STUDENT & CAREER SERVICES UPDATES:

We will be hosting the following Lunch and Learn workshop and training sessions. Please RSVP for those that you would like to attend by completing this form: https://goo.gl/forms/zDJ8JDGZzgiB4sYX2 All students are welcome. Don’t forget to BYOL (Bring Your Own Lunch.)

**October 22nd – 12pm, M2 Classroom**
**Nutrition, Meal Prep, and Shopping Tips:** This interactive class focuses on developing lifelong healthy eating practices including the “what” and the “how” to healthy eating. Topics covered include basic nutrition, meal planning, mindful eating, body image, and weight management. Length: 1 hour

**November 7th – 12pm, M1 Classroom**
**Suicide Prevention Gatekeeper Training**
Suicide Prevention Gatekeeper Training will: 1) Teach participants the warning signs of a suicidal person and early signs of depression 2) Assist participants in gaining confidence in how to respond and 3) Educate participants about the resources available at the University of South Carolina. Participants are not expected to be a mental health professional. This is the why we use the word “gatekeeper” because they are invaluable to assisting a struggling person in getting the help they need. Length: 1.5-2 hours

**M1s - Save the Date: October 31st, 12pm – 1pm Student Lounge**
**Trick or Treat Your Way to a Spooktacular Summer Experience!**
Students will have the chance to meet with departments, organizations, and off campus partners to discuss clerkship, research and volunteer opportunities.

**Cocky Connection:**

**Frankenstein's Mother**  Wednesday, Oct. 24, 2018, 4 – 5 p.m. FREE  Ernest F. Hollings Special Collections Library
Paula Feldman will present Frankenstein’s Monster. Who was Mary Shelley, author of the famous novel still so widely embraced by popular culture? How did a 19-year old conceive of such a startling idea, one that has riveted audiences for 200 years? For more info about this event and other events celebrating the 200th anniversary of Frankenstein visit: http://bit.ly/UofSCFrankenstein.
**Flu Clinic, USC SOM Student Health**

**10/15/2018, 1:00:00 PM, M2 Classroom**

Today will be the last day Thomson Student Health will be onsite at the SOM to administer flu vaccines to students. Please remember, the flu vaccine is MANDATORY. Religious and medical exemptions may be granted. Request for a religious or medical exemption form should be done no later than FRIDAY, NOVEMBER 9, 2018. The deadline to receive AND submit documentation of the flu vaccine is WEDNESDAY, NOVEMBER 14, 2018. **Please note:** USCSOM Medical/SRNA/PA Students who fail to comply by Wednesday, November 14th, will be denied access to patient care areas. Students who are currently not in patient care areas will be denied to sit for final exams. If you have any questions, or would like to request and exemption form, please fill free to contact Kayla.

For More Info: Kayla Spires, kayla.spires@uscmed.sc.edu

**MEETINGS**

**SNMA Updates for Future Events, SNMA**

**10/16/2018, 12:00:00 PM, M2 Classroom**

Members will be given updated information about the SNMA Pre-Med Conference. At this meeting they will also be able to choose which segments of the conference they’d like to volunteer in. Potential volunteer opportunities will also be presented.

For More Info: Amber Bartelle, Amber.Bartelle@uscmed.sc.edu

"**Save the Ta-Tas" Proceed Night @ Chipotle, AMWA**

**10/16/2018, 4:00:00 PM, Chipotle - Garners Ferry Rd (by Target)**

For breast cancer awareness month, please come help AMWA raise money for the Save the Ta-tas Foundation so more opportunities may be funded for breast cancer research. Come grab some tacos on-site at Chipotle on October 16th from 4-8 pm, and don't forget to mention you're there to support AMWA!

For More Info: Courtney VanderMeersch, Courtney.VanderMeersch@uscmed.sc.edu

**Achieving the Impossible: The Path to Equitable Health Outcomes by Forrest Alton of 1000 Feathers, Institute for Healthcare Improvement USC Open School Chapter**

**10/16/2018, 5:00:00 PM, Russel House Ballroom**

Join us for IHI’s free October event and meet other future healthcare professionals! The program runs from 5-7pm and refreshments will be served. For nearly a decade, Forrest Alton led a team at the South Carolina Campaign to Prevent Teen Pregnancy responsible for achieving a 67% reduction in the state's teen birth rate. That experience, along with those gathered during his time as the President of the 1000 Feathers consulting firm have given unique insights into what it takes to achieve equitable health outcomes in communities. He will share his experience and practical tips during this IHI Open School event.

