrar
  • Office of Academic/Career Guidance
  • Office of Personal Counseling/Health Promotion
  • Office of Scheduling/Student Activities
  • DMC/MUC Administrative Offices
“We Connect with Students”
Information from the Office of the College Registrar
Base Hospital Special Consideration

Students are offered the opportunity through demonstrated need, based on specific criteria, to request special consideration of a base hospital.

Policy, Criteria and Request Form: http://com.msu.edu/Students/Clerkship/Special_Consideration_Policy.pdf

Timeline:
- Requests will be considered until June 29, 2018
- Committee will review during the month of July 2018
- Notification with Committee decision will be made during the month of August 2018
Base Hospital Selection

Timeline:

- Round 1 Selection
  - Opens – Monday, August 27, 2018 at 3:00 PM (first day of semester 5)
  - Closes – Wednesday, August 29, 2018 at 12:30 PM

- Round 2 Lottery
  - Friday, August 31, 2018 at 2:00 PM

More information will be sent to you about the process.

Academic and Career Guidance will follow with strategies on HOW to choose a base hospital.
### Semester 4 Timeline

<table>
<thead>
<tr>
<th>Week</th>
<th>Days</th>
<th>Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>May 14-18</td>
<td>Wk 1</td>
</tr>
<tr>
<td>2</td>
<td>Jun 11-15</td>
<td>Wk 5</td>
</tr>
</tbody>
</table>

**requests due:**
- June 29

**Committee Review**
- July 2018

**Committee Decisions Released**
- August 2018

1. **OST 574 – Female Repro**
2. **OST 553 – OPC 3**
3. **OMM 513 - OMM 3**
4. **OST 557 Pediatrics II**
5. **OST 575 - GI**
6. **OST 576 - Derm**

**Base Hospital Special Consideration**
- Round 1 Selection
- Round 2 Lottery

**Base Hospital Selection:**
- Opens Mon. Aug. 27 @ 3p
- Closes Wed. Aug. 29 @ 12:30pm

**Lottery**
- Fri. Aug 31 @ 2pm
Information from the Office of Academic/Career Guidance
Congratulations

You’ve made it through your first year of Medical School!
Topics

• Reflection Letter
• DME Expo
• Base Hospital Selection
• Career Planning Meetings
• Academic Success Check-ups
• Academic and Career Guidance Resources
MOA DME Expo

MICHIGAN OSTEOPATHIC ASSOCIATION ANNUAL CONVENTION
DME EXPO AND MOA STUDENT TRACK

MAY 18, 2018
DME EXPO FROM 9:30AM TO 12PM
MOA STUDENT TRACK FROM 12:15PM TO 2:30PM

CHARLEVOIX BALLROOM
WESTIN SOUTHFIELD DETROIT
1500 TOWN CENTER
SOUTHFIELD, MI

RSVP TO THE DME EXPO BY CLICKING HERE
SIGN UP FOR THE MOA STUDENT TRACK ON THE MSUCOM 2021 FACEBOOK PAGE
(THE FIRST 100 STUDENTS TO SIGN UP WILL BE SERVED LUNCH)
Base Hospital Selection

• How to choose?
  o #1 factor: location, location, location
  o Desired residency program, but most 2nd years haven’t chosen a specialty
    ▪ Survey of Class of 2016: 64% changed specialty choice during Clerkship
  o Setting, e.g., urban, suburban, rural
  o Size & features, e.g., Level 1 Trauma Center
  o Educational opportunities
  o Patient population
  o “Culture,” e.g., respectful, collegial, family-like
  o Review ACG Clerkship Student Questions doc prior to DME Expo

• Base Hospital Tours
  o http://www.com.msu.edu/Students/Clerkship/Base_Hospital_Tours.htm
Career Planning Assistance

Careers in Medicine Access
  o CiM Tokens were distributed during the week of April 2nd. If you do not have yours please contact ac.guidance@hc.msu.edu

Semester 4 Career Planning Workshops
  o Careers in Medicine Interactive Workshop
  o Building a Strong Residency Application

Required One-on-One Career Planning Meetings
  o Ongoing through semester 5
  o Invitations sent a few at a time—working our way through the class based on alphabet
  o Don’t have to wait—can schedule appointment at any time
Academic Success Checkups

• Ongoing effort to support students
  • We look at a variety of factors to determine an academic success checkup
  • Red flags for our office
    • Performance that has leveled off below the class average
    • A decline in performance
    • Written exam scores consistently below 80%

• This meeting does not mean you are in trouble; we want to help maximize your potential.

