The Neighborhood, comprised of five Houses, cultivates community, well-being, and professional identity through individual and shared experiences.

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**IMPORTANT DATES FOR AUGUST**

- 10 5:30pm ERAS Applications and MSPEs for M4s
- 10 6:00pm GHHS Rounds “Digital Doctors”
- 16 Big Sib Little Sib Kick-Off Dinner
- 19 2:00pm White Coat Ceremony & GHHS Induction
- 26 Final Friday! House Spirit Day

**Quick Look Ahead at September**

- 07 Noon: Developing Your Personal Plan. Open to M1-M4 Neighborhood. Watch for details!
- 09 11:30am 2nd Annual InterProfessional Ice Cream Social in the Atrium

And so much more! Watch for your September House Calls!

**Neighborhood Leaders**

**NEIGHBORHOOD HOUSE OFFICERS**

- Laura Steenberge steenberge@wisc.edu Bamforth
- Minbo Bai mbai7@wisc.edu Bamforth
- Kofi Fosu nfosu@wisc.edu Bardeen
- Nadia Sweet nlswweet@wisc.edu Bardeen
- Nicole Altman naltman@wisc.edu Gundersen
- Cole Swiston cswiston@wisc.edu Gundersen
- Felicity Harl harl@wisc.edu McPherson
- Lauren Shuda lshuda@wisc.edu McPherson
- McKenzie Bruce mbcurc4@wisc.edu Middleton
- Sherry Tang yyang69@wisc.edu Middleton

**HOUSE MENTORS**

- Pamela Ryan, M.D. pmr@medicine.wisc.edu
- Carol Diamond, M.D. cadiamond@pediatrics.wisc.edu
- Jacquelynn Arbuckle, M.D. arbuckle@surgery.wisc.edu
- Chris Hildebrand, M.D. christopher.hildebrand@va.gov

Please use the scheduling assistant to schedule a one:one meeting with your House Mentor. If you would like to meet with another House Mentor, please use their direct email.
The fourth year of medical school launches with exciting new directions, with all roads leading to Match Day!

To prepare our M4s for writing their personal statements, preparing CVs, applying through the Electronic Residency Application Service (ERAS), and understanding the Medical Student Performance Evaluation (MSPE), Student Services and our House Mentors are offering a series of workshops.

All of the workshops are 5:30-7:00pm; watch your emails for the location. M4s on the statewide campus will be provided with the opportunity to join these workshops remotely.

The “Interviewing” series works with all levels—feel free to attend several of these sessions to improve your interviewing skills.

M4s with clinical rotations that run late are still welcome to join the workshops!

Power points and other career information can also be found in OASIS Notices.

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<tr>
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<tr>
<td>August 10</td>
<td>ERAS Applications and MSPEs</td>
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<td>September 21</td>
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<td>September 27</td>
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<td>October 3</td>
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If your schedule doesn’t allow you to attend one of these great workshops, be sure to schedule individual time for practice interviews, revising personal statements, and reviewing CVs with

- Any House Mentor
- Chris Stillwell
- Jodi Sherman

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**FINAL FRIDAY SPIRIT DAY! What A Great Way to Celebrate**

**House Officers and House Mentors** want every medical student to have opportunities to celebrate. And what better day to celebrate than the Final Friday of every month with Spirit Day!

House Officers Are planning a great series of **Final Fridays** to showcase your House Spirit, Team Spirit, School Spirit and more!

**August 26th is our very first Final Friday and it’s House Spirit Day...all day!**

Wear your House T-Shirt to showcase House Pride. And if you’re on clinical rotations, **find a creative way to show your House Color** with your tie, a wrist band...well, you can figure out what will work.

You’ll be surprised at how many of your House Members are out and about! We’ll also be looking for some great Facebook photos that show us how you’re celebrating Spirit Day!
Welcome to the Neighborhood

Many student leaders assisted staff and faculty during 2015-16 in refreshing our learning communities with a model that will transform and grow with our current and new curriculum.

We are pleased to welcome you to The Neighborhood and would like to give you a brief tour.

Mission of the Neighborhood
The Neighborhood, comprised of five Houses, cultivates community, well-being, and professional identity through individual and shared experiences. Our Neighborhood mission is achieved by:

- Developing skills to improve awareness, resiliency, and professionalism.
- Engaging fully in advocating for the health of ourselves and each other.
- Supporting a diverse and inclusive environment.
- Fostering career development.

Role of the Houses

In concert with the Neighborhood Mission, each House will connect to the needs and interests of its House members through:

- Leadership and guidance by practicing physicians serving as academic and career advising House Mentors.
- Peer leaders (elected House Officers) dedicated to creating a caring and connected community.
- Peer and professional mentoring, advising, and guidance.
- Personalized, proactive, and student-centered engagement.

