



Photo credit: music.catholic.edu

Going to Disneyland as a kid. 7th grade heart breaks. Late nights out with friends in college. That one time the ATM crashed on you with your card stuck inside. We share these memories with others because they're funny, relatable, or somehow played a role in personal growth. So inevitably, the more we share a story, the more it means to us.

What are the stories you tell about yourself over and over again?

In the book *Make It Stick*, Peter C. Brown, Henry L. Roediger III, and Mark A. McDaniel discuss the learning process inside the classroom and out in the working world. How to learn and ultimately grow more effectively. Yes, they show evidence on how Anki and Amboss/UWorld questions are the way to go with surviving medical school (something any of us could testify from experience), but they also elaborate on how our learning processes apply to *all* aspects of life.

I picked up this book after failing an exam. I realized my method of learning was not effectively serving me, so I took a step back and said, "Before I study this medicine, I gotta learn what it means to learn in the first place." Pretty meta. What I wasn't expecting was a quote like the following:

"The stories we create to understand ourselves become the narratives of our lives, explaining the accidents and choices that have brought us where we are: what I'm good at, what I care about most, and where I'm headed."

(Continued on page 2)

Table of Contents	
The Stories We Tell.....	Pages 1-3
Staying Active During Quarantine.....	Page 4
A Margarita for Every Situation.....	Page 5
What It Means to Dance.....	Page 6
Class of 2020 Match List.....	Pages 7-10

(Continued from page 1)

Stuff happens in life. Good stuff. Bad stuff. We tell the stories. And soon, those stories add up to become the story of who we are and what we think of this world. So, hold on to this thought, then read the following two quotes:

"The thickness of the myelin coating correlates with ability, and research strongly suggests that increased practice builds greater myelin along the related pathways, improving the strength and speed of the electrical signals and, as a result, performance. Increases in piano practice, for example, have shown correlated increases in myelination of nerve fibers associated with finger movements and cognitive processes that are involved in making music, changes that do not appear in nonmusicians..."

The brain is not a muscle, so strengthening one skill does not automatically strengthen others... Observed myelination changes in piano virtuosos are specific to piano virtuosity. But the ability to make practice a habit is generalizable. To the extent that "brain training" improves one's efficacy and self-confidence, as purveyors claim, the benefits are more likely the fruits of better habits, such as learning how to focus attention and persist at practice."

Our brains' plasticity does not end in childhood. In fact, today we are constantly myelinating little pathways to strengthen certain actions, abilities, and thoughts of ourselves the more we act upon them. The implications of this are twofold:

First, the more we play the piano, the better we get at playing the piano, and the more easily we accept we are good piano players. As we struggle initially through learning keys and chords on the piano, we are going to feel pretty low. We won't immediately identify ourselves as "piano players." Yet, as we consistently power through, the more the music flows without so much fumbling and stopping. We have a new way to express ourselves. We become confident. We may even consider ourselves musicians.

Second, as the authors note, playing the piano a million times will inevitably never myelinate pathways necessary to know how to change a tire on a car, how to avoid panicking while studying for a makeup exam, or how to recover from heartbreak. However, playing the piano *does* myelinate those pathways associated with expressing/handling emotions, problem-solving, and learned competency. We are willing to apply ourselves to different challenges because we remember eventually excelling at playing a song on the keys.

As we learn with the physiology of myelination, the more we think something, the easier it is to think, and the more we will think it. It is a positive feedback loop.

(Continued on page 3)



Photo credit: gocreighton.com

WELLNESS CHRONICLE

FACULTY ADVISOR

Michael Kavan, Ph.D.

EDITORS-IN-CHIEF

Robert McMahon
Maddie Zenk

CONTRIBUTORS

Zack Beavis
Valerie Teano
Sarah Gwazdacz
Treve Icenoggle

So, let me ask you: what thought pathways are you strengthening in your head with the stories you tell? Do you remember (or even share) memories of when you believed you weren't enough, when you came up short, when life turned out less than what you expected, or when you put yourself out there and it didn't work out? Do you ruminate on how embarrassing that all was, so much so that you would never try it again?

