Check out what's new in our January Newsletter

View this email in your browser

~ JANUARY ~

Our offices will be closed on Monday, January 21st in observance of Martin Luther King, Jr. Day. We will be in the office on Tuesday, January 22nd. Our office hours are 8:00 to 11:50 and 1:00 to 5:00.
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  Kinesiology Department
Never give up on something you really want. It’s difficult to wait but it’s more difficult to regret.
Check out what's new in our January Newsletter
https://mailchi.mp/4493cc15b8cb/aw61g1of4u-1609461?e=94dbff28a

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
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

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

*Hours vary, please refer to website.

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
Job Opportunity at Northcrest Community here in Ames!

**Activity Aide** position which would be ideal for a student – especially one interested in pursuing a future in any area of the geriatric field. The position is fun and provides a ton of experience interacting with aging populations.

For more information, go to https://www.northcrestcommunity.org/careers/activities-aide/
Iowa State University Innovations in Aging Charrette

January 25-27, 2018

The Iowa State University Gerontology Program invites you to participate in an interdepartmental charrette! A charrette is a meeting in which a diverse group of innovators, like you, attempt to create solutions for an unsolved problem.

We would like to extend an invitation to you and your friends, peers, and colleagues to join us in creating innovative solutions to build advanced living strategies for the aging population. Teams will create proposed technological innovations to include in a smart home design that could be implemented in an upcoming senior living organization's new construction.

- Sign up as a team or as an individual (in which you will be placed with a team based on academic interest); 5 person max
- All majors are welcome!
- All teams will receive prizes and free food for participation!
- Opportunity to build your resume, meet stakeholders, and increase your educational and professional knowledge of innovation!

For further information, please contact Dr. Jennifer Margrett, Gerontology Program Director, at margrett@iastate.edu

Check out what's new in our January Newsletter https://mailchi.mp/4493cc15b8cb/aw61g1of4u-1609461?e=94dbfft28a
Important Dates to Remember...

Saturday, January 19, 2019
- Last day to return textbooks for refund to University Book Store. Exclusions apply. See www.isubookstore.com for details.

Sunday, January 20, 2019
- Fee payment deadline for spring. First payment (minimum due) or payment in full on AccessPlus.

Monday, January 21, 2019
- University holiday—offices closed, classes recessed.

Monday, January 28, 2019
- Last day to receive a tuition and fee adjustment for full-semester courses when dropping below full-time status. No refunds for full-semester courses after day 10 of the semester.
- Last day to elect to audit a course for spring. The instructor of the course must approve an audit.

Friday, February 1, 2019
- Graduate College: Last day for graduate students to submit applications for graduation for Spring 2019 through AccessPlus.

Friday, February 15, 2019
- Last day to drop a first half-semester course without extenuating circumstances.
- Last day to change a first half-semester course to or from Pass/Not Pass.

Tuesday, February 19, 2019
- Last day to change degree audit information for spring.

Wednesday, February 20, 2019
- Fee payment deadline, spring. Second payment (minimum due).
Check out what's new in our January Newsletter

https://mailchi.mp/4493cc15b8cb/aw61g1of4u-1609461?e=94dbfff28a

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
Apply Now to be a Peer Mentor!

Positions for Returning Kinesiology Students

Applications due Friday, February 8.

Peer mentors are needed for the 2019-2020 Kinesiology learning communities. We are looking for upper-level students to help new Kinesiology and Athletic Training students make a successful transition to Iowa State next year. Applications are due Friday, February 8 and are available online (see link below). Salaries will be $8 per hour for an average of 5-7 hours per week.

Up to sixteen (16) mentors will be hired to work with freshmen in Kinesiology and Athletic Training for next year. Up to eight (8) mentors will be hired to work with transfer and change-of-major students. Applicants:

- must be interested in helping new students adjust to college life and learn more about the Kinesiology department
- must be at least a sophomore in Kinesiology and Health or Athletic Training by Fall 2019, with a strong record in academics (GPA 2.5+ at time of application) and some co-curricular involvement
- must be available for approximately 3-6 hours of paid training in April 2019
- must be available for approximately 5-8 hours each week next year to answer emails, work with students, help with class, or participate in group events, as well as 1 hour weekly to meet with the staff team; Mentors will assist with class presentations, developing PowerPoints, keeping attendance, planning study sessions and events, facilitating activities with mentees, etc.
- must maintain a minimum cumulative GPA of 2.5 and not be subject to Academic Warning or Academic Probation while employed as a Peer Mentor

** Peer Mentors must be available during at least one of the class times listed below during fall semester, since much of the interaction with new students will take place in conjunction with KIN 253. Keep these times in mind when registering for your fall classes: Mondays 12:10-1:00 pm, Wednesdays 12:10-1:00 pm.

