This issue contains information regarding... We are here to help!, ISU Volunteer Portal (VoPo), Academic Success Center - Supplemental Instruction, Career Forums, Academic Coaching Workshops, Top Hat Information, AAMC MCAT Practice Exam Info., ISU Dance Scholarship Concert, Chemistry Info., CHS Family Weekend Reception, Preparing for Graduate School Workshop Series, Be a STAR!, Physical Therapy As your Future: From Application to Practice at U of I, Applying to Medical School, LiFT 2016 Pump & Run, HS Week, In the News, A TR/KIN Affiliated Clubs - Information and Meeting Times

~ October 2016 ~
(1st Edition)

We are here to help!

Please go to our Advising office located in 203 Forker...

• Any time you have questions or need assistance
• To learn more about the careers in Kinesiology
• If you have questions about University policies
• If you start to struggle in your course(s)
• Before selecting or changing your major or option
• While planning your educational journey
• When considering adding or dropping a class
• When creating your schedule and choosing classes
• If you need information on tutoring in writing, math or other subjects
• When you are within 2-3 semesters of graduating
The **ISU Volunteer Portal** (aka VoPo) is a grass roots initiative (powered by GivePulse) to enable ISU students to find and track service learning and volunteer opportunities. Students voluntarily enroll through GivePulse and are connected to lists of various opportunities on campus and in the community. A key advantage of the system is that it is possible to provide Admin rights to various groups, departments, or clubs to manage their own links and opportunities. The motivation and direct benefit to students is that they can establish a personalized record of volunteer/service “Impacts” over time (and link to it with a personalized URL) to verify their contributions to potential internship sites or employers. The following description of VoPo on the ISU GivePulse page describes the vision:

*The Iowa State University VoPo is The Place for students to come to find volunteer opportunities on campus. We work with students, clubs, organizations, and Greek chapters to provide up-to-date information about the opportunities for volunteer civic engagement on campus and service-based initiatives that extend into the community at Iowa State University.*

The Department of Kinesiology has established a **Service Learning Hub** that will help to introduce students to GivePulse early in their program and provide links to various outreach and service opportunities from our clubs and community partners. However, other departments can set up and manage their own links under the ISU organization. Highlights of experiences from our past work are provided below.

- **Class-based Service-Learning:** We utilized Give Pulse to enhance service learning in two undergraduate courses and received positive feedback from the pilot. In HS 430, we enrolled 47 service-learning students and formalized partnerships with 13 community organizations to help carry out a range of health-based service projects in the community. In HS 380, we enrolled 74 service-learning students and provided health and wellness screenings to 5 area worksites.

- **Organization / Open Enrollment Service Coordination:** We utilized Give Pulse to facilitate service/volunteer management for two different ISU organizations. We enrolled 118 student ‘ExerCYse Ambassadors’ in the system and these students tracked and recorded 331 unique service impacts. We also trained leaders from the ISU Blood Drive to facilitate the recruitment and coordination of over 500 volunteers successfully.

Formal evaluations were conducted to obtain feedback from students on GivePulse and these are summarized on separate documents. Preliminary observations revealed that the tool was easy to use and clearly valued. Many students have recorded their service “impacts” of their volunteering, and have explored further volunteer opportunities by being introduced to GivePulse. In an effort to partner with the Greek system, we built the infrastructure for students to register as part of the Greek Chapters. This was a passive notion (they were not told or required to search for and find their Greek Chapter) that led to 280 students to date registering within the Greek system under their specific chapter, while approximately 10 more Greek chapters have been added independent of the Admins. This shows that students were searching for their Chapters but did not find them and took it upon themselves to build their chapter in GivePulse. We’ve seen growth in chapter participation every week, via growth in number of users and members logging service hours on GivePulse.
integrated network that would enable other departments/faculty, clubs, and organizations to tap into the benefits and resources available through this system. The structure provided will help to ensure positive experiences for students while also ensuring that quality service is provided to the participating agencies. The management is inherently de-centralized and could be distributed to a single ISU entity or managed by our team to help support the initial growth. By taking small, calculated steps in the growth of the system, we hope to propose this platform for wide-scale service-learning and volunteering tracking for the entire ISU community.

