Check out what's new in our November Newsletter

View this email in your browser

~November 2018~

Happy Thanksgiving

Iowa State University

Kinesiology Connection

Student Newsletter
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

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
Check out what's new in our November Newsletter

https://mailchi.mp/655296f32889/aw61g1of4u-1545633?e=94dbff28a

Spring 2019 Special Topic Course for KIN 400+ credit

A special topics course taught by Dr. Ekkekakis will be offered Spring 2019 for 3 credits. This course, “Critical-Appraisal for Evidence-Based Practice in Kinesiology,” will help you prepare for professional or graduate school. If you are a PHP student, it can also count for one of your Kin 400+ courses and if you are an ES student, it will count as a 300+ elective.

Please review the attached description and consider adding this course to your Spring 2019 schedule. See your academic adviser for an add slip to register for the class.
Check out what's new in our November Newsletter

https://mailchi.mp/655296f32889/aw61g1of4u-1545633?e=94dbfff28a

Text ISU to 741741
Providing free, private and secure support with a trained Crisis Counselor 24/7

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

THIELEN STUDENT HEALTH CENTER
Corner of Union & Sheldon Drive
(515) 294-5801
Hours: Monday - Saturday
8:00 am - 5:00 pm *

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

*Hours vary, please refer to website.

counseling.iastate.edu
CycloneHealth.org
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 11/15/2018, 3:18 PM
Important Dates to Remember...

Friday, November 16, 2018
  • Last day to add/drop a second half-semester course without extenuating circumstances.
  • Last day to change a second half-semester course to or from Pass/Not Pass.
  • Undergraduate graduation applications for Spring 2019 are due. Submit via AccessPlus (student tab, graduation, application)

Monday – Friday, November 19-23, 2018
  • Thanksgiving break, classes recessed.

Thursday – Friday, November 22-23, 2018
  • University holidays – office closed.

Thursday, December 6, 2018
  • End of term textbook buyback and begins at University Bookstore.

Monday - Thursday, December 10-13, 2018
  • Final examinations.

Friday, December 14, 2018
  • Fall semester ends.

Saturday, December 15, 2018
  • University Commencement: www.graduation.iastate.edu

See your adviser if you have questions!
TUTORING SERVICES
In the Academic Success Center
1060 Hixson-Lied Student Success Center

GROUPS MEET TWICE A WEEK
at a consistent day and time in small groups consisting of 2-5 students

ALL TUTORS EARN $11.00 AN HOUR
Students pay $5.00 per tutoring session

BECAUSE OF OUR SERVICES,
9/10 students are more satisfied with their college experience
Are you participating in an unpaid internship or student teaching experience Spring semester?
Apply now for scholarship awards ranging from $1,000 to $2,000.

Eligibility requirements:
- Undergraduate student enrolled in a College of Human Sciences major
- Have earned at least 45 credits prior to fall 2018 semester
- 2.0 cumulative GPA or higher
- Internship or student teaching experience
  - Is required for your degree program
  - Must be registered for internship credit
  - Completes more than 280 hours across 8 or more weeks
- Submit two references
- Cannot be receiving any other type of compensation, stipends, or travel reimbursements form internships.

Unpaid Internship/Student Teaching Scholarships are offered by the Iowa State University College of Human Sciences. [hs.iastate.edu/career-services/students/jobs-and-internships/internship-scholarships/](hs.iastate.edu/career-services/students/jobs-and-internships/internship-scholarships/)

Laura Kilbride | Unpaid Internship/Student Teaching | Scholarship Coordinator | kilbride@iastate.edu
Student Services | 131 Mackay Hall | Ames, Iowa 50011-1124 | 515-294-8436

I heard you’re going to complete an unpaid internship or student teaching experience? The College of Human Sciences offers scholarships to help students like YOU! Ask your academic advisor or career services how YOU can score free cash!

Apply by December 9!
Did you know that there is a microwave in Forker for your use?

The communal microwave is located on the 1st floor of the north west corner of the building near the vending machines.