Applications are available online by following this [link](https://mailchi.mp/4493cc15b8cb/aw61g1of4u-1609461?e=94dbff2f8a).

For questions, please contact Lisa Phillips (Freshman LC) at [lisa1@iastate.edu](mailto:lisa1@iastate.edu) or Jenny Gibbs (Transfer/Change of Major LC) at [jgibbs@iastate.edu](mailto:jgibbs@iastate.edu).
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.

Spring 2019 Workshop Dates

<table>
<thead>
<tr>
<th>DATES</th>
<th>WORKSHOP TITLE</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 1/30</td>
<td>Time Management</td>
<td>6:00 – 7:00 p.m.</td>
<td>Hixson-Lied 0060</td>
</tr>
<tr>
<td>Thursday 1/31</td>
<td>Study Skills</td>
<td>6:30 – 7:30 p.m.</td>
<td>Hixson-Lied 0060</td>
</tr>
<tr>
<td>Wednesday 2/27</td>
<td>Procrastination, Motivation &amp; Goal Setting</td>
<td>6:00 – 7:00 p.m.</td>
<td>Hixson-Lied 0060</td>
</tr>
<tr>
<td>Thursday 2/28</td>
<td>Study Skills</td>
<td>6:00 – 7:00 p.m.</td>
<td>Hixson-Lied 0060</td>
</tr>
<tr>
<td>Tuesday 3/12</td>
<td>Study Skills</td>
<td>5:30 – 6:30 p.m.</td>
<td>Hixson-Lied 0060</td>
</tr>
<tr>
<td>Wednesday 3/13</td>
<td>Procrastination, Motivation &amp; Goal Setting</td>
<td>6:30 – 7:30 p.m.</td>
<td>Hixson-Lied 0060</td>
</tr>
<tr>
<td>Wednesday 4/24</td>
<td>Final Exam Preparation</td>
<td>6:30 – 7:30 p.m.</td>
<td>Hixson-Lied 0060</td>
</tr>
<tr>
<td>Thursday 4/25</td>
<td>Final Exam Preparation</td>
<td>5:30 – 6:30 p.m.</td>
<td>Hixson-Lied 0060</td>
</tr>
</tbody>
</table>

To register, go to: www.asc.dso.iastate.edu/coaching/workshop
Did you know there's a food pantry on campus?

All students and faculty welcome!

On Campus Location:
2616 Food Sciences Building

Monday: 10am-2pm
Tuesday: 12pm-6pm
Wednesday: 11am-6pm
Thursday: 12pm-6pm

Who are we and why?
We are The SHOP, a student-run food pantry at ISU. Our mission is to increase food security and offer non-perishable food and other personal hygiene items to all ISU students and faculty/staff in need.

For more information, visit The SHOP's website at www.theshop.stuorg.iastate.edu
The Shop Food Pantry
An On-Campus Food Pantry for ALL Students

Main Food Pantry Location:
2616 Food Science Building

Hours:
M: 10 am-2pm
T: 12pm-6pm
W: 11am-6pm
Th: 12pm-6pm

SUV Food Pantry Location:
Schilletter and University Village
Community Center
65 Edenburn Drive
Ames, IA 50010

Hours:
M – F: 8am-5pm

Frederiksen Court Food Pantry Location:
Frederiksen Court Community Center, Mail Room

Hours:
M-F: 8am-6pm
Sat-Sun: 1pm-5pm

Check out what's new in our January Newsletter https://mailchi.mp/4493cc15b8cb/aw61g1of4u-1609461?e=94dbfff28a
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
Did you know that there is a microwave in Foker 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 January Newsletter

https://mailchi.mp/4493cc15b8cb/aw61g1of4u-1609461?e=94dbfff28a
Summer Job Opportunity – several positions available

Camp Courageous is once again seeking seasonal summer staff for 2019! Camp Courageous is a year-round recreational and respite care facility for individuals with disabilities. Campers of all ages with varying abilities attend camp for one week sessions in the summer. Activities range from Arts & Crafts, to Deep-Cave-Spelunking, High and Low Ropes Courses, Zipline, Canoeing and Paddle Boating, Bowling, Swimming, and so much more!

