Check out what's new in our February Newsletter

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View this email in your browser
Check out what's new in our February Newsletter

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**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

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IOWA STATE UNIVERSITY  
College of Human Sciences  
Kinesiology Department
We are here to help!

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

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

Iowa State University
College of Human Sciences

Kinesiology Department
The best preparation for tomorrow is doing your best today.

H. Jackson Brown, Jr.
Check out what's new in our February Newsletter https://mailchi.mp/a98286aeaf73/aw61g1of4u-1627905?e=94dbfff28a

![Text ISU to 741741](image)

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

**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/
Check out what's new in our February Newsletter

https://mailchi.mp/a98286aeaf73/aw61g1of4u-1627905?e=94dbfft28a

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**Important Dates to Remember...**

**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).

**Saturday, February 23, 2019**
- Schedule of Classes for Fall 2019 available for viewing on the Web at http://classes.iastate.edu/

**Tuesday, February 26, 2019**
- Advising period for Summer and Fall 2019 registration begins.

**Friday, March 1, 2019**
- Textbook & Supply adoptions for summer 2019 and fall 2019 classes due to University Bookstore.

**Friday, March 8, 2019 - 2:15 p.m.**
- Midterm grade reports due on Canvas or AccessPlus.
- First half-semester courses end.

**Monday, March 11, 2019**
- Second half-semester courses begin.
Check out what's new in our February Newsletter

https://mailchi.mp/a98286aef73/aw61g1of4u-1627905?e=94dbff28af

TUTURING 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
RESEARCH OPPORTUNITY

Biomechanical Effects of Shod vs. Unshod Deadlift

The ISU Biomechanics Lab is looking for male volunteers to test how wearing shoes vs being barefoot (shod vs unshod) affects ankle, knee, hip, and low back movement and loading during deadlifts. Come experience biomechanics research as you perform deadlifts! Testing takes at most 60 minutes.

Data collection will use a 3D live tracking system similar to Hollywood, and real-time force analysis to determine the effect of wearing shoes or being barefoot.

Male volunteers must be healthy, uninjured, aged 18-30, and have a minimum of 1 year of resistance training to participate.

More details about these criteria will be provided via email.

Interested? Contact Jacob LaMarche (jacob91@iastate.edu) or Dr. Jason Gillette (gillette@iastate.edu) for more information!
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 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 website at www.theshop.stuorg.istate.edu

Check out what's new in our February Newsletter

https://mailchi.mp/a98286aeaf73/aw61g1of4u-1627905?e=94dbff28a
Check out what's new in our February Newsletter https://mailchi.mp/a98286aeaf73/aw61g1of4u-1627905?e=94dbff28a

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

Who’s hungry?

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
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 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 February Newsletter https://mailchi.mp/a98286aeaf73/aw61g1of4u-1627905?e=94dbfff28a
Check out what's new in our February Newsletter

https://mailchi.mp/a98286aef73/aw61g1of4u-1627905?e=94dbffe28a
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

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
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 aides 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.
Check out what's new in our February Newsletter

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.

Providing Extra Care For Elder Adults

UnityPoint Health needs volunteers who are caring, respectful and dedicated to elder patients. Volunteers carry out the daily interactions and recommended activities for patients in the HELP program.

To volunteer for the HELP program at UnityPoint Health, you must meet volunteer requirements, undergo special training and commit to 4 hours per week for a 6-month time period.

HELP volunteers experience the personal satisfaction of helping, listening and empowering elder patients.
~ 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: Bree Kixmiller at hsrec_bree@iastate.edu or stop by 118 MacKay!

Applications for the 2019-2020 academic year are due March 1, 2019
Check out what's new in our February Newsletter

https://mailchi.mp/a98286aef73/aw61g1of4u-1627905?e=94dbfff28a

Have a GREAT Semester!

"Don’t be pushed around by the fears in your mind. Be led by the dreams in your heart"

- ROY T. BENNETT -
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.
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 desmoineshirinassociate@scribeamerica.com!
Check out what's new in our February Newsletter at https://mailchi.mp/a98286aeaf73/aw61g1of4u-1627905?e=94dbff28a

DOCTORS SAVE LIVES.
SCRIBEAMERICA
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 February Newsletter

https://mailchi.mp/a98286aeaf73/aw61g1of4u-1627905?e=94dbff28a4
Making a Difference

