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Introduction

The faculty and administration of the School of Medicine value the growth of our students professionally and personally. Hence, we encourage and support student programs that provide learning experiences beyond the classroom and the medical center.

The mission of these programs is to:

- provide opportunities to develop leadership and other social skills
- give balance to an individual’s personal and professional lives
- nurture creative and artistic talents
- promote volunteerism and community involvement
- serve the community by sharing special knowledge and skills
- enhance personal accomplishment and fulfillment

The student program descriptions are provided by the individual groups. For additional information on any of these programs, please contact Andy Wiegert at (314) 362-8541 or wiegerta@wusm.wustl.edu

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To view information about student programs online, please visit: mdstudentaffairs.wustl.edu/student-groups
Arts and Athletics

Arts Commission

The goal of the Arts Commission is to foster artistic expression by students, faculty and staff in a way that adds richness to the medical school community. The commission provides resources for students and groups to facilitate the cultivation and presentation of art in all its forms on the medical campus and the creation of new outlets for expression and involvement. Our main activities include organizing the annual Student, Faculty and Staff Art Show (with grants for students to produce visual art) as well as the bimonthly coffee house concert series, through which students can display their musical and other talents. We also work closely with the student coordinators of the annual medical school musical and Hippocrene literary/arts magazine to further promote the arts across the medical campus community.

Hippocrene

Hippocrene is the literary magazine of Washington University School of Medicine. We publish once a year in print form. What will you find between our covers? Poetry, short stories, essays, photography and artwork submitted by members of the medical school community. We nurture the literary arts by organizing writing workshops, public readings and showcases of our work. Submissions for the print and online versions of Hippocrene are welcomed from all School of Medicine, BJC HealthCare and DBBS students, faculty and staff. Visit the Hippocrene website at hippocrene.wustl.edu

Histones

The Histones is an a cappella group of medical students who love to sing for fun! We rehearse weekly and sing a variety of music, from pop tunes to jazz to traditional arrangements. Throughout the year, we perform for the medical school community and for patients at Barnes-Jewish Hospital. We also sell singing valentines to raise money for charity. Students with a love for music (or who just need a break from studying anatomy) are welcome to join, regardless of singing experience. We hope to see everybody else at our performances!
**MedBall**

MedBall is an annual formal dinner/dance held in March. Along with dinner, the event features a band and DJ for a night full of dancing and fun for both medical students and faculty. This event, going on its 20th year, is a unique forum to promote interaction between faculty and medical students outside of the classroom and hospital.

**Student Musical**

Students at the medical school have produced and performed a fully staged, choreographed and orchestrated Broadway musical for many years. Shows in the past have included hits like “Guys and Dolls,” “Bye Bye Birdie,” “A Funny Thing Happened on the Way to the Forum” and “Curtains.” The show is entirely student-produced, with students performing on stage, conducting and playing in the pit orchestra, building sets, sewing costumes, running lights and sound, as well as directing the show. The musical is an incredibly unique program and a fantastic extracurricular opportunity for School of Medicine students. A perfect place to expand your horizons and try something new, being a part of the musical is an amazing experience unlike anything else in your medical career.

**Wine Society**

For more information, please visit: mdstudentaffairs.wustl.edu/student-groups

**WUSM FIT**

WUSM Fit is a free, high-intensity interval training (HIIT) group fitness class led by students. Classes combine cardio and weight training and focus on dynamic movements with minimal breaks. Our routines are intended to be very difficult but are also appropriate for all skill levels, as we provide modified forms of all exercises. We meet multiple times each week in the basketball court in Olin, the SHAC, or outside (weather permitting). It is a fun way to get in shape and bond with your classmates.

**Yoga Club**

In medical school, many students struggle to find time to relax and have time to themselves. This group offers yoga classes with a certified instructor right on campus, providing a weekly time slot during which classmates can come together, exercise and de-stress. Classes are typically hatha or vinyasa, but requests for other styles are welcome.
Your Film Society

Your Film Society is a program run by first- and second-year medical students. The organization’s purpose is to provide entertainment to medical students and the medical center community, as well as to promote student social interaction and expression through film. All movies are shown in Moore Auditorium using sophisticated projection equipment.

Students are encouraged to provide input for monthly film selections.

Government and Policy

American Medical Association

The Washington University School of Medicine student chapter of the American Medical Association (AMA) serves as a patient and medical student advocate, supports volunteer work in the St. Louis community, and sponsors educational events to foster creative discussion among medical students. We enjoy exploring ethical and political issues in medicine and public health, and we use the forum of the AMA to voice our beliefs.

