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# Phase 1 Peer to Peer Feedback for Electives

## **BIMD 9601.01** *REMS-I*

- It is a stepping stone for research. It would be good for students to know the importance in research for building a competitive residency application.
- Dr. Murphy gives engaging lectures so its not hard to stay engaged for the two hours. Make sure to take notes of his main points during the lecture because studying those will help with the quiz. This is not a very high workload class, so if you pay attention during lecture, there really isnt any out of class work aside from the certifications.
- The information presented in this elective is required for research opportunities.
- I think it was a little disappointing this time, but I hope in the future with some changes and hopefully being in person, it could be a very helpful elective.
- Take an elective during this time you are truly interested in. If research does not interest you, explore other avenues.
- How much you wanna bet I can throw a pigskin over them mountains?' -Uncle Rico
- If you want to take REMS 2 during the summer and do research, make sure you do REMS 1 during the January elective.
- There is definitely a big emphasis on pursuing research opportunities here, but it is still possible to perform summer research without REMS 1 at a different institution if there is a different elective that sounds more engaging.
- I think this elective does a great job of explaining what the different labs are doing on campus and providing some background on what research is like. I think this is a perfect elective for anyone that is interested in doing research and would like some more info on what is being done on campus, and why.
- If you are interested in doing research in the summer, this elective is nice because you get exposure to all sorts of research happening at UND. I also had a TON of free time compared to usual, so if you need a few weeks to re-charge/spend time with your family I would definitely recommend REMS!
- Good introductory course to explore different options for projects, learn about the PI's and their passion, and some ethics as we go forward. Information will be useful when choosing a lab. Schedule very reasonable, minimal workload.
- The REMS-I elective would best fit a student who is looking to learn more about science while also advancing their CV for residency application. Residency spots have become more competitive, some more than others, so depending on one's current choice of residency it is advantageous to take the REMS-I elective over others.
- Please take the effort to communicate well in advanced if people cannot attend zoom sessions. Also ensure that there is a consistent understanding among staff as to what is expected of students taking this rotation.

# Phase 1 Peer to Peer Feedback for Electives

- Create personal realistic goals to achieve before the end of the session in terms of picking which research project to be part of during the summer.
- This was a great opportunity to learn about different research projects going on at the University.
- Probably not necessary if you've already had research experience. I would recommend reaching out to a PI earlier for research and just jumping in that way. If you've never had any lab experience this would be a more applicable class for you.
- I would highly suggest only taking this elective if you have the intent of doing research during the summer. It is a good way to hear about research going on in different basic science labs and provides an opportunity to do some of the trainings necessary to do research.
- This elective is useful in gaining a wide grasp of the research opportunities at UND. It is useful in completing some of the required training prior to entering a lab, however, it does not provide great detail into the process of scientific research.
- This elective gives you a foot in the door for completing research over the summer elective period, and allows for a nice break because there are limited out of class obligations.
- A good introduction to the research opportunities available at UND.
- I think REMS-I elective is good opportunity to learn about different types of research conducted here and UND SMHS.
- The REMS I experience introduces the student to basic safety in the laboratory, research ethics, and research projects that faculty are currently working on.
- Do this elective if you want to do research. It's not the most interesting elective, but it won't take much effort on your part to complete.
- The chalk talks are mostly basic science researchers.
- I would consider this to be essential if you have any desire to participate in research.
- If you are interested in conducting research, this elective is a great way to get in your mandatory trainings and learn more about research opportunities available to medical students.
- REMS-I is a great elective to learn more about research opportunities, research safety, and research ethics.
- Make sure to do your own research on what your interests are and do not limit yourself to only laboratory bench research. Reach out to the public health department or those who may be doing clinical research.

