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
Meet our Advising Team!

Carol Cordill  KIN Advisor
Susan Gibbons  KIN Advisor
Kyle Holtman  KIN Advisor
Mary Moehr  ATR Advisor
Lisa Phillips  KIN Advisor
DeAnna Pitman  Program Assistant
Marsha Wiesnitz  Lead KIN Advisor

IOWA STATE UNIVERSITY
College of Human Sciences
Kinesiology Department

We are here to help!

Please go to our Administrative Office located in 237 Forker...

• Any time you have questions or need assistance
• If you are looking for a room
• If you want to rent a locker
• If you need help finding your instructor’s mailbox
• If you are looking for Lost and Found
• To report any building issues

IOWA STATE UNIVERSITY
College of Human Sciences
Kinesiology Department
Interested in becoming a 2017-2018 College of Human Sciences Ambassador?

Applications are currently open for the College of Human Sciences Ambassadors!

The ambassador mission is to provide prospective students and their families with a personal, interactive experience while visiting the College of Human Sciences. They have the opportunity to assist with Experience Iowa State Visit days, Daily Visits, College of Human Sciences tours, Day in the Life visits, as well as middle and high school group visits here on campus and in other parts of Iowa. This position is a volunteer position, but students can gain valuable public speaking, customer service, and leadership experience.

The application can be found at this website: http://www.hs.iastate.edu/current-students/organizations/human-sciences-ambassadors/

If you have any questions about this opportunity, please email hsrec_emily@iastate.edu

Application deadline is April 1, 2017
Check out what's new in our March Newsletter

Providing free, private and secure support with a trained Crisis Counselor 24/7

**Crisis Text Line**

STUDENT COUNSELING SERVICES
Student Services Building, 3rd Floor
(515) 294-5056
Walk-In Hours: Monday - Thursday
8:00 am - 3:00 pm
counseling.iastate.edu

THIELEN STUDENT HEALTH CENTER
Corner of Union & Sheldon Drive
(515) 294-5801
Hours: Monday - Saturday
8:00 am - 5:00 pm*
CycloneHealth.org
*Hours vary, please refer to website.

STUDENT WELLNESS
Friley Hall, Room A37
(515) 294-1099
Office Hours: Monday - Friday
8:00 am - 5:00 pm
studentwellness.iastate.edu

**ADDITIONAL SELF-HELP RESOURCES**

ULifeline
ulifeline.org/iastate/
800-273-TALK (8255)
Text “START” to 741-741

The National Suicide Prevention Lifeline
(800) 273-8255

FIRST NURSE (515) 239-6877
IOWA STATE POLICE DEPARTMENT
NON-EMERGENCIES (515) 294-4428
EMERGENCIES 911

AMES POLICE DEPARTMENT
NON-EMERGENCIES (515) 239-5133
EMERGENCIES 911

MARY GREELEY MEDICAL CENTER (515) 239-2011
Tuesday, March 28, 2017

- First day of assigned Summer 2017 and Fall 2017 registration dates for students projected as juniors. Hours for AccessPlus registration are 7 a.m. to 11 p.m., Monday–Saturday, and most Sundays.

Spring 2017 Convocation Information...

- **CHS Convocation:**
  - Friday, May 5, 2017 at 2:00 p.m.
  - James H. Hilton Coliseum
  - Professional Business Attire; No guest limit

- **Early Participation Request Forms:** due in the Dean's office on Friday, April 14, 2017

- **Convocation RSVP:** due Wednesday, April 26, 2017 via AccessPlus

- **Complete details can be found at:**
  - [http://www.hs.iastate.edu/current-students/graduation-chs-convocation/](http://www.hs.iastate.edu/current-students/graduation-chs-convocation/)

- **CHS Convocation Live Link:**
  - [https://youtube/ByaCRlpeQ](https://youtube/ByaCRlpeQ)

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**Unpaid Internship/Student Teaching Scholarships**

Scholarship applications will be accepted online for an Unpaid Internship/Student Teaching Scholarship from the Iowa State University College of Human Sciences. Awards range from $1,000 to $2,000.

