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THE PLEXUS POST

A NEWSLETTER FROM THE
MODERN HUMAN ANATOMY - ALUMNI ASSOCIATION (MHA AA)

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HELLO, FROM THE MHA AA

**NEW YEAR, NEW NEWSLETTER ISSUE, WITH A FOCUS
ON CONFERENCE SEASON!**

Happy New Year, everyone! We were really excited to hear the feedback from our first newsletter edition, and are excited to bring you new content this month. In this issue, you'll find a new featured alumni, some networking tips (just in time for approaching conference season!), good news, and of course, on point memes.

Additionally, with the Annual Meeting of the American Association for Anatomy (AAA) coming up, we're putting some things in motion. We're looking for alumni who may be interested in participating in an MHA Buddy Program for the meeting, and second years too. And keep an eye out for information on our annual MHA AAA social get-together, in sunny San Diego!

**Postponed for now:
MHA AA Reunion
Weekend 2020
But keep an eye out for
our future social event
plans!**

CONFLUENCE OF SCIENTISTS: FIVE TIPS FOR YOUR NEXT SCIENTIFIC CONFERENCE

FROM YOUR NETWORKING COORDINATOR, ANDREW CALE, CLASS OF 2016

Much like the dural venous sinuses converging at the confluence of sinuses, researchers, educators, and health professionals also regularly converge at scientific conferences. These events are incredible opportunities to advance your career by networking with colleagues and learning the latest research in your field. However, with all the back-to-back events, bustling crowds, and diverse opportunities available at a conference, the whole process can feel a bit...overwhelming. Here are a few tips for making the most of your next scientific conference:

1. Pack your bags: Now before you stuff a week's worth of professional clothing into your luggage and run off, let's talk about a few additional things you might want to pack as well. If you're presenting at the conference, be sure to pack your poster or PowerPoint files as well as any items that accompany your presentation such as 3D-printed models, videos, modules, etc. Unfortunately, luggage gets lost and accidents happen so back up your files and bring duplicates of physical items if it's possible.

Business cards and printouts of your poster can also be incredibly useful. These can be pinned up next to your poster or quickly handed out while you're networking. An extra phone charger or battery pack can also prove invaluable when your phone dies after a long day in an unfamiliar city.

Finally, bring a positive attitude – you're going on an adventure!



2. Make a game plan: *So, you made it to the conference. Now what?* With all the presentations, workshops, and events occurring simultaneously throughout each day, it's impossible for you to attend everything, unfortunately.

To make the most of your time, create a game plan before you arrive at the conference. Begin by considering what you would like to accomplish by attending this conference. Are you interested in learning something specific? Searching for a job or PhD program? Building your professional network? Looking for mentors or collaborators? If you don't have a specific goal in mind just yet, that's ok too! Conferences are great opportunities to explore all the diverse aspects of your field that you may not have known about!

Afterwards, look through the conference programming and schedule the events related to your goals or interests into your day (EB has an app for that!). If there are specific people attending the conference that you would like to meet with, you can schedule in some time to...

3. Network with other attendees: One of the best parts about attending a conference is the opportunity to connect with other individuals from your field. These conference attendees could be potential colleagues, collaborators, mentors, or maybe even friends. It may feel a bit daunting, but don't be afraid to approach them and strike up a conversation. Networking opportunities can present themselves at any time too, so prepare an elevator pitch and don't forget your business cards! (You remembered to bring those, right?)

Networking with conference attendees doesn't have to be limited to just the conference either. Feel free to reach out to people before the conference and don't forget to follow up with them afterwards too!

4. Get on Twitter: Even if you're not an avid social media user, consider creating a Twitter account to use during the conference. Not only is Twitter a fantastic tool for connecting with other attendees, but it's also great for staying updated with all the conference happenings, even the ones that you may have missed. Follow the conference hashtag or Twitter correspondents and join the conversation!

5. Take care of yourself: Conferences can get pretty hectic. In the midst of all the madness, don't forget to practice a bit of self-care. Try your best to maintain both your physical and mental health by sleeping a reasonable amount, managing your diet, and taking breaks. Don't feel obligated to stay in the conference center the entire time! Think about it this way: you can't enjoy the conference if you're out of commission!

10 QUESTIONS WITH OUR FEATURED ALUMNI

Each newsletter, we plan on featuring some alumni. We'll be looking for volunteers tri-annually, so keep an eye out!

10 QUESTIONS WITH: OANA ROSENTHAL, CLASS OF 2015

INSTRUCTOR OF ANATOMY; ANATOMY & EMBRYOLOGY COURSE DIRECTOR
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1. What is your favorite memory from MHA? I

think one of my favorite memories from MHA includes all of the get together dinners at Dr. Spitzer's house. I thought it was such a wonderful tradition that really emphasized the tight knit community the MHA program is.