• Interactive Conferences — At the state, regional and national levels, members attend educational lectures, meet medical students from other schools, and sponsor and debate ideas for improvement of public health and health-care delivery. A resolution on domestic violence by one of our students was adopted by the AMA House of Delegates and is now printed in the AMA Policy Handbook. These policy recommendations often guide physician practice and the approach to new or difficult issues.

• Leadership Opportunities — Our school’s AMA members traditionally play a major leadership role at all levels of the medical student section of the AMA.

• Legislative Awareness Committee — At lunch meetings, members discuss issues related to public health, health policy and ethics. Often, a faculty member or BJC HealthCare employee is present to lead the discussion. Resolutions to be submitted before AMA conferences are often hatched and developed in these discussions, as are initiatives to organize and encourage medical students to contact their state and congressional lawmakers when they feel strongly in support of or in opposition to any policy regarding medical issues.
Several students have visited Jefferson City to acquaint themselves with the political process at the state level. This included meeting with AMA representatives as well as congressional representatives and the governor of Missouri.

- **Community Service and Education** — We are committed to community health and education and sponsor a number of activities toward those ends. In particular, the AMA at the School of Medicine sponsors regular blood drives throughout the year, and hosts a trivia night to raise funds for the Children’s Miracle Network of Greater St. Louis.

- **Networking** — We are committed to bringing the Washington University community together. Whether it is interacting with students from other years or students from other programs, the AMA believes we grow stronger through knowing others.

Events include:

- Lunch seminars featuring advice from upperclassmen

- First- and fourth-year dinners to facilitate greater communication between classes

- Mixers with various other graduate student groups

**American Medical Student Association**

The American Medical Student Association (AMSA) is a student-run national organization dedicated to representing the specific concerns of medical students. AMSA advocates policy reform at the national level through political activism and also encourages grassroots activism within each of its local chapters. Through its interest groups and awareness weeks, AMSA members from around the country come together and focus on specific medical issues, including medical education, health policy, and community and public health. The Washington University School of Medicine chapter of AMSA is active on both the national and local levels. We support a number of local projects and are always looking for new ideas. Our local chapter projects include:
• Alternative Medicine — Educates medical students about non-allopathic medicine through informal lunch seminars examining current literature. Past activities have included compiling information in a reference manual for use in future practice.

• Primary Care Interest Group — Introduces students to various aspects of primary care by shadowing physicians and through informal seminars with practitioners. Other activities include national involvement with programs such as National Primary Care Week.

• LGBTQ Health — Provides a series of lunch talks, discussions and workshops to increase awareness of health disparities in LGBTQ communities and knowledge of local health resources for LGBTQ people.

• Patient Safety — Provides a series of lunch talks, discussions and workshops to increase awareness of the patient safety and quality improvement movement and to stress its importance.

• PharmFree Week — Provides a series of lunch talks and events to discuss the role of the pharmaceutical industry in sharing medical education and the practice of modern medicine.

• National and Regional Conferences — Offer multiple opportunities for medical students to hear from national policy leaders, to play an active role in sharing AMSA policy, and to meet other students.

American Medical Women’s Association

In addition to the goals and opportunities of the national American Medical Women’s Association (AMWA), Washington University School of Medicine’s chapter has three general goals. First, AMWA strives to provide a creative, open and supportive community within its membership that forges relationships that can span careers. The second goal is to create a space within the Washington University medical community that raises awareness and participation in those issues important to women in medicine — historically, currently and in our future work in medicine and society. The third goal is to contribute to the greater community of St. Louis in ways that best fit our position as students of medicine.
In order to achieve these goals, AMWA has a very large and active membership that is broken up into multiple, interconnected committees. These include: Mentorship, Legislative Action, Discussion Groups, Outreach, Weeks (themed week of activities for the School of Medicine), Applicant Support, Professionalism, Regional Conference and Red Dress Affair. Specific activities include everything from preparing meals for a women’s shelter to the Red Dress Affair complete with a silent auction and fashion show. These examples highlight just two of the activities that have proven to create an environment of leadership, creativity and community for the Washington University AMWA membership.