Scholarship application deadlines are as follows:

- **Summer:** April 17, 2017
- **Fall:** July 24, 2017

Eligibility Requirements:

- Must be an undergraduate student enrolled in a CHS 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 reference

For more information and/or to apply, go to:

[http://www.hs.iastate.edu/career-services/students/jobs-and-internships/internship-scholarships/](http://www.hs.iastate.edu/career-services/students/jobs-and-internships/internship-scholarships/)

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Academic Coaching Workshop: Preparing for Finals

**Tuesday, April 18 | 5:30 PM - 6:30PM or Wednesday, April 19 | 5:30 PM - 6:30PM**
0050 Husson-Lied Student Success Center

This interactive workshop will give space for students to analyze their previous work and establish a game-plan for how to tackle their finals. Topics will include learning about prioritizing and managing your time, strategies for different test formats, and learning how to help prepare for finals.

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**SCRIBEAMERICA**

**NOW HIRING**

**APPLY TODAY!**

For existing ScribeAmerica hires and those interested in joining to our team! We are looking to hire candidates who will provide essay review service to top tier universities and law schools.

We Offer:
- Paid Position
- On-site Work
- Competitive pay
- Benefits
- Great learning environment

If you’re interested, please apply today at www.scribeamerica.com/how_to_apply.html

**We are looking for motivated, loyal applicants who have a passion for learning about the medical field to join our team. If you are looking to be a part of a professional medical scribe team please apply directly at www.scribeamerica today!**
In just one year of graduate course work, laboratory training, and collaboration with faculty on a project of choice, students can earn a Master’s in Biomedical Sciences.

The Department of Biomedical Sciences is housed within the College of Veterinary Medicine and graduate students have access to state-of-the-art laboratories and learning spaces. In addition, they have the opportunity to work with world-renowned faculty whose research interests range from molecular neurotoxicology, to pediatric immunology, to targets for antiparasitic drugs.

The one-year, non-thesis MS program is designed to open up opportunities for students planning to:

- enter professional schools (Medical, Dental, Veterinary, PA, etc.)
- pursue a PhD
- teach in higher education and
- land a career in industry

Visit our website at http://vetmed.iastate.edu/bms/ to find out more about all the graduate programs in Biomedical Sciences or send an email to RMSgrad@iastate.edu.

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**Leadership Opportunity**

ExerCYse is Medicine is currently looking for new ExerCYse Leaders to fill the spots that will be open after many of the current leaders graduate. The role of an ExerCYse Leader is to plan, promote, and implement campus and community exercise outreach programs. Some students may be familiar with our youth program, ExerCYse Time, or our senior program, BINGOcyse. We would like to share the opportunity for students interested in a leadership role to follow this link and apply to be considered for a leadership position within ExerCYse is Medicine:

https://goo.gl/forms/7cYl0NNA0srKT1na2
A couple ExerCYse Leaders have created a campus event called **Spring Into ExerCYse** that will take place on Central Campus on April 6 from 11 AM - 2 PM. ISU Recreation Services will be leading Yoga, Zumba, and Strength Training classes for anyone who wishes to join.

Participants must register at [https://marketstuorg.sws.iastate.edu/](https://marketstuorg.sws.iastate.edu/). Registration fee is $15, but all participants with paid entries will receive a FREE t-shirt at the start of the event.
Iowa State University McNair Program

The Iowa State University McNair Program prepares qualified undergraduates for entry to graduate school and completion of a doctoral degree. The primary goal of McNair is to increase the attainment of PhD degrees by first-generation and underrepresented college students. McNair scholars are afforded many opportunities during their two years of active participation including working with a professor on a research project and navigating the graduate application and admission process.

The Iowa State University McNair program is fully funded by the university through the Graduate College and the Office of the Provost. Our program still follows the same federal guidelines of all TRIO programs funded by the US Department of Education.

