

# The Stethoscope

“The Pulse of MEDPREP”  
Southern Illinois University School of Medicine



## Welcome!

Hello! Welcome to The Stethoscope! The Stethoscope is the MEDPREP Newsletter: a source of information about student life, both inside and outside the classroom. Hopefully after reading this newsletter, you will have a better understanding of how MEDPREP students support each other and the community in their journey to become future physicians and dentists.

## Save the Date

### Concessions at the Basketball Game February 2, 2011

On Wednesday, February 2<sup>nd</sup>, MEDPREP students will work in the concession stand at a Southern Illinois University basketball game. A percentage of the money made by the concession stand will be used to fund the MEDPREP Spring Banquet.

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## The Classroom

### The First Year Perspective

As a first year MEDPREP student, I arrived at Wheeler Hall expecting to get bombarded with work and attend lectures. I knew that MEDPREP had a way of transforming students into more productive ones who attained high scores, but I had no idea how this was accomplished. I imagined a strict environment in which people molded themselves into a pattern of behavior that will ultimately result in higher grades and MCAT scores.

After the first couple weeks, I became adjusted to living in a small town, far away from family, and embraced the transition to a new academic environment. True to my original thoughts, I was given mounds of schoolwork that, on occasion, felt overwhelming. However, this time it was different. As part of the program, I received classes dedicated to improving study habits and test-taking skills, which helped break up the material so it no longer felt overbearing.

Now in my second semester at MEDPREP, I see a significant change in how I study, interact with classmates and professors, and manage my time. There were several days when I would wonder how long it would take for me to get acclimated to this new process, but I held on to the belief that MEDPREP has a long history of success, and I was not going to be the exception.



### 1<sup>st</sup> Year Student: Joanna Aguirre

Joanna Aguirre is a first year student at MEDPREP. She is from Houston, Texas, and graduated from American University with a Bachelor of Arts in Philosophy.

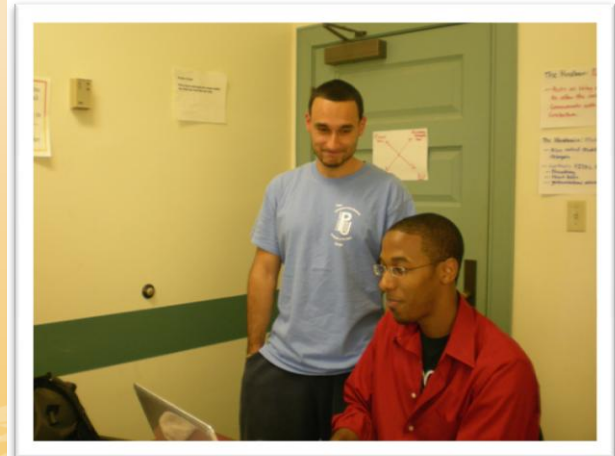
# The Classroom

## The Second Year Perspective

As an undergraduate, I strongly held on to the dogmas of what a qualified premed looks like: research and clinical experience, leadership roles, high MCAT and GPA. Halfway through my undergraduate career, my deviations from this path made it hard for me to believe that I could ever become a physician.

There is where MEDPREP has helped me better understand what a qualified premed looks like. During the first year, MEDPREP planted the seeds for success. The countless hours spent reading, studying for exams, and writing essays were water to our seeds. The MCAT, our sun. The soil, once seeming impenetrable, crumbles as we extend our reach all over the nation.

We are finally ready to blossom. Where our seed is growing owes thanks to the winds of experience. Our experiences, maturity, professionalism, and resilience assure us we will grow strong.



### 2<sup>nd</sup> Year Student: Lester Zambrana

Lester Zambrana is a second year student at MEDPREP. He is from Queens, New York, and graduated from Queens College with a Bachelor of Sciences in Biology.



## Recreation

There is nothing like a united, supportive family! This year the social aspect of MEDPREP Club places emphasis on unity and family. The students that attend MEDPREP come from diverse backgrounds, and many are far from home. Therefore, we would like to have our environment to be one that is family and supportive to assist each student as they follow their dreams of becoming a medical professional.

In facilitating both the concept of family and the transition of the first year MEDPREP students into the program, our first official MEDPREP Club social event this year was a picnic held at Giant City State Park. The students, faculty,

staff, and local MEDPREP alumni were invited to attend.

The students engaged in ice breaker activities, traded baseball cards containing their pictures and small bits of information, ate the deliciously grilled meat with various side dishes, and a few went for horseback rides. The event ended with an exciting kickball game between the first-year and second-year students. Although the second-year students gave a valiant effort, the first-year students came out victorious. Overall, the event was a great success and it is our hope that the seed of support and community will flourish throughout the school year.



