



THE LECOM PAGER

To DO:



Your SGA and Class Officers want to hear your opinions!

[CLICK ME TO VOTE](#)

Current events:



Specialty Club's Good Luck Wellness Event will take place on Thursday, March 13th and will include doughnuts, coffee, and fruit trays!

Comedy Central:



Why did the doctor laugh at the X-ray?

Because it was humerus.



Welcome to the second edition of the LECOM Pager. This edition includes our monthly rotation highlight, a student research spotlight, an organizational flow chart of the clubs and leadership at LECOM SH, and important information for club treasurers.

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ROTATION HIGHLIGHT: *Madison Kober*

I am a third-year student who is local to the Pittsburgh area and hopes to remain in the area for residency! I earned my undergraduate degree at Seton Hill and did the EAP. I am currently living in Monroeville with my fiancé, Zach, who is also a third-year LECOM student. We are both rotating through AHN. I am currently on vascular surgery at Forbes hospital. I found my passion for Neurology while on rotations and am looking forward to applying to residencies this upcoming fall. In terms of advice, I have a couple things that have helped me be successful during clinical years.

1. You get out what you put in. I would say most, if not all, preceptors enjoy sharing their knowledge, but the more enthusiastic you are about learning, the more they will teach!

2. You can get something out of every rotation.

There is guaranteed to be at least one rotation that you don't love. That is ok! That does not mean that there is nothing for you to learn. Try your best to stay engaged, there is always something you can take away your experience.



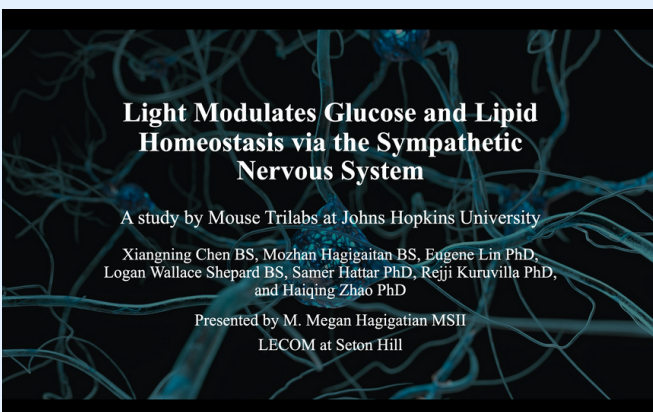
3. Be assertive. Even if you are not the most confident, offer to go the extra mile; write notes, call patient's families, reach out to the specialist, help with procedures, etc. Get as involved as you can, that is the only way you will build your confidence.

4. Give yourself grace. There are going to be days where you feel totally inadequate. The best thing to do is to come back the next day and try to do a little bit better than the day before, and before you know it you will have grown so much!

5. Don't put the rest of your life on hold. I think there is this idea that while you are on rotations, that has to be your everything. And while yes, that should be your priority and you should be going in every day ready to work hard, you should also make sure to prioritize other areas of your life as well. Take care of yourself (however that looks for you), go to the birthday party or the wedding, call your mom, have coffee with a friend. Figure out how to balance these things now so that you can be healthy and happy for the rest of your career. You will be able to take much better care of your patients that way.