**Asian-Pacific American Medical Student Association**

The Asian-Pacific American Medical Student Association (APAMSA) is dedicated to advocating quality health care for the Asian-Pacific American (APA) community, increasing awareness of APA health issues, providing resources and outreach opportunities for APA medical students, and celebrating the diversity of Asian cultures. Activities include:

- Health advocacy for issues specific to APAs, such as the tenfold-higher prevalence of Hepatitis B in the APA community.

- Hepatitis B outreach events include educational lunch talks for students as well as screenings in the APA community at cultural centers, language schools and ethnic churches.

- Another APAMSA initiative is a student-run MedChinese program for Mandarin speakers. This program aims to help Mandarin speakers become more comfortable discussing health issues in Mandarin and work toward developing the skills necessary to perform a history and physical exam in Mandarin.

- National and regional conferences with outstanding speakers to further explore the state of APA health, particularly in regard to health-care reform. Other conferences include a specific APAMSA National Hepatitis B conference. APAMSA sets aside a travel budget each year to subsidize students who attend these conferences.

- These conferences are great opportunities for members to get involved with leadership on the national level and to meet APA medical students from around the country.
• Student/faculty dinners in small groups of 10 to 12 students to foster a relationship between APA physicians at Washington University and the medical students. These informal gatherings are great opportunities to ask questions about APAs in medicine, make connections with faculty, and gain a deeper appreciation for the health challenges facing APAs in the St. Louis area.

• Naturally, APAMSA celebrates Asian cultures with the entire medical school community through cultural events such as the annual Diwali and Lunar New Year shows. Delicious food and student-choreographed dances and performances are always a hit!

**Association of Women Surgeons**

The group focuses on bringing together female students who are interested in surgery with female surgical residents and faculty. Through presentations, panel discussions and mixers, we hope to give students the chance to learn from the unique experiences and opinions of the residents and faculty, all while promoting enthusiasm for the field among female students. We also will address issues unique to female surgeons and discuss how residents and faculty have learned to overcome these obstacles.

**Health Economics and Policy Interest Group**

The Health Economics and Policy Interest Group is dedicated to teaching ourselves and our peers about the changing landscape of health-care economics and public policy. We provide an opportunity for medical students to learn the skills of basic economics, business management and health-care policy.

**Medical Student Government**

Founded in 1992, Medical Student Government (MSG) is the main communication pathway between the student body and the administration at the School of Medicine. MSG takes an active role in addressing student concerns and is responsible for advancing student interests and welfare to achieve excellence in academic pursuits and professional interactions. Students, faculty and administrators use MSG extensively as a facilitator of important dialogue. Many large- and small-scale changes in student life at the medical school, from curriculum changes to a variety of social events, have come about as a result of discussions that have taken place within the framework of MSG.
Each of the four medical school classes elects a class president, a medical education representative (MER), and a representative to the Organization of Student Representatives (OSR) of the Association of American Medical Colleges (AAMC). The president works to represent class concerns and ideas to the administration and faculty as well as to plan numerous activities while serving as a student representative to various committees and groups throughout the medical school. The MER coordinates student feedback groups and evaluations for individual courses and acts as the student curriculum liaison to the administration. The OSR is the school’s representative to national and regional AAMC meetings, where issues such as the national board exams and other nationwide medical student concerns are discussed.

The first- and second-year classes also elect a representative to Washington University’s Graduate Professional Council (GPC), helping to provide a link to other graduate students throughout the university. Finally, students are elected as social chairs to help plan numerous class events and organize orientation activities for the incoming first-year class.

**Physicians for Human Rights**

Physicians for Human Rights (PHR) promotes health by protecting human rights. Using medical and scientific methods, we investigate and expose violations of human rights worldwide and work to stop them. We educate health professionals and medical, public health and nursing students and organize them to become active in supporting a movement for human rights and creating a culture of human rights in the medical and scientific professions.

**Student National Medical Association**

The Student National Medical Association (SNMA) is the nation’s oldest and largest student organization focused on the needs and concerns of medical students of color. Established in 1964 by medical students from Howard University and Meharry medical schools, SNMA has contributed nearly 50 years of committed service to communities. SNMA represents thousands of medical and premedical students consisting primarily of African Americans; however, our dedication to minorities in medicine appeals to all groups of students and professionals. Thus, our membership also includes Native Americans, Africans, West Indians, Latin Americans, Asians, Middle Easterners and Caucasians, all of whom bring a global perspective to the medical education and health-care issues that our organization addresses.
The position of Latino Medical Student Association (LMSA) representative was created within SNMA to cover an important and expanding field: Latino health. The Washington University School of Medicine chapter of SNMA is committed to encouraging minority high school and premedical students to enter health professions by providing them with information and inspiration through minority role models. We focus on two programs:

- **Health Profession Recruitment and Education Program (HPREP)** — This program is designed for high school students interested in entering an allied health-care field. Students receive two days of introduction to medical topics such as vital signs, cardiology and respiratory anatomy and physiology, radiology, hypertension, diabetes and medical ethics. They also have the opportunity to interact with medical students, residents and attending physicians who share their stories about why they entered the medical field and offer information about how to get into college and medical school.