### 2<sup>nd</sup> Year Student: Jaleen Sims

Jaleen Sims is a second year student at MEDPREP. She is from Wichita, Kansas, and graduated from Wichita State University with a Bachelor of Arts in Biology and graduated from Southern Illinois University with a Master of Public Health. Jaleen is the Social Committee Representative for the MEDPREP Club.

## The Community

### 2<sup>nd</sup> Year Student: Kelechi Emuchay

Kelechi Emuchay is a second year student at MEDPREP. He is from Glenwood, Illinois, and graduated from Northwestern University with a Bachelor of Sciences in Communication Science and Disorders. Kelechi is the Vice President of the MEDPREP Club.



### Day of Service



On September 11<sup>th</sup>, 2010, the Student Development office and Saluki Volunteer Corps at Southern Illinois Carbondale hosted the 16<sup>th</sup> annual Day of Service. As an event that worked to bring hundreds of student volunteers together, it also succeeded in showing the wealth of volunteer opportunities that exist in the Carbondale area.

Our very own MEDPREP students worked at The Birdhouse Factory, building and painting birdhouses to donate to local environmental groups, while others worked to help the Zambian Children's Center make T-shirts for orphaned children in Kabwe, Zambia. Though we may have only given a few hours of our time, our efforts helped make a difference in the lives of others. In addition, we had a lot of fun doing it!

## The Community

### Southern Illinois Women's Health Conference

The Southern Illinois Women's Health Conference is an annual event where approximately 500 women around Southern Illinois come to learn about health issues. During the 2010 conference there were various breakout sessions, which covered a wide array of topics. In addition, it included a host of health screenings.

On September 17<sup>th</sup> and 18<sup>th</sup>, 2010, MEDPREP got involved by aiding in the set up of the various booths, and helped disseminating colorectal cancer tests and information on behalf of Dr. Zahoor A. Makhdoom, a Southern Illinois Gastrointestinal specialist. Handing out this information not only allowed us to teach others about colon cancer, but also gave us the chance to learn a great deal ourselves.

Though we could only give out a limited amount of information, all of the women were appreciative of the help they received. Most importantly most left the conference with an increased understanding the importance of colon cancer screening.



### Project Power

Starting this year, Southern Illinois Healthcare began its partnership with the Jackson County Health Department and, together, they have implemented the Project Power program. This Program works to provide health screenings to various African American churches in the Jackson County area.

On November 6<sup>th</sup>, 2010, MEDPREP students had the opportunity to become active in this effort by conducting blood pressure and body mass index readings for the program. Through our work with this program we were given the opportunity to not only volunteer, but also to work on improving our clinical skills as a result of interactions with members of the community who come in to get screened.



## Teacher Spotlight: Shirley McGlenn

**Q: How did you arrive at teaching?**

A: “I’ve always had a passion for learning, and, to me, it’s all about learning and not about teaching. So, whether it was learning for myself or helping others learn, that has just been a passion that I’ve had since I was a little kid.”

**Q: What did you do before MEDPREP?**

A: “Well, I was a graduate student at SIU, and had an assistantship in the School of Medicine, and then I was promoted to an instructor in the School of Medicine. So, I was teaching histology to first-year medical students before I came to MEDPREP.”

**Q: What brought you to MEDPREP?**

A: “...there was some reorganization and the Dean of the Medical School at that time, Dean Moy, knew me, and he was a supporter of MEDPREP and the philosophy behind the program. He thought [MEDPREP] would be a good fit for me to be teaching here, and I agreed with him. It was the best decision that could have been made: it was a perfect fit for me.”

**Q: Are there any important lessons that you learned through teaching?**

A: “... I learn from students. Students teach me as much as I teach them. But, some of the big things were that learning occurs when students are active, when they are in control, when they are self-directed, and when they have a joy for learning. If they have a joy, then they are going to be learning forever. So, as a teacher, my role is to facilitate that so that students feel confident in depending on themselves, know where the resources are, how to find them, and know what kind of learner they are. So rather than being a disseminator of information, I see a teacher’s role as helping students become the best learners they can become.”

**Q: Many times students are only able to see one facet of a teacher, which is the person that they encounter in the classroom. That being said, what do you do for fun?**

A: Family is very important to me. So, whether it’s my immediate family, or my MEDPREP family, it’s family or community that are important. ...

[Continued on the next page]

## Teacher Spotlight: Shirley McGlinn

A: "...So, outside of the MEDPREP setting, my family now includes my grandchildren. I have three grandchildren, and they bring me life just playing with them. Doing homework with them is still part of my teaching but it is still fun to do that with the family.

Another thing is that I have been avid Saluki fan for over forty years, attending the football games, basketball games, and traveling with the team. That's what my husband and I always do together. We go to all of the games, and cheer on the Salukis. We took our kids [to games] and now we take our grandkids."

**Q: As the first year students begin to approach the MCAT, what advice do you have them?**

A: "I would say for the first years to remember they are training holistically, so they are not only learning knowledge, but they are learning skills. They are learning about themselves, and they are learning about values and attitudes and how that is going to affect their performance. So first year students must be reminded that they have trained in all of these areas, so they should be able to perform in all of these areas.

