

Up-To-Date from the

Mulholland Society



Page 1 - Intro

Page 2 - Message from President Misky

Page 3 - Message from Dean Keeley

Page 4 - Spring Wellness Events via Dean Redick!

Page 5 - Volunteer for the CHT 5k Fundraiser

Page 6 - Wellness Steering Committee News

Page 7 - Vote in the Mulholland Elections & Sign-up to be a host for SMD28!

OFFICIAL NEWSLETTER OF THE UVA SOM

Message from President Misky



Hello amazing friends,

I hope you are doing well! As we will be transitioning to our new leadership team starting next month, this will be my last newsletter message. Because of that, I wanted my last message to focus on my gratitude for each of you. I am not sure that this message or truly any message can fully encompass my immense appreciation for the opportunity to serve as your student body president and for the trust you placed in me. Because of this role, I have been able to connect with so many of you, gain a deeper understanding of our school and spotlight your incredible work to the university community at large.

Serving as president has also offered many opportunities for reflection. I aspired to uplift the voices of the 660+ students in our student body as best as I could, but I recognize that there were many instances that I did not get it right. I am sorry for missing the mark and not being a better leader in navigating the challenges. Through all the ups and downs, my guiding light has been a genuine hope to serve all of you in the best way that I could and to reflect the immense kindness and inspiration that you have shared with me. I hope that through it all, I could at least cultivate an openness where you could feel comfortable sharing your thoughts with me. Even if the decision for proposals did not align with the perspective that you shared with me, I hope you know that your insight was carefully and deeply considered. One of the main reasons that I found this role to be incredibly meaningful has been the opportunity to hear about and learn so many perspectives.

I also want to take a moment to sincerely thank each member of our incredible team, including all our 110 Mulholland School and Class leaders, 220+ Club leaders and each of you. The Mulholland Society had many accomplishments over the past year including creating several new social and community events, strengthening our robust club network, and adding three new positions to our organization while upholding our annual traditions and activities. We also got closer to our goal of creating greater equity of opportunities, resources, and activities between both of our amazing campuses. In addition, there was so much incredible work being done at the school, class and club levels that could not be highlighted here due to space. None of these accomplishments would have been possible without each of you and every day I was in awe of your passion, dedication, and compassion. I promise all you did not go unnoticed and it was extremely appreciated. I also want to send a special thank you to the best executive board that anyone could have asked for. To Joseph, Paige, Andy, Mike, Mira, Angela, Benton, and Jacob, thank you so much for replying to so many late night/early morning messages, spending weekends and holidays brainstorming ideas and solutions and always being present even on the toughest of days.

The spirit of each of you and our UVA SOM community will always be something that I hold dearly. I hope that you always remember how important you each are in making our school the beautiful community that it is. I believe that I am leaving the Mulholland Society not only a better leader and future physician, but also a better person, and I do not think that I could have said that if it was not for all of you.

Thank you all so much for all you do :) Please do not hesitate to reach out if I can ever be helpful in any way. Whether I am in Charlottesville, Northern VA or elsewhere in this country, I am always a text away <3



Message from Dean Keeley



Last March, the Liaison Committee on Medical Education (LCME) did a site visit for accreditation of our SOM. They also reviewed the large amount of documentation we were required to share and our self-study based on that data. Thank you to all who participated in the Independent Student Analysis (ISA) survey and report as well as all the students who met with the site visitors. In October, we were granted the full 8 years of accreditation—great news and a credit to all those involved in our MD program.

The LCME did have several areas where we need to provide follow up in the form of a status report. We are required to show that student satisfaction data in those areas has improved since the ISA survey in 2022. So, we will be sending you all a very brief Qualtrics survey in March—it will take likely 5-10 minutes to complete.

The areas include satisfaction with adequacy of study/work/storage/relaxation spaces, adequacy of career advising/elective counseling, availability of mental health services/well-being programs and responsiveness to feedback. We have worked hard to address these areas based on student feedback and recommendations:

- Mulholland lounge renovations completed summer 2022, new gym space opened spring 2022, relaxation amenities at the student health building publicized
- Dedicated medical student workroom on 2M in the hospital with 9 computer stations, printers, refrigerator and microwave opened winter 2023
- Dedicated bank of storage lockers for medical students on 2M installed winter 2023
- Lockers/cabinets labeled for student use in Pinn Hall, North Tower locker rooms and hospital floor workrooms
- Three dedicated medical student call rooms with computers and safes
- HSL renovations, room reservation options, reserved space for residency interviews
- Career advising resources expanded and compiled on VMED for all three phases of the curriculum—including Departmental Residency Advising Plans that include information about recommended electives for each specialty in addition to specific match information regarding how to select an advisor, advice about personal statements, CVs, away rotations, research and interviews
- College Deans added group meetings regarding residency match topics
- Dedicated SOM CAPS provider position established and Debby Gonzalez started summer 2023
- Expanded academic advising and tutorial help with hiring of full-time learning specialist Mr. Kevin Watson and creation of Student Resource Center Wellness steering committee formed with task forces and priorities set to integrate efforts at both campuses, new events established
- Wellness time scheduled during Intersessions
- Scheduled in person class meetings each semester with tailored agendas in addition to office hours, email and newsletter communication and student representative meetings
- Numerous curricular and programmatic changes based on student feedback including: reduced EPA requirements, standardized clinical expectations across campuses and time excused time prior to shelf exams, VMED utility updates, CCM didactics moved to PRLs, grading rubric availability