- **Minority Association of Pre-health Students (MAPS)** — The Minority Association of Pre-health Students (MAPS) provides a link from the School of Medicine to minority premedical students at Washington University. Medical students serve as mentors, participate in panel discussions and provide information about the MCAT, medical school application processes and classes.

### Service and Support

**Anesthesiology Interest Group**

The Anesthesiology Interest Group (AIG) is a student organization dedicated to providing medical students with opportunities to learn more about and experience the field of anesthesiology. Because there is no required clerkship in anesthesiology during the third year, AIG activities provide many students with their only exposure to this exciting specialty. AIG hosts several lunches during the year at which students can learn about what anesthesiologists actually do and how to figure out if this field is right for them. The group also hosts a series of hands-on workshops in a simulation center where students can learn procedural skills such as airway management, lumbar puncture, central line placement and IV placement. AIG also helps interested students find anesthesiologists to shadow any time of the year.
**Christian Medical Association**

The Christian Medical Association (CMA) is a vehicle for fellowship, Bible study and prayer with other Christian medical students. The group’s purpose is to motivate and equip doctors to practice their faith in Jesus Christ in their personal and professional lives. CMA meets regularly to discuss personal and spiritual implications in the practice of medicine and in the experience of being a medical student. CMA activities are open to all, regardless of faith.

**Community CPR**

Basic knowledge of how to respond in a medical emergency is important for all members of the community. However, little health education is available to residents of St. Louis city. The Community CPR program is entering its eighth year of teaching free CPR and first-aid classes to fill this need in our neighboring communities. With a growing base of resources and instructors, the program also has assumed the role of teaching CPR classes for fellow medical students, both as enrichment/refresher courses and as part of the formal curriculum. First-year medical students are trained as instructors of American Red Cross CPR and first aid. Classes teach the layperson to recognize when an emergency has occurred, to activate the professional emergency response system, and to provide basic care for injury and sudden illness, including basic life support in case of cardiac or respiratory emergency. Classes for medical students teach similar skills but are geared to the level of the health-care provider. Instructors are free to organize classes at the community locations of their choice, focusing on sites immediately surrounding the medical school.

**Emergency Medicine Interest Group**

The purpose of the Emergency Medicine Interest Group (EMIG) is to foster interest in and provide information pertaining to the field of emergency medicine. The group sponsors a variety of activities, including a lunchtime lecture series, ED physician shadowing, ambulance/helicopter ride-alongs, skills workshops (i.e., intubation, suturing, casting, IV placement) and field trips to regional EM meetings, and provides a forum in which faculty and students of all years can interact and share opportunities. The program is flexible to meet whatever interests its members might have. We will have an informational meeting and lecture early in the year, so please come and find out what EMIG is all about.
Forum for International Health and Tropical Medicine

The Forum for International Health and Tropical Medicine (FIHTM) aims to expose the medical community to international health concerns and to provide medical students with opportunities to do work in locations abroad. We have an expanding network of faculty and students and an array of programs and extensive funding to achieve these goals.

One major focus of FIHTM is facilitating medical students in inter-national experiences. Each year, around 17 fourth-year medical students receive scholarship funds to pursue international rotations in places like Malawi, Zambia, Chile, Ghana and Singapore, among others. The SOAP (Summer Opportunity Abroad Projects) grants provide students with funding for abroad experiences during the summer between the first and second year; these experiences can range from clinical to research and beyond (a past student interned at the WHO offices in Geneva, Switzerland). Other programs include the alternative Spring Break trips: Second-year students travel to Guatemala, where they participate in rural clinics and learn about the public health infrastructure in that country; first-year students travel to the Navajo Nation in Arizona to learn about the health-care system there.

On the home front, FIHTM has regular speakers and events. We have visitors and community members with overseas experience speak about the state of international health care. We host dinners with faculty to hear about their work in global health. Regular lunch talks feature presentations by second-year students who received SOAP grants that give current first-years insight into the possibilities available to them during the first summer.