Camp Courageous is truly a wonderful, inclusive place for individuals where activities are accessible for all campers of all abilities. Camp Courageous is also a great career stepping stone for folks in the fields of Special Education, Human Services, Occupational Therapy, Physical Therapy, Social Work, and Therapeutic Recreation, to name a few. We have counselors come from all over the midwest, the country, and the world just to work for Camp Courageous. If you are looking for a meaningful summer job or to gain experience working with a diverse camper population along with an unrivaled group of diverse staff, then camp is for you!

Below you can find a link to a video highlighting camp:
https://www.facebook.com/CampCourageous.org/videos/780377055636714/

For more information contact: Jeanne Muellerleile-jeanne@campcourageous.org

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**UnityPoint Health is currently recruiting student volunteers for the spring semester for the Hospital 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  
515-241-3220
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.
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.

About Elder Patients

Hospitalized older 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.
~ KIN Tutor Position Available ~

**Job Description:** Tutors have the educational background and ability to assist students by teaching course material and study skills. Tutors are assigned to student-athletes who need assistance in certain subject areas. Tutors may meet with student-athletes one or more times per week.

**Job Skills / Requirements:** Undergraduate/Graduate Student/ Retired Faculty/or persons with teaching experience preferred. Must have knowledge of subject matter, have earned a grade of B or higher in the course(s) wanting to tutor, and a cumulative GPA of 3.0 or higher (some exceptions apply). Ability to communicate effectively, confidentiality, patience and respect towards others are required.

For more information, please contact Katie Blair at athtutoring@iastate.edu
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?**
Contact: Dawn Risdal - dmrisdal@iastate.edu or stop by 118 MacKay!

**Applications for the 2019-2020 academic year are due March 1, 2019**
THE MOST IMPORTANT THING ABOUT GOALS IS...

Have a GREAT Semester!
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
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 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 desmoineshiringassociate@scribeamerica.com!
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 January Newsletter

https://mailchi.mp/4493cc15b8cb/aw61g1of4u-1609461?e=94dbfff28a
“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

Check out what’s new in our January Newsletter https://mailchimp.com/4493cc15b8cb/aw61g1of4u-1609461?e=94dbfff28a
A few units on campus have had name changes:

- Margaret Sloss Women’s Center is now the Margaret Sloss Center for Women and Gender Equity.
- 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 January Newsletter

https://mailchi.mp/4493cc15b8cb/aw61g1of4u-1609461?e=94dbffe28a

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

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

Exercise is Medicine

IOWA STATE UNIVERSITY
Student Wellness
The nineteenth annual Summer Course in Human Anatomy will be offered by the Johns Hopkins University School of Medicine in June, 2019. The course will run for four weeks on the Medical School campus in Baltimore, and will include both lectures and demonstrations using human cadavers. It is appropriate for undergraduate or graduate students needing an in-depth introduction to human anatomy, in preparation for more advanced training in the health sciences or to satisfy an anatomy course requirement.

Applications will be accepted from all currently enrolled students who have completed at least their freshman year of college. Total tuition for the course is $3900, which includes all course materials. Four (4) academic credits will be awarded upon successful completion of the course. Accommodations are available on the main undergraduate campus of Johns Hopkins University. A completed application form, a non-refundable application fee of $50, and supporting materials (college transcript, letter of recommendation from an academic advisor) are due by April 15, 2019. Full tuition will be due by April 30. More course details, including a downloadable application form, can be found at: www.hopkinsmedicine.org/FAE/anatomyinstitute. For further information, please contact Ms. Arlene Daniel at adaniel@jhmi.edu.

