



JUMP

A Monthly Newsletter

Issue No. 5, January 2013

Happy New Year From JUMP!

Learn about what JUMP has been up to over winter break and what's in store for 2013!

Page 1

Ten Questions for our Newest JUMP Team Member, Kristina Nance!

Find out a little more about the newest member to JUMP, Kristina!

Page 2

Social Networking and Medical School Applications

Learn how to manage your Facebook, Twitter and other social media accounts and be a successful applicant!

Page 3

The Hardest Medical School Interview Question

What was the most difficult situation you've ever faced, and how did you deal with it?

Page 3

New Doctors Trained to Overcome LGBT Healthcare Gap

Medical schools are equipping the next generation of doctors to care for this underserved patient population.

Page 3

CALLING ALL SOPHOMORES - Apply to be a JUMP Intern!

This is your chance to join the JUMP Team, for the 2013-2014 and 2014-2015 school years!

Page 4

Happy New Year From JUMP!

A new year, a new semester, a chance to take what we've learned in the past, and make a better future. This is an update on what JUMP has been up to in the past few months, and what we have planned for 2013.

JUMP has many events planned this semester, and we are partnering with many organizations on campus to help spread the word on our events. We also have updated our website to make it clearer and to be the "one stop shop" for all resources, future events and announcements for you to see. the new site is live, and can be viewed at: <http://oma.jhu.edu/programs/jump-initiative/>

We are excited to introduce a new member to the JUMP team, Kristina Nance, our JUMP coordinator who is housed at the

Office of Multicultural Affairs. You can read more about her in the next section, and she will be around at all our events, be sure to say hello and welcome her to our family!

We are expanding our events to include other health professions, and we want your input. We have created a survey, and would love your feedback. Please follow the link to submit your ideas! <https://docs.google.com/spreadsheet/viewform?formkey=dDlhSkw3UXUybl9qSWRMU05DODFMRXc6MQ>

We are also announcing an exciting opportunity for current sophomores (rising juniors) to become a part of the JUMP team for the 2013-2014 and 2014-2015 school years, there is more information on page 4 of this newsletter, and an email will follow with logistics on how to apply.

As mentioned in previous newsletters, the first of the two SMDEP Deadlines is approaching on February 1, There is still time to apply before the March 1st

deadline, Visit www.SMDEP.com for more information! And our Summer Programs packet with endless opportunities can be found here: http://oma.jhu.edu/images/newsletters/Summer_Programs.pdf Please let us know about any suggestions, comments, questions, ideas, to get your voice heard! Send an email to JUMP@JHU.EDU. We'll see you at our events throughout the semester!

Your JUMP Team
 Dr. Irene Ferguson, Director, Office of Multicultural Affairs
 Dr. Danny Teraguchi, Director of the Office for Student Diversity, JHSOM
 Dr. David Verrier, Director, Pre-Professional Programs and Advising
 Ms. Katie Cruitt, Assistant Director, Pre-Professional Programs and Advising
 Mrs. Kristina Nance, JUMP Coordinator
 Ms. Stephanie Valarezo, '13, JUMP Intern
 Mr. George Alvarez, '14, JUMP Intern,
 JUMP Newsletter Editor

Ten Questions for our Newest Team Member, Kristina Nance!

A MESSAGE FROM KRISTINA

Hello everyone! My name is Kristina Nance, and I am the new JUMP Coordinator. I'm very excited to be here and can't wait to meet all of you. My mission over the next few months is to learn everything I can about what it is like to be a pre-med student at Johns Hopkins University. A big part of that we be talking to all of you! I want to hear the good, the bad and the ugly. I also want to hear your perspective on JUMP - what we do right, what we do wrong and how we can make it even better. I intend to use the information to help make JUMP the best program it can possibly be.

A little bit about me: I have a career in student affairs stretching back about 10 years. I have held positions involving STEM/medical field preparation at Cornell University, Ithaca College, and Massachusetts Institute of Technology. Most of my positions have involved working with both first generation college students as well as students of color. I recently moved to Baltimore from Oxford, Ohio where I was pursuing my doctorate in Curriculum Theory at Miami University. I'm still in the process of writing my dissertation! Hopefully I will be finished by the end of the year.

I am married to Bryan Nance, who works in the admission department here at Hopkins. We have 2 children (9 year old McKinley and 7 year old Miles) who are sure to be hanging around the office some days, so hopefully you will get to meet them soon. Once again, I can't wait to get to know each and every one of you. Feel free to drop by my office to introduce yourself or just to say hi!

What is your favorite Book?

The Lone Ranger and Tonto Fistfight in Heaven by Sherman Alexie. It was the first book of his I read and I fell in love with his writing style.

Where is one place you want to travel that you have not yet been?

Hong Kong. It might be helpful if I learn at least a little of the language first though :)

What has been the biggest obstacle that you have overcome?

I feel like I went a long time not really knowing what I wanted to do professionally. Finding my path in life took a while but the journey was certainly worth it. Now my job is to help other people figure it out faster than I did.

What is the hardest thing you've done?

Wow. I would say childbirth but that's probably too cliché. LOL. Maybe learning how to accept my own imperfections?