Applications for the 2017-2018 cohort year are now being accepted until April 1st or until all slots are filled. Please follow the application requirements and instructions here.

For more information, please go to www.mcnaire.iastate.edu
Check out what's new in our March Newsletter

- Minimum ISU cumulative GPA: 3.00/4.00
- Minimum semester GPA for the most recent academic semester completed: 3.00/4.00
- $10.50 per hour & about 9 – 12 hours a week
- Grade of B+ or higher in course(s) you desire to lead
- **Please note: we do not provide SI Leaders with any training in specific content areas (ex: math), which is why this knowledge of course content is expected prior to application.**
- **If you are currently enrolled in the course and do not yet have a final grade determined, please have your instructor complete the Current Grade Form.**
- Self-motivation and direction to work independently with limited supervision
- Empathy for and understanding of a diverse group of students
- Ability to speak and present information to large audiences

If you are interested in becoming an SI Leader you can apply by going to: http://www.asc.dso.iastate.edu/supplemental/leaders.

Any additional questions can be emailed to sistaff@iastate.edu.

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CAMP PRIDE SCHOLARSHIP

Campus Pride Summer Leadership Program is a one-of-a-kind leadership experience that brings together over 80 LGBTQIA+ and allied young people from across the country for five days of student leadership development, campus organizing techniques, conflict management, social justice advocacy, diversity education and more.

July 11-16, 2017

University of North Carolina

Apply by March 31st

2017 Camp Pride Scholarship Application

For questions contact: homes@ncmission.org

CampPride Scholarship is sponsored by the College of Human Sciences.
Application and Funding

Are you involved with a CHS club, organization, department, or committee that is interested in hosting an event for Human Sciences Week (HSW) 2017? The week is set to take place October 2-6, 2017. The HSW Student Leadership Team is excited to share that we are looking for groups interested in hosting a Lunch & Learn event, being involved in the Food & Fun Fest, creating a stand-alone event, or hosting a philanthropy, to name a few options!

The purpose of Human Sciences Week is to showcase academics, engage students, and celebrate the College of Human Sciences. Strategies to achieve this purpose include providing opportunities for networking, information about careers, education about the College’s offerings, and serving at Iowa State and the Ames community.

Please see our website at http://www.hs.iastate.edu/hs-week/ for more details and to apply. Applications will be open until April 7, 2017. Groups will be eligible for funding of certain events, depending on the resources needed.

Please reach out to us if you have questions!
Jenna Petersen & Zoe Sternquist, Human Sciences Week 2017 Co-Chairs
NOW HIRING!

If you like working with children and love to have FUN, we have a job for you!

INSTRUCTORS NEEDED:

SWIMMING  HORSEBACK RIDING
SAILING • WATERSKI  DANCE • GYMNASTICS
KAYAK & CANOE • BASKETBALL • SOFTBALL • SOCCER
VOLLEYBALL • LAX • VIDEO • PHOTO • ROPES COURSE
GARDENING • THEATER • COOKING • ARTS & CRAFTS
FITNESS & AEROBICS • GENERAL COUNSELORS

Located in the Adirondack Mountains in Upstate New York!

www.pointopines.com | 1-888-726-9908 | info@pointopines.com

We are visiting Iowa State!

Thursday, March 30th
Memorial Union Room 3558: 10am–4pm

JOIN US FOR AN INFORMATION SESSION
**ISU Summer Youth Fitness**

Employment opportunity for those interested in working with youth in physical activity settings!

The ISU Summer Youth Fitness Program has two primary goals: (1) to provide an opportunity for girls and boys in grades K - 6 to participate in physical activity and related activities which facilitate their physical growth, motor skill development, and physical fitness; and (2) to develop knowledge and attitudes towards physical activity which will provide a basis for continued interest in physical activity and fitness for a lifetime.