Each spring, we host a Global Health Symposium at which a keynote speaker from outside the Washington University community brings new international health issues to light, and medical students who have done rotations abroad bring their experiences and lessons home.

Geriatrics Outreach

The Geriatrics Outreach program fosters interest in geriatric medicine and organizes the annual Senior Prom, a free, formal event featuring dinner, live swing music, dancing and intergenerational fun for students and St. Louis elders. Through social interaction and discussion sessions, medical students learn how to meaningfully connect with the geriatric population and gain an appreciation of the unique medical and social challenges faced by the elderly.
Health Outreach Program

The Health Outreach Program (HOP) is a combined student organization committed to advocating for and partnering with the St. Louis community in an effort to improve health-care outcomes, particularly among its most underserved citizens. The group provides community-based health screenings and nutrition education courses at various sites.

Internal Medicine Interest Group

For more information, please visit: mdstudentaffairs.wustl.edu/student-groups

Jewish Medical Student Association

The Jewish Medical Student Association (JMSA) is dedicated to serving Jewish students at the medical school. The group serves as a resource for current and prospective students, connecting Jewish students with one another, with Jewish faculty and with other Jewish graduate students. JMSA plans holiday celebrations, Shabbat dinners and learning lunches, which are open to all students and help spread awareness about Jewish culture and religious practices. We are open to people of all backgrounds and encourage students to explore the connections between Judaism and the health professions.

LGBT Health Interest Group

The mission of the LGBT Health Interest Group is to improve health care for lesbian, gay, bisexual and transgender patients. We work toward this goal by educating medical students on health disparities in this population and the many factors that affect LGBT access to care as well as quality of care. We also train medical students in ways to make health-care settings a safe zone and to build trust in the physician-patient relationship. By helping future physicians become more comfortable with LGBT patients and knowledgeable about LGBT health issues, we hope to eliminate the many health disparities facing LGBT patients. Our website is lgbthealth.wustl.edu

Medical Students for Choice

Medical Students for Choice (MSFC) is dedicated to ensuring that women receive the full range of reproductive health-care choices and promotes the inclusion of comprehensive reproductive health education into the medical curriculum and our clinical training. Through informative lectures and
informal discussions, we hope to raise awareness about important topics in reproductive health, including unintended pregnancy, contraception, abortion and emergency contraception. We welcome people of all belief systems to attend and participate in our events.

**MedSpan**

MedSpan (Medical Spanish) encourages communication with Spanish-speaking patients. Students meet informally to learn Spanish medical terminology at monthly “charlas,” then apply what they learn by volunteering in the Hispanic community. Community service activities include an annual Hispanic Health Fair, screening programs and services for uninsured Hispanics in St. Louis. MedSpan students also can shadow physicians at nearby Spanish-speaking clinics, attend Spanish movie nights, and visit nearby Cherokee Street to learn about Hispanic food. Participants with more advanced Spanish abilities also can volunteer as translators at one of the nearby Spanish clinics, Casa de Salud.

**Mental Health Outreach Project**

The Mental Health Outreach Project (M-HOP) is a group with virtually unlimited opportunities for you to assist in the development of a new organization. Are the arts your bag? Help out with our Arts for Mental Health Fairs, where student and community artists get a chance to work with the mentally ill. Love kids? Be a friend and a role model to a kid with a behavioral disorder with our M-HOP buddy program. Into health education? Is your inner activist yearning to break free? Be a part of our letter-writing campaign to promote better medical and legal treatment of the largely politically ignored mentally ill. Want to meet/work with people outside of the Washington University School of Medicine microcosm? We have affiliates on the Washington University Danforth Campus, at the George Warren Brown School of Social Work, and at Saint Louis University, and we also are working with the St. Louis chapter of the National Alliance for the Mentally Ill. Got great new ideas? We’d love to hear them. Come and check us out!

**Neurosurgery Interest Group**

The purpose of the Neurosurgery Interest Group is to (1) provide a forum for students to explore their interests in the broad field of neurosurgery, and (2) foster interaction between senior faculty and the student body. Through a series of organized talks, resident lunch
meetings, faculty mixers and departmental functions, they hope to improve the pre-clinical exposure to the neurosurgery department and foster early mentorship.