# Phase 1 Peer to Peer Feedback for Electives

- This elective offered a great peek into the world of research at UND. The diversity of projects was very cool to see and think if I would enjoy something like that.
- Take this elective if you want to do research or want to join a competitive field. If you don't care about research or want to do a field that doesn't care about research then choose another elective.
- REMS-1 was not an overly difficult elective to take coming back from the holiday break. It helped me understand what is involved in the research process and how to deal with ethical situations.
- Reasonable time commitment and necessary to do research in the summer
- Make sure to really focus on faculty presentations to figure out which one you want to be apart of.
- If you are even slightly considering research, take this elective so you can get an idea of what opportunities are out there and see if any appeal to your interests. During faculty research lab lectures, take notes on what interests you so you can look back at it and remember who you might want to contact and tidbits of interesting information about their research.
- Great opportunity to get through the paperwork and learn more about ethics and research before starting a project.
- be flexible, ask questions, stay engaged.
- Keeping an excel to keep track of all the presentations helped me!
- So far I really enjoyed this and was very relaxing as well.
- This elective was good for learning how to do research and the steps necessary to find a mentor and interact with that mentor in a reliable fasion.
- If you want to get research experience in medical school, then this course is essential.
- If you are anxious about research, REMS I will give you all the information you need to confidently make a decision going forward on if you would like to participate in research. I have no previous research experience but feel like I can confidently move forward in research in the future.
- I would recommend the REMS elective to future students, since it is required for REMS II & III and will help provide an overview of what to expect during REMS II & III in addition to connecting us with mentors/projects and resources to use during REMS II & III.
- REMS is a great intro to research, even if you are not convinced that you want to do research in the future. I think this is a good way to dip your toe and find out more about the process.

# Phase 1 Peer to Peer Feedback for Electives

- Set a timeline for yourself for getting those trainings done. I know some people really had to rush to finish those last few days.
- Future students should be ready to start looking into potential research mentors quickly.
- Start looking for mentors in advance
- Keep an open mind and try not to get caught in the details. Things will eventually work out!
- If students are wondering whether or not they want to do research I would say that it is beneficial to take this course. The main reason being that, if this course is not taken, one will not be able to complete any type of research in the future REMS period. The second reason being that it is very informative and a lot of my questions/concerns that I had about research were answered during the course.
- This elective is helpful for learning about the process of finding a mentor and conducting research over the summer elective period. There is plenty of time within the two weeks to finish the assignments plus lots of leftover time for relaxing and visiting friends/family since the format is virtual!
- Students may feel compelled to take REMS in the summer, and some may also be on the fence. REMS I is a solid choice as a first elective because it allows for the opportunity to take the subsequent electives later on, but not having to commit to them. Keep the doors open early and learn more about your career pathway as you continue on.
- Make sure to start the CITI training modules early.
- Start Citi training early.
- I believe that this elective is important for future students to ensure that they will be able to do research which is important for many different disciplines.
- Nice elective, not too difficult but provides a lot of helpful information and contact regarding research and research mentors.
- This elective was very nice. It was not super demanding allowing a time break but also provided enough information and preparation for the summer elective period that I feel confident going into the next elective period.
- Having REMS 1 be remote was extremely beneficial for my mental health, and I cannot thank Dr. Shabb and the UND administration enough for giving students the opportunity to be at home or with family for an extended period of time. I would recommend this elective to all students, but especially those interested in research, for this reason.
- Make sure to keep up with your Citi Training modules! I found assigning myself modules each day was helpful in staying on track without getting overwhelmed.