• You do not have to wait to get help. If you need assistance with studying please reach out to our office: ac.guidance@hc.msu.edu
SCILS Workshops

Dr. Jane Gudakunst will be hosting workshops in the coming semesters to help get you on track for board prep. Look out for the sign ups in the Student Services Newsletters.
New Academic and Career Guidance Video Series

- **Academic Video Series**
  - Test Taking Tips, Time Management, Managing Multiple Priorities, Active Study Methods, Positive Mindset, Managing Test Anxiety

- **Career Video Series**
  - Selecting a Specialty, Parallel Plans, Creating a Competitive Application, Addressing Red Flags on Your Application, Researching Residency Programs, Understanding Audition Rotations

- **Board Prep Video Series**
  - Intro to Board Exams, Why Board Scores & Course Grades are Important, The Importance of Qbank Questions in Board Prep, COMSAE, Preparing for your Board Exams, Phases of Board Prep, Scheduling COMLEX Level 2CE and PE, How to Select Board Prep Resources
Student Services Bi-Weekly Newsletter

What will you find in this newsletter?
- The Power of a Positive Mindset
- DMC 2018 Medical Student Research Day Poster Competition
- Lansing Area Rental Available in March
- Saginaw County Medical Student Loan Opportunity
- Recognizing the Signs of Burnout
- AdCOM 2018 Sherry R. Arinstein Minority Student Scholarship
- Scholarship Opportunity: From the Office of Student Affairs and Services
- Scholarship Opportunity for Indiana Residents

Helpful Resources
Feeling down and maybe a little bit burnt out? Please take a look at this video from the Office of Academic and Career Guidance on the Power of a Positive Mindset.
Information from the Office of Personal Counseling/Health Promotion

John Taylor Psy.D
Director Personal Counseling Health Promotion
Resources for Optimizing Well-being in Medical School

The Office of Personal Counseling/Health Promotion
Dr. John Taylor
Licensed Psychologist
Director
The Office of Personal Counseling/Health Promotion Staff

John Taylor, PsyD
Director
Co-advisor, Peer Mentors
Faculty Advisor, MSMHC
MSUCOM Care Team
MSUCOM Diversity Committee
Adjunct Faculty, MSU Dept. Psychiatry
john.taylor@hc.msu.edu

Al Aniskiewicz, PhD, ABPP
Clinical Psychologist
Professor Emeritus
MSU Dept. of Psychiatry
al.aniskiewicz@hc.msu.edu

Mangala Sadasivan, PhD, CCC
Director, PEAK Program
Associate Professor
MSU Dept. of Psychiatry
mangala.sadasivan@hc.msu.edu

Alissa Berry
Administrative Assistant
Student Services Newsletter
Assistant, Peer Mentors
Assistant, MSMHC
alissa.harding@hc.msu.edu
What self-care techniques do you use to care for your mental health? (N = 902)

- Exercise: 80.75%
- Friend Time: 76.5%
- Sleep: 74.75%
- Family Time: 67.5%
- Diet: 62%
- Hobbies: 60.5%
- Meditation: 25.25%
- Counseling: 14.25%
- I Don't Have One: 5.25%
Key Student Themes of Concern

- Shock and awe
- Imposter syndrome
- Perfectionism overdrive
- Information/organizational overload
- “Forgetting” tried and true coping strategies
- “Letting go” of former bad habits
- Competitiveness/dealing with “gunners”
- Passing/remediation/dismissal/reinstatement/professionalism
- Relationship and family demands
- Exacerbation of pre-existing mental health issues
- Existential issues (e.g., do I really want to be a D.O.?)
- BURNOUT
Since the start of medical school I have felt (all 4 classes) . . .

- Down and depressed: 40.25% (Always), 21.25% (Sometimes)
- Disappointed in myself/a failure: 32.5% (Always), 21.5% (Sometimes)
- Nervous/anxious/on edge: 41% (Always), 34% (Sometimes)
- Unable to control my worrying: 28.25% (Always), 25% (Sometimes)
- Medical school is breaking me down: 26.5% (Always), 18.5% (Sometimes)
- I am achieving less than I should: 30.25% (Always), 20.25% (Sometimes)
- I am in the wrong profession: 20% (Always), 4.75% (Sometimes)
## Take an Online Mental Health Screening

These screenings are confidential. If you complete a screening and wish to follow up with an appointment or have additional questions, please print the survey results and contact Dr. John Taylor.

