

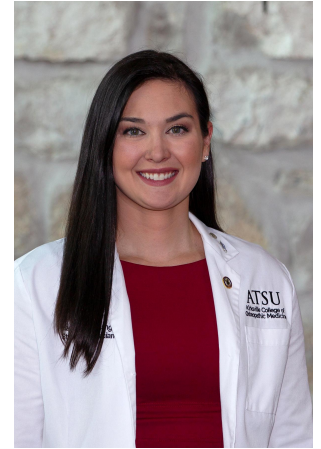


Sigma Sigma Phi Alpha Chapter

A.T. Still University -
Kirksville College of Osteopathic Medicine
2021-2022

Executive Officers

President: Reese Foster



Vice President: Maddison Lange

Treasurer: Mariah Seip



Secretary: Stephanie Eswine

Advisor: Lisa Archer, RN BSN

Class of 2024 Induction Ceremony



GOALS

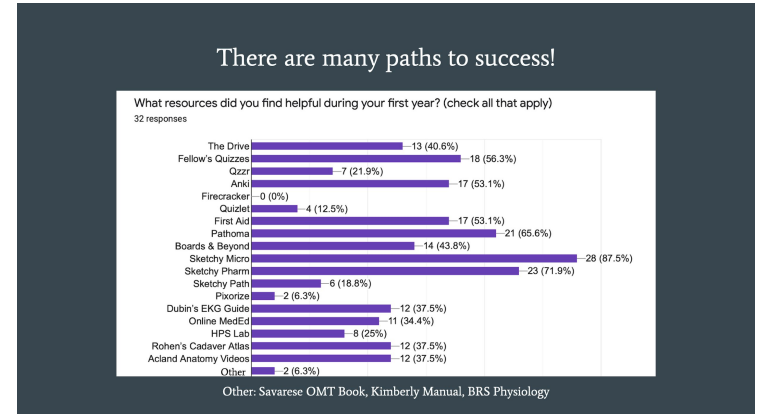
- Promote leadership and service on the ATSU-KCOM campus and in the greater Kirksville Community
- Strive to develop unity between the classes that have come before us and those that will follow after us
- Embody ATSU-KCOM's strong osteopathic foundation in our medical community and beyond.

Planned Virtual Events for 2021-2021

- Taste of KV
- First Year Resources (email)
- Mock Anatomy Practical 1
- Battle of the Orgs Car Wash
- Mock Anatomy Practical 2
- Mock Micro Presentations
- Fall Induction Ceremony
- Dr. Bag at Ray Miller Elementary
- Thanksgiving Baskets
- CPR Training in Nov. and Feb.
- Be the Match Bone Marrow Registry
- Show A Little Love
- EKG HPS Activity
- Spring Induction Ceremony

First Year Resource Event

- A presentation that walks through academic resources members found helpful during our first year of medical school
 - Discusses pros and cons for the plethora of resources out there and ideally decreases needless spending
- Members participated through a compiled advice document
 - Study plans, board study, facing failure, work/life balance, Kirksville living



Because we all love reflecting on our first year of medical school

OMS-I: A MEMOIR

Sigma Sigma Phi
ATSU KCOM

If you could give yourself one single piece of advice a year ago, what would it be?

No matter how hard things get, you can keep moving forward.

It's okay to not know everything and it's okay to not get As. Strive to get those As, but focus on learning the material to the best of your ability and be happy with what you know. Good grades will follow and you'll be a lot happier.

Work hard early so you can prepare for boards later!

Exercise more. Stress-relieving activities are vital!

The first semester of med school is learning how to learn at the medical school level. Don't get discouraged; you're here for a reason.

This will undoubtedly be the hardest year of your life academically. But if you work hard and learn from your mistakes you are going to be totally fine.

Don't stress so hard over grades. Medical school is a marathon, not a sprint.

Relax. You get here for a reason, and you are capable of succeeding here. Don't let anyone (especially yourself) tell you any different.

Don't be afraid to try new things. It was a scary transition from always attending live lectures to only watching recordings but I became so much more efficient with my time.