The COMPASS Concept

The concept on which the Neighborhood and Houses are built was originally designed as a roadmap to wellness.

The School of Medicine and Public Health (SMPH) at the University of Wisconsin uses the wellness concept in a broader application to guide students in all areas that will support their overall well-being and success as a medical student.

The broader application is accomplished through the COllaborative Map for Personal Awareness and Student Success. COMPASS encourages and supports development of a multi-faceted personal plan that begins by asking three key questions:

- What really matters to me? (Awareness)
- What can I do to enhance my health and well-being at home, at work, and in the community? (Self-care)
- What support do I need? (Support)

Medical students can explore these questions through active participation in House and Neighborhood activities. As medical students begin to understand and support themselves, they have greater potential to successfully understand and support others.

To assist medical students in building personal plans into solid foundations for medical student development and success, SMPH uses My Passport, located in OASIS, as a reflective guide for exploration and destinations.

Each House lounge has a poster of the COMPASS and the six areas that faculty and students have designated as most important to their well-being and success.

Exploring these areas at a personal level will help medical students reach out and support the wellness of their future patients.
House Mentors Add Value to the Student Experience

Each House in the Neighborhood is led by a faculty mentor who is there to listen, advise and expertly guide you through your years in medical school.

Whether you’re an M1 seeking more effective ways to manage your course load or the M4 navigating that final approach to residency, your Mentors have walked in your shoes and know what it takes to reach your goals.

Take advantage of this valuable resource by scheduling time to meet your Mentor one-on-one.

- Bamforth: Dr. Pam Ryan
- Bardeen: Dr. Carol Diamond
- Gundersen: To be announced soon!
- McPherson: Dr. Jacquelyn Arbuckle
- Middleton: Dr. Chris Hildebrand
- Internal Medicine
- Pediatric Hematology and Oncology
- Internal Medicine
- General Surgery
- Schedule time

with your mentor through MyUW as follows:
1. Log into MyUW
2. Click the “Services” tab
3. Find “WisCal-Make an appointment”
4. Click the link associated with your House Mentor and you will be taken to Scheduling Assistant
5. On the scheduling assistant, click any of the calendar icons in green or yellow highlighted time slots
6. On the next page, fill in the web form and submit it
7. The appointment will show up on your mentor’s calendar and you will receive a reminder email with confirmation of the date/time.

Big Sib Peer Mentoring: The Inside Story

The Big Sib/Little Sib program started 8 years ago as 1:1 peer mentoring.

In 2013 the program changed to small groups (clusters) of M1-M4 students. led by M2 medical students; there are typically 5-9 students in a cluster.

The mission of the Sib clusters was created by medical students who are in their 4th and final year. The mission is: To create and foster a community that allows students to share with and learn from each other in matters of work, leisure, and life.

No one knows medical school better than medical students who are in the thick of things managing academics, family life, and other responsibilities. The Sib Program gives students the opportunity to get together and ask questions, seek advice, or just hang out.

Clusters allow for longitudinal, informal, and friendly peer advice, and alleviate some of the pressures that students felt in a 1:1 mentorship with someone they didn’t know.

Clusters meet 1x/month; the cluster decides its own best time and how long to meet. Some clusters choose to meet more than 1x/month. Cluster members can also request 1:1 meetings with their cluster leader.

Be sure to attend our Sib Kick Off Dinner on Tuesday August 16th!
On May 12th, 2016, the outgoing 2015-16 Gold Humanism Honor Society (GHHS) members officially transferred their SMPH responsibilities to our newest members. Nominated by their peers to this nationally recognized honor society, we welcome:

**Bamforth House**
Elizabeth Abbs
Sarah Brown
Carly Kruse
Abigail Navarro
Jon Scholl

**Bardeen House**
Chris Culhane

**Gundersen House**
Abby Chilsen
Scott Grogan
James Ircink
Will Jacoby
Brock Polnaszek
Kelsey Schmidt
Laura Wittmann

**McPherson House**
Andrew Beine
Elizabeth Maxwell
Andrew Weber

GHHS members, along with two faculty and one resident member will be inducted into GHHS on **Friday, August 19th** during the White Coat Ceremony. The Arnold P. Gold Foundation focuses on members who embody humanism in medicine and all students will have the opportunity to aspire to nomination in GHHS at the end of their third year in medical school.

### Faculty and Resident Nominees Selected for GHHS Induction

The 2016-17 Gold Humanism Honor Society members have selected the following people for induction to GHHS on **Friday, August 19th**.

