The Fall, 2015 semester is underway. Here are a few tips to help you stay on track and motivated.

**MANAGE YOUR TIME:** Using your time efficiently will help you be successful this semester. It is important to implement good time management in order to balance school, work, friends and family, as well as, extracurricular activities that are important to you. Having time to relax is just as important as time to study. Everyone needs time to relax and regroup, whether it is hanging out with loved ones, reading a book, or getting much needed rest. We want to see all of you succeed and that means finding a balance between work and play. If you find that you have too much on your plate and are feeling burnt out, you need to decide if you need to cut back and/or reprioritize your time commitments. Remember, there are only 24 hours in a day make sure you are using your time wisely.

**SUPPORT SYSTEM** : Having someone there to help you stay focused and encouraged can help when you start to feel overwhelmed. This may be your family, friends, or classmate, but you may also gain additional support from your fellow SMDEP alumni. All of you are striving to be dentists, physicians, pharmacists, or other allied health professionals who share many common bonds. We should support one another. You can also contact us at anytime.

**ACADEMIC ASSISTANCE:** If you encounter some academic difficulty, don’t allow your pride to keep you from seeking the help. As soon as you recognize that you need help in a class take action. Join or start a study group to help hold you accountable. Seek assistance from your classmates or tutoring center on campus. Attend any supplemental instruction that is available. Also, go and talk to you professor during his/her office hours.

**KEEP A PORTFOLIO:** The application process for medical and dental school is a demanding one. You have to provide a lot of information and having this information on hand when you apply will make the process so much smoother. Instead of spending time trying to recall what, where, when, I encourage all of you to keep a portfolio that includes business cards from various medical/dental school staff, faculty, administrators you’ve met; medical and dental school information; MCAT/DAT information; an updated resume, an extra-curricular resume listing your shadowing and community service, etc.

Good luck this semester!
**Focus on Alumni**

**UofL School of Dentistry**
- Wilson Allen—SMDEP 2013
- Justin Anderson—SMDEP 2013
- Kelly Beglin—SMDEP 2009
- Jacob Bishop—SMDEP 2008
- Mary Blair—SMDEP 2009
- Courtney Fletcher—SMDEP 2011
- Sasha Fraser—SMDEP 2010
- Zachary Gregory—SMDEP 2008
- Lauren Hibbard—SMDEP 2009
- Megan Keynton—SMDEP 2010
- Elizabeth Lee—SMDEP 2012
- Kyle Mann—SMDEP 2013
- Taylor McFadden—SMDEP 2012
- Aldo del Sol Martinez—SMDEP 2012
- Landon Momberg—SMDEP 2010
- Sarah Morris—SMDEP 2009
- Ashton Samuels—SMDEP 2009
- Puja Sangoi—SMDEP 2009
- Paulette Andrade Soto—SMDEP
- Geoffrey Spencer—SMDEP 2011
- Eudora Vines—SMDEP 2011
- Katelyn White—SMDEP 2012
- Hayden Young—SMDEP 2013

**Other Schools of Dentistry**
- Carmen Blunt—SMDEP 2010
- Camille Corral—SMDEP 2011
- Sara Knox—SMDEP 2013
- Jessica Jackson—SMDEP 2007
- Tariq Jah—SMDEP 2012
- Olivia Johny—SMDEP 2013
- Natalie Lesinski—SMDEP 2011
- Amy Shimschock—SMDEP 2010
- Calie Morgan—SMDEP 2013
- Angie Nguyen—SMDEP 2013

**UofL School of Medicine**
- Erin Adams—SMDEP 2009
- Elena Brown—SMDEP 2010
- Jared Dabbs—SMDEP 2011
- Tiffany Dean—SMDEP 2007
- Addie Dodson—SMDEP 2011
- Dirk Dorsel—SMDEP 2011
- Meagan Greeter—SMDEP 2009
- Chris Hamann—SMDEP 2010
- Steven Hawkins—SMDEP 2010
- Korey Johnson—SMDEP 2011
- Jerilyn Jones—SMDEP 2012
- Courtney Lattimore—SMDEP 2011
- TaeHun Lee—SMDEP 2009
- Carlos Lynes—SMDEP 2008
- Terri Mason—SMDEP 2007
- Paul McGeorge—SMDEP 2010
- Kimberly Okafor—SMDEP 2011
- Monique Osigbeme—SMDEP 2010
- Trisha Patel—SMDEP 2008
- Xavier Robinson—SMDEP 2010
- Malika Sabharwal—SMDEP 2010
- Belaram Sathvik—SMDEP 2010
- Jacob Schultz—SMDEP 2013
- Robert Spaulding—SMDEP 2010
- Ryan Sturgill—SMDEP 2011
- Samantha Sutkamp—SMDEP 2010
- Anne Walsh—SMDEP 2010