<table>
<thead>
<tr>
<th>Mental Health Issue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suicide</td>
</tr>
<tr>
<td>Alcohol or Substance Abuse</td>
</tr>
<tr>
<td>Anxiety</td>
</tr>
<tr>
<td>Bipolar Disorder</td>
</tr>
<tr>
<td>Burn Out</td>
</tr>
<tr>
<td>Depression</td>
</tr>
<tr>
<td>Eating Disorder</td>
</tr>
<tr>
<td>Psychosis</td>
</tr>
<tr>
<td>PTSD (Post-Traumatic Stress Disorder)</td>
</tr>
</tbody>
</table>

"Do something today that your future self will thank you for."
## DEPRESSION SCREENING

Over the last 2 weeks, how often have you been bothered by any of problems?

Please note, all fields are required.

1. Little interest or pleasure in doing things:
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

2. Feeling down, depressed, or hopeless:
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

3. Trouble falling or staying asleep, or sleeping too much:
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

4. Feeling tired or having little energy:
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

5. Poor appetite or overeating:
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down:
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

7. Trouble concentrating on things, such as reading the newspaper or watching television:
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

8. Moving or speaking so slowly that other people could have noticed:
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

9. Thoughts that you would be better off dead, or of hurting yourself:
   - Not at all
   - Several days
   - More than half the days
   - Nearly every day

10. If you checked off any problems, how difficult have these problems made it for you at work, home, or with other people?:
    - Not difficult at all
    - Somewhat difficult
    - Very difficult
    - Extremely difficult
RESULT: Mild Depression

Your results indicate that you may be experiencing some symptoms of mild depression. While your symptoms are not likely having a major impact on your life, it is important to mention them.

These results do not mean that you have depression, but it may be time to start a conversation with someone you trust. If you are interested in learning more, check out the information and CERF supports on this page.

This screen is not meant to be a diagnosis. Diagnosis and care of mental health conditions can be difficult, viewing symptoms of depression to confirm or having depression in addition to symptoms of depression can be caused by other mental health conditions such as bipolar disorder, or other health problems, like a thyroid disorder. A licensed professional, such as a doctor or a mental health provider, can make this determination and providing the right support can help you feel more like you again.

The depression symptoms you are experiencing may also indicate a different type of mental health problem related to bipolar disorder. We recommend you also take the screen for bipolar disorder to find out if your symptoms may be more similar to those experienced by people with bipolar disorder. People who struggle with bipolar disorder experience mood swings from extreme elation, energy, or agitation to low depressive symptoms.

Your total score was: 6

Next screen

MORE DEPRESSION INFORMATION

My family members are alcoholic

What's the difference between depression and being self-

Is mental illness physical or mental?

Can I be fired for my mental illness?

What is mental illness?

Can't use FMLA for mental health?

What is anxiety?

I have intrusive thoughts

Someone I care about killed themselves

SEE ALL DEPRESSION

DOING THINGS ON YOUR OWN

Select the topics you want to explore
Self-Help Resources

- How to Stop a Panic Attack
- A Breathing Meditation to Cultivate Mindfulness
- Mindfulness Meditation: Acceptance of Thoughts and Feelings
- Guided Meditation for Self-Compassion
- Mindfulness Meditation Taster with John Kabat-Zinn
- How Health Professional Students Can Manage Test Anxiety
- How to Manage Medical Student Stress and Burnout
- Resources Related to Self-Care and Burnout (from OST562)
- Manage stress with STRESS GYM

“If you change the way you look at things, the things you look at change.”
- Wayne Dyer
1. Observe

How to Stop a Panic Attack

644,327 views
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
Information from the Office of Scheduling/Student Activities

M. Beth Courey
Director Scheduling/Student Activities
Summer 2018

• Red Cross Blood Drive – East Lansing, Tuesday, May 15 (EL ONLY)
• SGA Meeting – Wednesday, May 16
• DME Expo – Friday, May 18, 9:30 to 12:00, Southfield
• Class Meeting – Tuesday, May 29
• Class of 2022 Orientation and Picnic – Wed & Thurs, June 6 &
• Convocation/White Coat Ceremony – Saturday, June 16, 11 a.m., Wharton Center
• Organization Fairs – **TENTATIVE DATES**
  • Macomb – Monday, June 18, 5:30 to 6:30
  • East Lansing – Wednesday, June 27, 1:00 to 2:30
  • DMC – Monday, July 2, 1:30 to 2:30
Let’s Work Together for Effective Communication!
Thank You for Your Attention!

Questions?