What were you doing before coming to JUMP?

I was a graduate student writing her dissertation. I am still a graduate student writing her dissertation, now I just have a job!

What about JUMP attracts you?

I absolutely love program development and I love working with students, so for me this is the best of both worlds.

What is your vision about the future of JUMP?

I want every student who comes through this program to graduate fully informed about the healthcare field, completely aware of their personal strengths, and in the position to successfully pursue whatever avenue they believe is their best fit.

What do you want to take away from JUMP?

I always assume many lessons await me when I take on something new. I have no idea what JUMP will teach me, but I'm ready for whatever it is!

What is the one thing that excites you most about joining the JUMP Team?

The people who have been running this program are all very smart and fun to work with. You don't always get to work with that kind of team, so it was definitely a selling point.

Do you have any advice for JUMP Students?

Just keep reminding yourself college is supposed to be hard and it's supposed to be challenging academically, socially and emotionally. Just don't let it get in your head. Millions before you have navigated it all, and you can too.





Social Networking and Applying to Medical School

It's no surprise that many people today have used social networking sites. It might be surprising that medical schools check these social networking sites and may make inferences on admissions decisions based on what they see on your site. Ultimately, you are the one who controls what you upload to these sites, and caution needs to be held on what is posted. Luckily the AAMC (American Association of Medical Colleges) debunk the myths on the extent of what medical schools actually look at; how to find out what is actually out there on the internet about you; what can be taken as negatively influencing; how to protect yourself and still have an active social networking platform; and importantly, what to do if an interviewer asks for a username and password to inspect your site.

The AAMC does give the following guidelines on social networking sites:

- Make all accounts private
- Keep pictures, statuses, and comments clean
- Approve tags and check-ins from friends
- Always sign out of a public or shared computer
- Never share your password

The entire article can be found here: <https://www.aamc.org/students/aspiring/324178/socialmediadoesnthurt.html>

More information can also be found at www.aspiringdocsdiaries.com

The Hardest Medical School Interview Question

Medical school interviews are tough, they are designed to make you think, to make you take stands, and to show what you cannot show in a resume, or an essay. It's the chance to meet someone and show what you have to offer.

There are several stereotypes assigned to students in medical school, and to physicians in general. In particular, the interview process might feel intimidating, but the best process, as Iliana states, is to be honest, about what you've done and what you want.

The bottom line is that different interviewers have different ways of asking questions, even though they might be similar, the reactions might be entirely different. It is up to the person being interviewed to answer the question as truthfully as possible.

The topics of an interview can still be varied, and can survey a vast majority of topics, again, the interviewer wants to know that you are a human being, and that you can be a caring physician once you graduate.

The important thing is that medical school interviews can ask you anything, and you should try to be as honest as possible about it. To read about Iliana's story with her most difficult question, and to get a further perspective, go to the following link: [http://](http://blogs.scientificamerican.com/unofficial-prognosis/2012/02/27/the-hardest-interview-question/)

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New Doctors Trained to Overcome LGBT Health Care Gap

According to the article that can be found below, of the four years in medical school, only five hours are spent on education of the health needs of LGBT patients. Yet 4% of americans identify themselves as LGBT, and many of them face health risks due to social stigmas and a lack of understanding about medical experiences and needs.

Thankfully, medical schools and residency programs across the country are increasing the amount of education given, by immersing physicians in health centers that focus on LGBT patients. Some schools have even catered courses to include LGBT health training into the curriculum.

There are however many barriers to be crossed and battles to be fought. Society has placed a stigma over this issue that has caused medical schools to take this long to open to this minority. The various organizations are also behind the initiative, and with time, the battle will get easier and easier.

To read the entire article, please go to the following link: <http://www.ama-assn.org/amednews/2012/11/05/prl21105.htm>

CALLING ALL SOPHOMORES!

Become a JUMP Intern!

JUMP is looking for a JUMP Intern to become part of the JUMP Team for the 2013-2014 and 2014-2015 school years. The Intern will be housed at the Office for Student Diversity, at The Johns Hopkins School of Medicine.

There are two JUMP Interns, one supporting the Johns Hopkins Office of Pre-Professional Programs and Advising and the Office of Multicultural Affairs, and one supporting the Johns Hopkins School of Medicine's Office for Student Diversity. The open JUMP Intern position will provide direct support to the Johns Hopkins School of Medicine's Office for Student Diversity. The two JUMP Interns will also work closely together to provide leadership to the JUMP program to foster the success of students from underrepresented populations pursuing degrees in science technology, mathematics, health (STEM/H) and other pre-professional disciplines.

The Intern must be a full-time undergraduate student in good academic standing; be a rising junior; available 10-12 hours per week from August-May with training beginning in March/April 2013 (flexible hours depending on the student's schedule); technologically savvy, with strong organizational skills, oral and written communication, with attention to detail, and adaptable to different situations, able to work with individuals from diverse backgrounds, and proficient with computer software such as Microsoft Excel and Word; Must be able to make independent decisions when warranted, and work both independently and as a part of multiple teams; Be interested in health and/or science.

Please keep a close eye on your email with instructions and dates on how to apply!