**Faculty Selections**

**Dr. Elizabeth Chapman**, Geriatric Medicine is a 2008 graduate of the University of Wisconsin School of Medicine and Public Health. She has also been selected for the **Leonard Tow Humanism in Medicine** award as someone who best demonstrate the Arnold P. Gold Foundation’s ideals of outstanding compassion in the delivery of care; respect for patients, their families, and healthcare colleagues; and clinical excellence. Dr. Chapman is an alumnus of Bardeen House.

**Dr. Hans Jensen**, General Psychiatry and Child & Adolescent Psychiatry is a 2005 graduate of the University of Wisconsin School of Medicine and Public Health. GHHS members selected Dr. Jensen for his role as teacher and mentor to medical students and residents, alike. Dr. Jensen is an alumnus of Gundersen House.

**Resident Selection**

**Dr. Oksana Babchenko**, is a 2015 graduate of the University of Massachusetts and now a Plastic Surgery Resident in the Department of Surgery.

Congratulations on your induction!

### GHHS “Humor in Medicine” Recap

On July 13th the Gold Humanism Honor Society monthly Rounds invited staff, students, and faculty to discuss Humor in Medicine as based on the article **“Does Laughter Make Good Medicine?”**

Although the focus was on humor, participants had a serious discussion addressing the following questions:

- What are the benefits of humor in medicine?
- Have you encountered humor that made you feel uncomfortable and how did you handle it?
- Is gallows humor a necessary part of medicine?
- How do we reconcile our human imperfections with our desire to abide by the highest standards of professional conduct?

After small group discussions, participants shared these thoughts:

- The line for humor feels like it moves as you get more comfortable on the wards. Be aware that it's moving. Be aware of feeling pressure to fit in with a group, particularly one to which you want to belong.
- Let your humor or gallows humor out with people with whom you are comfortable and know well.
- There is a role for humor with traumatic or difficult experiences but understand that role is complex. Sometimes it is a way to cope with situations that are so far out of our control.
- Humor can be a way to connect with a patient or team but you have to be aware of how that humor is being perceived by others. Just because a patient has made a joke with you does not necessarily mean that you can make a joke in return. For example, if a patient makes a joke about his/her prognosis it does not mean that you can make a joke in return regarding their prognosis.
- Set aside time for self reflection regarding how your life has changed and how your humor has changed in relationship to how you are now dealing with people.

The Next GHHS Rounds are **August 10th**!
White Coat Ceremony and Gold Humanism Honor Society Induction

Receiving your white coat is an exciting start to your career in medicine. The white coat is a symbol of a very special occasion for first-year medical students. During orientation, first-year medical students are measured for their coats, and on graduation day, they receive their Arnold P. Gold Foundation pin and have their coats placed on them in a special ceremony scheduled for Friday, August 19th at Wisconsin Union Theater in Memorial Union.

1:45pm M1 Students Check-In at the Park Street entrance of Shannon Hall. Pick up your name card; family members may go directly to the reception in the Sunset Lounge.

2:00pm A Reception sponsored by the Wisconsin Medical Alumni Association (WMAA) offers light refreshments in the Sunset Lounge outside of Shannon Hall with gorgeous views of Lake Mendota and the famous Memorial Union Terrace.

3:00pm Investiture Begins. Seating is reserved for all M1 students. You will not return to the same seat; therefore, it is best to leave valuables with your family. Family and friends may sit in any available non-reserved seat. Carry your white coat with you; do not wear it.

Investiture requires students to go, by row, with white coats in hand, to the stairs on the left of the stage. You will:
- Proceed onto the stage.
- Hand your name card to the person at the top of the stairs.
- Hand your white coat to a faculty member or medical student who will place your white coat on you.
- Proceed across the stage to shake hands with Dean Golden.
- You will be guided to the appropriate stage exit to return to your seat.

Parking is available in Lot 6 (Helen C White), Lot 7 (Grainger Hall), Lot 46 (corner of Lake & Johnson streets), and Lot 83 (Fluno Center). Visit Wisconsin Union Parking for additional parking information and a map.

Dress appropriately for the ceremony. Women should wear dresses or dress pants and men should wear slacks, dress shirt and tie. Carry your white coat with you; do not wear it. Leave your purse, keys or other valuables with a key family member because you cannot carry it on stage; you will not return to the same seat after exiting the stage.

Gold Humanism Honor Society Induction is held at the same time as the White Coat Ceremony. Gold Humanism Honor Society (GHHS) members were selected at the end of their third year of medical school, by their peers, as medical students who best represented the qualities of humanism in medicine.

