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
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
Study hard!

Get lots of rest!!

Good luck on your semester tests!!!
Need a place to study?

The following classrooms have been scheduled to be used as study rooms during Dead Week, Monday – Friday, December 3-7 from 5:10 p.m. – 11:00 p.m. These classrooms are for studying during that week only, on a drop-in basis. Most of the rooms will hold 30+. There is a total of 10 classrooms:

Carver 0118  Physics 0043
Carver 0124  Ross H 0024
Carver 0132  Ross H 0025
Carver 0190  Ross H 0028
Physics 0039  Ross H 0029
5 TIPS FOR BEATING THE HOLIDAY BLUES

CHILL OUT. Avoid overbooking yourself and make sure to take time for self-care.

HIBERNATE. Make sure you get enough sleep.

BREAK OUT THE ICE SKATES. Take time to exercise, even if it's just taking a spin around the rink.

DON'T FREEZE PEOPLE OUT. Spend time with people who love and support you.

MODERATE THE MERRIMENT. Eat and drink in moderation, and don't drink alcohol if you are feeling down.

WWW.MENTALHEALTHFIRSTAID.ORG
Check out what's new in our December Newsletter https://mailchimp.com/9f13f8389745/aw61g1of4u-1566661?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 December Newsletter

https://mailchi.mp/9f13f8389745/aw61g1of4u-1566661?e=94dbff2f8a

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
Freiley 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
Important Dates to Remember...

**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.
- Graduate College: Last day to have your POSC approved by the Graduate College for Spring 2019 graduation.

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

**Tuesday, December 18, 2018 at 2:15 p.m.**
- Final grades due on Canvas or AccessPlus

**Wednesday, December 19, 2018**
- Last day for end of term rental book return without penalty to the University Bookstore.
  See www.isubookstore.com for details.

**Thursday, December 20, 2018**
- Grade reports available on AccessPlus

**Monday – Tuesday, December 24-25, 2018**
- University holiday – offices closed.
Check out what's new in our December Newsletter

https://mailchi.mp/9f13f8389745/aw61g1of4u-1566661?e=94dbff28a

College of Human Sciences
Fall Graduation

Friday, December 14, 2018
2:00 p.m.
C. Y. Stephens Auditorium

Congratulations Fall Graduates!
2018/2019 Forker Building and Kinesiology Main Office Winter Break Hours

Monday, December 17, 2018 – Friday, January 11, 2019: 7:30 am until 4:00 pm

Friday, December 21: Main office will be closing at 11:00 a.m. and will remain closed until Tuesday, January 2, 2018 at 7:30

Monday, December 24 – Tuesday, December 25: University Holiday – Forker Building & Kinesiology Department Main Office Closed

Wednesday, December 26 – Tuesday, January 2, 2019: Winter Break – Forker Building & Kinesiology Department Main Office Closed

Forker building and the Kinesiology department main office will reopen on Wednesday, January 2, 2019
Check out what's new in our December Newsletter
https://mailchi.mp/9f13f8389745/aw61g1of4u-1566661?e=94dbff28a
Check out what's new in our December Newsletter

https://mailchi.mp/9f13f8389745/aw61g1of4u-1566661?e=94dbff28a

Jason Mahan, a former graduate of ISU, has a great career in the Health and Fitness industry and would like to assist other graduates or interns in entering this industry. Lakeshore Sport & Fitness is a Chicago based Luxury Health Club company with a long history in Chicago and has opportunities for Personal Trainers to grow personally and professionally in a great environment.