The more we tell stories, the more we believe them. The more we believe them and value them, the more likely we are willing to tell them again. As said in *Make It Stick*, the stories we focus on, and how we tell them, end up shaping this "narrative of our lives." We either believe we can eventually play the piano, and undergo the hard process of learning it, or we don't. We can look at fumbling with the keys as a disappointing definition of our limits and value as humans, or we can see it as part of the process.

We can tell stories of how we aren't good enough, or we can share something better.

We can accept that we do sometimes fail tests, patient interactions, or even just moments in life. We can rephrase it from "I'm so dumb, look at what I do" to "I was dumb and so I learned this" to the even better "Man, as bad as that was, I was just doing what I could at the time; I'm a work in progress, I'm still learning, and I'm getting better."

Next time you reflect or want to share a memory, take a moment to ask yourself, "does this accurately fit into the story of my life I want to tell?" Actively choose to see the good in previous experiences, in yourself, and in others. Don't gloss over the failures, but don't let them define you either.

Be the doctor who fails. Be the doctor who grows. Be the doctor who tells a good story, a story worth remembering.

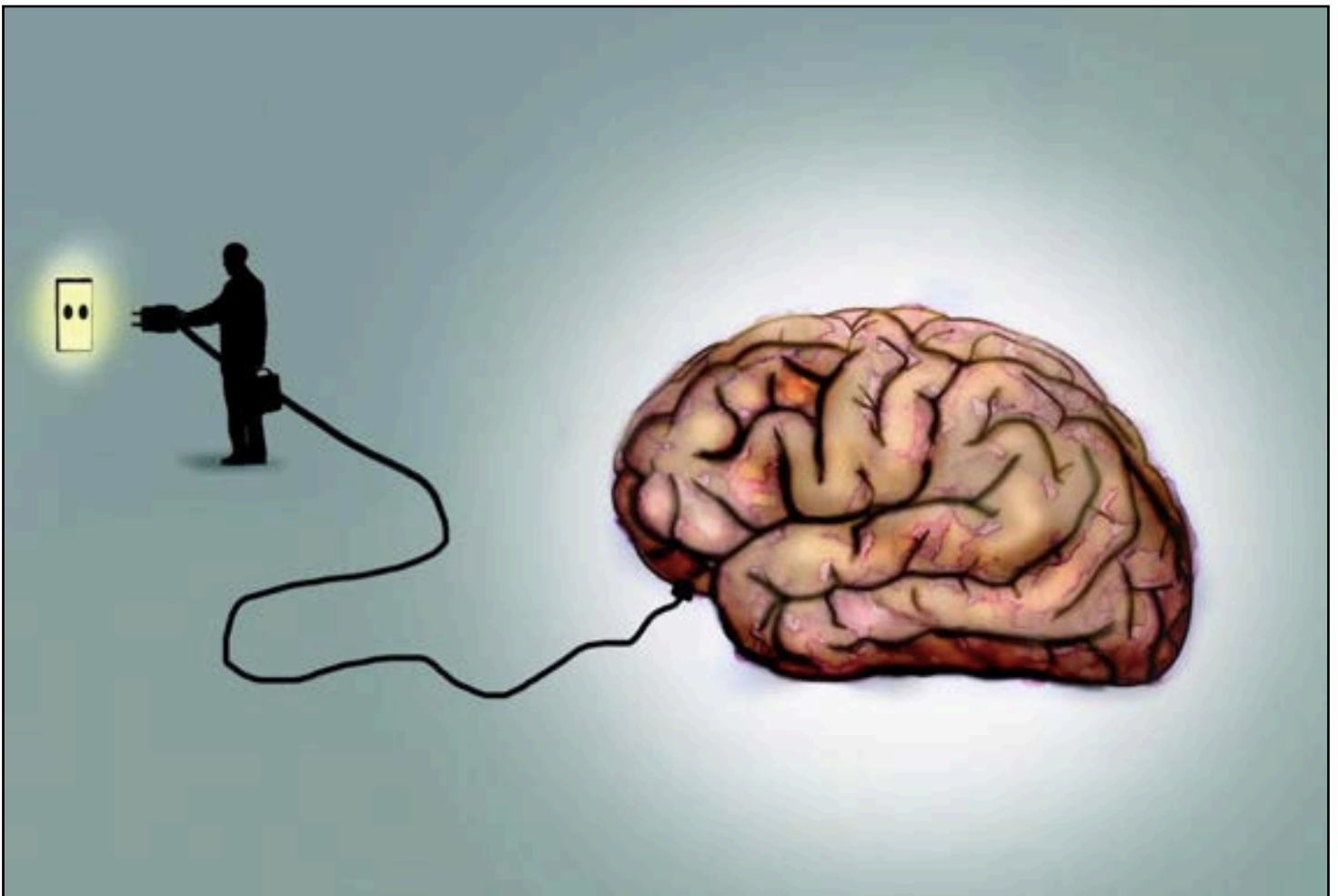


Photo credit: thriveglobal.com



Staying Active During Quarantine

Valerie Teano, M4

Photo credit: sports.yahoo.com

The benefits of staying active go beyond physical well-being and extend to mental health. This is especially true while we are self-isolating. Being at home eliminates many excuses we have for not working out. It can be difficult or intimidating at first, but there are resources available to help guide you. No one is watching you when you're at home, so just go for it! If you do not have the equipment, household items such as soup cans or wine bottles work well as weights.

Free applications or online classes:

Nike Training Club App

The premium version of this app is now available for free since quarantine. It has workouts categorized by muscle group and/or total length of the workout. Examples of classes: five-minute core workout, sixty-minute athletic yoga flow.