When: June 5 - July 27 on Mondays - Thursdays from 1:00-4:45 p.m.
(or orientation and trainings held May 31 - June 2nd)

Who: Kinesiology and education majors

Requirements: must pass a background check process and join ISU payroll; CPR/AED/First Aid training needed and can be provided prior to June 5th.

If interested please email Jenny Smith at gavsmom@iastate.edu for further information and the application process.

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**Student Opportunities with the University of Colorado School of Medicine**

The University of Colorado School of Medicine is currently accepting applications for a Pre-Med/Pre-Health Emergency and Wilderness Medicine course that is designed to benefit health profession students, pre-med students, outdoor education leaders, and recent grads.

This course takes place at the beautiful Channel Islands National Park. Students will gain hands-on experience in the fields of emergency and wilderness medicine. They will also gain an inside look at what it takes to make a successful medical school or health-professions school application. Go to the following link for detailed course and registration information: [http://www.coloradomw.org/courses/pre-med/channel-islands/](http://www.coloradomw.org/courses/pre-med/channel-islands/)
St. Catherine University has an information sessions for prospective students interested in pursuing Physical Therapy (DPT) on Saturday, April 29th at 9:00 am. Students can sign up or view upcoming sessions by going to the following link:

https://www.stkate.edu/admissions/visit/graduate-information-visit/

Students can also find pertinent information about the program, eligibility and prerequisite requirements here:

https://www.stkate.edu/academics/graduate-degrees/academic-programs/dpt

If you have questions, please contact Kristin Chalberg, Senior Associate Director of Graduate Admission Operations at St. Catherine University, kchalberg@stkate.edu.
City of Ames Request for Assistance with Health Screening Event

The city is providing a health screening for city employees and insured members in April. Volunteers are needed to assist with multiple aspects of the health screenings including check-in, waist circumference measurement, and check-out/data entry. Two to three volunteers are needed to assist for each date/time of the health screenings. They are located at various City of Ames worksite locations. Due to the fact that these health screenings include a fasting blood-draw they are early mornings. Below are the dates, times and approximate locations of the screenings.

Responsibilities would include:
- Check-in/registration: assisting employees at the check-in table with completing paperwork and registration materials for their appointment
- Waist Circumference station: taking waist circumference measurements & recording them on the screening form
- Check-out: collecting and entering health screening results into a database

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, 4/4</td>
<td>6:00 a.m.</td>
<td>Buss Station #1</td>
</tr>
<tr>
<td>Wednesday, 4/5</td>
<td>6:30 a.m.</td>
<td>Electric Distribution (Hotel, Dallas, Laff, West Ave, Traffic, Fenc)</td>
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<tr>
<td>Thursday, 4/6</td>
<td>6:00 a.m.</td>
<td>City Hall</td>
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<tr>
<td>Tuesday, 4/11</td>
<td>6:30 a.m.</td>
<td>Water Plant</td>
</tr>
<tr>
<td>Wednesday, 4/12</td>
<td>6:30 a.m.</td>
<td>City Hall</td>
</tr>
</tbody>
</table>

All locations are in the city of Ames. This is a great opportunity for students looking to get some worksite health volunteer experience. Ideal volunteers are the first part of their degree program are preferred. It's important that even though this is a volunteer opportunity students are punctual and reliable since we will be depending on them to provide a wellness service to our employees.

Please contact Andrea Cárdenas at acardenas@city-ames.ia.us or 515-259-5155 for more information or to volunteer.

AUSTRALIA WINTER BREAK

2 week study abroad program in Sydney! English 314 taught at Iowa State in the fall with completion of the course over winter break.

Course: English 314 (Technical Communication)
Meets International Perspectives requirement

Contact: cip@iastate.edu
www.engineering.iastate.edu/studyabroad/

If you have to take a technical communication class, why not take it in Australia? Participants will take a shortened version of English 314 at Iowa State in the fall, and then complete the course in Sydney over winter break (December 26 — January 6). Highlights of the program will include corporate visits and cultural excursions provide first-hand experience with technical communication in a global context. Additionally, participants have the opportunity to witness the world famous Sydney Harbour New Year’s Eve fireworks display! For more information, please contact Kelly Berigan at khile@iastate.edu.