If interested, contact Jason at:

Jason Mahan | Executive Director | 630.677.7985 | jasonm@lakeshoresf.com
Lakeshore Sport & Fitness
211 North Stetson Ave | 1320 W. Fullerton | Chicago, IL 60601

Chicago's #1 Destination for Sport, Fitness & Fun
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
  o Is required for your degree program
  o Must be registered for internship credit
  o 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/

Laura Kilbride | Unpaid Internship/Student Teaching | Scholarship Coordinator | kilbride@iastate.edu
Student Services | 131 Mackay Hall | Ames, Iowa 50011-1124 | 515-294-8436
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 December Newsletter
https://mailchi.mp/9f13f8389745/aw61g1of4u-1566661?e=94dbff28a
UnityPoint Health is currently recruiting student volunteers for the spring semester for the Hospice Elder Life Program (HELP).

For more information, please contact:

Lisa Baumhover MS ARNP
HELP Geriatric Clinical Nurse Specialist
515-241-5165

Carrington Stalzer RN BSN
HELP Coordinator
FAQs

What tips do you have for elder patients and families while in the hospital?

- Safety is first – always ask nursing staff for assistance when you want to get out of bed. If they are not present, push your call button.
- Keep moving and stay active during the day – the more active you are, the quicker you will heal. Participate in requested activities with therapists, nurses and volunteers to the best of your ability.
- Bring your glasses, hearing aids with batteries and dentures to the hospital.
- Personal items such as pictures, books, magazines and phone numbers may be beneficial to you during your hospital stay.
- Discuss all medical concerns with your physician and write down questions in advance so you are prepared for their visits to your room.
- Bring your own robe and sturdy slippers or shoes to the hospital.
- Unless instructed otherwise, try to eat and drink to support your body’s healing needs. Your nurse will inform you if you have dietary restrictions.
About Elder Patients

Hospitalized elder patients may become confused and have trouble thinking clearly because of their illness and the stress of being in the hospital. A sudden and temporary change in the way a person thinks is called delirium.

Some older adults who have been hospitalized have been found to develop delirium, which often results in longer hospital stays and a more difficult recovery.

There is also a risk of patients having physical decline due to inactivity and increased amount of time in bed.

What is HELP?
The Hospital Elder Life Program (HELP) was developed by health care experts at Yale University to prevent delirium and physical decline in hospitalized older adults. HELP is now part of quality health care in more than 200 hospitals in the United States and internationally.

The Hospital Elder Life Program at UnityPoint Health works with nurses, doctors and other health care professionals. HELP staff and volunteers receive special program training and education to provide activities and services to assist in keeping patients engaged and active. There is no charge for HELP services provided to patients enrolled in the program.

HELP Services Include:
- Evaluation from a HELP Program Coordinator to determine individual needs and interests
- Interview and consultation with a Geriatric Clinical Nurse Specialist
- Daily visits to foster communication and orientation to the hospital
- Encouragement and support to stay active with bedside exercises
- Activities to provide mental stimulation, relaxation and enjoyment
- Assistance with ordering and setting up meals. Encouragement of proper nutrition and hydration during the hospital stay.
Become a Human Sciences Ambassador!

Join this exciting volunteer leadership opportunity, where you can share your love for your major and Iowa State while interacting with prospective students and their families!

**Time Commitment:**
- 2019-2020 academic year
- Training - Fall 2019
- Meetings - First Wednesday of each month
- 10 hours/semester of recruitment events, such as Experience Iowa State visit days, daily visitors, Day in the Life visit days, and more!

Want to learn more?
Visit: www.hs.iastate.edu/organizations/human-sciences-ambassadors/
Contact: Dawn Risdal - dmrisdal@iastate.edu or stop by 118 MacKay!

Applications for the 2019-2020 academic year are due March 1, 2019
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.
Iowa State University Women’s Club Award

The Iowa State University Women’s Club (ISUWC) again this year is recognizing the academic, personal, and community accomplishments of Iowa State University senior and graduate status women students with an ISUWC Award. The ISUWC Award is intended as an honor for personal achievement; financial need is not a consideration. A student may receive the award only once.

The amount of the award is $1000/year or $500/semester for the 2019-2020 academic year. The number of awards varies from year to year depending upon the funds available.