**Ob/Gyn Interest Group**

For more information, please visit: mdstudentaffairs.wustl.edu/student-groups

**Oncology Interest Group**

The mission of the Oncology Interest Group is to provide learning and community service opportunities for pre-clinical medical students interested in cancer care. Through our various activities, we hope to make a difference in the fight against cancer as well as educate ourselves about the many facets of oncology that we will experience as future physicians. Being involved in the lives of patients facing cancer is a tremendous role — both a privilege and a responsibility. Cancer patients face a long and difficult journey, and there is much that a physician can do to soften this road. Our projects, coupled with the basic and applied science pre-clinical curriculum, are an introduction to the role of the cancer-care physician.

**Ophthalmology Interest Group**

For more information, please visit: mdstudentaffairs.wustl.edu/student-groups

**Pediatric Outreach Program**

The Pediatric Outreach Program (POP) is an organization that matches children in the St. Louis area who are suffering from chronic illnesses and the siblings of these children with big brothers and big sisters from Washington University School of Medicine. Medical students meet with their little siblings about every other week, participating in activities that form a meaningful relationship for both the medical student and the child. Some of these activities include going to the zoo or a playground, doing arts and crafts, reading books together, etc. In addition, there are several events, such as a party at the arcade and a spring picnic, at which all of the students and families participating in the program have the opportunity to interact. The social work department at St. Louis Children’s Hospital serves as a referral source for families, trains medical students to deal with issues associated with chronic disease, and provides ongoing support throughout
the duration of the match. The goal of our program is twofold: to provide additional love and support to sick children and their families, and to allow students to experience firsthand the demands of coping with illness and its stress as it relates to the everyday lives of children.

**Perinatal Project**

The goal of the Perinatal Project is to provide opportunities for interested students to explore the fields of obstetrics, maternal-fetal medicine and neonatology outside of the classroom. The Perinatal Project offers three distinct programs for students, each with a different focus and level of commitment:

- **Matching Program** — Students are individually paired with an expectant mother and attend her prenatal appointments and delivery. Through this match, students serve as a source of information for the mother and provide her with emotional and social support as she prepares for a long-term caregiving relationship.

- **Labor and Delivery Shadowing** — Students spend a morning shadowing doctors on the Labor and Delivery service at Barnes-Jewish Hospital. Students have the opportunity to observe vaginal deliveries and scrub in on Caesarean sections.

- **NICU Tours** — In groups of three, medical students get a behind-the-scenes look at the St. Louis Children’s Hospital Neonatal Intensive Care Unit (NICU) from an attending physician. Students meet several of the NICU’s patients and families and learn about some of the most common and interesting diagnoses among premature infants.

**Plastic Surgery Interest Group**

The Plastic Surgery Interest Group (PSIG) aims to broaden student exposure to plastic surgery as an innovative and essential specialty. PSIG gives students the opportunity to: interact with real plastic surgeons and plastic surgery residents as a group and in individual shadowing experiences; learn about the various subspecialties within plastic surgery; practice essential plastic surgery techniques like subcutaneous suturing and microsurgery; and discover how to maximize their time at the School of Medicine and prepare their resumes for plastic surgery residency applications. The establishment of PSIG gives medical students a richer selection of co-curricular activities and provides an important resource for students in all four years interested in pursuing the specialty.
Public Health Interest Group

The Public Health Interest Group (PHIG) is a student organization committed to advocating for and partnering with the St. Louis community in an effort to improve health-care outcomes, particularly among its most underserved citizens. Areas of active work include health screenings, patient navigation, nutrition outreach and public policy discussions.

Saturday Neighborhood Health Clinic

The Saturday Neighborhood Health Center, in conjunction with Family Care Health Centers (FCHC), is dedicated to providing free medical care to the uninsured in the Forest Park Southeast neighborhood and surrounding region. We run a fully equipped health center at FCHC on Saturdays from 9 a.m. until noon. An attending physician, a social work student and medical student volunteers staff the center. Currently, the center is equipped to see seven to eight patients each Saturday.

Pre-clinical student volunteers (first- and second-year students) can work as part of the medical team, conducting the patient interview and taking a history, or they can work as coordinators, responsible for patient flow, patient charts and other paperwork. Clinical student volunteers (third- and fourth-year students) help with the patient interview and perform the physical exam. The attending oversees the process, makes a diagnosis and sets up a treatment plan. If prescriptions are necessary, we provide vouchers for free or discounted medications, depending on the patient’s ability to pay. In addition, a student volunteer from the George Warren Brown School of Social Work sees patients with the important goal of enrolling each patient in a regular health-care program.