In turn, these now-fourth-year students have selected two faculty members and one resident to be inducted with them and recite their oath to maintain and grow their humanistic qualities as they serve their patients and communities.

This select group received their first Gold Foundation pin, as do all first year medical students, at their White Coat Ceremony.

As inductees, GHHS members will receive their GHHS pin, a certificate, and the ability to officially list GHHS on the Electronic Residency Application Service (ERAS).

Gold Humanism Honor Society Rounds
Wednesday, August 10th
6:00pm-7:00pm

Digital Doctors: Being Human While Using Technology

Have you ever felt that technology poses a challenge to meaningful human interactions? While useful, does it prevent clinicians from being fully present with patients? Join us for Gold Rounds to discuss merging technology with Humanism, and share strategies to utilize its benefits without detracting from connecting with patients.

Watch your email for location and to RSVP for another great GHHS dinner sponsored by the Wisconsin Medical Alumni Association!
Important Information For Every Medical Student

Student Disability Services are available to assist you in obtaining the services and accommodations you require to ensure a level playing field and equal access to all aspects of the School of Medicine and Public Health (SMPH) experience.

The process for requesting accommodations can be found in OASIS>Notices>General Information > Forms & Instructions> Accommodations Request Form & Instructions.

SMPH works closely with the McBurney Disability Resource Center on the main campus. Visit their website to learn more about their services.

If you are currently receiving accommodations, you may be eligible to apply for one of McBurney Disability Resource Center’s McBurney Scholarships. Please take time to review the information on the scholarship page.

For students receiving accommodations, it is never too early to review the process for requesting accommodations for USMLE Step 1 or Step 2 board exams. The National Board of Medical Examiners (NBME) process for requesting test accommodations is separate from that of SMPH.

If you have questions about disability services please contact Jodi Sherman in Student Services at 608-263-7135 or email Jodi at jodi.sherman@wisc.edu.

The Ombuds

An ombuds is someone who helps people to informally resolve conflict by facilitating communication and utilizing resources that will help achieve a satisfactory solution. The ombuds is neutral and, most importantly, confidential.

While most students have never used a campus ombuds, there may be times when you need their services. Typically, students will seek the counsel of an ombuds when they have what they feel are high-stake situations involving a power differential between the student and the other party(ies).

It is important to understand that the ombuds do not advocate on behalf of specific individuals or concerns. The ombuds is impartial; all information you share with the ombuds remains confidential.

Students in the School of Medicine and Public Health needing the services of an ombuds can contact Lynn Maki, Associate Dean for Student Academic Affairs in the School of Veterinary Medicine lmaki@svm.vetmed.wisc.edu, 608-263-2525.

The academic process and requirements of veterinary medicine are very similar to human medicine; Dean Maki understands this and medical students can feel confident in her ombuds services.

The Veterinary medicine Building is located at 2015 Linden Dr., just a short walk, or ride on the #80 bus, from the medical school.

Let’s Talk!

Travis Fox, Psy.D. is the liaison between University Health Services (UHS) and the School of Medicine and Public Health (SMPH).

Watch your “medall” emails for Travis Fox’s announcements regarding when he will be at SMPH. Each announcement contains a link to schedule a “Let’s Talk” time in the SMPH. Medical students are also welcome to schedule appointments at UHS, 333 East Campus Mall, 7th Floor by calling 265-5600 (option 2).

Let’s Talk is not a substitute for formal counseling and doesn’t constitute mental health treatment; Travis is here to listen, confidentially, to your specific problems and introduce you to what it’s like to speak to a member of UHS staff.

OASIS

Everything you need to know can likely be found in OASIS Notices! Do you need a Calendar for Events and Exams? It’s there! How about a Directory to find out who is your clerkship director or locating someone in the medical school administration? Do you need to request an absence from an exam? Get information about Pager Rentals? Figure out how to add an extramural rotation or get registered for VSAS? It’s right there in OASIS Notices! How about Career Advising? You’ll find it in OASIS!

And while you’re there, M1s should remember to activate their wisc.edu emails (it’s our official way to contact you). And every student should remember to update their phone and address contact information so that if we need to reach you, we can!

Student Handbook

The 2016-17 Student Handbook is located in OASIS Notices and provides you with information about the policies that guide all medical student activities. The SMPH Student Handbook also connects to policies for our main campus.

If you have a question about how the Student Promotions Committee (SPC) functions, disability accommodations, evaluation and grading, traveling to conferences…all this and so much more is available in the Student Handbook.

The document in OASIS is an easily-searchable .pdf. If you have questions about SMPH policies, contact Student Services at 608-263-4920 for assistance.