Knowing that, hopefully, should give students confidence to go in to take the MCAT and do what they need to do."

**Q: As second year students begin to leave towards medical schools, what advice would you give them?**

A: "I guess entering medical school is embarking upon new territory, but the same

important elements need to be there. They need to take control of their learning. They need to become good at self-assessment before they go in, and use those skills when they are in medical school to determine what it is they need to know. They need to know how to be able to recognize when their study strategy is not working, and know how to seek help. There is no shame in seeking help at medical school or anyplace else, because learning is a team effort.

Another thing [that students need to remember] is to look for a place where they have a good fit with who they are, what they want to do, and what the school has to offer.

Lastly, don't forget us. That is one thing that I can say about MEDPREP students. We have students coming in here who are so dedicated to helping others that when they go to medical school, they put that hand back and are always willing to say 'Here's what I did wrong, don't you do it,' or 'This is what worked for me, it may help you.'

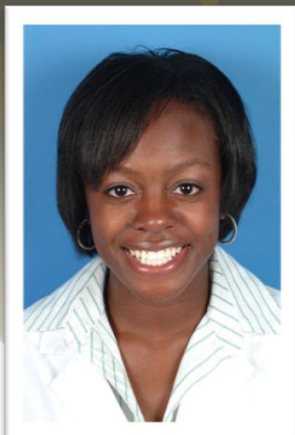
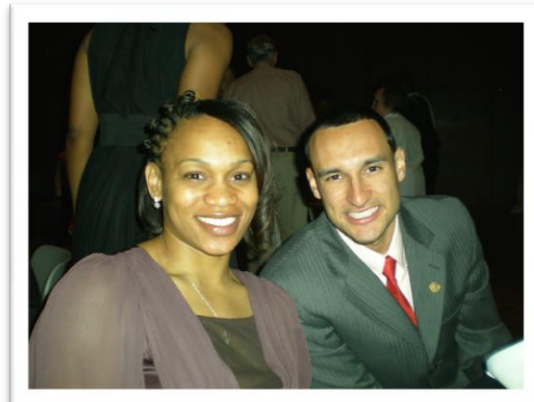
I think one of the greatest joys comes from hearing from one of the students in medical school, or one that is done with medical school, who sends an email back saying, 'Hey, tell those students to be sure to do this,' just wanting to give that helping hand, because they have paved the way and want to make sure that those who come behind them are just as successful as they are."

## The Banquet

The MEDPREP Annual Spring Banquet was the way that my class, the class of 2011, said thank you for all of the sacrifices and guidance that the previous class had made for us. We demonstrated our appreciation in a number of ways: we simply communicated it in heartfelt words through some of the speeches prepared. We used the art form of dance to communicate to the audience both the struggles and the victories that the Class of 2010 had experienced. We said thank you by spending countless hours perfecting the much anticipated slide show presentation. A group of students used their vocal talents, to inspire the audience, reminding them that they can reach any goal that they set.

Additionally, we were motivated by our keynote speaker, who is also a former MEDPREP student, Dr. Robert Russell. Dr. Russell communicated some of the adversity that he faced after leaving MEDPREP. He reminded us that although there are greater battles to fight ahead, that we should never give up on our dreams.

The night was very eventful! My classmates and I worked hard to present a memorable event for those who served as mentors and motivators for us. It was a great pleasure to serve as the Financial Secretary for such a remarkable group of people. In the end, I believe that we were successful in producing an event that the honorees could be proud of.



### 2<sup>nd</sup> Year Student: Candace Smith

Candace Smith is a second year student at MEDPREP. She is from Warner Robbins, Georgia, and graduated from Spelman College with a Bachelor of Sciences in Biology. Candace is the President of the MEDPREP Club.

# The Editor: Jonathan Buck

Jonathan Buck is a second year student at MEDPREP. He is from St. Louis, Missouri, graduated from Duke University with a Bachelor of Arts in African and African American Studies, and Morehouse School of Medicine with a Master of Public Health.



## The Stethoscope Staff

**Editor:** Jonathan Buck

**Graphic Design:**

Jonathan Buck  
Kelechi Emuchay  
Maya Rolfe

**Contributing Writers:**

Joanna Aguirre  
Kelechi Emuchay  
Jaleen Sims  
Candace Smith  
Lester Zambrana

**Photography:**

Helyn Alvarez  
Kaye Brathwaite  
Keith Jacobs  
Jaleen Sims

**Advisors:**

Harold R. Bardo, Ph.D.  
Don Patton, M.A.  
Thomas E. Shea  
Glenda Sullivan

## MEDPREP

Wheeler Hall Room 210  
Mail Code 4323  
975 South Normal Avenue  
Carbondale, Illinois 62901