A selective is offered in which first-year students can receive additional training toward becoming a coordinator. The selective focuses on public health issues and the health-care needs of the St. Louis community.

Smoking Cessation Project

Our group trains medical students to assist patients in smoking cessation through group and individual counseling using the American Lung Association Freedom from Smoking Program. We have established “a smoking cessation clinic staffed by trained medical students in collaboration with Barnes-Jewish Hospital.
Student Interest Group in Neurology

The Student Interest Group in Neurology (SIGN) at Washington University School of Medicine organizes and sponsors a wide range of activities for students interested in learning more about careers in neurology and the application of neuroscience research to diseases of the nervous system. Activities are guided by student interests and organized by student coordinators with faculty support. Activities include discussions with neurology residents and faculty, speakers representing neurological subspecialties and different types of neurological private and full-time practice, as well as related areas such as neurosurgery, neuroradiology, neuropathology and psychiatry. The chapter also organizes shadowing or mentoring experiences with neurology faculty; sponsors a journal club; provides exposure to specialized techniques such as EMG, EEG or MRI; and maintains contacts for summer research and clinical opportunities. The SIGN chapter is sponsored by the Department of Neurology in conjunction with the American Academy of Neurology.

In addition to local activities, membership in the WUSM chapter of SIGN confers eligibility for free membership in the American Academy of Neurology and eligibility for a $3,000 summer scholarship awarded to one first- or second-year student at each medical school for supervised research or clinical activities. For further information, see the SIGN web page in the pull-down menu on the neurology department’s home page, neuro.wustl.edu, and watch for email and poster announcements.

Student Support Services

Student Support Services (SSS) at Washington University School of Medicine is a student-run group designed to improve and maintain the physical and mental health of medical students. Medical school is challenging, demanding and often frustrating. Students need to find ways to relax, smile and let out their frustrations. SSS helps with this, realizing that simple things often make a big difference. We put candy and encouraging notes into students’ mailboxes at every exam. We provide workshops on yoga, massage, self-defense and meditation and arrange lunchtime speakers’ topics such as Managing Depression and Study Skills/Time Management. Together with the Office of Diversity Programs, we organize the diversity retreat and ropes course for first-year orientation. Finally, SSS has information on and can provide referrals to the counseling and mental health services provided by the university.
**Students Teaching AIDS to Students**

The Students Teaching AIDS to Students (STATS) program is a medical student organization dedicating to promoting HIV/AIDS awareness and education throughout the St. Louis community. The program originated more than 20 years ago as a medical student response to the need to educate adolescents about HIV and AIDS. Prevention is the only cure for the current AIDS epidemic, and education is the first step in prevention.

We emphasize HIV prevention through several activities that include a teaching program at local high schools as well as an AIDS Wellness Day program at the medical campus. Last year, our message reached more than 600 students at two local high schools. Our curriculum utilizes interactive games as well as a visit to the classroom by a person living with HIV. Survey analysis has demonstrated that our program improves students’ long-term knowledge about HIV/AIDS by as much as 25 percent. We have expanded our AIDS Wellness Day curriculum to include information about other sexually transmitted infections and pregnancy.

**Sun Protection Outreach Teaching by Students**

The Sun Protection Outreach Teaching by Students (SPOTS) group partners with Saint Louis University medical students to teach local area middle and highschool students about early detection and prevention of skin cancer to increase their knowledge and affect their behaviors toward sun protection. Although it is largely preventable, skin cancer continues to increase in incidence annually. One in five Americans will get skin cancer in the course of a lifetime. We have a really fun PowerPoint presentation, play tons of games, have handouts, video, skin analyzer machines, and show the kids samples of everything from sunscreens to bronzer to sun-protective clothing.

**Surgery Interest Group**

The Surgery Interest Group (SIG) is sponsored by the Department of Surgery with an aim of allowing students to learn more about surgery as a career before clinical rotations begin. Activities include: being on call with the trauma pager or transplant pager, surgeon shadowing, breakfast/lunch with a surgeon, lunchtime presentations and suturing sessions.
Sustainability Committee

The Sustainability Committee works to make the medical school campus more sustainable and environmentally responsible. We focus on the interventions of interest to our members and work closely with the undergraduate Office of Sustainability and the School of Medicine’s Sustainability Action Team. This year, we held Green Cup, an energy conservation competition, provided reusable plates and utensils to first-year medical students, distributed a newsletter, and started composting student lunches.

