

MSG Meeting
October 19th, 2021
MMEC 3-101
Zoom ID: 943 5699 8086

Introductions

New Business

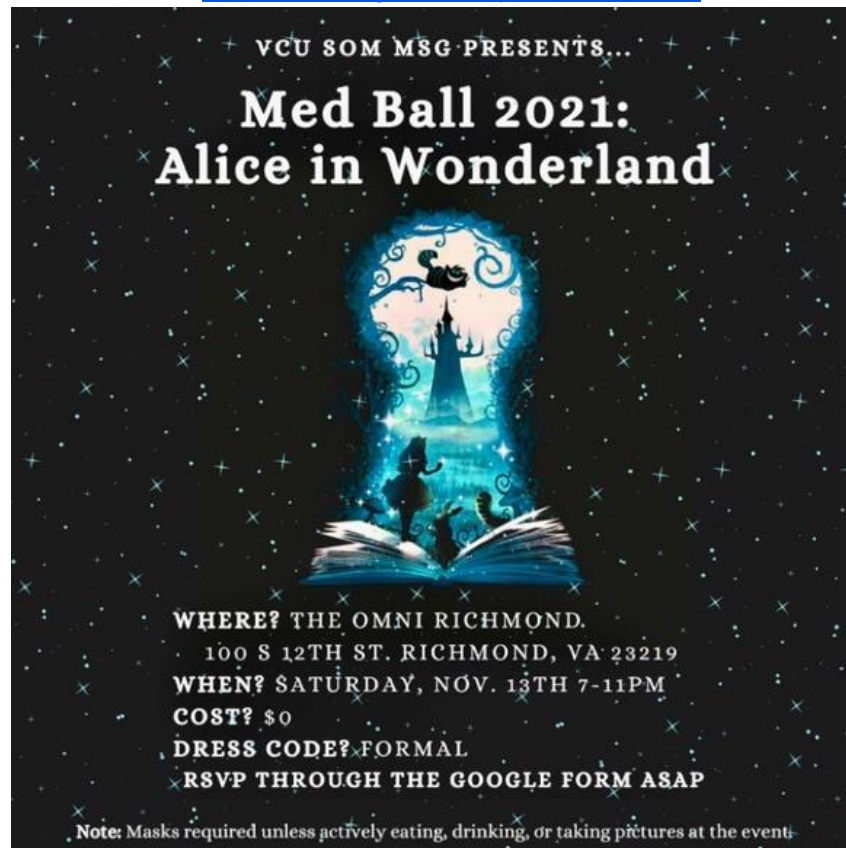
Fred Tugas (vcudean@vcu.edu): [Absentee ballot request](#) is due by Friday. [Health insurance pilot](#) coming online December 15th - info sessions upcoming.

- [Our Wellness Forum: Meditative Painting](#) on **10/21 from 12pm to 1pm** where students will take part in a guided, meditative painting exercise, led by RecWell's Graphic Designer. We will provide the painting materials and canvas, as well as a packaged lunch for the day's event. It will take place in Larrick Student Center's Court End Ballroom.
- [MCV Halloween: Hocus Pocus & Pumpkin Painting](#) on 10/28 where we'll have Hocus Pocus on as students paint a mini-pumpkin and munch on Halloween-themed snacks! This event will take place in Larrick Student Center's Court End Ballroom

MSG Updates

- a. Class Updates
 - i. Class of 2025 - Just started I&I block, doing well. Coordinating a field day for November.
 - ii. Class of 2024 - Finished up the pulmonary block. Currently in Renal and signing up for Step 1. Last block ends of January; practice by January 11th; final date for step 1 is March 25; transition to M3 on April 25th
 - iii. Class of 2023 - About halfway through rotations, beginning M4 planning
 - iv. Class of 2022 -
 1. Apps submitted ~2-3 weeks ago
 2. Currently interview offer/interview season.
 3. First match survey sent out week of 10/11
- b. President (Brendon)
 - i. Dogs on Call Set up
 1. Possibly on 11/3 and 11/19
 - a. Following I&I #1 and 2 exams for M1
 - b. Following MMB #1 and #2 exams for M2
 - ii. Medical Student Appreciation Day - Approved with Curriculum Office
 1. Ideal dates?
 - a. Looking into January, 21st (Thursday)
 - b. Potentially creating a subcommittee - if interested email; also email with any ideas
 - iii. Vaccinations
 1. Student Health can administer both COVID booster and Flu vaccines; Include in the Scoop for the student body

