Happy Summer, #MedSci!

With the end of the 2015-2016 academic year, the Undergraduate Program in Medical Sciences closed out an immensely successful inaugural year of the Medical Sciences Major. Approximately 37 freshmen and 3 sophomore transfer students pioneered this innovative undergraduate cohort, with multiple students from both UC and other universities transferring into the program in order to take advantage of the unparalleled academic and experiential learning opportunities. From organizing and executing a weekend service trip to the Center for Courageous Kids (Scottsville, KY) to engaging in biomedical research at UCCOM and CCHMC (62% of students engaged in research experiences—WOW), our Medical Sciences students have transcended all expectations for establishing a precedent of excellence for the incoming Class of 2020 and others to follow. We salute you for an extraordinary year, #MedSci!

**MedSci Ballers**: Medical Sciences students celebrating a win in the record books for the first ever season of the program’s student-led intramural basketball team.

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**MED SCI 2020:  
BY THE NUMBERS  
(AS OF MAY 2016)**

- **Class Size**: 65
- **Average ACT**: 30.67
- **Average SAT**: 1352
- **33 Girls / Of 65**
- **32 Boys / Of 65**
- **8 Med Sci students in University Honors Program**: 23
- **8 Connections Dual Admissions BS/MD Students majoring in Medical Sciences**: 6 / Of 7
- **8 Cincinnatus Scholarship Recipients in Med Sci**: 18
- **8 In-State Students**: 52 OH Residents
- **8 Out-of-State Students**: 13 (Including De, Il, In, Ky, Mi, and Or)

"If I were entering college thinking about a future in a health profession, this [Medical Sciences] program would have enormous appeal to me."

-Darrell Kirch, MD, President & CEO of the Association of American Medical Colleges (AAMC)
THE STUDENT CORNER

The Power of the Present:
How My Hospice Internship Taught Me to Live Life to the Fullest

Minh Nguyen
Medical Sciences Major
Class of 2019

“We’re born alone, we live alone, we die alone. Only through our love and friendship can we create the illusion for the moment that we’re not alone.”
-Orson Wells

When Scottie asked me to write this article, he wanted me to write about my internship experience in hospice. And I thought, “What could I write about?” A big, common misconception about hospice care is that it is where people go to die, a misconception inside itself, but hospice is not just about death. It’s almost like saying that life is just about death, the slow inevitable moment that consumes us all. But it’s not. Like life, hospice is about living whatever time you have left to the fullest.

This spring semester, as part of my continuing curriculum after PD 1000 with the great Dr. Robin Selzer, I decided to take INT 3040, which is the continuum of the path laid out by the aforementioned class. Operated through the UC ProPEL office, INT 3040 matches students with employers looking for interns in the pre-health field. And in making my decision, I matched with Grace Hospice, a national hospice care business with its local office located just a short drive away in Norwood.

As an intern, I was given the opportunity to work with the staff and patients in a role unlike those carried out by other volunteers: both administratively and out in the “field.” Administratively, I did the usual intern stuff. I copied, filed, made packets, wrote forms, fixed the occasional computer, ate sandwiches...the usual. Out of this, I discovered the amount of paperwork and hand-wringing that occurs in the healthcare field today. Out in the field, I was placed with a patient in service with the hospice. I would go and visit on a regular basis to talk and spend time with him—probably one of the most important things any of us will ever ask for, time. I remember when I first visited my patient, an older gentleman. He got my name wrong initially, and I thought he looked a little crazy; I was so nervous and thought, “What the heck am I going to talk to him about?” And since then, I have to say my internship with Grace Hospice has been one of the most valuable experiences of my life. In Dr. Selzer’s class, we talked about the power of touch as described by noted physician and writer Dr. Abraham Verghese. I noticed with my volunteer coordinator, with any of the nurses on staff, that the first thing they did was touch the patients. They stroked their hands and hair just to let them know they were okay and being cared for.

Above all, by working with a patient this semester, I learned several important lessons. One of which was compassion: understanding the difference between empathy and sympathy. While I neither know what it means to be old nor understand what it means to lose my memories, I possess a newfound perspective on the incredible lives that each human being leads during his or her time on Earth. I know that I personally can be there for someone toward the end and can hold their hand as they continue through their life journey. Also, I learned to value what’s really important in my life—family and friends, the people who you should never let go of in this world. Who else will be there with you in the end? And finally, time. If there’s one thing that I’ve really understood and learned from my experience, it is that I can’t sit around and take life as it goes. Everyday I worry about time: How long do I have until next class? How much longer do I have to sit through this lecture? Do the things that you love to do today. Tell the people you have around you that you love and appreciate them. Take the night to study with friends even if you feel ready. Surprise your friend on their birthday with dinner and a game night. Take impromptu drives around the city the night before finals. Find your love in life. Zip-line across Sigma Sigma Commons. If there’s one thing I can leave you all with in this article, it is this: don’t waste your time, live life to the fullest, pursue your passions, and find what you enjoy. But what do I know, I’m only a freshman sophomore?
University Honors Program Biomedical Research and Mentoring Program (Biomedical RaMP): Delving into the Scientific Realm

Missy MacDonald & Nora Lakes
Medical Sciences Major
Class of 2019

Over the spring 2015-2016 semester, ten of the Medical Sciences students participated in the Biomedical Research and Mentoring Program (RaMP) through the University Honors Program here at the University of Cincinnati. RaMP provides an opportunity for first and second year undergraduate students to work under graduate or post-doctoral fellows in their research labs.