Other locations with communal microwaves
Check out what's new in our November Newsletter https://mailchi.mp/655296f32889/aw61g1of4u-1545633?e=94dbfff28a

Experience Kinesiology in Ireland

SUMMER 2020

3 week summer study abroad in May
Earn KIN credit
Taught and led by ISU faculty member

CHS International Programs
131 MacKay Hall | chsintl@iastate.edu

Instagram: chsintl
Interested in attending a Doctor of Physical Therapy (DPT) Program

Western Michigan University - Department of Physical Therapy has a new Doctor of Physical Therapy (DPT) program.

If you are interested in their NEW Doctor of Physical Therapy program, please review their DPT application requirements here, as well as their FAQ page here. Their first application deadline is November 16, 2018 - they plan to start their first cohort of 30 students in Summer 2019 (end of June).
LGBTQIA+ Leadership Program
Thrive: A Program for Emerging LGBTQIA+ Leaders

The Center is pleased to announce that the application for Thrive 2019 is now open! Thrive is the premier LGBTQIA+ leadership program at Iowa State. Thrive students have the unique opportunity to learn more about who they are as LGBTQIA+ individuals, about diverse LGBTQIA+ communities, and to practice teamwork skills. As part of Thrive, students will participate in an all-expenses paid trip to the largest LGBTQIA+ student conference in the country, MBLGTACC.

To learn more about Thrive and to apply, visit tinyurl.com/ThriveISU.

Applications are due by December 2, 2018, 11:59pm CST.

Any questions may be sent to center@iastate.edu.
Tuesday & Thursday
2:10-3:00

First half of the semester course
Students returning from study abroad gain perspective on the personal, academic and professional impact of their time spent abroad through readings, guest speakers and discussions. Students learn how to use their study abroad experience in a resume and interviews.

EXPERIENCES ABROAD:
LEARNING TO THINK GLOBALLY

WLC 491

For more information contact: Julie Wilhelm
jwilhelm@iastate.edu
Adult Non-Traditional Students Learning Community (ANTS)

Are you looking for a place to study or eat your lunch? Would you like an opportunity to meet other non-traditional students?

Who is a non-traditional student?

Anyone who is:
- Age 25 and over
- Commuting from outside Ames
- A parent
- Married
- A veteran or currently in the military
- Pursuing a second bachelor’s degree

If this describes you, here are some opportunities for you to meet others with similar backgrounds or just find a quiet place to study.

**Lunch/Study/Chat Hours**

**LeBaron Conference Room** - room 1009 LeBaron, by the snack machines in the LeBaron Foyer
- Every Monday from 10 – 11:00 a.m.
- Every Tuesday from 11:30 a.m.-12:30 p.m.
- Every Thursday from 2:00 – 3:00 p.m.

**135 MacKay** - the classroom near the Student Services Office.
- Every Wednesday from 12:00 - 1:00 p.m.
Check out what's new in our November Newsletter https://mailchi.mp/655296f32889/aw61g1of4u-1545633?e=94dbfff28a

DOCTORS SAVE LIVES. SCRIBES SAVE DOCTORS.

“Being a scribe is a perfect job for anyone wanting to pursue a career in medicine. The job is not only a tremendous learning experience, but you’re actually making a difference by assisting the doctors to be more efficient so they can focus more on the quality of care for their patients.”

AMY HOGAN, 2010

WHAT IS A MEDICAL SCRIBE?

A Medical Scribe is a revolutionary concept in modern medicine. Traditionally, a physician's job has been focusing solely on direct patient contact and care. However, the advent of the Electronic Health Record (EHR) created an overload of documentation and clerical responsibilities that slows physicians down and pulls them away from actual patient care. To relieve the documentation overload, physicians across the country are turning to Medical Scribe services.

A Medical Scribe is essentially a personal assistant to the physician; performing documentation in the EHR, gathering information for the patient’s visit, and partnering with the physician to deliver the pinnacle of efficient patient care.

WHY BECOME A MEDICAL SCRIBE?

For someone interested in medicine, whether it is a personal interest, or part of a career goal to become a physician or physician assistant, the chance to become a Medical Scribe is unlike any other opportunity available. It offers exciting one-on-one collaboration with a physician, and is unprecedented in its level of exposure to real medicine in practice.

A background in Medical Scribing is quickly becoming the standard for pre-medical experience, and is suggested by medical school acceptance committees across the country. The competition to become a Medical Scribe is intense, and the demand for Medical Scribe services across the country has never been higher.

Visit scribeamerica.com/apply to see if we are hiring in your area.