Applications are currently open so apply now!
Check out what's new in our March Newsletter

3/29/2017

Summer Chemistry
Iowa State University
Department of Chemistry

All summer Chemistry courses meet the first eight-week summer session.

session (May 15 – July 7).

9 Great reasons for taking chemistry at ISU in the summer:
1. Smaller class size and more personal attention.
2. Fewer distractions (fewer classes and fewer social and sporting events).
3. 8-week semester allows students to focus on the class.
4. Get ahead/stay on track in your academic career.
5. Improve your GPA.
6. Avoid summer learning loss and stay sharp for fall semester.
8. Chemistry is fun all year round!
9. No need to move back home with your parents!

---

ROY J. CARVER SCHOLARSHIP PROGRAM

Applications are now available for the Roy J. Carver Scholarship program. Twenty awards of $5,200 each (renewable for one year) will be awarded for the 2017-18 academic year.

Eligibility requirements:

- Evidence of significant social and economic obstacles to attending college full time
- Graduate of accredited Iowa high school or Iowa resident for 3 years
- Junior classification fall 2016
- Minimum cumulative GPA of 2.80
- Demonstrate financial need based on the FAFSA

Apply online at www.carvertrust.org (click on scholarships and online application)
PRINCIPAL FINANCIAL STUDENT ORGANIZATION INTEGRITY FUND

The Principal Financial Student Organization Integrity Fund is a $1,000 award for student organizations with activities that promote and support financial literacy, business, diversity, wellness, and/or healthy lifestyles. For more information and to apply online, please visit: http://www.studentaffairs.iastate.edu/scholarships-funds/principal-financial-student-organization-integrity-fund/

PILARA GARCIA STUDENT ACHIEVEMENT FUND

This fund supports enrichment experiences including (but not limited to) study abroad, travel to conferences, and research projects. A student may request up to $1,000 per academic year. This fund is open to undergraduate and graduate students and requires demonstrated financial need. Financial need is determined through the completion of a Free Application for Federal Student Aid (FAFSA). For information about FAFSA please visit: http://www.finaid.iastate.edu/ffas/
For more information and to apply online, please visit: http://www.studentaffairs.iastate.edu/scholarships-funds/scholarships/pilara-garcia-application/

Orchesis I Presents...
A Student Produced Show

WHEN: Saturday, April 22, 2017

TIME: 2:00 and 5:30 p.m.

WHERE: Foker 0196

Come support our local dancers
Research Study on Health Coaching!

INTERESTED IN HELPING US LEARN WHETHER HEALTH COACHING IMPROVES STUDENT HEALTH AND WELLBEING?

IF YOU ARE BETWEEN THE AGES OF 18 AND 25 AND IN YOUR FIRST TWO YEARS AT ISU, YOU CAN SIGN UP TO PARTICIPATE IN A RESEARCH STUDY. YOU WILL COMPLETE SURVEYS, AND MAY BE SELECTED TO WORK WITH A TRAINED PEER HEALTH COACH OVER AN 8-WEEK PERIOD.

FOR MORE INFORMATION OR TO SIGN UP, CONTACT KATY AT KJSOUTH@IASTATE.EDU
Become a Trained Health Coach!

KIN 494X: Practicum in Motivational Interviewing

Health Coaching is a conversational tool to help guide individuals toward a behavior change goal. This technique is being implemented into many healthcare settings, and is a great communication skill to acquire for future research, internship and career opportunities!

We are seeking motivated Junior and Senior status students to enroll in this new 2-credit course to become Trained Peer Health Coaches! This course is now being offered Fall 2017 on Tuesdays from 1:10-3:00 PM, with potential availability of a Summer Online course as well!

Registration for course enrollment is by instructor permission only, and a signature will be needed upon application acceptance.

