



## STUDENT NEWSLETTER

### Student Advocate Association

What is SAA?

It's an organization on campus for spouses and significant others of ICOM's student-doctors supporting each other through the journey of medical school. The mission behind the SAA is to also support and promote the osteopathic profession. It is a way for your spouse or significant other to get together and brainstorm ideas for events, create fundraisers, and encourage support of our students.

September will mark the first meeting to elect board members. If this something your significant other would be interested in, please have them email Sharon at [seisenbarth@idahocom.org](mailto:seisenbarth@idahocom.org)

### Meet ICOM's Osteopathic Principles and Practice Team

The OPP team at ICOM is a group of accomplished and dedicated individuals invested in producing highly proficient osteopathic physicians able to use their palpatory skills for patient diagnosis and treatment.

With years of clinical and academic experience, the OPP team blends active hands-on learning with strong didactic training. This teaches students the most effective and practical application of classical osteopathy for a modern health care world.



**Dr. Dennis Rau**



**Dr. Richard Sloan**



**Dr. Sarah Davis**



**Dr. Jenisa Oberbeck**



**Amy Nguyen**

**Dr. Dennis C. Rau** serves Assistant Dean of Osteopathic Integration and Associate Professor of Osteopathic Principles & Practice at the Idaho College of Osteopathic Medicine. He earned his Doctor of Osteopathic Medicine (D.O.) degree from the Kentucky College of Osteopathic Medicine in Pikeville, KY.

Prior to coming to ICOM, Dr. Rau utilized OMM in private practice treating a variety of neuromuscular complaints and most recently was a professor at William Carey University College of Osteopathic Medicine.

## Matriculation Checklist

Please check out the ICOM [Class of 2024](#) website to see all the important information so you are ready to start school at the end of July. Each of these items will need to be completed before you arrive on campus.

- ☐ Sign up for a time to get try on your White Coat.
- ☐ Purchase your supplies
- ☐ Update your Emergency Contact Information
- ☐ Complete your Matriculation Requirements
- ☐ Enroll or Waive the Health Insurance plan.
- ☐ Send in your Student Introduction Video
- ☐ Secure Financial Aid
- ☐ Send transcripts to Registrar (if needed)

## ICOM Library

While you can't access all the ICOM Library's resources yet (enjoy the break while you have it!), you can check out the Library's [website](#) and start following the Library on Instagram, Twitter, or Youtube.

His professional interests include visceral and cranial manipulation and he has extensive training in these areas.

**Dr. Richard Sloan** serves as Associate Professor of Osteopathic Principles & Practice at the Idaho College of Osteopathic Medicine. He earned his Doctor of Osteopathic Medicine (D.O.) degree from the Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania in 2008.

Prior to coming to ICOM, Dr. Sloan most recently was a professor and Chair of Osteopathic Manipulative Medicine Department at William Carey University College of Osteopathic Medicine in Hattiesburg, Mississippi. During this time, Dr. Sloan utilized OMM in private practice, treating a variety of neuromuscular complaints. His professional interests include nutrition, cranial manipulation, and medical acupuncture.

**Dr. Sarah Davis** serves as Assistant Professor of Osteopathic Principles & Practice at the Idaho College of Osteopathic Medicine. Dr. Davis graduated from Michigan State University College of Osteopathic Medicine.

Dr. Davis is board certified in Integrative Medicine, in addition to her Family Medicine board certification. In 2016, she decided to pursue a Neuromusculoskeletal Medicine Plus One residency, something she had considered doing for many years. During her NMM year, Dr. Davis was involved in teaching the 1st and 2nd year students, discovering her passion for teaching.

**Dr. Jenisa Oberbeck** serves as Assistant Professor of Osteopathic Principles & Practice at the Idaho College of Osteopathic Medicine. Dr. Oberbeck graduated from Nova Southeastern University College of Osteopathic Medicine.

She practiced in a busy pediatrics clinic before transitioning to an attending physician, supervising residents and medical students at the outpatient residency clinic at St. Petersburg General Hospital. In 2017, she left that residency clinic and moved to Orlando, Florida and completed advanced training in neuromusculoskeletal medicine (NMM). She has a special interest in Osteopathic manipulation during pregnancy and Osteopathic manipulation as an aid in the treatment of childhood diseases.

**Amy Nguyen** serves as the Operations Coordinator at the Idaho College of Osteopathic Medicine. Amy is a second-generation Vietnamese American who was born and raised in Logan, Utah. She earned her Bachelor's degree in Cultural Anthropology at Utah State University and completed her Master's degree in Educational Leadership and Policy with an emphasis in Student Affairs at the University of Utah.



## Student Services

Mattie Bendall, Assistant Dean of Student Services  
208.795.4347

### Admissions

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Amanda Griswold, Assistant Director  
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Rachael Lewis, Coordinator  
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Ellie Matthews, Recruiter  
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### Student Affairs

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Sharon Eisenbarth, Coordinator  
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### Learning Specialists

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Jennifer Ross, Learning Specialist  
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### Registrar

Denyce Drinkall  
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### Financial Aid

Nicole McMillin, Director  
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Carlene Wallace, Coordinator  
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## TIPS ON PREPARING FOR MEDICAL

The transition to medical school can be tough. Suddenly, you're faced with massive workloads while still trying to maintain family and social life. Many students struggle to find a balance in the beginning. Time management is one of the biggest issues I've seen with new medical students. It's easy to spiral out of control without a set schedule.

As you prepare for your transition to medical school, I highly recommend that you develop good time management habits now. Research shows it can take 4-8 weeks for behavioral change to stick. So, now is the perfect time to work on those bad time management habits and create new, productive ones.

Start living on a medical school schedule now. In the fall, you'll be in class from 8-noon each day, with labs and clinical training in the afternoons. You'll need to study in the evenings. You'll want breaks and time with family and friends. You'll also need to sleep. Here's some tips to help you get a positive, productive routine:

- Go to bed at the same time every day. Get up each day as if you were going to class at 8 am.
- Meal plan and prep on the weekends. This is especially important if you will be living alone. You probably won't have time to make extravagant meals during the week, and fast food is expensive and will drag you down. Prep dinners and freeze them.
- Start family/friend time. Does your mom want a phone call each night? Do your kids actually want to see you? Do you want to log into a Minecraft server with friends each day? Set a specific time for these activities - a time that will be easy to keep once you start medical school, like 7-8 pm each night. Here's the key, though: be strict with that time. It is ok to be firm with your family and friends. I've seen a lot of good time management habits get derailed by friends who want more of your time. I call them "time vampires." They just suck the hours right out of you.
- Keep a detailed task list for each day. Sure, you may not have a lot to do right now, but just getting in the habit of planning your day will help this fall. I call a task list a "memory dump." It's just less to keep in your brain.

Once you start medical school, you can layer in study planning and more study specific time management practices. For now, just following these guidelines will help you transition more smoothly.

Please reach out if you have questions. The Learning Specialists are here to help.

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