# Phase 1 Peer to Peer Feedback for Electives

- REMS is chalked up that everyone should/needs to do it. That is not true. It is also chalked up as everyone should hope to publish/have something to show for your work. That may not be accurate for some, meaning just the experience and having some personal takeaways is enough to get out of this elective to be successful
- One clarification I would make for next year is insuring all of the required animal handling CITI modules are completed, should students need to work with mice or rats at the UND CBR animal rooms. In my experience, I needed multiple animal handling certifications. Julie Magnus at the CBR was in charge of informing us on the courses we needed, so she may be helpful in clarifying any discrepancies.
- The mentor panel and preparing manuscript lectures were especially helpful. Bring questions and engage with the CITI training, as you will need to know it when conducting research in the upcoming REMS II elective.
- Keep it online :)
- Contains lots of new information I had never learned before.
- Even if you're not a big fan of research there are many options and choosing a project more clinically focused may be more exciting!
- It is a good introduction to the REMS pathway. Answers many questions and eases some of the stress associated with doing research.
- If you're interested at all in doing research during the 2nd and 3rd elective periods, you need to take this elective. It's really helpful because you get all the training modules done prior to starting research, which makes it easier to start right away in the summer. It's also great for identifying a potential mentor and identifying them early. We only get 8 weeks in the summer to do research, so finding a research mentor early means that you can start doing some background work prior to REMS II/III and can hit the ground running when the summer starts.
- REMS I gives students the opportunity to build the foundational knowledge necessary to succeed during REMS II. The information may be review for those who have completed a significant amount of research in the past, but is still valuable review and certainly important for those who have not had any previous research experience. This elective also provides adequate free time to spend on other things than school.
- Pay attention to lectures. They have very helpful tips when it comes to finding a mentor.
- As of now, I am strongly pulled toward a specialty that has a strong emphasis on research and publications. I appreciate the opportunity to learn about the research process and hopefully get put on a project with a chance of publication.
- Remember that what you put into this elective is what you get out of it. Was nice that it was virtual to travel and see family.



# Phase 1 Peer to Peer Feedback for Electives

- Having more mentors to speak at the panel or even a list of mentors who have previously taken on REMs students and what they work on would have been extremely helpful.
- Chip away at the CITI training modules every day. They are not the most engaging articles to read and you might get fried trying to do them for hours on end!
- This elective gives you a lot of information that you won't use until the future. It can seem long and at times redundant, but the resources will become helpful later and all the information is required to complete research opportunities. I appreciated I had a designated time to work through all of this information and give it my full attention.
- I feel like our class saw this elective as the 'only' option (due to residency apps). It would be nice to stress the importance that it is not mandatory but also explaining why this elective would be very important.
- I would encourage any medical student to take REMS I to keep the door open for REMS II in the future. Plus, one can always change their mind and take a different elective in the future if they no longer wish to pursue REMS.
- I highly recommend this elective! I had prior research experience and it still helped me a lot. I think it also helps form a framework of knowledge and research expectations for students with little or no prior research experience. I really enjoyed the mentor-mentee lecture and think that it provides insight that can help guide students to an appropriate mentor and improve their communication with them.
- This course does a good job of getting you to think about future research endeavors. It clarifies important steps to be taken as well as the timeline for approaching REMS 2 and 3 in a prepared manner.
- I think it would be helpful to have more information on how to contact researchers and what to expect for the summer. Discussing with other students to understand the time commitment and possibilities for research would be helpful.
- This course was very informative and I feel as though it will prepare me well for future REMS electives.
- The REMS 1 elective is not only an essential course if you have the intention of pursuing research, but it is also a worthwhile elective choice if you are even merely considering research.
- It is a very helpful way to give you the tools to be successful in your research during future REMS courses and the panels of students and mentors will help you find mentors or identify plans to search for mentors if you do not have any mentors in mind going into the course.