Apply to be a Student Health Coach at the application link below:
http://www.studentwellness.iastate.edu/health-coaching/become-a-peer-health-coach/

Or visit our Kinesiology Wellness Works Home Page for more information regarding opportunities for Health Coaches:
http://www.wellnessworksisu.org/healt-h-coaching.html or http://www.exercyse.org/

Contact Katy Southard at kjsouth@iastate.edu with any questions!
Human Sciences Council wanted to say "hello" and update you on some important dates relevant to all students. We have been working hard to develop a Council for our students that is transparent and mobilizing to all. See how you can get involved!

We personally encourage you to apply to join our HS Council Team using the link below. Other things coming up aside from Elections, include to apply for Student Grants, nominate a Graduating Student of the Year, and of course, a reveal for the 2017-2018 Student Sensations! Stay tuned and please nominate and apply to these various positions below so that you can get engaged in our wonderful college.

Want to join Council? Apply to HS Council Team [HERE](http://us12.campaign-archive1.com/?u=b3dd02d5b2f40271b313e62ae&id=0ff45aaebb&e=94dbfff28a) by March 16th!!
Nominate an student to be recognized at graduation [here](http://us12.campaign-archive1.com/?u=b3dd02d5b2f40271b313e62ae&id=0ff45aaebb&e=94dbfff28a) by March 10th
Apply for a Student Grant by April 7th [here](http://us12.campaign-archive1.com/?u=b3dd02d5b2f40271b313e62ae&id=0ff45aaebb&e=94dbfff28a)

All our best,
HS Council Executive Team
Zoey Sternquist, HS Council President
We would like to invite any interested college students to this free event. This is an excellent event for students to learn more about the different career options in allied health.
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 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](http://us12.campaign-archive1.com/?u=b3dd02d5b2f40271b313e62ae&id=0f45aaebbe&oe=94dbff28a) for more information.
Check out what's new in our March Newsletter

DMU Preview provides an opportunity for pre-health students to learn more about three of DMU’s programs: physician assistant, physical therapy, and podiatry. Learn more about each event and when upcoming sessions will be held. Learn more

Des Moines University’s Health Professions Advanced Summer Scholars program - Health P.A.S.S. - is a great way for promising college students to prepare for the process of applying to graduate programs in the health sciences. Learn more

The Mentored Research Program is committed to providing an array of research experiences. Undergraduate students work along with DMU’s talented research faculty in this eight-week program that adds depth and breadth to classroom knowledge and provides a clear picture of how research affects the roles of health care professionals. Learn more

Currently Accepting Applications:

Several programs are accepting applications for summer or fall 2017!

- Master of Public Health
- Master of Health Care Administration
- M.S. in Anatomy
- M.S. in Biomedical Sciences
The admissions team is looking forward to a busy spring, traveling the country to meet with prospective students and advisors. Check out our schedule online to see when we will be near you!

**Featured Events**

- **Spring 2017** Tour for Diversity in Medicine
- April 6-8 National Conference on Undergraduate Research
- April 7-9 Latino Medical School Association National Conference
- April 12-17 Student National Medical Association Medical Education Conference
- **Ongoing** Regional meetings for the National Association of Advisors for the Health Professions

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**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 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

College of Human Sciences awards students scholarships for unpaid internships - Sedona Dowd, Ashley Ebelsheiser, Olivia Meyer, Danielle Retallick, Derek Nieland, Kristin Powell, KIN Undergraduate Students

College of Human Sciences students gain workplace readiness skills at etiquette dinner - Caitlyn Greenpan and Natasha Gomez, KIN Undergraduate Students

Human sciences students spend their spring break serving others - Kaylee Joiner, Zach Kaufman, Hannah Zulk, KIN Undergraduate Students

Jenna Petersen shares her Human Sciences Week experience in student profile - Jenna Petersen, KIN Undergraduate Student