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**Academic Success Center Supplemental Instruction**

Need some extra help with a class? Check out the Fall 2016 Supplemental Instruction Schedule: [https://apps-dso.sws.iastate.edu/si/](https://apps-dso.sws.iastate.edu/si/)

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**CAREER FORUMS**

*No Sign Up Required*

**Event Description:** A panel of guest speakers who specialize in various Kinesiology-related fields will give presentations about their positions, education, and related experience. **There are 2 Career Forums in one week, each featuring specific field areas. Choose to go to one or both, depending on your interests.**

**Community and Public Health and Exercise Science**

Thursday October 13th
6:30 – 8:00 PM
0001 Carver Hall

**Athletic Training and Pre-Health Professions**

Wednesday October 12th
6:30 – 8:00 PM
2432 Food Science
TOP HAT INFORMATION

We are pleased to announce that Top Hat, a new cloud-based, interactive teaching and learning platform for ISU instructors and students, is now available for use at ISU. Top Hat was piloted at ISU during the 2015-16 academic year and was well received by users, and now we are excited to open it up to all of campus.

There is no charge for instructors to use Top Hat. It offers excellent features, including:

- Six types of questions for student responses
- Synchronous and asynchronous modes of participation
- Options for instant feedback via open-ended discussions
- New ways for instructors to create interactive content and customize student access

For students, Top Hat allows for the use of students’ own smartphones, tablets, and computers. It is accessible via the Top Hat app and web browsers.

The adoption of Top Hat also means that the legacy TurningPoint clickers will no longer be sold or supported at ISU. The TurningPoint 5 software is growing obsolete as its vendor no longer supports it which makes it incompatible with software updates such as Microsoft Office 2016.

Students with legacy clickers will have the option to return them to the ISU Book Store for a $25 credit toward a new Top Hat license. We thank the book store staff for their work in supporting this transition.

We’ve created a Top Hat support site to help guide you through the questions you might have, including how to transition from TurningPoint to Top Hat. You can also read more in our Inside Iowa State story.

For instructors who used clickers in the past, we hope to make your transition as seamless as possible. For those who have not used clickers, we hope you will explore Top Hat and consider implementing it in your classroom. We think you will find it to be a very robust interactive classroom tool.

Please feel free to share this message with your departments and colleagues, and reach out to us directly with any questions you may have.
AAMC MCAT Practice Exam - Get Instant Access

This 230-question online practice exam has the same functionality as the actual MCAT exam and provides scaled scoring information.

You get:

- Up to 20 "starts," which means you can take the exam up to 20 times
- An optional "Simulate Actual Test" setting to take the practice exam with the same timer as the actual timed exam
- A score report that includes a scaled score, percentile rank, and incomplete question count
- Summary of the "Why did I miss this question" feature, to help you understand and improve your test taking skills

The AAMC MCAT Practice Exam is a great way to see how you might perform on test day, hone your test taking skills, and gain more confidence.

Click [HERE](#) for more information.
ISU Dance Scholarship Concert

SATURDAY OCT. 22 7 PM

The Betty Toman Dance Studio
196 Forker Building
ISU Campus

Tickets:
$5, bleachers & $10 balcony

Photo: Choreography,
Chris Black

For more information contact:
Cynthia Adams, cadams@iastate.edu

Local dance professionals and students perform to benefit the ISU Dance Scholarship; proceeds will be awarded to Performing Arts Dance Emphasis Majors and Dance Minors.

FEATURING WORK BY:

San Francisco Guest Artist Chris Black
Fellow Travelers Performance Group
Kathleen Hurley (Hurley and Dancers)
Co‘Motion Dance Theater
Members of Orchestra I
Chemistry 50a: Sections 1, 2, 4-8 meet all 16 weeks. Lecture is held on Monday and Friday at 10:00 to 10:50 a.m. in 1352 Gilman. Recitations meet on Wednesdays. There are seven recitation sections from which to choose. The last day for students to drop back to Chemistry 50a, full semester format, is Wed., Sept 21st. That date is after the first hour exam in each of the courses 163, 167, and 177. It gives those students who have been struggling but just wanted to try to take the first hour exam an option to drop back to review in Chemistry 50 before re-taking the higher level course.