2. What was your Capstone project? I focused

on expanding the slides and quizzes database on Dr. Lee's virtual histology lab, as well as testing long term retention of students who used the interactive gaming feature. I also think a fellow classmate and I were the originators of the black and gold poster template I still see from time to time at national conferences.

3. What was your favorite course/class you took during MHA? I would probably have to go

with anatomy. I don't think I had ever been so challenged by a course before.

4. How do you use anatomy in your current career/life? I pretty much live, breathe and

dream it considering I teach it year round along with embryology. I teach it to MS students, DO students and as a summer course, so it is always a challenge to figure out just how to tailor the subject to the different levels.

5. What do you love most about your current position/job? I would have to say the one thing

that I absolutely love is seeing the "AHA" moment in students when a difficult concept finally clicks. And it is so satisfying when it happens for a student who was struggling.



"I FOUND LIFELONG MENTORS, ROLE MODELS AND GREAT FRIENDS THROUGH MHA."

6. What achievement are you most proud of? I am most proud of winning a "Teacher of the Year" award after just two years of teaching. It was humbling to be chosen out of such a great faculty body that I have the pleasure to work with. I truly believe I couldn't have reached that milestone without all the tools I learned during the MHA program.

7. How closely does your current career relate to your time in MHA? It is sometimes a bit ridiculous, in the best possible way, just how much it relates to my time in MHA. I have advised my students in everything from plastination to dissection to virtual anatomy and histology, to even teaching and presentations tips and tricks.

8. What words of wisdom would you give to a current MHA student? Take advantage of every unique opportunity that comes your way and enjoy every minute of it! You'll look back fondly on your time in the MHA regardless where life takes you next.

9. Who is the most important person/people in your life that you met through MHA? I can't pick just one person because everyone I met there had an impact on my outlook on life. I found life long mentors, role models and great friends through MHA.

10. If you could transport yourself to Denver/Aurora right now, what's the first thing you would do? I would transport myself into Jennifer's office to get some M&Ms out of her old gumball machine. I hope she still has that thing! I'll bring all the pennies for a sugar fix.



"GOOD NEWS!" SECTION

SOME RECENT GOOD NEWS FROM OUR ALUMNI- CONGRATS TO EVERYONE!

Briauna Blezinski (Class of 2017) was promoted from adjunct instructor to full time instructor. "I'm working with a couple colleagues to integrate more anatomy technology into the anatomy curriculum and for remediation in our nursing program." Not only that, but in December, Briauna was awarded Faculty of the Year, 2019 at West Coast University.

Rachel Klaus (Class of 2017) took a job with an anatomy education start-up in Charlotte, NC. "The dream is to be operating a multimodal anatomy education facility with cadavers, plastinates, ultrasound, and virtual resources!"

Peter Thomsen (Class of 2019) has had 2 abstracts accepted for presentation at a national conference, the American Physical Therapy Association's Combined Sections Meeting (CSM), in Denver this February. "This includes my capstone project, which I will be presenting for a poster session there hosted by the Academy of Geriatric Physical Therapy."



"ANATO-MEMES"

when the immune system sends the body into anaphylaxis over a peanut antigen

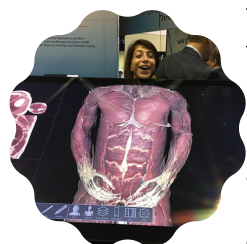


MHA AA LEADERSHIP TEAM: NEW MEMBERS

Last newsletter, we introduced Angelique, Chelsea, and Andrew. Now, meet Laura W. and Laura F. Laura-squared will be our social events coordinators. Thank you for volunteering your time!

LAURA WEINKLE, CLASS OF 2017
MHA AA SOCIAL EVENTS COORDINATOR

Laura W. is the Director of Customer Success at Touch of Life Technologies (the company behind the VH Dissector software). Laura works with instructors at medical schools and graduate medical programs throughout the United State to integrate anatomy educational resources into curriculum. When she is not traveling for work Laura likes to be outdoors with her husband and dog, throw down in the kitchen, and tend to her growing plant collection.



LAURA FINGER, CLASS OF 2020
MHA AA SOCIAL EVENTS COORDINATOR

Laura F. graduates from the MSMHA program in May and intends to pursue a PhD afterwards. She has immense passion for teaching, mental health, and the brain. Laura is the social chair of her class and loves to coordinate a good party! She also enjoys being a plant mom, collecting vinyl, and going to yoga. When Laura isn't working on her capstone project, you can find her in the mountains, at a local coffee shop, or attending a concert in the Denver area.

