

UP-TO-DATE FROM THE MULHOLLAND SOCIETY



OFFICIAL NEWSLETTER OF THE UVA SOM

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For every beginning, there must be an end. It is bittersweet to leave my position to the next Mulholland Secretary (whoever it may be!). I have enjoyed working with my colleagues and friends over the past year. Don't be a stranger if you see me in the halls. Secretary Mike signing out!

Thank you!
AND FAREWELL



SCHOOL *of* MEDICINE

MESSAGE FROM TREASURER NALA



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Hey everyone! Happy September! We have had a great month of events so far, and I'm excited for the ones to come. If you don't know me already, I'm Nala and I'll be Mulholland Treasurer for the majority of the year. For the newer clubs and M1s joining an exec board soon, here's how funding from Mulholland works.

1. FUNDING REQUESTS

First, you submit the funding request form to ask Mulholland exec for money for your event. This form needs to be submitted at least TWO WEEKS before the date of your event. This ensures that Mulholland has enough time to deliberate on your request, ask follow up questions, order pizza, etc. Then you will receive an email from me stating whether or not the request was approved. If you are ordering pizza, reach out to me while submitting this form, and I will let you know the next steps to take.

The funding cap for the year will be \$5/person and up to \$100/event. Any larger amounts will have to be considered by Mulholland exec on a case-by-case basis, and may have to be presented at the monthly Mulholland meeting.

The funding request form can be found here: https://docs.google.com/forms/d/e/1FAIpQLSc-te_gu37Y7PmflbH78r3w5zjKnnGLKnyxEx8och2latNjSA/viewform?usp=sf_link&authuser=2

2. REIMBURSEMENT REQUESTS

If you have received an approval email from me, you will submit a reimbursement form within TWO WEEKS from the date your event was held. You will need to show proof of purchase, so KEEP YOUR RECEIPTS. You will also need to submit an ACH Form to get direct deposit. If there is ever a problem attaching documents to the Google form, you can just email them to me. You can expect to be reimbursed within two weeks of submitting the form, and the funds usually disburse on Friday.

The reimbursement form can be found here: <https://docs.google.com/forms/d/e/1FAIpQLSfhl7h2mxG31mjyrWEdQZnK4-A3Fwcl4d16PQs8ihDlaPgi5A/viewform?authuser=2>

ACH Form: https://docs.google.com/document/d/1NgYDEbRPce_Me2SdV58vxd_JSFKmzsjmYUzsO53p7tA/edit?usp=sharing&authuser=2

3. THE BUDGET

Last but not least, the budget will be updated every week or two, and will be completely up to date before every Mulholland meeting. This is how you can keep track of how much your organization or officer position has spent.

The budget can be found here: <https://docs.google.com/spreadsheets/d/1ctwB1GfzIFLj-hT6TZQEf8DMeueUJZcDoPONOfq8X4rw/edit?gid=218875549#gid=218875549>

If you have any questions about funding, or anything else, please don't hesitate to reach out to me. Let's have a great year!

Nala

DEAN KEELEY'S CORNER



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Happy new academic year to everyone! A big welcome to SMD28 and a big thank you to all the other classes for getting the first years off to such a great start! As SMD27 and 28 start classes and SMD26 is heading towards dedicated study time, I wanted to make sure you all are aware of the options for academic support from our great Student Resource Center team of Dr. Selina Noramly and Mr. Kevin Watson.

Dr. Noramly, the Director of Academic Enhancement and Mr. Watson, the Learning Specialist, collaborate to support student learning utilizing a longitudinal approach across all four years. They will meet with you to set strategic goals for academic success, focusing on your unique learning needs and working with you to uncover academic issues and implement effective solutions. They use a holistic approach to evaluate study processes, study skills, and learning strategies. Services they provide include retrieval practice, study plans, standardized exam preparation, strategic test-taking skills, goal setting, time management, sleep hygiene, wellness and more.

Additionally, Dr. Noramly and Mr. Watson gather feedback in order to continuously improve support programming such as delivering workshops on mindsets, effective learning techniques, exam preparation, and test anxiety. They collaborate with course directors, teaching faculty, College Deans, FCM coaches, and the Peer Mentoring Program. They also work closely with the Student Disability Access Center and learning evaluation teams at the UVA School of Education. The goal is to foster a supportive and inclusive learning environment to ensure all students have the opportunity to succeed. Please stop by the Student Resource Center to learn more!

LAUNCH OF THE STUDENT- BASED RESEARCH DATABASE



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The Mulholland Society is thrilled to announce the launch of the much-anticipated, entirely student-run Mulholland Research Database! This platform is designed to improve research accessibility through offering students easy access to high-quality bench, translational, and clinical projects. We have solicited a diverse array of projects from clinical faculty, research faculty, and residents/fellows that are waiting to be claimed by our motivated and talented students.

This initiative would not have been possible without the invaluable support of Dean Keeley, who put in an incredible amount of work behind the scenes to make this happen, Shreyas Krishnapura (Vanderbilt SOM '24) and Ayush Doshi (UVA SOM '24) who shared their prior research database expertise, and Ashley Zhang (UVA SOM '25) and Jasmina Abdallah (UVA SOM '25), for beta testing the database.

Students and faculty have been emailed with instructions on how to list and claim projects, respectively. If you have any questions, concerns, or feedback, please do not hesitate to reach out to our Mulholland Research Coordinator at mulholland.research@gmail.com.

– Joseph Nguyen, your friendly neighborhood Mulholland Research Coordinator

WELLNESS WEEK



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Feeling overwhelmed? Don't fret, this week the UVA SOM is hosting various wellness activities from cardio kickboxing, cooking classes, return of the Morven Farms Retreat, and more!

Take some time to disconnect from academics and hang out with your classmates and friends

Sign-up [here](#)

