

THE STUDENT DOCTOR DIGEST-IVE

THE OFFICIAL SGA NEWSLETTER

Who's on SGA?

President: Khin Oo (LDP)

Vice President 1: Abhay Dhillon (LDP)

Vice President 2: Tyler Dobratz (DSP)

Secretary: Ananya Koka (LDP)

Treasurer: Anthony Di Cecca (DSP)

Webmaster: William Kim (DSP)

MHTF: Serene Bahi (PCSP)

MENTAL HEALTH TASK FORCE

Serene Bahi (PCSP)

Safiya Farooqi (LDP)

Suhani Patel (PBL)

Minahil Mustafa (PBL)

Wendy Weaver (DSP)

Sandres Aodish(PCSP)

WHAT HAS SGA BEEN UP TO?

SO FAR....

BY: ANANYA KOKA

BEATING THE SYSTEMS: TIPS AND TRICKS FROM MS2s

Our fellow MS2s gave us advice on how they study for systems. They presented what study styles work for them and how their use of med school favorites such as ANKI, Pathoma & Sketchy! To access their tips and tricks, review this presentation!

Link to Presentation:

https://studentslecom-my.sharepoint.com/:p:/g/personal/akoka22799_med_lecom_edu/EUHFYLVkRO1AuNewxk1sb80B8maRpN1Cm7Nis46G1cfG3g?e=kP25V5

"MANAGING EMOTIONS IN MEDICAL SCHOOL DURING A PANDEMIC" JAN 28

Guest speaker Bridget DuBrey led us in an interactive discussion on understanding the internal and external cues of emotions and recognizing signs of emotional dysregulation, where we need external help to break a thought pattern. We discussed different kinds of cognitive distortions that are commonly experienced and how to recognize them in ourselves. Bridget had us brainstorm different coping mechanisms and recommended positive writing as a new technique to try!

COMING UP...

SGA:

- **Scholarship for Community Service Hours** \$500 to 2 LECOM students
- **Speed Dating Event with Physicians**
 - students will get to explore different specialities and speak to physicians one on one
- **Preparation for USMLE and COMLEX Seminar** with Rian Kabir, M.D.
- **Destressor Goody Bags** for LECOM Students
- **Food for Kidz Packing** Community Service Event 4/30

CLUBS:

- **Surgery Club:** Suturing Clinic led by Drs. Jung and Coughlin: 3/18 from 6-9pm
- **Oncology Club:** Cultivating Compassion in Medicine with Dr. Vater on 3/17 at 6:00 pm
- **SOMA:**
 - Advanced Directives information night: 3/9
 - Volunteer opportunity- St. Patrick's Day Card Drive
 - Volunteer opportunity- Second Harvest Food Pantry food drive: 3/28-04/01

HOW TO USE OUR SGA WEBSITE:

BY WILLIAM KIM

If you have any issues with the website (finding forms, creating an account, advisor not listed, etc.), please reach out to med.webmaster@sga.lecom.edu

The website is public for anyone to see. The website allows you to find clubs that you may be interested in. Club pages will have their contact information and form you can use to reach out to them!

Update 22.2.1

[SGA Calendar!](#)

The SGA calendar is now available for all students to subscribe to! Our VP2, Tyler Dobratz, will monitor and update the SGA calendar. On the page, click the + button at the bottom right-hand corner of the calendar to add to google calendar apps. There is also an iCAL subscription method available to everyone with other calendars.

[Mental Health Resources](#)

Our MHTF chair, Serene Bahi, and Dr. Dunbar have provided a list of Mental Health resources available in Erie! You will also find a document that provides tips for interventions. The MHTF would like to collect your ideas on the contents of a resource page via this form: <https://forms.gle/HKzoWvvuvFb8NMds9>. Thank you for taking the time to share your thoughts!

[Convenience Page](#)

A Convenience page has been added to the resources section of the website. For now, it provides students with login information for mediasuite lectures.

[OPP Lab Room Schedule](#)

An OPP lab room schedule has been posted to the website. This will show when the lab room is closed to students due to H+P, MS1 + MS2 OPP labs, and SAAO forums.

MENTAL HEALTH AWARENESS: IMPOSTER SYNDROME

BY: Serene Bahi

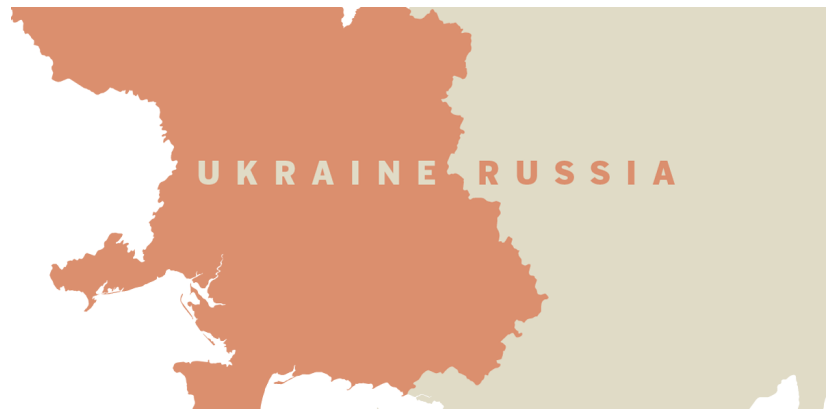
Medical school is a prime environment to foster imposter syndrome: the feeling that you are less competent than others perceive you to be. For students, feelings of self-efficacy (confidence in your abilities) and imposter syndrome are negatively correlated. Performing well academically does not lessen the feelings of imposter syndrome, since those experiencing imposter syndrome often attribute their successes to external factors like luck. If you think you're experiencing imposter syndrome, know that many of your peers are too, and it's worth talking with a mental health professional about. You deserve to feel as awesome as others see you!

FOODIE CORNER



We thought it would be fun to share recipes for easy and nutritious meals! Here is a link to a video by Pick Up Limes detailing recipes for a sweet and sour stir fry, sun-dried tomato tart, and green curry. Whether or you try these recipes, are inspired by them, or just watch for the calming aesthetic, we hope you enjoy!
<https://youtu.be/olvCALCtQIs>

WAYS TO SUPPORT UKRAINE



1. **Razom For Ukraine:** Razom is providing critical medical supplies and amplifying the voices of Ukrainians.
2. **Unicef:** UNICEF supports health, nutrition, HIV prevention, education, safe drinking water, sanitation and protection for children and families caught in the conflict in Ukraine.
3. **Voices of Children:** The Ukrainian organization's Charitable Foundation helps provide psychological and psychosocial support to children affected by the armed conflict, according to its website.
4. **UN Refugee Agency (UNHCR):** The international organization aims to provide emergency assistance to families in Ukraine — providing aid such as cash assistance and opportunities for resettlement in the U.S.
5. **Doctor's Without Border:** MSF runs a range of activities in Ukraine working with local volunteers, organizations, health care professionals and authorities to help people travel to health care facilities and access prescribed medications.
6. **World Central Kitchen** is providing meals in response to Ukrainians who have fled the country and those who remain in the country.
7. Support **The Kyiv Independent** and look to them for updates on the attacks on Ukraine.

7 CHARITIES

1. Global Empowerment Mission
2. World Central Kitchen
3. Global Giving Ukraine Crisis Relief Fund
4. International Rescue Committee
5. Save the Children
6. Razom for Ukraine
7. The International Committee of the Red Cross