Chemistry 50b: Starting on October 17, Section 9 (known as Chemistry 50b) is offered at an accelerated pace, meeting daily M-F from 2:10 to 3:00 p.m. through the end of the semester. There is not a recitation associated with Chemistry 50b. The last day for students to drop back to Chemistry 50b is Friday, October 21st.

During the spring term, Chemistry 50 is offered only in accelerated format (similar to Chemistry 50b during fall term). For Spring 2017, that course begins on Monday, March 6, 2017.

There is a developmental course fee of $350 associated with Chemistry 50. The text used is Introductory Chemistry Essentials by Nivaldo Tro, 5th edition.

Talk to your adviser if you have questions regarding this information.

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College of Human Sciences Family Weekend Reception

Saturday, October 15, 2016
9:00-10:30 a.m.
1009 LeBaron Hall

Join our first year students and their families at the CHS Family Weekend Reception. CHS deans, faculty, academic advisors, and staff are invited to help welcome students and families, answer their questions, and show them our support for their students.

Light refreshments will be served.

Hope you can join us!

Hosted by: College of Human Sciences Student Services Office

For more information, contact LuAnn Adams at ladams@iastate.edu or 515-294-6466. Campus wide Cyclone Family Weekend events can be found at www.familyweekend.iastate.edu.
This fall, the Graduate College will host a workshop series for graduating seniors on *Preparing for Graduate School*. The three workshops will include information on choosing and applying, navigating funding, the admissions essay, and transitioning/navigating the first year of graduate school. All workshops will be held in **Hixson Lied Student Success Center, Room 0060**. We are asking that each student register so that we have a seat for all who are interested.

**Workshop 1: Choosing and Applying to Graduate School**  
September 21st, 5:30-7pm

**Workshop 2: The Admissions Essay**  
October 19th, 5:30-7pm

**Workshop 3: Transitioning from Undergrad to the First Year of Graduate School**  
November 9th, 5:30-7pm  
**Register Here:** [https://iastate.qualtrics.com/SE/?SID=SV_8kM2uYDoqHH2yj](https://iastate.qualtrics.com/SE/?SID=SV_8kM2uYDoqHH2yj)
BE A STAR!

**STUDENT ADMISSIONS REPRESENTATIVES (STARS)** is an exciting volunteer opportunity for students to present a positive, realistic student view of Iowa State to prospective students and their families.

STARS duties include:

- Campus tours
- Residence hall tours
- Experience Iowa State visit days
- Visits for middle/high school groups

For more information, visit [admissions.iastate.edu/leaders/stars.php](http://admissions.iastate.edu/leaders/stars.php). To apply, go to [admissions.iastate.edu/forms/leaders.php](http://admissions.iastate.edu/forms/leaders.php).

**THE APPLICATION OPENS OCTOBER 3RD. APPLICATIONS ARE DUE OCTOBER 17TH.**

If you have questions, please contact Lisa Friesth at 515-294-8096 or lfriesth@iastate.edu.
Physical Therapy As Your Future:
From Application to Practice

Friday, October 21, 2016

Informational conference open to anyone interested in physical therapy as a career. High school students, college students, college advisors, and college graduates make up the intended audience. Learn about the entry-level Doctor of Physical Therapy (DPT) Program at the University of Iowa, how to prepare your application, the roles and responsibilities of professional physical therapists, and take a tour of the Doctor of Physical Therapy Program.