# Phase 1 Peer to Peer Feedback for Electives

- As REMS I is a requirement for future participation in the REMS II and III electives, I would recommend this elective to any future student who is interested in participating in summer research. Furthermore, this elective allows ample time outside of class to complete the asynchronous research certificates and to have plenty of free time away from school after an intense first couple of units of medical school.
- This elective is a great introduction to research and getting started thinking about what kind of projects one would like to take on. It is exactly what I was looking for, as I am interested in research to strengthen my CV.
- This was a very helpful and informative elective that helps set students up with some more background on research. As someone who has never done research, it eased a lot of the worries I had about rules and policies, and our guest speakers were helpful and supportive.
- Do not feel discouraged if you do not have any research experience! All lecturers and mentors are very supportive of everyone regardless of their research experience.
- N/A - Great elective overall and I would keep it remote for future classes
- We should get more information on how to find a mentor sooner. Maybe creating a meet and greet would be helpful.
- Don't get too stressed about REMS 2/3 upfront, this course has some potential mentors and is early enough that finding a mentor hopefully wont be too hard.
- Panels with past REMS students and mentors were the most helpful sessions
- Since the atmosphere for residency applications seems to be training, I wonder if future students should be prompted to be exploring research options sooner. An achieve session that breaks down the different research groups on campus and different connections to local hospitals that UND has would be helpful.
- This course is helpful for first-time researchers but will feel like review if you already have extensive research experience. I appreciated the free time given to find our mentors.
- If you have any hesitation about doing research you should take REMs 1 and then you can always opt out of REMs 2 and 3 if its not for you.
- None not previously shared at this time
- This is helpful for students, even if they do not decide to do summer REMS.
- I have no issues with the elective.



# Phase 1 Peer to Peer Feedback for Electives

- I think a list of due dates, things that are expected going forward in the research process, would be helpful, even including submission deadlines for the eventual required poster.
- REMS1 elective is very helpful in preparing for REMS 2 and 3.
- This elective is a very good opportunity to learn more about many types of research, regardless of how much research experience you had prior to medical school. The workload is very manageable if you spread it out throughout the elective, but could become overwhelming if you put it off until the end. I would definitely recommend taking this elective if you are interested in research as the certification is good for the duration of medical school, beyond just the summer elective period! Also, make sure to check the LEO course page regularly for updates in posted materials that may be helpful in finding a research mentor.
- This course will prepare you will to engage in the scientific process and will provide you with a broad overview of what a basic or clinical research project will entail. This elective is perfect for you if you would like to pursue research and if you would like to take an elective that will allow you to have a little more time for personal goals outside of medical school (finding a mentor, shadowing, volunteering, etc.)

# Phase 1 Peer to Peer Feedback for Electives

## **BIMD 9601.02** *REMS-II*

- If you are looking for a research opportunity and want to make meaningful progress in a lab, I would suggest Dr. Khan's lab during the REMS elective. I was able to accomplish a lot in this lab, and still had free time for family and friends.
- Work as hard as you can during this time and try to get to know your PI as well as possible and form a good relationship with them.
- Search for something you are interested in researching for optimal experiences
- I think it would be beneficial to maybe get into the lab earlier if at all possible to get a feel for the process within the lab they will be in.
- This elective (located in Fargo) consisted of chart review of a specific topic chosen by the preceptor, data entry, some shadowing opportunities, abstract and poster creation, and a very flexible schedule. This would be beneficial for students that want to do research, but perhaps are not interested in bench research at this time. Dr. Newman was very helpful with any questions that we had, and was very available throughout the project.
- I would encourage students to start looking into options ahead of time especially if they want to work outside of North Dakota!
- If you choose to do the research elective you should be prepared to put in the time and work to actually work on and finish a research project. Although there are some shorter days, you will have plenty of days where you spend a good chunk of time in the lab getting stuff done.
- If you find the right research mentor and program, REMs is a great way to explore your specific interests and get published to build up your CV.
- Great elective and opportunities for self directed learners
- REMS with the MEDSTAR program provides a lot of educational opportunities such as faculty lectures and different symposiums. Additionally there was a lot of collaboration between students on different programs such as HATS, Journal Club, Twitter Art & Aging, and more. Most of students actual time is spent looking at literature either for research, education, or discussion. If a student is looking for more basic science research or labwork, other faculty may provide better opportunities.
- Make sure you communicate with the PI of the lab you're interested in early on! Meet with them, ask them questions about what you will be expected to do, and ask them about what your desired outcome/end goals are. You'll see if the project is right for you and whether you'll get the lab experience you were looking for.
- It would be good to know if you want to do clinical research or bench research in your future so that you can find an appropriate that will give you either of those opportunities to identify if that is something you want in your future practice.