Although this survey is a very small investment of time, it is critically important for the SOM. As we did with the ISA, for each class that has at least 80% participation, we will make a donation to a SIM organization selected by that class. Thanking you all in advance for completing this survey next month.

Spring Wellness Events via Dana Redick

Morven Farm is once again hosting Student Days (March 22, April 11, and May 1st). In past students groups have hosted events (picnic with yards games) and utilized already provided services and activities (like shuttles and therapy dogs).

It is outside our regularly scheduled wellness week, which will be 04/01-04/05



Morven Student Days – Morven (virginia.edu)



Dana Redick





Volunteer for Camp Holiday Trails 5K!

Hey everyone!

This spring, the Mulholland Society and the School of Medicine are thrilled to announce our collaboration with Camp Holiday Trails for the 41st annual 5K fundraiser. The event will be on Saturday, April 13th at 9 am and we're looking for volunteers to help make this event a success!

What is Camp Holiday Trails?

Camp Holiday trails is a year-round nonprofit camp serving to empower children with diverse medical needs. Since their founding in 1973, they have provided over 10,000 kids with medical needs the opportunity to experience a positive camp experience. If you'd like to learn more, here's a link to their [website](#).

How can you get involved?

We're looking for several volunteers to help us facilitate the race. This includes helping register participants, guiding runners as they traverse the course, helping us set up at the finish line, and recording times as participants complete the race. As a bonus, colleges with the highest participation (either volunteering or running the 5k) will accrue points towards the college cup.



UVA SCHOOL OF MEDICINE

5K RACE

BENEFITTING CAMP HOLIDAY TRAILS

SCAN TO SIGN UP



APRIL 13 9:00AM

FREE T-SHIRT WITH REGISTRATION
BLOCK PARTY AND RAFFLE TO
FOLLOW AT FINISH LINE

CAMP HOLIDAY TRAILS
50 YEARS
A camp for children and teens with medical needs



If you're interested in volunteering,
please sign up [here!](#)



If you or anyone you know is interested
in running (or walking) the 5k, please feel
free to sign up through the [race website!](#)

Thank you all in advance for your help.
Please don't hesitate to reach out if you
have any questions.

Best regards,
Saajb Rizvi and Megan Harris

MI Community Service Class
Representatives

News from the Wellness Committee

February Wellness Newsletter

School of Medicine Events

- UVACALM is hosting the **CALM Wellness Retreat** at Bridge Between the World on March 9th from 10am-4pm. Sign up [here](#).
- Stay updated with the Mulholland Calendar for all UVASOM events!



Other Wellness Activities

- Engage in CAPS **Mindful Art Series** with an art focused CAPS counselor in the Student Health and Wellness Art Room from Wednesday from March 13th to April 3rd from 11am-12pm. Register [here](#) by March 11th.
- Attend CAPS **Emotional Regulation Workshops** focus on regulating emotions in stress situations with Dialectical Behavioral Therapy (DBT) on Thursday, March 21, 11am-1pm & Thursday, April 25, 12:30pm-2pm. Sign up [here](#).

Ongoing Wellness Resources

- Connect with SOM's staff Psychologist, Debora (Debby) Gonzalez-Wahl, LPC, vpe2vc@virginia.edu, (434) 243-5150
- Access to **free food** at the UVA Community Food Pantry every day at Newcomb Hall, Room 144.
- [CAPS](#) resources and access to immediate psychological care.
- Connect virtually with a [TimelyCare](#) provider.
- Connect with a [local mental health care provider](#).
- **Free coffee** every Wednesday in the Student Health and Wellness Lobby from 9:30am-12:30pm.
- Access to [University of Virginia school-wide wellness resources](#)



Vote in the Mulholland Society Elections!

As I am sure you are all aware, our student government body is one of the many unique facts of the UVA SOM. Per Saagar, our wonderful webmaster's email, please take time out of your day to vote in the elections! Voting ends 03/03 (Sunday) at 11:59 PM

Vote [here](#)

Separately, per our lovely treasurer Andy's email, please consider being a host our 2nd look for our SMD28 class! Sign-up by 03/07 (Thursday) also by 11:59 PM.

Sign-up to be a host [here](#)

