

OCTOBER - NOVEMBER 2013

the
IBA Newsletter



What will be included in the Newsletter?

This newsletter will include upcoming conference deadlines, social events, useful workshops, general information that could be pertinent to your field, program 'reminders,' and other relevant activities.

Save the Date!

ABRCMS

Nov 13-16

For those of you attending ABRCMS, don't forget to remind your professors that you'll be leaving

Overcoming Procrastination

Nov 13th, 3:30-4:30 pm

Seminar will discuss how to keep you on track so you can maximize academic success.

Thanksgiving Hosted by the Professors

November 17, 5-7 pm

Lori, Vincent, and I will be hosting a Thanksgiving get-together at Vincent's. Bring your appetites!

Hello All!

I hope that everyone is surviving midterms and staying healthy!

Remember to break your larger tasks into smaller pieces so that the work seems less daunting. Less than one month until Thanksgiving!

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Meaghan





Grad School Admissions Officers Tell All: 2013 Inside Report

November 12th, 7:00 PM-8:00 PM, Pre-Graduate Forums

<http://www.kaptest.com/enroll/GRE/online/events>

Annual Biomedical Research Conference for Minority Students

The 2013 ABRCMS is scheduled from Wednesday, November 13, to Saturday, November 16 at the Gaylord Opryland Resort & Convention Center in Nashville, TN. This acclaimed conference provides an opportunity for students in the fields of science, technology, engineering and mathematics (STEM) to present their research through poster and oral presentations and expand their scientific and professional development through innovative sessions, as well as networking opportunities. Students also learn about graduate schools, summer research opportunities, and postdoctoral fellowships by participating in the ABRCMS exhibits

Training Opportunities, Seminars, and Conferences of Interest

Managing Test Anxiety

Wednesday, Nov. 6, 3:30-4:30, 61 Schaeffer Hall

Sometimes anxiety can get in the way of your performance on tests. Learn how to manage anxiety during tests with strategies designed to help you focus, keep calm, and demonstrate what you know

Overcoming Procrastination

Wednesday, Nov. 13, 3:30-4:30, 61 Schaeffer Hall

Resist the temptation to say, "I'll overcome my procrastination tomorrow..." As the semester winds down, we'll discuss how to keep you on track so you can maximize academic success.

For other seminars specific to your areas of interests, please see:

Biology:

<http://www.biology.uiowa.edu/seminars.php?tdate=2012-10-09>

Genetics:

<http://genetics.grad.uiowa.edu/events>

Physics:

<http://www.physics.uiowa.edu/calendar.html>

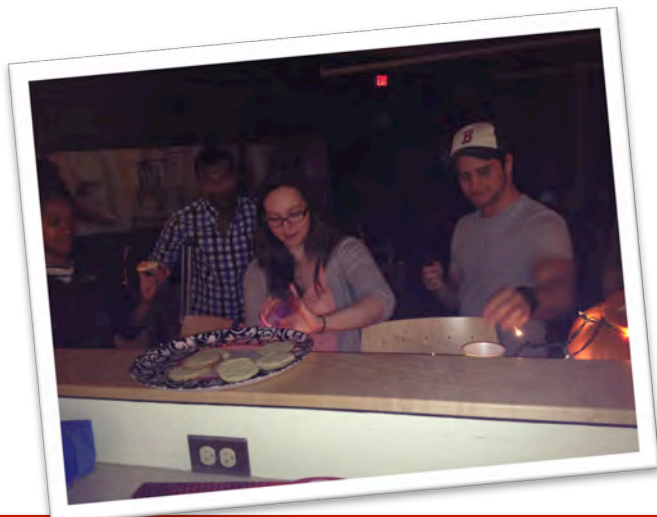
Institute for Clinical and Translational Science:

<http://icts.uiowa.edu/content/events>

Psychology:



Fright Night Social Event!



Get involved in the community!

Career Leadership Academy

The Career Leadership Academy is an exciting opportunity for YOU to develop your leadership and professional skills – those same skills that employers have told us they're looking for in new employees.

The program is comprised of 4 academic credit-bearing courses called "phases" that focus on developing the leadership skills you already have and discovering the ones you'll need to be successful after graduation. Each phase of the program is filled with seminars, activities, and events designed to give you an edge as a leader in whatever career field you choose.

For more information, visit:

<http://www.careers.uiowa.edu/leadershipacademy/>

Volunteer Opportunities

Agape Café helps the homeless and hungry in Iowa City by providing them with a hot, delicious breakfast every Wednesday morning. [See more about the Agape Café's mission here.](#) Laura Waldo-Semken, the volunteer coordinator for Agape Café has alerted us to an immediate need for committed volunteers. Interested persons should contact Laura at 319-626-2055 (preferred) or 319-351-2211 (work- good for leaving messages) or email her at: laurasemken@gmail.com.

College Student Volunteering at UIHC If you are a student and volunteering at UIHC is something you'd like to do, please be aware of the application process for Spring Semester 2013. Potential volunteers must hand-deliver their applications to the Volunteer Services office starting on Monday, December 3, 2012. Please [click here to see the process and timelines](#) for submitting your application to volunteer at UIHC. If you have questions, you may contact them at:

Volunteer Services UI Hospitals and Clinics 8025 JCP (Elevator F, Level 8) 200 Hawkins Drive Iowa City, Iowa 52242

Phone: 319-356-2515 Email: ashley-funkhauser@uiowa.edu

Volunteers needed for the Walk to End Alzheimer's The Alzheimer's Association is currently seeking volunteers to assist with day-of-event duties at the Iowa City [Walk to End Alzheimer's](#).

For more volunteer opportunities, see:

<http://www.careers.uiowa.edu/cblp/hotopportunities.html>

Good Luck!

**Sarah Bannon, LauRen Gaines,
Edgardo Ramirez, Alvin Legall, Steven
Dominguez, and Mo Aimable are
attending conferences this fall!**

Happy Birthday to one of
our FANTASTIC Co-
Directors!!!

Birthday: November
16th

