This issue contains information regarding... We are here to help!, Research Associate Recruitment, English 250 Study Abroad, Unpaid internship or student teaching, ISU Volunteer Portal (VoPo), Student Assistance Quick Start Workshops, AAMC MCAT Practice Exam Info., Freshman Research Initiative Spring 2017, ScribeAmerica, Tutoring Services, Forker Building Access/KIN Main Office Open Hours, In the News, A TR/KIN Affiliated Clubs - Information and Meeting Times

~ December 2016 ~
Happy Holidays!

From our Advisers...
If you know a KIN student who is looking for full time employment in the health field, please share this job notice. Dr. Lee is looking for someone who has graduated or will be graduating in May 2017 and would prefer to hire someone with a KIN background like community & public health or one of the pre-health options. This job would be full time with a strong salary & University benefits and could last for 1-4 years or longer if the grant is renewed.
Research Associate Recruitment

The Physical Activity Epidemiology lab in the Kinesiology department at Iowa State University (ISU) invites applications for a full-time research associate position.

The research associate will specifically work with Dr. Duck-chul Lee (DC Lee) and his research team for a newly funded National Institutes of Health (NIH) project, “Comparison of the Cardiovascular Benefits of Resistance, Aerobic, and Combined Exercise (Cardio-RACE)” to investigate mechanisms of how resistance exercise, independent of and combined with aerobic exercise, modify traditional and emerging cardiovascular disease (CVD) risk factors, by conducting a 1-year exercise intervention in 400 adults with 4 groups: resistance training only, aerobic training only, a combined resistance plus aerobic training, or no training control. This project will contribute to developing more effective clinical and public health strategies to further prevent CVD and advancing more comprehensive future physical activity guidelines.

Job Responsibilities

- Research participant recruitment, screening, and scheduling
- Exercise monitoring and programming
- Health and fitness assessments
- Research data entry and monitoring

Requirements

- Bachelor’s degree in kinesiology or related field with a preferred cumulative GPA ≥3.3
- Excellent teamwork and communication skills
- Experience in physical activity and/or health promotion is desirable
- Currently certified (or willing to become certified) in first aid and CPR/AED

We are specifically looking for a kind person with a big warm heart and good people skills since their main job responsibility would include an active interaction with study participants. The associate position will receive a minimum salary of $30,000 per year for up to 4 years (minimum 1 year) with a full benefits (e.g., insurance) as a university staff member. This position would also be great for recently graduated students who are planning to apply for a graduate school in the field of physical therapy, occupational therapy, medicine, or public health as well as those who are looking for a job in a fitness, corporate wellness, or health promotion field.

Kinesiology program at ISU is one of the largest in the nation with over 1,400 undergraduate students (http://www.kin.hs.iastate.edu).

If you are interested, please email your resume or curriculum vitae to Dr. Lee at deleec@iastate.edu. Search will continue until the position is filled. You can review Dr. Lee’s research lab website to understand his research projects:
http://www.kin.hs.iastate.edu/research/physical-activity-epidemiology

Iowa State University Physical Activity Epidemiology Lab
Need to take ENGL 250? Consider taking ENGL 250 Section ST in Spring 2017, which centers the communication work of this class around the topic of English Culture and includes a Study Abroad over Spring Break to Exeter and London, England. The Study Abroad portion is ENGL 395A and carries one additional credit.

Students should apply to Study Abroad as soon as possible, to be accepted into the program. The deadline has been extended, but we need to hear from you soon. Once you are accepted, the Study Abroad Office will add you to the correct section of ENGL 250 and ENGL 395A.

To learn more and apply go to http://isuabroad.iastate.edu/, enter Exeter for program and Spring Break for term.

Any questions can be directed to Greta Muller Levis, Senior Lecturer Linguistics Adviser, 225 Ross Hall, (515) 294-0853.

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**Are you participating in an unpaid internship or student teaching this upcoming spring semester?**

Applications will be accepted online from October 20th – December 9th for an Unpaid Internship Scholarship from the Iowa State University College of Human Sciences. Awards range from $1,000 to $2,000.

**Eligibility Requirements:**
- Must be an undergraduate student enrolled in a College of Human Sciences major
- Must be required for student’s degree program
- Must be registered for internship credit
- Cannot be receiving any other type of compensation, stipends, or travel reimbursements
- Must complete more than 180 hours across 8 or more weeks
- Must have earned at least 60 credits, 30 must be at Iowa State
- Must have a 2.0 cumulative GPA or higher
- Two references

To get started, click [here](#).
ISU Volunteer Portal (VoPo) (https://iastate.givepulse.com/group/5616-Iowa-State-University-Volunteer-Portal-VoPo)

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
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 independently.