Intelligent candidates who can work positively and cooperatively amidst a stressful and unique environment.

You need to have good penmanship and computer skills, your medical expertise is not required but is an added bonus. The following traits are required for they are not easily learned:

WHAT WE EXPECT FROM YOU:
- Responsibility
- Confidence
- Maturity
- Punctuality
- Ability to multitask
- Self Motivation

COMMITMENT:
Commitment to ScribeAmerica: 2 years part time 8-12 shifts per month or 1 year full time 16-20 shifts per month.
Check out what's new in our November Newsletter

https://mailchi.mp/655296f32889/aw61g1of4u-1545633?e=94dbff28a...
"Scribe America is a great program that prepared me in many ways for medical school. Working side by side with doctors in the emergency room gave me an incredible real-life experience to apply to all the classes I am taking now. Diagnosing is intimately related to recognizing patterns in patient symptoms and while working with Scribe America I was able to watch the physicians think their way through patient cases and absorb countless amounts of information. Having also volunteered in hospitals and taken part in research prior to entering medical school, I would say that my time with Scribe America was the most influential factor in giving me confidence in my decision to pursue a career in medicine. The one-on-one experience with physicians, the variety of patient cases and symptoms, the introduction to medical diagnostic techniques, and the vast amounts of medical terminology have all been invaluable to my current student status besides that I thoroughly enjoyed coming to work every day. I have and will continue to recommend Scribe America to any person contemplating medical school with a desire to learn and work hard."

KIM RIEGEL, 2011

THINGS THAT WILL HELP YOU SUCCEED

- A passion for Medicine
- Able to balance school AND work
- Computer skills, this is a must and will accelerate training as most hospitals are transforming to complete electronic charting
- Mature sophomores can benefit throughout college. Also people taking time off before Medical, PA or NP school are favored and the opportunity is highly beneficial to the applicant.

Note: Scribe hours are counted towards clinical training for PA school.

WHAT TO EXPECT

- Hard work demanded, every shift
- Unlimited learning curve
- Competitive part time pay
- Some full-time positions available

ABOUT US

We are the nation's most frequently used medical scribe company with more than 15,000 employees in 50 states and three countries providing professional services for over 2,000 clients. We invest heavily in the professional development of our scribes by providing them with unique resources such as the industry's only academic textbook, paid attendance to our national scribe leadership conference, online education, networking opportunities through social media, and development of the ScribeAmerica Mobile Scribe App™. We are ranked on the Inc. 500/5000 list seven years in a row for fastest growing private companies. In addition Modern Healthcare named us one of the Hottest Healthcare Companies in 2013. In turn, we've been rewarded through successful development of the nation's first "career scribes", that is, individuals with advanced degrees who have chosen to make a career with ScribeAmerica. Our clients have benefitted too, having received the prestigious Press Ganey Summit and Stuart Fleming Patient Safety awards.
New Course being offered **Spring 2019**
~Globe 330X Global Health Disparities~

**Globe 330X Global Health Disparities**
Tuesday and Thursdays 8:00A - 9:50A

**Course overview:** Explores historical and contemporary factors that contribute to disparities in health outcomes for persons disadvantaged by income, location, ethnicity, sexual orientation, and abilities. Provides the student knowledge and skills to analyze and evaluate health promotional materials and community-based interventions focused on reducing global health disparities.

https://spark.adobe.com/video/WTyrmYVzzCjx9
A few units on campus have had name changes:

- Office of Greek Affairs is now the Office of Sorority and Fraternity Engagement
- Student Disability Resources is now Student Accessibility Services
ATTENTION: Juniors and Seniors!

Become a Trained Health Coach!

KIN 494A&B: 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 Spring 2018 on Tuesdays from 2:10-3:00 PM!

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.physicalactivity.iastate.edu/health-coach-training-practicum.html

Contact Katy DeShaw at kdeshaw@iastate.edu with any questions!

EXERCISE is Medicine

IOWA STATE UNIVERSITY
Student Wellness
Check out what's new in our November Newsletter

Did you know that Iowa State has a Lost and Found website?

Go to the ISU Homepage – click on Index – click on the I then scroll down and click on Lost and Found. Here you can report your lost item or report any found item.