# Phase 1 Peer to Peer Feedback for Electives

- This elective is helpful for students who are very interested in basic science. Although some clinical implications can be made because it helps student understand fundamental processes in science.
- I felt that my summer rotation was rewarding and helped me gain a functional understanding of basic lab techniques and how research is done (generally). I felt part of the reason my experience was positive was because I identified a lab mentor and reached out quickly after REMS 1. I think that there was some confusion about what labs and at what locations we were allowed to work in and if there was more structure to help students identify potential opportunities that would help further strengthen the elective. Many students, myself included, have very little research experience and I think a way to help students would be something along the lines of a meeting with an advisor where we could relay our goals for the REMS program and they help us identify potential opportunities available to us, as a potential example.
- You won't have a lot of time in lab, so balance your expectations. It is unlikely you will get an impactful paper or a huge array of research experience during this elective because the course is only 8 weeks long. Additionally, it may be helpful to find a PI well in advanced and get training out of the way as soon as possible because a lot of the training required by the lab isn't covered in REMSI and it takes time away from the 8 week rotation to complete it.
- Make sure to join a project that already has IRB approval or leave PLENTY of time to get the approval, as it's quite a long process!! Also, I be hesitant working with a clinician unless they have ample time to help with the research process.
- It is very rewarding and I learned a lot. It didn't feel like there was enough time, but I would definitely do this elective again.
- The more work put into the elective the greater the outcome.
- Don't be afraid to challenge yourself with the REMS program. It looks great on applications and you learn a lot of useful skills.
- I enjoyed having change of pace in my day to day life. Changing from us-05 to rems was easy but depending on the lab you choose, day to day of rems can vary so if you want the summer to be more relaxing, and treat it as a break than take electives other than rems
- The REMS elective allows students to work on unanswered questions or add to existing knowledge in medicine and the basic sciences. Students have the option of doing research in the basic science laboratory or in the clinic.
- MEDSTAR - a program with a large variety of opportunities in which you will be busy participating in discussions for journal clubs (online through Twitter and live), interviewing patients through the HATS program, listening to lectures, participating in the Dementia Symposium and lastly, researching and drafting IRBs and manuscripts. Overall, an elective you will be highly involved in throughout the summer.

# Phase 1 Peer to Peer Feedback for Electives

- REMS was a great change of pace after the first year of medical school. It was fun to do hands-on work with a research team and collaborate on a research project. I gained experience in a variety of areas from lab techniques to the entire research process itself. I would highly recommend taking the REMS elective.
- Make sure to establish a work-life balance with your grad student/post-doc at the beginning of the elective, otherwise you may end up putting in more hours than you should be.
- Everyone's experience with REMS will vary greatly depending on your research. Go into it with a good attitude and you'll definitely get something positive to talk about in your residency application.
- Highly recommend for anyone with interest in specialties if finding research in your specialty of interest is possible
- Highly recommend!
- REMS-II gives you time to get started on a research project without having to worry about juggling assignments and class at the same time. It is a great opportunity for research experience.
- Chose your mentor early and if your goal is to be published, try and get a head start on your topic because 8 weeks is not a lot of time.
- Use your resources during this elective, people like to help you out if you have questions.
- I would recommend this elective as you get what you put in. You can do as little or as much research as you are able!
- Requires a fairly flexible schedule