For more information, please visit: mdstudentaffairs.wustl.edu/student-groups

Washington University Medical Plunge

Washington University Medical Plunge (WUMP) is a weeklong orientation in public health, community medicine and neighborhood non-profit organizations for incoming first-year students. At any medical school, students can become isolated from the city around them. WUMP hopes to inspire first-year medical students to reach out and cooperate with community members to make a difference in the city. WUMP participants are given the opportunity to speak with community leaders; visit community-based nonprofit organizations; shadow and interview physicians, nurses and clinical workers; and shadow at the Salvation Army Harbor Lights Shelter, which specializes in the care of homeless men. The shelter provides a wonderful opportunity to help out and learn about the many social issues involved in health care for homeless people.

Wilderness Medicine Interest Group

The Wilderness Medicine Interest Group (WMIG), promotes outdoor activities by coordinating group outings, educating medical students in wilderness medicine by facilitating workshops, and furthering student networking by encouraging attendance at national Wilderness Medicine conferences. Through our various activities, we also hope to create opportunities to develop relationships with faculty members outside of the classroom. WMIG activities include:

- Mentor-led Skills Workshops, which aim to teach students basic wilderness first-aid maneuvers through both classroom and field activities. These workshops culminate in our three-day (two-night) Wilderness Casualty Care Course, which aims to encourage critical
thinking and outdoor triage with limited supplies; outdoor obstacle course consists of physical challenges and team building, exercises requiring medical knowledge and implementation of newly learned wilderness skills.

- MedWAR, a national event that combines wilderness medicine with adventure racing to create unique events designed to teach and test wilderness survival and medical skills.

**WUSM Write**

The mission of WUSM Write is to increase the quality and quantity of written works by students of the Washington University School of Medicine. Whether for the New England Journal of Medicine or the New Yorker, medical professionals must write well. WUSM Write offers seminars and support groups to develop students’ works-in-progress and advance their writing abilities. All styles — from research papers to personal statements to poetry — are welcome to workshop, write and review.

Contact: Ian Ferguson, fergusonia@wusm.wustl.edu.

**Young Scientist Program**

Science as a profession needs talented individuals from every source. Founded in 1991, the Young Scientist Program (YSP) is designed to attract high school students from disadvantaged backgrounds to scientific careers through activities emphasizing hands-on research and individualized contact between young people and active scientists. Each year, the program reaches hundreds of high school students attending St. Louis City public schools.

The program currently is divided into three components, which work in concert to capture high school students’ interest in science early in their educational careers:

- **Teaching Teams** — Teams consisting of five to 10 graduate and/or medical students design a curriculum unit covering a general topic of scientific interest and then present the unit in one or more sessions to a high school class. Teaching Teams currently has units covering anatomy, chemistry, neurobiology, microbiology and developmental genetics.

- **Summer Focus** — A funded summer research internship program for high school students. Each student works directly with two
Washington University students, a mentor and a tutor. The mentor works one-on-one with the student in a laboratory on a specific project, while the tutor prepares the high school student for his/her research experience. Each high school student and his/her tutor meet weekly in the spring and into the summer to review materials related to the summer project.

- The St. Louis Science Education Network (SSEN) — The YSP home page (ysp.wustl.edu) contains extensive listings of scientific and educational sites on the web and descriptions of YSP and our successful Mad Scientist Network. The Mad Scientist Network (madsci.org) is an “ask-a-scientist” interface that allows people from all over the world to pose questions in 25 areas of science. Volunteers help maintain and expand our web pages and moderate questions on the Mad Scientist Network.

A unique feature of the program is that it is entirely run by student volunteers from the School of Medicine, the Graduate School of Arts & Sciences and the Danforth Campus. As students and scientists, it is our hope that by sharing our enthusiasm for what we do, we can encourage younger individuals to pursue careers in science.
Washington University encourages and gives full consideration to all applicants for admission, financial aid and employment. The university does not discriminate in access to, or treatment or employment in, its programs and activities on the basis of race, color, age, religion, sex, sexual orientation, gender identity or expression, national origin, veteran status, disability or genetic information. Inquiries about compliance should be addressed to the university’s Vice Chancellor for Human Resources, Washington University, Campus Box 1184, One Brookings Drive, St. Louis, MO 63130. The School of Medicine is committed to recruiting, enrolling and educating a diverse student body.