"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 February Newsletter

https://mailchi.mp/a98286aef73/aw61g1of4u-1627905?e=94dbff28a

KIN
COLLECTIVE
UPCOMING EVENTS

2/6  FOOD-FRIENDLY AND FAMILY-FIRED

2/13  BREAKING THE WIELD

2/27  HEALTHY SOUL FOOD COOKING

3/13  GLOBAL HEALTH AND HEALTH DISPARITIES

4/3  PERSONAL STATEMENT WORKSHOP

4/17  COLLECTIVE AS A COMMUNITY-OUTREACH EVENT

LOCATION: 270 FORKER BUILDING
TIME: 6 PM
Check out what's new in our February Newsletter

https://mailchi.mp/a98286aeaf73/aw61g1of4u-1627905?e=94dbfff28a

LEARN MORE ABOUT A CAREER IN CHIROPRACTIC
FIND YOUR LASTING PURPOSE – TO GIVE, TO DO, TO LOVE, TO SERVE

Doctor of Chiropractic

Explore the possibilities

JOIN US FOR AN INFORMATIVE EVENT

Tuesday April 23, 2019  Carver 0118
7-8PM

Please join LIFE U President, Dr. Rob Scott and the Pre-Chiro club to learn about Life University and a vitalistic approach to healthcare. This event is open to all interested students.

To register or for questions please contact Abby Loew | Email: aloew@iastate.edu

EARN YOUR DEGREE FROM THE BEST
Life University, located outside of Atlanta in Marietta, Georgia, is the largest, single-campus Chiropractic University in the world.

For more information about Life University or to schedule a campus tour, contact us at Admissions@LIFE.edu. Visit us today at LIFE.edu.
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
Lutheran Services in Iowa

We're hiring:
- Caseworkers (Dubuque, Waterloo)
- Direct Support Professionals (Muscatine, Des Moines, Ames, Waterloo, Dubuque)
- Overnight Monitors (Ames, Des Moines)
- Program Supervisors (Sign-on bonus up to $1,000, Des Moines)
- Service Coordinators (Ames)
- Shift Supervisors (Muscatine)
- Site Team Leaders (Sign-on bonus up to $1,000, Ames, Des Moines)
- Respite Providers: (Ames, Des Moines, Dubuque, Marshalltown, Waterloo, Cedar Rapids, Corning, Council Bluffs, Newton, Oskaloosa, Ottumwa)

We offer:
- Flexible work schedules that fit with classes and busy life
- Full-time and part-time jobs
- Fabulous benefits
- The best paid time off in town
- The chance to change the world!

To apply go to: https://lsiowa.org/careers/
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.physicalactivitieslab.org/health-coach-training-practicum.html

Contact Katy DeShaw at kmchaff@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 February Newsletter https://mailchi.mp/a98286aeaf73/aw61g1of4u-1627905?e=94dbff28a

SPRING BREAK

March 18 – March 22, 2019
Check out what's new in our February Newsletter

https://mailchi.mp/a98286aeaf73/aw61gl0f4u-1627905?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.
Blue Lake Fine Arts Camp is currently hiring Health Staff and Registered Nurses for our 2019 season (June 16 - August 18) and we are searching for motivated health-oriented individuals to fill positions. Blue Lake Fine Arts Camp is a non-profit summer school of the arts serving more than 5,400 junior high and high school students each season. Blue Lake opened a new Health Lodge facility in 2017, which operates 24 hours a day to serve a camp community of over 2,000 at a time.

Our Health Staff provides a variety of services including basic first aid, medication management/distribution, and emergency medical care. The Blue Lake health team is typically comprised of registered nurses, emergency responders, and health majors with Standard First-Aid/CPR training. They support a diversified camp population of youth and college-aged staff as well as university/secondary teachers and their families. Health Staff receive practical, hands-on experience with short-term patient care, documentation, triage, and basic diagnostics. They also receive valuable training in team building and problem solving.

Full-summer, residential Health Assistant positions are available for graduate and undergraduate health majors (e.g. Nursing, Pre-Med, Physician Assistant, Psychology, Physical Therapy, Music Therapy, Sports Medicine, Health Sciences, etc.), as well as those with Standard First Aid & CPR or greater certifications.

Camp Nurse positions are available for registered nurses. Camp Nurse positions are 2 weeks in length; both residential and commuter positions are available.