# Phase 1 Peer to Peer Feedback for Electives

## **BIMD 9601.03** *REMS III*

- REMS is a great opportunity to further build a competitive application when considering more competitive residencies. It is an opportunity for research while still having time for family and friends.
- Do your best to find out what your PI's expectations for publication are before you join the lab or at least understand what you can expect from the elective.
- pick what you enjoy
- Having every lab give an estimate of time commitment.
- I think that if you do not have an existing relationship with the researcher or have previous experience, getting in the lab as early as possible would probably be beneficial.
- see REMS II eval (same elective).
- Same comments as my REMS I evaluation
- I think you should really be committed to put in the time and work to really work on and finish a research project over this time. Although you have some shorter days, you have plenty of busy days when you sign up to do the research elective.
- for REMs it might be helpful to expose students to more clinical based options in REMS 1!
- Great elective for self-directed learners
- See response for REMS II
- Basically the second half of REMS, following REMS II. You'll have things more figured out at this point, having been in the lab for REMS II. Again make sure you are passionate about the project you're going to work on, as the second half is where data collection, analysis, and interpretation really pick up!
- Just know what kind of research you would want to do in your future career and choose a lab accordingly.
- It isn't worth it to do REMS. Just do research on your own time.
- I would suggest either picking a project that already has IRB approval or starting the IRB process well in advance of the elective.
- It is a wonderful elective to dip your toes into research, but it is challenging to produce quality results in 8 weeks. It still is a great elective to take that can open future doors for you.
- Organize available studies and labs

# Phase 1 Peer to Peer Feedback for Electives

- I would highly recommend clinical research because it is very applicable to our future profession. Many residency programs require research and chart review and other database driven projects are fairly common.
- I think REMS is a good opportunity to gain some research experience while you are in medical school.
- The REMS elective allows students to gain more experience in clinical or basic science research.
- The MEDSTAR programs provides a variety of opportunities throughout the summer elective. Patient interaction opportunities are through the HATS program in which you interview an older adult for an annual wellness exam via telehealth and come up with personalized health recommendations based on the assessment. The Twitter Journal Club and weekly student-led journal clubs allow for ample opportunity to develop critical thinking skills and discuss current articles with content experts. Participation in Art & Aging project allow students to review current research in Geriatrics and identify clinical pearls to share. Lastly, the individual research projects provide a great view into academic medicine and plenty of practice in how this research is conducted.
- REMS was a great change of pace after the first year of medical school. It was fun to do hands-on work with a research team and collaborate on a research project. I gained experience in a variety of areas from lab techniques to the entire research process itself. I would highly recommend taking the REMS elective.
- Make sure to reach out to labs early so you do not have to rush at the past minute.
- Same as REMS II
- This elective provided me with a new perspective of research and its importance in the improvement of medicine. Whereas at the start of the summer I looked at research as a hoop that needed to be jumped through, I now have a genuine interest in the research process and want to be involved in contributing to medical advancements in the future.
- Great opportunity to conduct research, meet faculty, and also enjoy your summer. Highly recommend!
- REMS-III allows you to get research experience without having to try to balance class assignments. It is a great opportunity to get involved in research.
- This elective is great if you want a flexible elective and want. to make your own schedule.
- Choose a mentor that your personality matches up with.
- Use your resources, such as the Librarians, Sandi Bates is awesome



## Phase 1 Peer to Peer Feedback for Electives

- If you want to do REMS, but still want to enjoy possibly your last summer, find a flexible position with a researcher who cares about you doing well as a student and person. I learned a great deal during the week 8-3 or 8-5, but I still was able to enjoy the summer weather after those times of the day.
- I felt that my summer rotation was rewarding and helped me gain a functional understanding of basic lab techniques and how research is done (generally). I felt part of the reason my experience was positive was because I identified a lab mentor and reached out quickly after REMS 1. I think that there was some confusion about what labs and at what locations we were allowed to work in and if there was more structure to help students identify potential opportunities that would help further strengthen the elective. Many students, myself included, have very little research experience and I think a way to help students would be something along the lines of a meeting with an advisor where we could relay our goals for the REMS program and they help us identify potential opportunities available to us, as a potential example.

# Phase 1 Peer to Peer Feedback for Electives



## **BIMD 9602.01**

*Advanced Medical  
Anatomy*

- I highly recommend this course to students who are particularly interested in anatomy or may have an interest in a medical specialty that heavily involves anatomy, such as Radiology or Surgery. To be fully transparent though, this course is more physically demanding than I anticipated, as you must be bent over or leaning forward over the cadaver for hours a day.

