



STUDENT NEWSLETTER

Tips for surviving low humidity:

Hydrate - Drink plenty of water throughout the day and especially when you are outside doing activities. Consider a drink with electrolytes such as Gatorade when doing outside activities. Unlike humid climates where you know you are sweating, in arid climates your skin stays dryer.

Moisturize

Vaseline (petroleum jelly) is very useful for keeping nasal passages moist (reduce nosebleeds), lips and hands.

Lotion - Use every time you wash your hands.

Lip balm - Lips will dry out here and need to be covered with a lip balm.

Humidify your living area -

Put a pan on the stove and boil it to almost dryness.

Purchase either a humidifier (cool mist) or a vaporizer.

ICOM's Library is Awesome

Not only does ICOM's Library provide excellent resources, we have amazing librarians. They really care about the students' success. Molly and Greg always have an ear to listen and chocolate to share. ICOM really hit the jackpot with Molly and Greg. *(The picture is from Halloween)*



Molly Montgomery, Director of Library Services

Molly has been a medical librarian for 15 years and previously worked in a public library, a non-profit health organization, a hospital library, and a university. She enjoys getting to know the students and thinks of the regulars as her family. She likes the challenging requests she receives, especially from our OPP faculty, and loves to talk about library research. Outside of work Molly likes to eat cake, read, play games and hike.

Gregg Whitmore, Librarian

Gregg has been a medical librarian for 9 years and a public librarian for 4 years before that. He likes interacting with students and helping them find information. One of the favorite things he likes about his job is cataloging, where he creates an electronic record so resources are easily located. He enjoys showing the students how to use the electronic resources and loves the challenge of doing research on tough topics. Outside of work Greg likes to spend time with his family, going to movies, attending theater, traveling and reading.



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Student Comments about Librarians

- *The librarians are there for you always, even in your darkest hour. They always make me smile.
- *The library is my favorite place on campus.
- *The library might be the best room in the school.
- *Gregg and Molly are wonderful resources no matter your needs. Learning materials, a good book recommendation, or just an ear to listen to your woes. The library is my favorite place on campus.
- *Part time librarians, full-time mental health advocates.

Traits you need to succeed in Medical School

Discipline - As a medical student and physician, you are a lifelong learner, and you need the discipline to be able to keep studying. You need to be able to study regardless of what else is going on in your life.

Persistence/Drive - The journey to become a doctor is a long road, you need to be able to keep pushing yourself even when it gets hard. It's not how many times you fall that matters but how many times you pick yourself up.

Humility - Learn how to be humble and how to be a good team player. In medicine, there is too much to know all by yourself, so you have to work as a team.

Adaptable - You go through many different rotations in your clinical years, so you need to be open-minded and flexible to these different workplaces. You switch teams constantly with different attending physicians, so you have to be able to change accordingly.

Empathetic - Empathy is not sympathy. This is one the most important traits for being a good medical student and a good physician. You will be taking care of patients from all walks of life. Even if you come from a completely opposite background as someone, you need to provide the best care for the patient.

Good Attitude/Enthusiastic - A good attitude will help you stay motivated to get through the material and do well on exams. Residents appreciate working with medical students who are positive and enthusiastic.

Having a sense of humor - Laughter is a form of healing. In medicine, you're exposed to really tough stuff, so finding humor in the process will help you avoid burnout. Know how to live your life and be present to the things that make you laugh. <https://medicalschoolorhq.net/mshq-007-10-traits-you-need-to-succeed-in-medical-school/>