SCHEDULE

9:00  Registration
9:30  Welcome, Richard K. Shields, PT, PhD, FAAPTA, Chair & DEO
9:45  Overview of the University of Iowa DPT Program Curriculum, Laura A. Frey, PT, PhD
10:15  Physical Therapy Today – The Status of our Profession, Marcia L. Becker, DPT, GCS
10:30  Break
10:45  Selected Practice Areas
       - Stephanie Evans, PT, DPT - UIHC Rehabilitation Therapies, Iowa City, IA
       - Tyler Johnston, PT, SCS - UIHC Rehabilitation Therapies, Iowa City, IA
       - Crystal Markfort, PT, DPT, PCS - UIHC Rehabilitation Therapies, Iowa City, IA
       - Lauren Plum, DPT, GCS - 21st Century Rehab, Coralville, IA
       - Lucie Surratt, DPT - Veterans Administration Medical Center, Iowa City, IA
12:15  Lunch with Faculty & Current DPT Students
1:15  Admissions – What we are looking for in an applicant and how the admissions process works, Kelly J. Sass, PT, PhD
2:00  Break
2:15  DPT Student Panel: Life As A PT Student
3:15  Tours of the University of Iowa Medical Campus led by DPT students
3:15  Advisor Panel for High School and College Advisors

Medical Education & Research Facility
375 Newton Rd
Iowa City, IA 52242

Registration:

Registration fee is $20 per person and includes lunch.

Name_________________________  Payment:  
Address_________________________

□ Enclosed is my check payable to

University of Iowa Carver College of Medicine

Seating is limited, so attendees must pre-register by October 17 on a first-come, first-served basis. Academic advisors and counselors will not be charged a registration fee but must pre-register. Cancellations of registration with refund can be made through October 17. Directions to the conference site will be emailed to participants along with confirmation of registration.
Applying to Medical School

2015 AMCAS Medical School Applications by the Numbers

Medical schools are interested in applicants with all different types of experience. The data represented here is just a snapshot of characteristics that many entering medical students share.
Applicants to the 144 medical schools that participate in the AMCAS application display a variety of qualifications and motivations that make them suited for a career in medicine. This publication depicts some aggregate information about those who apply to medical school and those who ultimately enroll in medical school.
Ladies in Fitness Training (LiFT) Club
LiFT is hosting a Pump & Run on Saturday, October 15th at Lied Rec Center on ISU campus. Participants will bench a percentage of their body weight and then run/walk a 5K. The $20 registration fee includes a t-shirt, beverages, fruit, protein bars, and various samples from different companies. Early registration ends on Sept. 23rd.

The link to register is: https://market-stuorg.sws.iastate.edu/69/product

If you are interested in learning more about LiFT feel free to check us out on Facebook ISU’s LiFT Club, on Instagram @ISULIFT, via email lift@iastate.edu or on our student organization webpage https://www.stuorg.iastate.edu/site/2533
In the News

Check out the next issue for exciting In the News items.

A TR/KIN AFFILIATED CLUBS
INFORMATION & MEETING TIMES

ALLIANCE FOR HEALTH AND FITNESS PROFESSIONALS
To enhance physical fitness and good health practices through educational programming and to promote professional involvement in the Association.

DATE:  
TIME:  CHECK BACK SOON!
LOCATION:  
CONTACT:  Ryan Bader

EXERCYSE IS MEDICINE
To encourage regular physical activity and understanding of its health benefits to the ISU campus and Ames community. To promote the notion that daily exercise is an essential part of a healthy lifestyle, and that exercise is literally the best medicine to combat many diseases.

DATE:  Wednesday, October 5, 2016
TIME:  5:00 p.m.
FELLOWSHIP OF ATHLETIC TRAINING STUDENTS
To provide leadership and educational opportunities for Athletic Training Students at ISU.

DATE:  
TIME:  CHECK BACK SOON!  
LOCATION:  
CONTACT:  Trevor Elmitt  

GERONTOLOGY CLUB
To promote scholarship, research, professionalism, friendship, and service to older persons, and to recognize professionalism in gerontology.

DATE:  Wednesday, October 5, 2016  
TIME:  4:00 p.m.  
LOCATION:  Memorial Union common area  
CONTACT:  Jennifer Low  

HEALTH PROMOTION CLUB
To encourage healthy living among the campus and community while providing students with an opportunity to practice what is learned in the classroom and gain knowledge in relevant health topics.