Information and application materials are also available at:

https://bluelake.org/jobs/health_positions/general_information.php

For more information, please contact us at employment@bluelake.org, or 1-800-221-3796 ext. 214.
The Let’s Talk program was initiated by the Student Counseling Center in response to rate 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.
Check out what's new in our February Newsletter

https://mailchi.mp/a98286aeaf73/aw61g1of4u-1627905?e=94dbfff28a

Aqua Bubbles

Baby/Parent Swim program

No matter how young your baby is, our Aqua Bubbles program will encourage confidence and enhance enjoyment in water through fun and engaging pool activities. Parents with babies and children from 6 months to 3.5 years are welcome to participate and explore the joys of Aqua Bubbles!

where:

Pool in Forker building,
534 Wallace Road, Kinesiology, ISU

when:

Thursday 5:30pm - 6:00pm
February 28 – April 25 2019
(8 weeks)

to register:

Email: svazou@iastate.edu

cost:

$25 for all lessons

Limited spots! Reserve yours today!

Kinesiology Department
Check out what's new in our February Newsletter

https://mailchi.mp/a98286aef73/aw61g1of4u-1627905?e=94dbfff28a

ISU Research Day 2019
Expanding Access to Data & Scholarship
Thursday, March 28
10:00 am - 3:30 pm
Memorial Union

Faculty, research staff, post docs, & graduate students:

REGISTER BY FEB 28 TO SHOWCASE YOUR RESEARCH
Poster • Talks • Creative Scholarship • Research Art
vpresearch.iastate.edu
Check out what's new in our February Newsletter

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This summer, make a difference in the lives of youth with chronic illness and disability

RECREATION THERAPY OPPORTUNITIES

We are currently hiring for our nationally-acclaimed camp for children and adults with physical disabilities and chronic illnesses. In partnership with Riley Hospital for Children and other non-profit agencies serving youth, we offer campers a traditional summer camp experience in an outdoor setting. If you want to be part of an experience that will change the lives of your campers and yourself forever, please consider one of our many positions.

All of our staff members are trained to work with our campers’ specific medical needs, and all positions are provided a salary with room and board. If you are interested in making a difference in the lives of campers with disabilities and chronic illnesses or obtaining more information, please visit our website or contact Lisa Elder, Director of Recreation Therapy, at (765) 342-1915 ext. 5232 or ileder@indiana.edu

Find out more about employment, internships, and volunteering a Bradford Woods summer camps by visiting www.bradwoods.org.

Indiana is an equal opportunity and affirmative action employer. Indiana is an equal opportunity provider. All qualified applicants will receive consideration for employment without regard to age, ancestry, color, creed, disability, genetic information, marital status, national origin, race, religion, sex, sexual orientation or identity, veteran status, uniformed service or whether an individual is a registered or unregistered nurse.
Check out what's new in our February Newsletter

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![Great Work Experience banner](image)

THE ISU DEPARTMENT OF RESIDENCE IS HIRING 18 SUMMER CONFERENCE STAFF MEMBERS!

- Provide front-line quality service to conference guests of all ages May 15 - August 15
- $9.00 / hour with optional free housing at Frederiksen Court apartments
- 40 meal plan block PLUS $400 dining dollars
- 30 - 40+ hour work weeks
- We're looking for energetic, flexible and hard-working students who want to develop valuable job skills and join our dedicated and fun-loving team!
- Stay in Ames - able to take classes!

IOWA STATE UNIVERSITY
Department of Residence

APPLICATIONS DUE 5 PM MONDAY, FEBRUARY 25

Application and job description available at www.housing.iastate.edu/conferences/stu-employment
Check out what's new in our February Newsletter
https://mailchi.mp/a982683aef73/aw61g1of4u-1627905?e=94dbff28a

Adventure ahead.

The coordinators of the Early Outreach Program (EOP) are looking to hire outstanding undergraduate students to serve as daytime, evening, and overnight counselors for our summer camps.

The Early Outreach Program at Iowa State University is a two week-long, residential summer program for motivated Iowa multicultural and potential first generation college students entering 9th, 10th, 11th, or 12th grade. The College Bound Program, Department of Residence, Educational Talent Search, Office of Admissions, and Science Bound sponsor EOP. Staff will be compensated for their time.

Program Dates
Staff training // June 6–7
Week 1 // June 9–June 13 (Grades 9-10)
Week 2 // June 16–June 21 (Grades 11-12)

Positions
Daytime Counselor
Selected staff will serve as student chaperones and assist program facilitators during the day throughout the duration of the program. Daytime counselors work closely with EOP students to build positive relationships and encourage student participation. Staff must be available from 2–7 pm Sunday, 7:30 am–5 pm Monday–Friday. Breakfast and lunch is provided for daytime counselors in a dining center.