YouTube

Many workout studios have posted free workout videos. I really like the *MegaBurn Fitness* page—this is a studio back home in Portland that I used to go to and love. Check to see if studios near you have similar content available online.

Not free, but worth it*:

Lotus House of Yoga Online

For \$18/month, you get full access to pre-recorded classes like vinyasa flow, power yoga, sculpt, spin, and others. These classes range from five to sixty minutes. They are also doing online instructor training.

Peloton App

You can start with a 30-day trial before paying \$12.99/month. I personally am not fabulous enough to have a Peloton bike, but you can still get the popular Peloton workout on any bike using this app. It also includes classes for running, yoga, HIIT, strength and other topics.

*Think about all the money you are saving by not going out for food and drinks!

A Margarita for Every Situation



Sarah Gwazdacz, M4

Photo credit: cooking.nytimes.com

Summer is almost here, and it is essential to have a go-to margarita recipe for your days off. Different occasions call for different margaritas. I hope you find your perfect margarita in order to find some balance. Each recipe makes two margaritas. Combine all the ingredients, shake well, pour over ice, and enjoy!

1. The "Treat Yourself"
 - 2 oz of reposado tequila
 - 1 oz of triple sec liqueur
 - 2 oz of lime juice
 - ½ oz of agave nectar
2. The "I'm Broke"
 - 2 oz of cheap tequila
 - 3 oz of Jose Cuervo mix (with no alcohol)
3. The "Can't Break My Diet"
 - 2 oz of silver tequila
 - 1 oz of lime juice
 - ½ of an orange squeezed in
 - 1 stevia packet
4. The "I Need to Study Tomorrow"
 - 2 oz of limeade
 - 2 oz of lemon lime sparkling water
 - ½ of an orange squeezed in or 2 oz of orange juice

What It Means to Dance

Treve Tcenoggle, MA

She dances with everything,
Yet she dances with nothing.
Movement with purpose,
Yet purposelessly moving.

Her arms fall and slide like snow drifting with ease.
Her legs rise and tide like waves sailing at sea.
Her feet float and glide like leaves lost in the breeze.