Don't doubt yourself! Imposter syndrome is real but you're meant to be here. Regardless of how crazy impressive your classmates may seem or how inadequate you might be feeling because you don't do so hot on a pre-lab quiz, you're meant to be here. You all were picked to be a part of the class and are on an even playing field now.

Take it one step at a time.

I would tell myself that everything will be fine and don't look too far ahead on the calendar.

Work hard. Keep focused on the bigger picture. At the end of this all you will be a doctor so just keep your eyes on the prize and you'll make it.

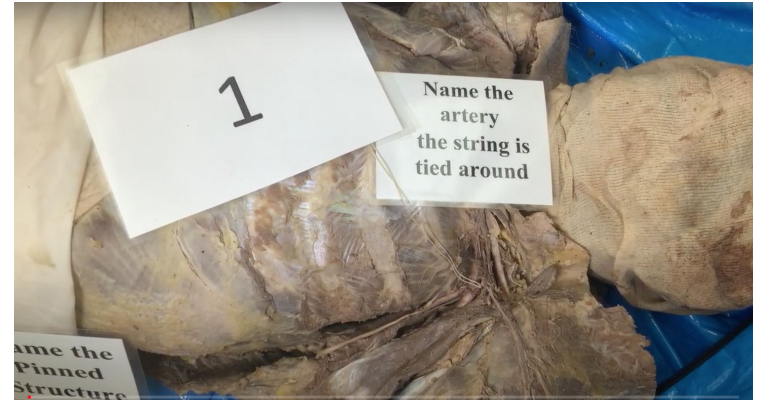
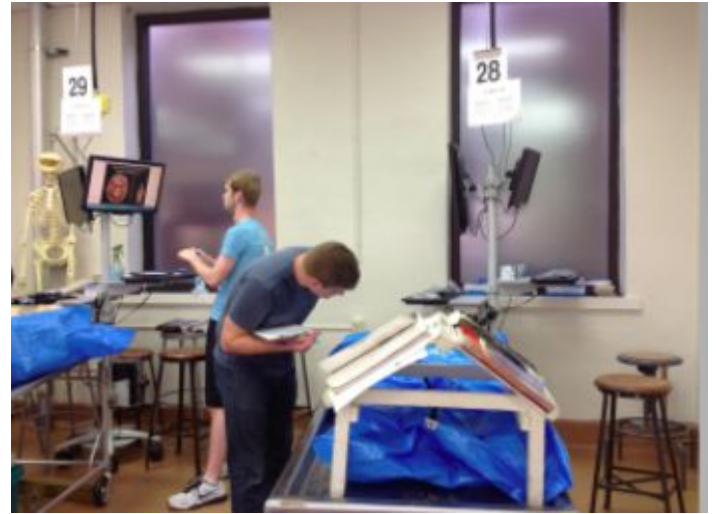
If something is not working, tweak it until it works for you. OR if you need help ask for it whether it be your friends to help motivate you or a professor to help explain a concept more clearly.

Whenever you are really stressed out before a block, or presentation, or practical, trust in yourself that you have prepared as hard as you can and you WILL get through anything. Also, learn the material well the first time so when you start seriously board prep, you don't have to relearn much.

Prioritize your mental health over all else - if you're in a poor mental state, nothing else will get done the way it needs to. Our school has amazing counseling services so don't be afraid to reach out to take advantage