**Other Schools of Medicine**
- Stella Nadine Achenjang—SMDEP 2012
- Mary Allen—SMDEP 2013
- Nneka Amadie—SMDEP 2012
- Bryce Baird—SMDEP 2014
- Shay Behrens—SMDEP 2011
- Noemi Bernudez—SMDEP 2012
- Jose Castellanos—SMDEP 2013
- Kendra Gray—SMDEP 2012
- Sara Knox—SMDEP 2013
- Tyeesha Martin—SMDEP 2013
- Sarah McClanahan—SMDEP 2013
- Ijeoma Okoye—SMDEP 2013
- Kadijah Porter—SMDEP 2011
- Katie Redmond—SMDEP 2013
- Terrence Thompson—SMDEP 2011

Please keep us updated on the good things that are going on in your life. If you won an award, were accepted into professional school, studied abroad or anything else that you want to share, so that we can mention it in the next edition of the newsletter. Let your peers know what you are up to and help keep each other motivated.
Career Spotlight: Physical Therapist

Overview
Physical therapists (PTs) provide services that help restore function, improve mobility, relieve pain, and prevent or limit permanent physical disabilities of patients with injuries or disease. PTs work closely with patients and clients to restore, maintain, and promote their overall fitness and wellness for healthier and more active lifestyles. Patients may include accident victims and individuals with disabling conditions such as low back pain, fractures, head injuries, arthritis, heart disease, and cerebral palsy.
PTs take the patient’s/client’s history and conduct a systems review, and perform tests and measures such as strength, range of motion, balance and coordination, posture, muscle performance, respiration, and motor function, to identify potential and existing problems. Based on the examination and the physical therapist’s evaluative judgment, PTs determine a patient diagnosis, prognosis, and plan of care that describes evidence-based treatment strategies and the anticipated functional outcomes. Finally, as a part of the plan of care, PTs determine the patient's ability to be independent and reintegrate into the community or workplace after injury or illness.
To learn more about this career, watch the You Can Be Me video on the American Physical Therapy Association website.
For more information, see the American Physical Therapy Association website.

Working Conditions
Physical Therapists (PTs) practice in a variety of settings including hospitals, outpatient clinics, private offices, home health agencies, schools, sports and fitness facilities, work settings, and skilled nursing facilities. Most full-time PTs work a 40-hour week, which may include some evenings and weekends.
This position can be physically demanding, because PTs often have to stoop, kneel, crouch, lift, and stand for long periods. In addition, physical therapists move heavy equipment and lift patients or help them turn, stand, or walk.

Physical Therapist Job Outlook
Employment of physical therapists is expected to grow by 36 percent through 2022, much faster than average for all occupations.
Demand for physical therapy services will come, in large part, due to the aging baby boomer population, who are staying active. And as advancements in medical technology increase the use of outpatient surgery to treat injuries and illnesses, physical therapists will continue to play an important role in recovering quickly.
Job opportunities are likely to be strong for licensed physical therapists in all settings. They may be found particularly in acute hospital, skilled nursing, and orthopedic settings, where the elderly are most often treated. And the outlook is especially favorable in rural areas, because many physical therapists live in highly populated urban and suburban areas.

Sources: http://explorehealthcareers.org/en/Career/70/Physical_Therapist
SMDEP ALUMNI SURVEY

The Robert Wood Johnson Foundation and the SMDEP National Program Office are interested in maintaining contact with SMDEP alumni and learning about their career progress. This information helps us to understand the impact SMDEP has on future scholars and also allows for communications about scholarships, other programs and alumni events.

Please take a few minutes to update us on your current contact information and educational status. By completing the survey, you also have access to the Alumni Directory. The Alumni Directory allows you access to alumni from across the different program sites and years. Keep your information current and update as often as you need.

LOG IN TO THE SMDEP SURVEY

Please help us spread the word about SMDEP. Ambassador applications are available at www.smdep.org until October 1, 2015.

SUMMER 2016 OPPORTUNITIES

Applications for SMDEP 2016 will be available at www.smdep.org on November 1, 2015 through March 1, 2016. As alumni, please share your SMDEP experiences here at the University of Louisville with others who may be interested in becoming a physician or dentist.

Applications for the MCAT/DAT Review Summer Workshop 2016 will be available at http://louisville.edu/medicine/diversity/student-pipeline-programs/mcat-dat-training-conference-for-undergraduates on November 1, 2015 through March 1, 2016. Please encourage those you know who are planning to take the medicine or dentistry professional school entrance exams to apply early.

Applications for the 10 week Undergraduate Summer Program in Cardiovascular Research are available at http://louisville.edu/medicine/departments/physiology/copy_of_SummerResAppl15.pdf. The application deadline is March 1, 2016. Please encourage those who have an interest in research to apply.

Applications for the 10 week summer 2016 NCI R25 Cancer Education Program are available at http://louisville.edu/medicine/departments/pharmacology/research/nci-r25-cancer-education. The application deadline is March 1, 2016. Please encourage those who have an interest in research to apply.

Applications for the 10 week Summer Research Opportunity Program (SROP) are available at http://louisville.edu/research/students/srop/srop-application. The application deadline is March 1, 2016.