- c. Secretary (Rachel)
 - i. The next meeting will be on November 9th, 2021 in MMEC 3-101.
- d. Treasurer (Emma)
 - i. Send me event budgets & receipts <3
- e. VP Social (Brian)
 - i. Formed a subcommittee
 - ii. Med Ball- in the works (health and safety) - November 13th
 - 1. RSVP FORM: <https://forms.gle/iJKDytPsMZv8DT17>



- 2.
 - iii. Possible liver round/social November 5-7 (M1-M3s have this weekend off)
 - iv. Halloween event- spending funds on long term equipment; Saturday Oct. 23th at Forest Hill Park - catering from Deep Run Roadhouse (w/ veggie options) - please sign up to RSVP
 - 1. CornHole, Can Jam, Spikeball. Costume Contest
 - 2. Pet Friendly! w/ pet costume contest
- f. VP Student Life (Riley)
 - i. SIG Registration Finished
 - ii. Pizza with the Deans - TBD
 - iii. Student Networking Night - speed "dating" with people from other classes; date TBD
- g. VP Societies (Abbas)
 - i. New M1 Society Leaders - first meeting with them yesterday
 - ii. Halloween event this Saturday

- iii. Refugee drive - ongoing; last week & ends on Friday
- h. VP Community Service (Vivek)
 - i. Doorway event went well → hoping to have more! (pictures = <https://drive.google.com/drive/folders/1scHQJ71mMEQe3tfIM5P3kWei7kSS7j1A?usp=sharing>)
 - ii. Habitat event Saturday morning (10/23)
 - iii. Compiling database of weekly/monthly volunteer events with each SIG group and outside volunteer opportunities - on MSG website calendar & volunteering section in the SCOOP
 - iv. Committee for service longitudinally
 - v. Community fridges
- i. VP Publications (Tameem)
 - i. Send events for calendar to msgstudentlife@gmail.com
 - ii. Edit Class Years on MSG Bios
 - iii. Sign-Out - make it something on ecurriculum kind of like a faculty review (but it is non-formal - and putting it on E-curriculum could limit what people would give in sign-out) - maybe putting an incentive on it rather than required (like society points; society party)
 - iv. Improve Education about resources during orientations (M1s & M3s)
- j. VP Curriculum (Om)
 - i. No updates
- k. MSG SGA Representative (Saba)
 - i. No updates
- l. Wellness Committee (Rhea)
 - i. **Wellness Committee Application:** "If you're interested or passionate about the study and science of wellness, or you want to take an active role in shaping that culture and collaborating on solutions to improve student wellbeing at our school, please consider applying to the Wellness Committee! You don't need to be a Peer Advocate to join, all we ask is that you share, learn, and grow with us as we try to make meaningful changes both at our school and our medical community at large. There are many opportunities available to start your own initiatives! General Membership Applications can be accessed at <https://forms.gle/9KRkacnNvGJeu5vW6> and will be due November 7th at 11:59PM. Contact us at vcusomwellness@gmail.com with any questions."
 - ii. Please consider applying or encouraging your peers to apply to the Stories of Hope and Resiliency panel! "The Stories of Hope and Resiliency Panel will be held via zoom in mid December. For those of you who have not attended the event in the past, this is an annual school-wide event held by the Peer Advocate team and Student Psychiatry Society. Last year we had over 100 attendees to hear our 7 brave panelists present! Our goal of this event is to create a space where students, residents, and doctors can share and discuss stories of overcoming hardship faced during medical school and beyond. Through open and vulnerable dialogue, we aim to de-stigmatize and humanize the medical profession experience.

We are currently searching for panelists to speak in the event, and share their story of overcoming adversity and finding hope and resilience. If you are interested in sharing your story, please fill out this form: <https://forms.gle/1qnDC9bVfhtxk1Ff8>. NEW DEADLINE (extended) to submit an application is November 1st.”

- iii. *From Wellness Journal:* "Hey everyone! Love fall or Halloween and looking for a creative outlet? Consider submitting a creative project to the October post for the Online Wellness Journal Committee! We are encouraging students to tap into their creative side and give their mind a break from all of the studying. Projects can be anything your heart desires, including a spooky poem or doodle, a picture of jack-o-lanterns your friends carved, or a reflective piece on your biggest fear, etc. More prompts can be found at the submission link (<https://forms.gle/qSdmYqyaVHLuVe5g9>). Deadline is Oct 27th, 11:59PM. Projects will be published anonymously on our website <https://vcusomwellness.wordpress.com/>. Thanks!"