The Kinesiology Lost and Found is located in 237 Forker.
The Let’s Talk program was initiated by the Student Counseling Center in response to rates of depression and anxiety in students increasing in the last decade.

The program will allow students to come to the counseling office for a less formal counseling session.

It is meant to encourage students to go find out more information about counseling, whether it be for them or someone they know.

http://www.counseling.iastate.edu/outreach/talk
Academic Coaching Workshop Series

The Academic Coaching staff offers free workshops during the fall and spring semesters. Below is a schedule of the upcoming semester's workshops.

Preparing for Finals

Tuesday, November 27 | 6:00PM - 7:00PM
Wednesday, November 28 | 6:00PM - 7:00 PM

0060 Hixson-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 ask for help.
To request an appointment with Career Services

Students can now schedule appointments via CyHire! 😊

You can view availability and pick a time that works with your schedule as well as select what you would like to discuss during the appointment. CyHire also sends a confirmation of the appointment as well as an appointment reminder.

In addition to scheduling via CyHire, students are still welcome to stop in or call our office to set up an appointment.

A TR/KIN AFFILIATED CLUBS
INFORMATION & MEETING TIMES
CARDINAL TAP CLUB

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.

Meetings are held in 198 Forker Building on Tuesdays from 8:30 – 9:00 p.m.

For more information, contact club President - Kendra Beaman

EXERCYSE IS MEDICINE ON CAMPUS

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.

For more information, contact club President - Ryan True

FELLOWSHIP OF ATHLETIC TRAINING STUDENTS

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

For more information, contact club President - Alexis Ring

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.
For more information, contact club President - Amber Schwarting

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.

For more information, contact club President - Maria McDonough

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 department in general, serve as an academic and social forum for HHP graduate students.

For more information, contact club President - Andrew Zaman

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.

For more information, contact club President - Anna Fleming

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 – **Alaina Mattimiro**

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**ORCHESIS II DANCE CLUB**

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 p.m. in Forker 0196**

For more information, contact club President – **Trevor Kliever**

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

For more information, contact club President - **Bryce Smith**

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**PRE-CHIROPRACTIC CLUB**

The Pre-Chiropractic Club is an organization dedicated in providing opportunities for students who are interested in pursuing a career in the chiropractic field upon completion of his or her undergraduate degree. The Pre-Chiropractic Club will allow students to learn the art, science, and philosophy behind chiropractic medicine as well as network with current doctors, and learn about the admissions process and various chiropractic colleges.

For more information, contact club President - **Abby Loew**

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**PRE-MEDICAL 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.

For more information, contact club President - [Benjamin Dralle](mailto:benjamin.drale@iastate.edu)

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**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.

For more information, contact club President - [Callan Barrick](mailto:callan.barrick@iastate.edu)

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**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.

For more information, contact club President - [Phaedra Lipsey](mailto:phaedra.lipsey@iastate.edu) or [Samantha Rivet](mailto:samantha.rivet@iastate.edu)

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**PRE-PHARMACY CLUB**

Meetings will generally be held once a month on evenings of weekdays. The activities of each meeting will vary, but will aim to further our primary goal of preparing members for the pharmacy school application process. Activities include speaking to current pharmacy school rotation students, discussing application requirements, and sharing opportunities for volunteering and job shadowing. In addition, pharmacy school representatives come to Iowa State to share information specific to their application process and requirements.

For more information, contact club President - [Brody Tritle](mailto:brody.tritle@iastate.edu)

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**PRE-PHYSICAL THERAPY CLUB**

Check out what's new in our November Newsletter [here](https://mailchi.mp/655296f32889/aw61g1of4u-1545633?e=94dbfff28a).
To promote networking, individual growth, and preparation for future physical therapy professionals.

For more information, contact club President - **Benjamin Mallinger**

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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.

For more information, contact club President - **Hannah Mendez**

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**THE KIN COLLECTIVE**

This organization serves to build a stronger sense of community within students of color in the Kinesiology department, connect them to more resources and opportunities, and to help create departmental connection so that students can foster the relationships necessary to excel in their field of study.

For more information, contact club President - **Kendra McGhee**
What are YOU Thankful For?

Thanksgiving Day 2018
Thursday, November 22, 2018

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Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list

https://mailchi.mp/655296f32889/aw61g1of4u-1545633?e=94dbff28a