We would also like to announce a new masters program designed to train instructors of anatomy for teaching at the community college level. This one-year program involves intensive training in human anatomy, along with physiology, histology, and pedagogical techniques. For more information, please see: http://msae.med.jhmi.edu/.
Check out what's new in our January Newsletter

https://mailchi.mp/4493cc15b8cb/aw61g1of4u-1609461?e=94dbff28a

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
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!
Looking for volunteer hours?

Iowa State Dance Marathon is looking for students to staff our First Aid room on January 26th for a couple hours between 9:00 a.m. – midnight. You can volunteer for as many or as few hours as you would like.

In this role, we will need students who are willing to assist participants, if needed, with minor first aid injuries. Examples include: minor cuts, dizziness, bumps and bruises, etc. All First Aid supplies will be provided. This is a great opportunity to get extra volunteer/experience/care hours! You will also get a meal and a tour of Dance Marathon (which takes up the entire MU!)

If interested, please contact Sydney Borys or Marissa Breider at isudm.codirectors@gmail.com.
Check out what's new in our January Newsletter

https://mailchi.mp/4493cc15b8cb/aw61g1of4u-1609461?e=94dbfff28a
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.
Check out what's new in our January Newsletter

https://mailchi.mp/4493cc15b8cb/aw61g1of4u-1609461?e=94dbff28a
CyHire Drop in Hours
January 29th & 30th 1-3pm
Stop by to set up your CyHire account for access to job and internship postings, on campus interviews, and career fair information.

CHS Career Services 131 MacKay Hall
Resume Workshop
February 6th 4:10-5pm
1009 LeBaron Hall
Find out how to create a resume that will stand out.

CHS Career Services | 131 MacKay Hall | 515.294.0626 | hscareers@iastate.edu

Check out what's new in our January Newsletter https://mailchi.mp/4493cc15b8cb/aw61g1of4u-1609461?e=94dbfff28a
Pop Up Shops
February 7th 6-8pm
February 8th 10-2pm
Drop-in hours for free business attire. Open to all students and majors.
1009 LeBaron Hall
New! Career Clothing Showcase
Wednesday – February 6th 5:30-6:30pm | 1210 LeBaron Hall Auditorium
Sponsored by Kohl’s and CHS Career Services

REFRESHMENTS PROVIDED!
Want to know what is appropriate for the career fairs or an upcoming interview? Come see examples of casual to business professional attire!
Check out what's new in our January Newsletter

https://mailchi.mp/4493cc15b8cb/aw61g1of4u-1609461?e=94dbfff28a

Career Fair Prep Workshop
February 11th 4:10-5pm
Presented by CHS Career Services

1009 LeBaron Hall
Resume Labs
February 7th 2 - 4pm
February 12th 11 - 1pm
(Come and go as needed)
Work on your resume or cover letter! We’re focusing on getting things done in our labs - walk away with an updated document, not a list of edits to make later.

1230 LeBaron Hall
Computer Lab
Become a Career Fair Ambassador for the Feb. 13th Fairs!

DON'T MISS OUT ON THE CHANCE TO:
- Make Connections
- Build Your Resume
- Develop Leadership Skills

@ THE BUSINESS, INDUSTRY AND TECHNOLOGY | PEOPLE TO PEOPLE CAREER FAIRS

Sign-Up on CyHire
Under Events By Feb. 1st
Check out what's new in our January Newsletter

https://mailchi.mp/4493cc15b8cb/aw61g1of4u-1609461?e=94dbff28a

CAREER FAIRS
Wednesday
February 13, 2019
Noon - 5:00 p.m.

People to People
Scheman Building

Business, Industry and Technology
Hilton Coliseum

GET INVOLVED!

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

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EXERCYSE IS MEDICINE ON CAMPUS

To encourage regular physical activity and understanding of its health benefits by members of 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. ExerCY 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 a 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.

**NEXT MEETING: Tuesday, January 22, 2019 at 6:30 p.m. in Forker 0278**

DMU representative will come to talk about their DO, PA and PT program:

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**

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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.

For more information, contact club President - **Anna Fleming**

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**ORCHEESIS I DANCE COMPANY**

Orcheisis 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

**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

**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.

For more information, contact club President - Bryce Smith

**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](mailto:benjamin.dralle@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, lister 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)
PRE-PHYSICAL THERAPY CLUB

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

For more information, contact club President - Benjamin Mallinger

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
Hope you have a great semester!