These students worked 8-15 hours a week on top of their regular schoolwork and extracurricular activities, performing experiments and tasks under the supervision of their mentors. Students learned skills from keeping an in-depth lab notebook, working in a lab environment, and making stock solutions to performing more difficult protocols such as PCR genotyping, western blotting, and gel electrophoresis. These skills will be invaluable to the undergraduates later in their careers, regardless of their chosen profession.

Throughout the semester, students participated in three professional development sessions to connect their laboratory skills to their professional lives. The first developmental session speaker was Dr. Robert Brackenbury, who discussed ethics in research. Brackenbury highlighted the need to record accurate results, despite the expected results. He made sure students understood that sometimes finding no correlation is just as important as finding a strong correlation. The second developmental session speaker was Andrea DeSantis. DeSantis is the Program Manager of the Medical Scientist Training Program at UC's College of Medicine. DeSantis talked to students about the possibility of pursuing a dual degree through the Medical Scientist Training Program to become physician scientists. DeSantis outlined the importance of healing patients from bench to bedside, a goal that is epitomized by the MD/PhD dual degree. The third developmental session speaker was Dr. Abbey Tissot, the Assistant Dean of Admissions and Recruitment Programs at UC's College of Medicine. Tissot expressed the importance of being able to communicate research results to all audiences. She led an exercise in which students were challenged to describe their research using words a layman would understand in as few words as possible.

At the end of the semester, the students presented their research and the skills they had learned to their peers and their mentors. Many of the students continued their research throughout the summer or will continue throughout the school year either through a self-designed honors experience, the Summer Undergraduate Research Fellowship (SURF), Women in Science and Engineering (WISE), or have been hired by their lab's Principal Investigator.
INTRODUCING THE 2016-2017 MEDICAL SCIENCES STUDENT GOVERNMENT

PRESIDENT
Name: Connor Schroeder
Hometown: Columbus Grove, OH
Major/Minor: Health Sciences Major
Medical Sciences Minor
Graduation Date: Spring 2017
Why Med Sci?: I enjoy Medical Sciences because of the challenge it poses to students. I have found the classes on the medical campus to be both difficult and fulfilling.
Fun Fact: In my free time, I like to snowboard and spend time outdoors.

VICE PRESIDENT
Name: Rahul Sandella
Hometown: Mason, OH
Major/Minor: Medical Sciences Major
Graduation Date: Spring 2019
Why Med Sci?: I love being in the Medical Sciences program because of the close connections I have been able to develop with like-minded people. This program has helped me make friends for life, and I could not be more grateful.
Fun Fact: I am a huge chocolate milk fan.

COMMUNICATIONS CHAIR
Name: Scottie Emmert
Hometown: Cincinnati, OH
Major/Minor: Medical Sciences Major
Graduation Date: Spring 2019
Why Med Sci?: Opportunities to interact with medical professionals who serve as role models on a daily basis; Community of intelligent, motivated, and kind students; Program’s commitment to bringing out the very best in Medical Sciences students.
Fun Fact: I was the proud owner of six ducklings for 48 hours. The next day, I woke up to find six decapitated duckling carcasses in my backyard. Foxes stink :(

EVENTS CHAIR
Name: Cassidy Moody
Hometown: Springfield, OH
Major/Minor: Medical Sciences Major
Graduation Date: Spring 2019
Why Med Sci?: Medical Sciences allows you to develop yourself both as a student and a person. The academics are rigorous enough to prepare you for a career in healthcare and the faculty members will do their best to help you succeed. Your peers become your best friends, and you get to spend your time exploring all UC has to offer with them.
Fun Fact: One day this summer, the cryostat I used to cut tissue in my lab was referred to as “the deli slicer.” I couldn’t eat lunch meat for a while after that.

TREASURER
Name: Newsha Jahanpanah
Hometown: Cincinnati, OH
Major/Minor: Medical Sciences Major
Graduation Date: Spring 2019
Why Med Sci?: The path to medical school is both rigorous and demanding. As a member of the Medical Sciences program, this journey is rewarding as well.
Fun Fact: I am originally from Shiraz, Iran.
The Undergraduate Program in Medical Sciences is proud to announce the graduation plans of some of our very successful Medical Sciences Minor Class of 2016. Congratulations, graduates!

Christina Ahting      Daniel Brittan       Savannah Glenn       Kayla Krekeler      Michael Peschka       Brendan Wilson
Stephanie Ambach     Christina Cashen     Kathryn Green        Adam Magier         Momina Qureshi
Brandon Barber       Lauren Ficker        Farah Hussain         Duaa Mureb          Kevin Rose
Haley Boling         Arthur Forbriger      Udhay Joshi           Samantha Nandyal    Rachel Tan
Logan Borgelt        Andrew Garbanic      Luke Knudson          Abigail Pate        Samantha Walker

Graduate School
University of Cincinnati College of Medicine - Medical Degree (M.D.)
University of Cincinnati College of Medicine - Environmental Genetics & Molecular Toxicology Program (PhD)
University of Cincinnati Lindner College of Business - Master of Business Administration (MBA)
University of Cincinnati College of Allied Health Sciences - Master of Science in Nutrition (MS)
University of Toledo College of Medicine - Master of Science in Biomedical Science (MSBS)

Service Work
Honduras - Year of Service at Orphanage followed by Graduate School in Chemistry (PhD)
Senegal - Year of Service in Public Health followed by Ohio University Heritage College of Medicine (D.O.)

Employment
Cincinnati Children's Hospital Medical Center - Medical Scribe and Research Assistant
Cincinnati Children's Hospital Medical Center - Clinical Research Coordinator II
A YEAR IN PICTURES: MEDICAL SCIENCES 2015-2016