Evidence Based Medicine Symposium - Student Spotlight: *Mozhan Hagigatian*

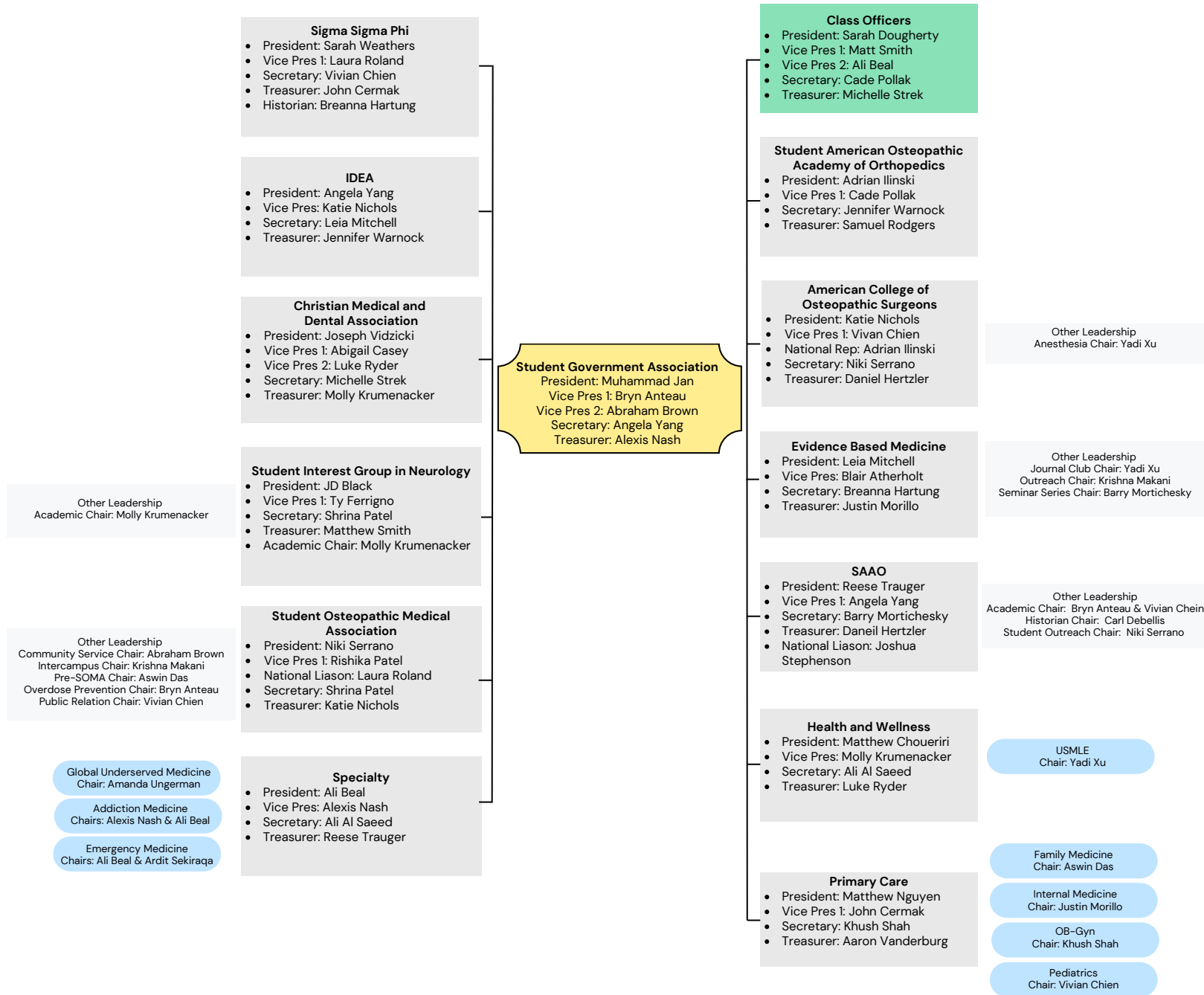


I had the privilege of contributing to a research project at Johns Hopkins University examining the role of light in metabolic regulation, which was recently published in Science Advances. This study highlights how light exposure influences glucose and lipid homeostasis through the sympathetic nervous system, independent of circadian rhythms. As part of this work, I delivered a lecture seminar and presented our findings at the Evidence-Based Medicine Research Symposium at LECOM SH.



LECOM Seton Hill Clubs

Below is a visual that shows the umbrella clubs and their respective auxiliary clubs at LECOM.



- Student Government Association – governing body over umbrella clubs
- Class Officers – representation of the Class of 2028
- Umbrella Clubs – clubs that run auxiliary clubs, headed by presidents
- Auxiliary Clubs – clubs that fall under an umbrella club, headed by chairs

LECOM Seton Hill Treasurers

A notice to LECOM SH Club Treasurers:

All club treasurers and presidents MUST be present at the next SGA meeting on March 11th, 2025 at 5:15pm in the Lynch Hall auditorium.

Club purchases are to be paid out-of-pocket by a club officer or member, and then reimbursements will be given.

- With exceptions of larger purchases, email anash41112@med.lecom.edu for use of SGA debit card directly.
- SGA President (Muhammad Jan) or Treasurer (Alexis Nash) must be present at time of purchase when using the SGA debit card.

Need reimbursed for club funds?

- Email Alexis Nash at anash41112@med.lecom.edu.
- Attach receipt(s) of purchase showing \$ amount and date (preferably).
 - Please list the total \$ amount in the email if there are multiple purchases/receipts.
 - You must have receipts to get the reimbursement!
- Include the following information for the individual needing reimbursed:
 - Name
 - Phone #
 - Address
 - Email (optional)
- Reimbursements are given as checks mailed to the address provided (time frame: ~ 2 weeks).

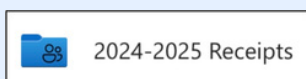
Individual Club Spreadsheets

- Treasurers – please update your club’s balance sheet as purchases are made with links to your receipts.
- If you do not have access to your club’s spreadsheet, please email anash41112@med.lecom.edu or your previous club treasurer to get editing access.

For example:

2	Earnings:	10.00		
3	Expenses:	-2.00		
4	Total \$\$\$\$	8.00		
5	DO NOT EDIT THE ABOVE VALUES			
6				
7				
8				
9	Deposit/Expenditure	Amount	Date	Notes (check #, reason, ect.)
10	Starting Club funding:	0.00	7/11/23	Club funds
11	Example expense	(2.00)	7/11/23	negative value ex
12	Example deposit	10.00	7/11/23	positive value ex
13				
14				

Keep a folder with all the submitted receipts under your club’s OneDrive mass folder. Once you upload receipts – click the three dots next to the file – click copy link – this is the link you will put on your clubs balance sheet next to the logged purchase.



Any questions or concerns, email at anash41112@med.lecom.edu!