DATE:  
TIME:  CHECK BACK SOON!  
LOCATION:  
CONTACT:  Ashley Ebelsheiser or Kiersten McGuire  

IOWA STATE PRE-DENTAL CLUB
To aid all pre-dental ISU students with any questions they may have regarding dental school. We will cover everything from applications to admission. Our purpose is to help with anything related to the dental profession.

DATE:
KINESIOLOGY & HEALTH CLUB
Facilitates activities that relate to physical activity, wellness and health. In addition to introducing students to the ideas of establishing and maintaining an active and healthy lifestyle, while sharing that information with the community.

DATE:  **Tuesday, October 11, 2016**
TIME:  **6:30 to 7:30 p.m.**
LOCATION:  **Forker 0289**
CONTACT:  **Morgan Bowman**

KINESIOLOGY GRADUATE STUDENT ASSOCIATION
To increase cohesiveness of graduate students on assistantship and those who are not on assistantship, to increase the visibility of HHP graduate program, as well as the dept. in general, to serve as an academic and social forum for HHP graduate students.

CONTACT:  **Paul Khoo**

LADIES IN FITNESS TRAINING (LiFT)
To help women advance in all fitness related activities. LiFT provides members with a place to ask questions and learn about weightlifting and fitness related activities, an encouraging and motivating atmosphere, resources to build a support system of strong willed and compassionate friends, and opportunities for involvement with activities in the club, at Iowa State University, and in the community.

DATE:  **Tuesday, October 25, 2016**
TIME:  **7:00 p.m.**
LOCATION:  **Hoover 1312**
CONTACT:  **Amy Kurr**

PHYSICAL EDUCATION CLUB
To promote staying active through a variety of planned activities. In addition, the club will provide knowledge and information about physical education and related areas, while
DATE: 
TIME: CHECK BACK SOON!
LOCATION: 
CONTACT: Alexander Black

**PRE-MEDICAL PROFESSIONS CLUB**
Works to better prepare Pre-Medical students for acceptance into the medical field and to answer any questions about the path to and beyond medical school.

DATE: **Wednesday, October 12, 2016**
TIME: **7:00 p.m.**
LOCATION: **Physics Hall 0003**
CONTACT: Kiran Sharma

**PRE-OCCUPATIONAL THERAPY CLUB**
To give students the resources and information they need to be successful in a career in Occupational Therapy. The goal is to prepare students in many different aspects to become accepted into a graduate program. Including admission requirements, networking, and other necessary skills that will help them gain the knowledge and experience they need to achieve their goals in this field.

DATE: **Tuesday, October 4, 2016**
TIME: **6:00 p.m.**
LOCATION: **Forker 0278**
CONTACT: Madeline Wille

**PRE-OPTOMETRY CLUB**
Explores the field of optometry as well as optometry schools by visiting local optometrists, listening to optometry school representatives speak about their school and related activities.

DATE: 
TIME: CHECK BACK SOON!
LOCATION:
**PRE-PHARMACY CLUB**
For those interested in pursuing a career in Pharmacy. Activities include speaking to current pharmacy school rotation students, discussing application requirements and sharing volunteer and job shadow opportunities. In addition, pharmacy school representatives come to Iowa State to share information specific to their application process and requirements.

**DATE:**
**TIME:** CHECK BACK SOON!
**LOCATION:**
**CONTACT:** Amber Garthwaite

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**PRE-PHYSICAL THERAPY CLUB**
To promote networking, individual growth, and preparation for future physical therapy professionals.

**DATE:** Wednesday, October 5, 2016
**TIME:** 6:00 p.m.
**LOCATION:** TBD
**CONTACT:** Emilio Zayas

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**PRE-PHYSICIAN ASSISTANT CLUB**
To educate students about the Physician’s Assistant profession. We also help students with the application and interview process so they are adequately prepared when meeting with a potential employer or school.

**DATE:** Wednesday, October 12, 2016
**TIME:** 6:00 p.m.
**LOCATION:** Forker 0289
**CONTACT:** Andrew Oswald