

Wishing you well as you wrap up the semester and head into finals week. Good luck with finals and have a relaxing winter break!

Heather & Heidi

[Podcast #24](#): Pediatric and Adolescent Orthopedic Surgeon, Dr. Scott Luhmann
Listen [HERE](#).

Dr. Scott J. Luhmann, M.D., '86, specializes in pediatric and adolescent orthopaedic surgery and is the chief of staff at Shriners Hospital for Children. He is a professor of Orthopaedic Surgery at Washington University School of Medicine in St. Louis, Missouri and serves as the Fellowship Director for Pediatric. We know you will be inspired by Dr. Luhmann's passion for helping others through his work as a pediatric orthopaedic surgeon.

Video: [Dr. Scott Luhmann, 2019 Hero with a Heart Award](#)

Health Tip: [Listen to Music](#)

Life can be stressful for everyone. If you begin to feel overwhelmed, try listening to music. Research conducted by Johns Hopkins found that [music has many positive health benefits](#), including reducing anxiety, lowering blood pressure, and improving sleep quality. Did you know that listening to a familiar song can even help with memory recall? Listen to music while working or before going to bed at night to tap into its calming effects!

Source: <https://www.newchapter.com/wellness-blog/health-lifestyle/daytime-wellness-tips/>

[Apply Now](#) for Engaged Learning Funds

The Center for Career Development has developed an *Engaged Learning Fund* which is designed to assist students from any major who are in need of funding to complete internships, career explorations or research opportunities. Funding can be applied to both credit and not credit opportunities during any semester. Applications will be accepted on a rolling basis.

Stipends may range between \$500 and \$3,000. If you are selected for a grant, the amount will be determined based on your application materials, the number of hours you work per week, available funds, and the total number of hours of your entire internship or research activities.

PAID Summer Research Program

The Washington University in St. Louis MD/PhD program (MSTP) is now accepting applications for the inaugural cohort of the Washington University MSTP Access Program - a summer program specifically targeting individuals interested in exploring the physician-scientist (MD-PhD) training pathway. Participants will work in the lab of a physician-scientist and have

clinical experiences led by current MD-PhD students. A key feature of Access is to provide students at non-R1 institutions with a MSTP pipeline, including research & clinical shadowing experiences. We'd greatly appreciate if you could share this announcement to students who might be interested in MSTP Access.

Program features:

- 9 weeks in duration (May 31 - July 29)
- Scientific seminars and professional development workshops
- Near-peer mentoring with MD-PhD students
- Closing symposium
- \$4,300 stipend
- Free on-campus housing
- \$500 travel allowance for participant
- \$500 travel allowance for participant's guest to attend closing symposium
- Option to return for a second summer

All are welcome to apply, but preference will be given to:

- US citizens, Permanent Residents, or those with DACA status
- Rising sophomores or rising juniors
- Individuals from non-R1 colleges and universities
- Individuals from groups traditionally underrepresented in science and medicine

The application consists of a personal statement, college transcripts, two letters of recommendation, and an optional video submission.

Application deadline in January 7, 2022.

Notification of acceptance to the program will take place by March 15.

For more information, please see the attached flyer and visit our website: [MSTP ACCESS](#)