# Phase 1 Peer to Peer Feedback for Electives

## **MED 9601.06**

*Introduction to  
Medical Education*

- Very good elective for reviewing past material and allowing adequate time with family
- This elective allows for a lot of flexibility. I finished 2 weeks of work in 3-4 long work days which allowed me more time to spend with family. It is very independent, but also relaxing. If you like sorting things and learning about how medical education is designed, this would be a great elective. If you want to learn from a professional or aren't a self-guided individual, I would advise not taking it.

# Phase 1 Peer to Peer Feedback for Electives

## **MED 9601.09**

*Inclusive Teaching &  
Classroom Instruction  
Med Prep I*

- See evaluation done for 2nd half of the course
- When choosing an elective course, I was initially drawn to the Inclusive Teaching and Classroom Instruction in Med Prep I & II because I viewed the course as an opportunity for personal growth and a way to assist aspiring physicians. In regards to personal growth, I believe that one role of a physician is to be an educator. Therefore, one reason that I chose Med Prep was to cultivate my own ability to teach and share knowledge, which I know I will need as I enter a career in medicine. Additionally, Med Prep offered me an opportunity to give back and share what I have learned throughout my journey to medical school with others. While this elective may be a larger undertaking than the others, the reward is not just earning credit towards your degree. The rewards include developing relationships with talented students, watching your students improve their MCAT scores, and knowing that you positively impacted the life of another.

# Phase 1 Peer to Peer Feedback for Electives



## **MED 9601.10** *Essentials of Personal Wellness*

- This elective allows time for a somewhat guided reflection as to how the early parts of medical school went, and allows you to explore the importance and how-to of a work-life balance. It allows you the opportunity to understand self-care and how to better plan/schedule it into the busy life of a medical student. These topics that are covered in this course will extend throughout our careers.
- This elective would be great to take if you are wanting to achieve balance in your life! Would recommend.
- A great course for learning new wellness techniques and learning about ways to focus on becoming a better person.
- Essentials of personal wellness provided the space to have important discussion surrounding wellness, mental health, and mindfulness. This course helped me to better understand my own wellness and taught me skills in how to improve all aspects of my own mental health.
- I hope everyone takes this course at some point in their time at UND. It is so important and I think it could benefit anyone. Even if you think you are the healthiest version of yourself I think there's at least one thing you could take away from this course. I am taking away a lot of new tools and I am very excited to share them with others.
- A great course, that allows for flexibility throughout the break as well as reflection. Truly allowing someone to 'unwind' a bit.
- I really enjoyed this elective and would recommend it to future students! It was nice to be able to delve a little deeper into the activities/science behind wellness, since it is hard to make time for that during the school year. It also provided plenty of time for relaxation and enjoying the summer!
- This is a great elective and allows you to talk about wellness with other classmates.
- If you want to take the time to learn to become or improve on self-reflection to improve your wellness for future career endeavors.
- You get out of it what you put in it.
- I would highly recommend this elective for people who want to learn more about the different aspects of wellness and mindfulness! This elective was fun and also allowed me to reflect on aspects of my wellness that I would like to improve. It also gave me time to reflect on how I want to address overall wellness with future patients!
- For best results this course is great in a solo, home setting. Some of the exercises are hard to do in a public coffee shop or workshop.

# Phase 1 Peer to Peer Feedback for Electives

- The Essentials of Personal Wellness is an elective which allows to look at different parts of your wellness and learn how we can improve our own wellness and provide evidence based knowledge to our future patients to better incorporate wellness into their daily lives. This course allows flexibility in your scheduling as our Monday to Thursday zoom meetings were accommodated to our summer schedules and free-time to do enjoy your summer! What you get out of this elective is what you put into it.