Doctoral student in kinesiology Mitchell Stephenson presents seminar at Northern Michigan University - Mitchell Stephenson, KIN Graduate Student

Duck-chul Lee awarded funding for physical fitness study - D.C. Lee, KIN Faculty

Elizabeth Stegemoller’s music therapy featured in the Scientist magazine - Elizabeth Stegemoller, KIN Faculty

Greg Welk gives The C. H. McCloy Research Lecture at SHAPE America national convention - Greg Welk, KIN Faculty
A TR/KIN AFFILIATED CLUBS

INFORMATION & MEETING TIMES

EXERCYSIE IS MEDICINE

To encourage regular physical activity and understanding of its health benefits by members of the ISU campus and the Ames, IA community. A secondary aim of ExerCYse is medicine is to encourage health care providers to include physical activity as a ‘vital sign,’ including the consideration and recommendation of physical activity when designing treatment plans. ExerCYse is Medicine is committed to the belief that physical activity is integral in the prevention and treatment of disease and should be a part of medical care. ExerCYse is Medicine ambassadors will be active volunteers at events to help communicate this message. This organization is directly affiliated with the Iowa State University Department of Kinesiology and the American College of Sports Medicine.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club President - Ashley Ebelsheiser

FELLOWSHIP OF ATHLETIC TRAINING STUDENTS

To provide leadership and educational opportunities for Athletic Training Students at ISU.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club President - Trevor Elmitt

GERONTOLOGY CLUB

To promote scholarship, research, professionalism, friendship and service to older persons, and to recognize professionalism in gerontology. The goals of Gerontology Club are: 1. Club will serve as a link with their respective communities to promote interaction between gerontology educators, students, alumni, and local professionals; 2. Club will provide opportunities for personal and professional interaction, sharing of concerns, discussion of issues, service activities, etc.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club President - 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.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club co-Presidents - 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.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club President - 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.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club President - 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.

For more information, contact club President - 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.

NEXT EVENT: CHECK BACK SOON!

For more information, contact club President - Amy Kurr

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**ORCHESIS I DANCE COMPANY**
Orchesis I is a student organization specializing in aspects of professional dance training. The company was established in 1926 as Iowa State’s first dance group. We look for the best and brightest dancers who are open to change, growth, and development with their dancing and performing.

MEETS: Thursdays from 7:00 to 8:30 p.m. in Forker 0196

For more information, contact club President – Tympest Crawford

Orchesis II

Orchesis II is a non-audition dance company in which all individuals are welcome to participate regardless of their experience in dance training. Orchesis II strives to enhance a comfortable learning environment by providing performance opportunities for members. Orchesis II works in many genres of dance including tap, hip-hop, modern, jazz, Latin, and many, many others.

MEETS: Tuesdays from 7:00 to 8:30 in Forker 0196

For more information, contact club President – Rachel Brandt

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 creating professional relationships among members, faculty/staff at Iowa State University, and professionals throughout the state of Iowa.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club President – Eric Reents

Pre-Medical Professions Club

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.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club President – 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.

NEXT MEETING:

Tuesday, April 11, 2017 at 6:00 in Forker 0278 (St. Ambrose is coming to speak about their doctoral program)

For more information, contact club President – Sydney Ginkens
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.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club President - Jonathan Eide

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**PRE-PHYSICAL THERAPY CLUB**

To promote networking, individual growth, and preparation for future physical therapy professionals.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club President - 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.

NEXT MEETING: CHECK BACK SOON!

For more information, contact club President - Andrew Oswald

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**TAP IOWA STATE**

This group has weekly meetings that centers on learning, sharing, and refining tap and rhythmic dance skills. The membership is open to all Iowa State students who are interested in learning tap and other rhythmic dance. No previous experience is necessary. You have the opportunity to perform with the group during the Orchesis II semester showcase if you are willing to make the commitment.

MEETS: Tuesdays from 8:30 to 9:00 p.m. in Forker 0198

For more information, contact club President – Frances Grum