Nearly 1,500 students have opted into the network on their own. We envision a larger and more 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.
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.
Freshman Research Initiative
Spring 2017

Stem Cells for Neuroregeneration
Course: Biol 499, 2 credits
Topics: neurogenesis, developmental and cell biology, zebrafish
Contact: Dr. Elizabeth Sandquist, esandq@iastate.edu

Bioresnewable Resources
Course: BBMB 490, 2 credits
Topics: biorenewable chemicals, microbial strain engineering, mutagenesis
Contact: Dr. Alexis Campbell, alexish@iastate.edu

Insect BioBlitz- Big Data in Biology
Course: BcBio 491, 2 credits
Topics: bioinformatics, computational biology, genome sequencing, entymology
Contact: Dr. Karin Dorman, kdorman@iastate.edu

Dancing for Parkinson’s
Course: Kin 290, 2 credits
Topics: neural motor control, music, singing and dance therapy, volunteering
Contact: Dr. Elizabeth Stegemöller, esteg@iastate.edu

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Freshman Research Initiative

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Contact: Dr. Elizabeth Stegemöller, esteg@iastate.edu

Spring 2017 fri.las.iastate.edu
Tutoring Services

Every effort will be made to fulfill your tutoring request, but placement depends on the number of qualified tutors and schedule compatibility. All inquiries should be emailed to tutorsrv@iastate.edu. If you need immediate assistance, you can call 515-294-6624.

- Apply to Become a Tutor - Spring 2017 applications are open from November 21 to March 24
- Apply to Request a Tutor - Spring 2017 applications are open from January 2 to April 14
- Learn more about tutoring - Sessions are held 2x week

Supplemental Instruction and Tutoring may occur outside of Academic Success Center hours and in different locations on campus.
In the News

Duwenhoegger driven by strong desire to help others, both overseas and on campus -
Allie Duwenhoegger, KIN Undergraduate Student

Ann Gansem-Topf, Margaret Van Ginkel, and Britney Williams among those selected for Women Impacting ISU calendar -
Britney Williams, KIN Undergraduate Student

Students to receive special honors at fall College of Human Sciences convocation -
Jonathan Anders, KIN Undergraduate Student

New physical activity and health promotion option to grow kinesiology department -
D.C. Lee, Greg Welk, Philip Martin, KIN Faculty and Marsha Wissink, KIN Academic Adviser

Elizabeth Stegemöller to participate in National Institutes of Health panel -
Elizabeth Stegemöller, KIN Faculty

Kinesiology and health sophomore Mallory Majors spotlighted in student profile -
Mallory Majors, KIN Undergraduate Student

Student profile features pre-health professions senior India Chapman -
India Chapman, KIN Undergraduate Student
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: 
TIME:  CHECK BACK SOON!
LOCATION:
CONTACT:  Ashley Ebelsheiser

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: 
TIME:  CHECK BACK SOON!
LOCATION:
CONTACT:  Jennifer Low
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

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**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:  
TIME:  **CHECK BACK SOON!**  
LOCATION:  
CONTACT: Claire Roesler

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**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:  
TIME:  **CHECK BACK SOON!**  
LOCATION:  
CONTACT: Morgan Bowman

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**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

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**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:  
TIME:  **CHECK BACK SOON!**  
LOCATION:  
CONTACT: Amy Kurr

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**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
**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: 
TIME: **CHECK BACK SOON!**
LOCATION: 
CONTACT: [Eric Reents](mailto:Eric.Reents@iastate.edu)

**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: 
TIME: **CHECK BACK SOON!**
LOCATION: 
CONTACT: [Madeline Wille](mailto:Madeline.Wille@iastate.edu)

**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: 
CONTACT: [Jonathan Eide](mailto:Jonathan.Eide@iastate.edu)

**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](mailto:Amber.Garthwaite@iastate.edu)

**PRE-PHYSICAL THERAPY CLUB**
To promote networking, individual growth, and preparation for future physical therapy professionals.
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:  
TIME:  CHECK BACK SOON!  
LOCATION:  
CONTACT:  Andrew Oswald

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