Light blossoms a silhouette,
Her only partner,
And together they move beyond borders and further from form.

She is more than effortless.
She simply is.

From afar, yet within,
He breaks into voice,
“Where is your poise?
We must fix this stance.
There, now for me won’t you dance?”

And from then on,
Though her arms swayed in unison,
They never were more out of touch.
Though her feet swept with grace,
They never were more cemented.
Though she moved with rhythm,
It never was more forced.

And though she danced,
She never danced again.

CLASS OF 2020 MATCH LIST

Last Name	First Name	Program	Specialty
Badding	Tyler	Univ of Texas at Austin Del Med School, Austin, TX	Pediatrics
Baer	Matthew	Univ of Washington Affil Hosps, Seattle, WA	Family Medicine
Bauman	Jonathan	Univ of Kansas SOM, Kansas City, MO	Emergency Medicine
Block	Megan	Providence Health, Portland, OR	Internal Medicine
Borchart	Matthew	Univ of Arizona COM, Phoenix, AZ	Internal Medicine
Branigan	Benjamin	Iowa Methodist Medical Center, Des Moines, IA	General Surgery
Brinkman	Joseph	Mayo Clinic School of Grad Med Educ, Phoenix, AZ	Orthopaedic Surgery
Brown	Mackenzie	John Peter Smith Hosp, Fort Worth, TX	Emergency Medicine
Brozovich	Nikolas	Temple Univ Hosp, Philadelphia, PA	Prelim - Surgery
Brubaker	Jon Elliott	Wright-Patterson Air Force Base, Dayton, OH	Internal Medicine
Buker	Kayla	UC Irvine Med Center, Orange, CA	Pediatrics
Butler	Margaret	Univ of Cincinnati Med Center, Cincinnati, OH	Internal Medicine
Chaffin	Hally	Mayo Clinic School of Grad Med Educ, Scottsdale, AZ	Internal Medicine
Chan	Andy	UC Irvine Med Center, Orange, CA	Pediatrics
Chandler	Madeline	Memorial Hospital, South Bend, IN	Family Medicine
Chau	Eugene	Zucker SOM-Northwell Lenox Hill Hosp, New York, NY	Obstetrics & Gynecology
Cheek	Anna	Creighton Univ Affil Hosps, Omaha, NE	Internal Medicine
Colburn	Luc	Univ of Arizona COM, Phoenix, AZ	General Surgery
Conahan	Brian	Loyola Univ Med Center, Maywood, IL	Anesthesiology
Continenza	Alexander	Univ of Minnesota Med School, Minneapolis, MN	Interventional Radiology
Corrigan	Devin	Children's Mercy Hosp, Kansas City, MO	Pediatrics
Curtin	Christina	Univ of Texas Southwestern, Dallas, TX	Obstetrics & Gynecology
Derderian	Celena	Univ of Southern California, Los Angeles, CA	Psychiatry
Desir	Hedson	Halifax Med Center, Daytona, FL	Family Medicine
DeVries	Shannon	Creighton Univ Affil Hosps, Omaha, NE	Internal Medicine
Dick	Mary	Creighton Univ Affil Hosps, Omaha, NE Vanderbilt Univ Med Center, Nashville, TN	Prelim - Medicine Dermatology
Distefano	Nicholas	Creighton Univ Affil Hosps, Omaha, NE	Psychiatry
Donnell	Nathaniel	Rush Univ Med Center, Chicago, IL	Anesthesiology
Dovgan	Jakob	Vanderbilt Univ Med Center, Nashville, TN	Physical Medicine & Rehabilitation
Driessen	Rebecca	Providence Sacred Heart Med Ctr, Spokane, WA Emory Univ SOM, Atlanta, GA	Transitional Program Diagnostic Radiology
Eastes	Joel	Creighton Univ Affil Hosps, Phoenix, AZ	General Surgery
Eisenga	John	Baylor Univ Med Center, Dallas, TX	General Surgery
England	Elizabeth	Presence Resurrection Med Center, Chicago, IL Vanderbilt Univ Med Center, Nashville, TN	Transitional Program Diagnostic Radiology
Enzler	Andrew	Univ of Minnesota Med School, Minneapolis, MN	Pediatrics
Evans	Timothy	Mayo Clinic School of Grad Med Educ, Rochester, MN	Anesthesiology
Fagerland	James	University of NE Med Center, Omaha, NE	Internal Medicine
Fancher-Dominguez	Alexandria	Oregon Health & Science Univ, Portland, OR	Internal Medicine