For More Info: Loren Smith, Loren.Smith@uscmed.sc.edu
**VITP-AED Mock Interviews**, VITP (Vertically Integrated Trainee Program)**

**10/24/2018, 5:45:00 PM, USC SOM campus**

VITP is hosting a mock interview session for USC's pre-medical honor's society Alpha Epsilon Delta. We are asking for volunteers to simulate a medical school interview for USC seniors. I'm sure we all remember too well how stressful the interview process can be. Our goal with this event is to prepare current applicants from USC for common questions they'll likely get as well as the interview environment.

The event will take place from 5:45-8pm at USCSOM campus. We have reserved small group rooms in building 3 and the library. Each interview will last 25 minutes with a 5 minute debrief. Medical students will ideally interview 4 USC students. Please volunteer! Also, there will be snacks!

https://goo.gl/forms/AeWVJJ0Bbs2Wfiw83

For More Info: Ryan Alexander, ryan.alexander@uscmed.sc.edu

**HPP Packing Party - NOTE DATE CHANGE**, OB/GYN Interest Group & AMWA

**10/25/2018, 12:00:00 PM, Student Lounge**

The OB/GYN Interest Group & AMWA have partnered for this event benefitting the HPP Midlands chapter. Come help us assemble "period packs," which will be distributed to local school-aged girls in our area. We will be providing all of the resources so we just need some sets of hands to help us out! Even if you can only stop by for 10 minutes or so, we would really appreciate all the help we can get! NOTE DATE HAS CHANGED TO THURSDAY, OCT 25TH (so that there is less conflict with the PowerPuff Game on Friday)!!!

For More Info: Hannah Puckett, Hannah.Puckett@uscmed.sc.edu

**AWS Resident Panel Lunch**, Association of Women's Surgeons

**10/25/2018, 12:00:00 PM, M1**

AWS is hosting a panel of female surgery residents! They are in various stages of completing their residency and have tons of great insight, tips, and tricks. They’ll be talking about how they got into their residency programs, their biggest obstacles, and where they see themselves heading from here! Below is a quick google form to fill out for attending and lunch!!

https://goo.gl/forms/GEYOQwly65gys47k1

For More Info: Ariba Naz, ariba.naz@uscmed.sc.edu

**Spirit Week Events**, Student Government

**10/26/2018, 2:00:00 PM, Strom Outdoor Fields**

With Spirit Week coming around the corner (next week), I wanted to slide this in as a plug. Come one, Come all and cheer/play your hearts out. If a fun time is what you're looking for, then look no more. Sign up below for the powderpuff football game and pie eating contest (that's all I got, sorry).

Football: https://goo.gl/forms/IMjfFh0tcwtQzeNw1
Pie eating: https://goo.gl/forms/qJOwvRPHC9xFgANJ2

For More Info: Philip Carmon, Philip.Carmon@uscmed.sc.edu
OB-Gyn Cookout!, OB-Gyn Interest Group
11/2/2018, 6:00:00 PM, Dr. Cook's House
Come get to know some of the local OBs, residents, and fellow medical students at Dr. Cook’s house on November 2nd at 6 pm! This is a great opportunity to learn more about the specialty and get to know your future preceptors in a fun and low stress environment! Dinner will be provided! Please RSVP at the link below so that we can get a headcount!
https://docs.google.com/forms/d/e/1FAIpQLSeq92yl7WdZ8xjU5YQYH-Xb14JvH3HY5nRQ4hRWpA8_sTVK0Q/viewform?usp=sf_link
For More Info: MariClare Martin, mariclare.martin@uscmed.sc.edu

Pre-Med Conference, Student National Medical Association (SNMA)
11/10/2018, 8:00:00 AM, USCSOM campus
SNMA NEEDS M1 and M2 volunteers for our annual pre-med conference. Volunteers can register on Eventbrite (https://uscsompremedconference.eventbrite.com). The event is from 8 am - 3 pm. Students volunteering for registration or clinical skills are needed before lunch. The lunch panel is a Q&A. U/S and mock interviews are in the afternoon and transporters are needed all day. This event is crucial for advising minority pre-med students and helping to recruit them to USCSOM. We can't do this without yalls help! Thanks guys!
For More Info: Ryan Alexander, ryan.alexander@uscmed.sc.edu

We Have A Lot to Learn From Our Senior Mentors!, HEAL
The elderly population has so much life experience that we have the opportunity to learn from! Spend time with your senior mentors, get to know them, and share & practice your newfound knowledge and skills... they'll appreciate it and we'll teach & learn from each other!! Check out this article that was recently published by the NY Times about older patients and medical students:
For More Info: Lauren Rosati, lauren.rosati@uscmed.sc.edu

Don’t forget to check your mailboxes and REMOVE items.
It is not a storage container.

Thank you!