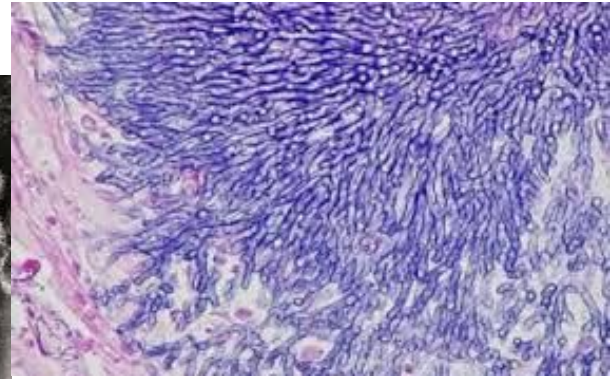
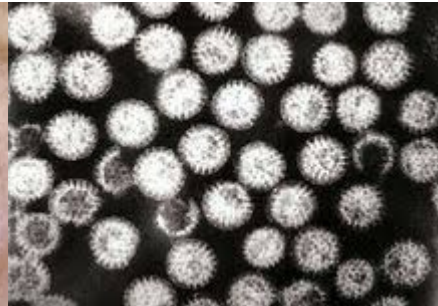
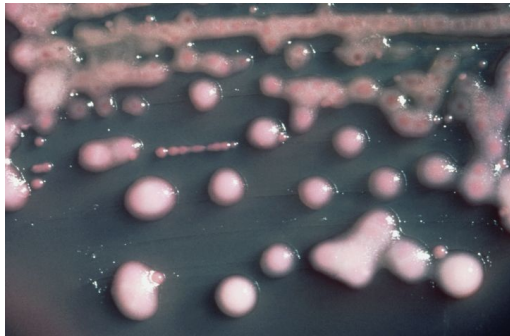
Mock Anatomy Practical I & II

- SSP Members organize and conduct two mock anatomy practicals to familiarize the first year students with the layout and prepare them for their upcoming exam
- This year, SSP members assisted Dr. Houser with a mock practical, which supplemented first years in their anatomy dissection time



Mock Micro Case Presentation

- SSP Members + Internal Medicine Club will organize and host a mock Micro case presentation for first year medical students prior to class presentations.
 - Familiarize students with the directions and step-wise approach to conquering their first case presentation in front of their colleagues and one faculty member.



Thanksgiving Baskets

- SSP Members collect money and food donations from ATSU clubs, academic departments, and offices.
 - We then assemble baskets for low income families in the Kirksville community
 - Each basket is filled with food items frequently included in a Thanksgiving meal
 - Canned vegetables
 - Mashed potatoes & gravy
 - Stuffing
 - Gift card to local grocery store for family to purchase a turkey or ham of their choosing



Dr. Bag at Ray Miller Elementary

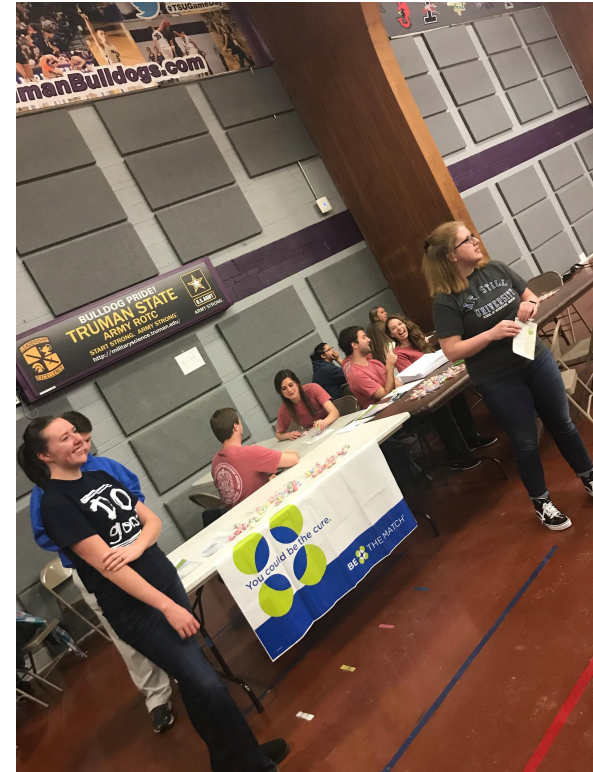
- SSP Member visit an elementary school in the Kirksville Community
 - Children learn about tools frequently used by doctors and nurses
 - Children can share stories about their past health care experiences and have the opportunity to ask any questions they may have
 - Children are taught a health/ anatomy lesson by SSP members



Be The Match Bone Marrow Registry

SSP + SOMA combine forces to bring “Be The Match” Bone Marrow Registry

- Provide education and spread the word about the bone marrow donation process
- Students and community members are allowed the opportunity to sign up as a donor and provide a cheek swab through the mail that will place them in the registry



Show A Little Love Service Project

- Letters of gratitude for ATSU-KCOM faculty and staff
- Delivered with homemade treats!



Questions?

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