(Continued on page 8)

(Continued from page 7)

Faurot	Mary	University Hosps, Columbia, MO	Obstetrics & Gynecology
Fazio	Kimberly	Case Western/MetroHealth Med Center, Cleveland, OH	Physical Medicine & Rehabilitation
Fenske	Brooke	Mayo Clinic School of Grad Med Educ, Rochester, MN	Obstetrics & Gynecology
Fiocchi	Jacob	Univ of Minnesota Med School, Minneapolis, MN	Internal Medicine
Flores	Catalina	Creighton Univ Affil Hosps, Omaha, NE Creighton Univ Affil Hosps, Phoenix, AZ	Prelim-Medicine Diagnostic Radiology
Foster	Lukas	Cedars-Sinai Med Center, Los Angeles, CA	Orthopaedic Surgery
Franco	Zachary	Creighton Univ Affil Hosps, Omaha, NE Univ of Nebraska Med Center, Omaha, NE	Prelim - Medicine Anesthesiology
Freeman	Caleb	Providence Health, Portland, OR Oregon Health & Science Univ, Portland, OR	Prelim - Medicine Dermatology
French	Sonja	Swedish Med Center, Seattle, WA	General Surgery
Geha	John	Univ of Oklahoma COM, Oklahoma City, OK	Orthopaedic Surgery
Giacomazzi	Stephen	Scripps Mercy Hosp, San Diego, CA UC San Diego Med Center, San Diego, CA	Transitional Program Anesthesiology
Griffin	Emily	Mayo Clinic School of Grad Med Educ, Scottsdale, AZ	Anesthesiology
Gubbels	Matthew	Univ of Kansas SOM, Kansas City, MO	Prelim - Medicine Diagnostic Radiology
Halivelakis	Ekaterina	Geisinger Health System, Danville, PA	Obstetrics & Gynecology
Hammerquist	Alexandra	Mercy Hospital, St. Louis, MO	Obstetrics & Gynecology
Hartley	Elizabeth	UNMC/Creighton Univ Affil Hosps, Omaha, NE	Pediatrics
Hasegawa	Morgan	Univ of Hawaii, Honolulu, HI	Orthopaedic Surgery
Hoeynck	Brian	Hospital of the Univ of Pennsylvania, Philadelphia, PA	Internal Medicine
Hoyt	Briggs	MacNeal Hosp, Berwyn, IL Loyola Univ/Hines VA Hosp, Chicago, IL	Transitional Program Ophthalmology
Hoyt	Dylan	Univ of Arizona COM, Phoenix, AZ Creighton Univ Affil Hosps, Phoenix, AZ	Prelim - Medicine Diagnostic Radiology
Huang	Ricky	Univ of Hawaii, Honolulu, HI	Internal Medicine
Hubble	Ashley	UC Davis Med Center, Sacramento, CA	Anesthesiology
Huff	Trevor	Univ of North Dakota, Fargo, ND Univ of Arizona COM, Tucson, AZ	Transitional Program Diagnostic Radiology
Inyang	Blessing	Univ of Kansas SOM, Wichita, KS	Family Medicine
Ishihara	Rhys	Univ of Texas/Methodist, Galveston, TX	Prelim - Medicine Ophthalmology
Jiang	Judy	St. Peter's Univ Hospital/ Rutgers RWJ Medical School, New Brunswick, NJ	Obstetrics & Gynecology
Jung	Alexandra	Univ of Texas at Austin Del Med School, Austin, TX	Pediatrics
Katz	Jonathan	Univ of Wisconsin Hosp & Clinics, Madison, WI	Internal Medicine
Kochanski	Justin	Stanford Univ Programs, Stanford, CA	Pediatrics