The criteria for the ISUWC Award are:
- Full-time student at Iowa State University during the 2019-2020 academic year
- Maintain a 3.0 GPA or higher
- Demonstrate qualities of leadership and character that contribute to university and/or community life and further understanding and friendship

The application for the award can be found on the ISU Women’s Club web page at [www.isuwc.org](http://www.isuwc.org) under Student Awards and at [https://www.financialaid.iastate.edu/scholarships/view?id=1156](https://www.financialaid.iastate.edu/scholarships/view?id=1156) on the Iowa State website.

Please note the completed application form with references must be postmarked on or before February 1.

For questions, please contact: Mary Jane Green, Awards Co-chair at [mjgreen@dmacc.edu](mailto:mjgreen@dmacc.edu)
ScribeAmerica is a company that hires and trains medical scribes for physicians. We are currently hiring in the Des Moines and Marshalltown area for candidates with:

- Day time availability (8am-5pm) at least 2 to 3 times per week.
- Able to commitment 2 years part time or 1 year full time
- Background or interest in science and medicine

There are several ways in which you would not only benefit the physician but you will benefit as well. Working as a medical scribe opens up opportunities to learn medicine and be exposed to the environment without the need of any certification. You will be working alongside the physician, completing their documentation, and learning new things everyday. If planning to apply to medical school, PA school, or any graduate program, the doctor's you build relationships with will be more than willing to write letters of recommendation.

If you wish to apply, log on to our website (http://www.scribeamerica.com/) or email desmotneshiringassociate@scribeamerica.com
Check out what's new in our December Newsletter

https://mailchi.mp/9f13f839745/aw61g1of4u-1566661?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 December Newsletter

https://mailchi.mp/9f13f8389745/aw61g1of4u-1566661?e=94dbfff28a
Check out what’s new in our December Newsletter

https://mailchi.mp/9f13f8389745/aw61g1of4u-1566661?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.

1200 East Las Olas Blvd., Suite 201 - Fort Lauderdale, Florida 33301
www.scribeamerica.com/apply
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
Check out what's new in our December Newsletter

https://mailchi.mp/9f13f8389745/aw61g1of4u-1566661?e=94dbff28a

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 health care 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.physactivitylab.org/health-coach-training-practicum.html

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

EXERCISE is Medicine

IOWA STATE UNIVERSITY
Student Wellness
Did you know that Iowa State has a Lost and Found website?

Go to the ISU Homepage – click on Index – click on the L, 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
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.
Celebrating 22 years of making miracles

1.26.19

#TEALING22

Dance Marathon is the largest student-run philanthropy on Iowa State University’s campus. The organization is a year-long fundraiser for Children’s Miracle Network and the University of Iowa Stead Family Children’s Hospital. The funds raised go directly to the children and families that are fighting life threatening illnesses and injuries.

This year, Iowa State's Dance Marathon committed $700,000 to the UI Children’s Hospital's BRAND NEW hemodynamics initiative to save the lives of pre-mature babies throughout the state and country. This is the very first hemodynamics program in the entire nation, and this partnership is very exciting for the organization.

The Big Event is on January 26, 2019 from 9 a.m. to midnight at the Memorial Union. We would love to have more miracle makers at our event. Click here to register or donate to the organization!

Supporting...

University of Iowa Stead Family Children’s Hospital
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

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**FELLOWSHIP OF ATHLETIC TRAINING CLUB**

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

For more information, contact club President - Alexis Ring

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**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

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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.

For more information, contact club President - Maria McDonough

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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, 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](mailto:anna.fleming@iastate.edu)

**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](mailto:alaina.mattimiro@iastate.edu)

**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](mailto:trevor.kliever@iastate.edu)

**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 through the state of Iowa.
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

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

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

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.
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 - Phaedra Lipsey or Samantha Rivet

PRE-PHYSICAL THERAPY CLUB

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

For more information, contact club President - Brody Tritle

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

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