Evening Counselor
Selected staff will serve as student chaperones and assist program facilitators during the duration of the camp. Evening counselors are responsible for creating and implementing engaging and exciting recreational and social activities for the students during the evenings each week. Staff must be available from 2–11 pm Sunday and 4–11 pm Monday–Friday. Dinner is provided for evening counselors in a dining center.

Overnight Counselor
The overnight counselor will stay on-site every night of the program from 10:45 pm–7:45 am as the overnight adult chaperone. The selected staff will ensure students are following the expectations of the program which include remaining in their rooms overnight. In the morning, the overnight counselor will provide evening reports to the daytime counselors who then guide the students to breakfast. The selected overnight counselor is welcome to stay for breakfast in a dining center.

Staff may apply for all positions, however, will only be selected for one.

Apply today! admissions.iastate.edu/college_bound/eop.php
Questions? Contact Crystal Rexius // crrexius@iastate.edu
Check out what's new in our February Newsletter

https://mailchi.mp/a98286aeaf73/aw61g1of4u-1627905?e=94dbff28a
Best. Summer. Ever.

The Office of Admissions Early Outreach is looking to hire outstanding undergraduate students to serve as interns, camp leaders, and Explorations counselors for our summer camps.

**Camp Leader**

**Discoveries** is a full-day class from 9 am–12 pm and 1–4 pm for four days. **Adventures** is a half-day class from 9 am–12 pm or 1–4 pm for one week. Staff for both programs will assist in the Happy Camper Hideaway before, in between, and after classes. Selected staff must be available from 7:45–9:30 am, 11:45 am–1:15 pm, and 3:30–5:15 pm. Opportunities to assist instructors in the classroom are available. Staff will be compensated for their time. There are 7–10 positions available.

**Staff Training** // June 6
**Discoveries** // June 10–13
   Grades 7–8
**Adventures Week 1** // June 17–21
   Grades 3–6
**Adventures Week 2** // June 24–28
   Grades 3–6

**Explorations Counselor**

**Explorations** is a one-week residential class, Monday through Friday from 9 am–12 pm and 1–4 pm. Staff will be required to live in the residence hall during training and camp weeks. Staff will assist with student supervision, program planning, and ensuring students' needs are met. Staff will be compensated for their time and have room and board provided during Explorations. There are 8–10 positions available.

**Staff Training** // July 1–3
**Explorations Week 1** // July 7–12
   Grades 9–11
**Explorations Week 2** // July 14–19
   Grades 9–11

**Internship Opportunity**

One or two applicants will be selected as the Admissions Early Outreach Summer Intern. This position will encompass duties of a camp and Explorations counselor. Additional opportunities will be provided before, during, and after camp sessions. Interns will be able to complete 320–360 hours and will be compensated for their time. There are 1–2 positions available.

Apply today!
opptag.iastate.edu

Questions?
Contact Crystal Rexius
crrexius@iastate.edu

Check out what's new in our February Newsletter
https://mailchi.mp/a98286aeaf73/aw61g1of4u-1627905?e=94dbff28a
Career Services
Drop-In Hours

Tuesdays and Wednesdays
1-3pm
10-15 minutes
No appointment needed!

131 MacKay Hall
We are open by appointment
Monday - Friday 8-5pm

IOWA STATE UNIVERSITY
College of Human Sciences Career Services
515.294.0626 | hscareers@iastate.edu

GET INVOLVED!

A TR/KIN AFFILIATED CLUBS
INFORMATION & MEETING TIMES

Check out what's new in our February Newsletter
https://mailchi.mp/a98286aeaf73/aw61g1of4u-1627905?e=94dbff28a
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.

MEETS: **Tuesdays from 8:30 to 9:00 p.m. in Forker 198**

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. 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
KINESIOLOGY & HEALTH CLUB

To facilitate meetings and activities that relate to wellness and health, as well as getting a better idea of what Kinesiology majors can accomplish. Through bringing in various speakers in the field and volunteer activities, students can better their futures and themselves. It is also a great way to network, meet friends, and gain leadership.

For more information, contact club President - Amber Schwarting

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

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 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**

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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.

**NEXT MEETING: Tuesday, February 26, 2019 at 7:00 p.m. in Carver 0118**
Palmers College will be attending - pizza included
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 - Abby Loew

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, lister to optometry school representatives speak about their school and related activities.

For more information, contact club President - Phaedra Lipsey or Samantha Rivet

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**

**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.

**NEXT MEETING: Wednesday, February 27, 2019 at 6:00 p.m. in Forker 278**

For more information, contact club President - **Kendra McGhee**
Check out what's new in our February Newsletter

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