(Continued on page 9)

(Continued from page 8)

Koop	Lindsey	Creighton Univ Affil Hosps, Omaha, NE Mayo Clinic School of Grad Med Educ, Rochester, MN	Prelim - Surgery Diagnostic Radiology
Leach	Garrison	UC San Diego Med Center, San Diego, CA	Plastic Surgery
Lee	Jane	Zucker SOM-Northwell NS/LIJ, New York, NY	Prelim - Medicine Neurology
Lee	Sonnie	Hennepin County Med Center, Minneapolis, MN	Psychiatry
Leland	Devin	Mayo Clinic School of Grad Med Educ, Rochester, MN	Orthopaedic Surgery
Light	Diane	Creighton Univ Affil Hosps, Phoenix, AZ	Obstetrics & Gynecology
Liu	Jonathan	George Washington Univ, Washington, DC	Psychiatry
Lowder	Kimberly	Ohio State Univ Med Center, Columbus, OH	Psychiatry
Ludwig	Parker	Central Iowa Health System, Des Moines, IA Indiana Univ SOM, Indianapolis, IN	Transitional Program Diagnostic Radiology
Lundberg	Jaclyn	Kaweah Delta Health Care District, Visalia, CA Hosp of the Univ of Pennsylvania, Philadelphia, PA	Transitional Program Diagnostic Radiology
Luther	Ross	Madigan Army Medical Center, Tacoma, WA	Urology
Manning	Katherine	UNMC/Creighton Univ Affil Hosps, Omaha, NE	Pediatrics
Mans	Kelli	UNMC/Creighton Univ Affil Hosps, Omaha, NE	Pediatrics
Masuda	Zachary	Creighton Univ Affil Hosps, Phoenix, AZ	Psychiatry
Mattson	Katlin	Univ of Minnesota Med School, Minneapolis, MN	Pediatrics
Mattson	Malori	St. Louis Univ SOM, St. Louis, MO	Obstetrics & Gynecology
Mezher	Andrew	Creighton Univ Affil Hosps, Phoenix, AZ	Prelim - Surgery
Momchev	Christina	Creighton Univ Affil Hosps, Phoenix, AZ	General Surgery
Morelli	John	Vanderbilt Univ Med Center, Nashville, TN	Pediatrics
Mulder	Hanna	Univ of Minnesota Med School, Minneapolis, MN	Pediatrics
Mulligan	Kathryn	Med College Of Wisconsin Affil Hosps, Milwaukee, WI	Pediatrics
Myers	Samantha	Univ of Virginia, Charlottesville, VA	Internal Medicine
Netzel	Audrey	LSU Health, Shreveport, LA	Internal Medicine
Ngo	Tuan	Alameda Health System-Highland Hosp, Oakland, CA Univ of Kansas SOM, Kansas City, MO	Prelim - Medicine Diagnostic Radiology
Nishibun	Trevin	Loma Linda Univ, Loma Linda, CA	Anesthesiology
Nordick	Katherine	Baylor College of Med, Houston, TX	General Surgery
Omid	Shaida	Univ of Arizona COM, Phoenix, AZ	Prelim - Medicine Neurology
Orf	Jeffrey	St. Louis Univ SOM, St. Louis, MO	Urology
Parks	Emma	St. Louis Univ SOM, St. Louis, MO	Internal Medicine
Peterson	Emily	UCLA Med Center, Los Angeles, CA	Family Medicine
Petko	Bogdana	Univ of Virginia, Charlottesville, VA	Neurology
Pham	Kimberly	Phoenix Childrens Hosp, Phoenix, AZ	Pediatrics
Pitzer	Dorie	Offutt Air Force Base, Bellevue, NE	Family Medicine
Reddy	Trisha	Indiana Univ SOM, Indianapolis, IN	Pediatrics