# Phase 1 Peer to Peer Feedback for Electives



## **MED 9601.11** *Intro to American Sign Language*

- Daily practise of module video are key. Also, repetitive physical demonstration along with the videos help with visual-motor memory.
- This elective is mostly independent and self-led. There are really great resources used in this electives, especially the lessons from Lifeprint. What you get out of this elective depends on what you put into it, but there is opportunity to learn very useful words and phrases in ASL. I really enjoyed this elective and would definitely recommend it to others.
- I don't have much to say other than everything is laid out very clearly in the course description and objectives! Practice frequently so you don't forget!|
- In the future I would suggest to take time to find someone who would like to practice ASL with you throughout this elective. Having the chance to actually interact with another person learning I feel would be very beneficial to retaining the information learned.
- The requirements for this elective are easily doable while also interesting. It was not overbearing in any manor. It doesn't teach you about basics in regards to medicine specifically but enough to be able to have a small conversation using ASL after taking this course.
- Start the Lifeprint lesson right away as they are longer and take more time to complete. The modules are helpful in getting started with the basics and the Lifeprint lessons move forward from that. Learn the alphabet right away and just keep doing it whenever you have time. If you ever don't know how to sign a word, just finger spell it!
- N/A - the class was great about being self-paced and opened the door for as much learning as wanted beyond the required activities.
- This elective was a great choice if you want to take a course online so you have more flexibility. It was surprising how much ASL I learned and retained in the short elective time period. I would definitely recommend this elective!

# Phase 1 Peer to Peer Feedback for Electives



## **MED 9601.13**

*Pulmonary  
Pathogens*

- This elective is extremely helpful for studying for STEP 1 because of the number of USMLE practice questions that are integrated into the course. The elective is not time intensive compared to other electives, which I appreciated during the summer period.



# Phase 1 Peer to Peer Feedback for Electives



## **MED 9601.15**

*Military Training*

- Work ahead on reflections.
- I liked that we as students were able to have a hand in deciding the essays we would be writing. I really think that this made the course even more enjoyable! we were able to write about our interests and how military training and medical training coincide.



# Phase 1 Peer to Peer Feedback for Electives



## **PATH 9504**

*Death Investigation in  
North Dakota*

Phase 1

- I would begin by doing the last 3 modules. I feel like I got the most beneficial information from them.
- This class is a great opportunity for those who want to learn more about forensic pathology and diverse topics, including cultural competency, scene investigation, terminology, and diseases. I especially enjoyed this class because it was self-paced, and I could plan trips and spend time with family and friends.
- Super easy and fairly interesting. It is all pre-recorded lectures, so you can watch when you have time.
- Useful information that can be learned at your own pace.
- This is an excellent and thorough elective that provides insight into death and death investigation.
- Enjoyed the self-paced aspect
- This is a great introductory course to the role of a coroner, death investigator, and forensic pathologist. It was extremely helpful to learn more about the vital role all of these professions play in determining the cause of death.
- No suggestions!
- This is a great elective to take if you haven't been exposed to death. The pictures are real and give you a real sense of criminal and natural death processes.
- Helpful and informative information to be aware of.
- DO NOT wait to complete this in a few days, consistently work on it throughout the month.
- This is a great course for strengthening your pathology skills which is useful for USMLE Step 1 prep. I enjoyed the specific cases that were shared and crime scene evidence.
- This is a great course to learn many ways people die and it really helps puts patient care into perspective. Also This may seem obvious but some of the images used are extremely graphic so be prepared.
- Space it out.
- Take this elective during year 4.
- Asynchronous was nice because I could self pace. Depending on my schedule I could do more or less each day.
- This is a flexible, informative course, perfect for students who may have other requirements they may need to complete concurrently.
- This is an interesting, self-paced elective that would be helpful regardless of the specialty you plan to pursue!



# Phase 1 Peer to Peer Feedback for Electives

- This course is extremely flexible with videos that can be watched at your own pace and few 'post-test' quizzes that are very reasonable and reflective of the material in the video
- The flexibility of the elective is really nice. Additionally, it is a really interesting and unique perspective of medicine that is valuable regardless of what specialty you ultimately go into. I learned more about the field of pathology and how impactful it is for providing the family with closure and/or saving lives due to the discovery of hereditary diseases within a family.
- Take if you are looking for independence during the summer and enjoy the content.