



# Saginaw E-Newsletter

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## Volunteer efforts can have a big impact on both you and others!!

If you are looking for fun and meaningful volunteer experiences, this article is for you. I will briefly describe my volunteer efforts at the Saginaw Zoo Boo and The Women's Expo along with a volunteer activity of another medical student to help Hurricane Katrina victims.

On the day I volunteered at the Saginaw Zoo Boo for Synergy, it was raining and cold. However, the children were still dressed in their Halloween costumes and smiling as they said 'trick or treat.' Seeing them put a smile on my face as well. This was a great opportunity for families to spend time at the zoo to celebrate Halloween while in a safe and enclosed environment. Several buses of special needs children were also able to attend the event; trick or treating door-to-door would have been more difficult or almost impossible for some of them.



Tyler Willson, MS-III

At the Women's Expo, there were a variety of activities going on; for example, a mother-daughter look-alike contest, belly dancing, and music performances. At the same time, I was able to take blood pressures and talk to people about their cholesterol. A large number of women came to the St. Mary's booth to get their cholesterol and glucose checked. The volunteers advised them on the results of their screening and gave them a stroke questionnaire about stroke risk factors, symptoms, and ways to decrease those risk factors. Most of the women we helped had never before had their lipids screened. Many did not have a doctor or insurance.



2008 Women's Expo

Lastly, in 2006, another medical student went to New Orleans to help clean and restore houses that had been damaged in Hurricane Katrina. It may be surprising to know that even though the hurricane hit several years ago, there are still groups going to the Gulf Coast to clean debris and rebuild the homes. Because I grew up in New Orleans, my peer's choice to volunteer there is especially meaningful to me. Volunteering to restore and clean houses will make a huge difference for families and neighborhoods.



Chanisha Martin, MS-III and volunteer

I hope this helps you think of ways to volunteer, have fun in your projects, and also make a difference in others' lives. Searching for volunteer opportunities may, at times, seem difficult and discouraging; but keep looking. I know I will!

**-Chioma Okeafor, MS-III**

*"Focusing your life solely on making a buck shows a certain poverty of ambition. It asks too little of yourself. Because it's only when you hitch your wagon to something larger than yourself that you realize your true potential."*

*-Barack Obama*

*This newsletter contains:*

1. *Student Volunteer Efforts*
2. *ERAS Information*
3. *NRMP Timeline*
4. *Graduation Applicants*
5. *Absence from Clerkships*
6. *Core Competency*
7. *Birthdays*

## ERAS Information...

### ERAS 2009 Timeline for Allopathic Schools

Date	Activity
Mid-June 2008	Schools will begin receiving Dean's Office Workstation kits (DWS) and applicants will have access to their manual online. Schools may begin generating and distributing tokens to applicants as soon as software is installed.
July 1, 2008	MyERAS Web site opens to residency applicants to begin working on their applications.
September 1, 2008	Applicants may begin applying to ACGME accredited programs. ACGME accredited programs may begin contacting the ERAS Post Office to download application files.
November 1, 2008	MSPEs are released to ACGME accredited programs.
December 2008	Military match results are available.
January 2009	<a href="#">Urology</a> match results are available.
March 2009	<a href="#">NRMP</a> Match results are available.
May 31, 2009	ERAS Post Office will close to prepare for the 2009 season.

8. *November  
Calendar*

**1 – 10 Programs, \$60**  
**11-20 Programs, \$8 each**  
**21-30 Programs, \$15 each**  
**31 or more Programs, \$25 each**

We suggest that you make a copy of your ERAS application for your records. This information might be useful to you if you choose to apply to a fellowship program after residency.

If you have not yet provided an ERAS photo to be uploaded to your file, please do so immediately.

### NRMP 2009 Timeline

November 30, 2008 – Applicant registration deadline without paying an additional late fee of \$50

January 15, 2009 – Rank Order List Entry begins

January 31, 2009 – Program Quota Change Deadline

February 25, 2009 – Late Registration deadline. Rank Order Lists closes at 9:00 p.m. Eastern Standard Time

**March 19, 2009 – Match Day**

### Seniors!!! Applying for Graduation

You must apply for graduation. Please remember to submit a completed application by the first week of the semester you expect to complete your degree requirements. If you will complete your degree requirements during Summer, apply for Summer by the first week of Spring semester.

Both Spring and Summer applicants will be included in the Spring Commencement Ceremonies. For students with MSUNetId and Password, fill out the on-line graduation application form. For students without MSUNetId and Password, print and complete the hard copy graduation application form and fax or mail it to the Office of the Registrar.

You can find the application form at:

<http://www.reg.msu.edu/StuForms/GradApp/GradApp.asp>

## Absence from Clerkships...

Just a reminder that if you are absent from your clerkship, you are responsible for notifying the following people:

**Clerkship Coordinator/Administrative Assistant  
Preceptor  
Assistant Dean's Office**

Failure to contact the appropriate people is unprofessional behavior and could be reflected in your final clerkship letter. There is an excused absence request form that will need to be filled out. You have all received an electronic copy of the form. You can also contact Bridget Hinds or the appropriate clerkship administrative assistant for the form.

If you need to request time off from a clerkship, you will also need to fill out an excused absence form. This form should be submitted to the appropriate clerkship director or preceptor. All time off must be made up.

Excused or unexcused absences of more than 5 days in an 8 week clerkship or 2.5 days in a 4 week clerkship could result in the failure of the clerkship.

## Core Competency Schedule

11/05/08 CAAM How to use a systematic review an student pres., John Clements  
11/12/08 CAAM Choosing a research topic & doing lit reviews, John Clements  
11/19/08 CAAM Research question and research design, John Clements  
11/26/08 Thanksgiving Holiday -**NO CORE COMP SESSION**



Please join us in wishing a happy and prosperous birthday to the following CHM Students:

*Tyler Willson, MS-III – Nov. 10<sup>th</sup>  
Chioma Okefor, MS-III – Nov. 17<sup>th</sup>*

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# November 2008

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19 Student Meeting	20	21	22
23	24	25	26	27 Thanksgiv ing Day	28 MSU Holiday	29 MSU Holiday
30						