(Continued on page 10)

Reed	Ryder	Mayo Clinic School of Grad Med Educ, Rochester, MN	Orthopaedic Surgery
Reilly	Brian	Temple Univ Hosp, Philadelphia, PA	Otolaryngology
Rembisz	Alison	Harvard South Shore, Brockton, MA	Psychiatry
Reznicek	Joseph	Northwestern McGaw/NMH/VA, Chicago, IL	Pathology
Richards	Jordan	Univ of Iowa Hosps & Clinics, Iowa City, IA	Urology
Rieth	Thomas	Children's Mercy Hosp, Kansas City, MO	Pediatrics
Roesch	Zachary	Univ of Texas Southwestern, Dallas, TX	Neurology
Sajjadi	Autefeh	Univ of Minnesota Med School, Minneapolis, MN	Otolaryngology
Satish	Mohanchandran	Icahn SOM at Mount Sinai, New York, NY	Internal Medicine
Sawyer	Ethan	Univ of Toledo, Toledo, OH	Orthopaedic Surgery
Seats	Allison	Tufts Medical Center, Boston, MA	Peds/Psych/Child Psych
Seifert	Danica	Univ of Minnesota Med School, Minneapolis, MN	Diagnostic Radiology
Shrestha	Aakriti	St. Joseph Mercy, Ann Arbor, MI	Obstetrics & Gynecology
Simmons	Erin	Univ of New Mexico SOM, Albuquerque, NM	General Surgery
Stevenson	Makenzi	Creighton Univ Affil Hosps, Omaha, NE	Internal Medicine
Stringham	Sean	Children's Mercy Hosp, Kansas City, MO	Pediatrics
Syed	Monis	Advocate Health Care, Park Ridge, IL Marianjoy Rehab Hosp, Wheaton, IL	Prelim - Medicine Physical Medicine & Rehabilitation
Tang	Anne	Creighton Univ Affil Hosps, Phoenix, AZ	Family Medicine
Thompson	Benjamin	Gundersen Lutheran Med Foundation, La Crosse, WI	Family Medicine
Tran	Nicholas	Creighton Univ Affil Hosps, Omaha, NE	General Surgery
Troia	Claire	UNMC/Creighton Univ Affil Hosps, Omaha, NE	Pediatrics
Vakhshoorzadeh	Jasmine	Boston Univ Med Center, Boston, MA	Internal Medicine
Valiquette	Andrew	Med College Of Wisconsin Affil Hosps, Milwaukee, WI	Orthopaedic Surgery
Vasquez	Corina	UC Irvine Med Center, Orange, CA	Psychiatry
Vijayavel	Nirmal	Harbor-UCLA Med Center, Torrance, CA	Internal Medicine
Villanueva	Eric	Univ of Chicago-NorthShore Evanston Hospital, Evanston, IL Northwestern McGaw/RIC, Chicago, IL	Prelim - Medicine Physical Medicine & Rehabilitation
Walker	Emily	Univ of Arizona COM, Tucson, AZ	Psychiatry
Waters	Bailey	Univ of Iowa Hosps & Clinics, Iowa City, IA	Psychiatry
Wellman	Kathryn	St. Lukes Hospital, Bethlehem, PA	Emergency Medicine
Weum	Brett	Poudre Valley Hospital, Fort Collins, CO	Family Medicine
Wolf	John	Univ of Chicago Med Center, Chicago, IL	Anesthesiology
Woodworth	Tyler	Univ of Utah Health, Salt Lake City, UT	Physical Medicine & Rehabilitation
Yang	Raphael	Mercy Hospital, St. Louis, MO	Family Medicine
Zalud	Kristina	Washington University, St. Louis, MO	Pediatrics