

STUDENT FORUM

E-newsletter



The ASCLS student forum coordinates the involvement and interest of students in the field and the society. We provide students with a voice to express their ideas, opinions, and concerns. We educate students in the concepts of professionalism and provide them with information and support throughout their college career.

The student forum is composed of the Student Forum officers (Chair, Vice-Chair, and Secretary), Regional student reps, State student reps, and every ASCLS student member. Together we strive to give students a safe space to express their concerns and interests. We are here to help you to find your place not only in the society but also in the profession.

Please do not hesitate in contacting us with questions, comments and/or concerns. We will be happy to help!

FEATURE THIS MONTH

| | |
|---|---------|
| Meet Your Region Reps | page 2 |
| A Common Case | page 4 |
| How To Study For The BOC | page 7 |
| Avoiding Lab Drama | page 12 |
| Early Career Evolution | page 13 |
| Student Forum Fundraiser | page 19 |
| T-Shirt Design Contest WINNER | page 21 |
| ASCLS Video Contest | page 22 |
| Laboratory Professionals Week | page 23 |
| Let's Celebrate | page 24 |
| Lab Week Run | page 28 |

Meet Your Region Reps

REGION I



Ryan Barry

Hey everyone, my name is Ryan Barry, and I am honored to be serving as your region I and NY state student representative. I am currently a senior in Stony Brook University's Clinical Laboratory Science program. CLS is a second career for me. For the past 10+ years I have been working as an electrician. Transitioning from the construction site to the lab has been difficult at times, but it has also been one of the most rewarding experiences of my life. I am beyond excited to begin my new career as a clinical laboratory technologist in only a few short months! Becoming involved with my professional society was an automatic decision for me. As soon as my program director mentioned the details about ASCLS at our program information session I knew that this was something that I wanted to become a part of. I believe that participating in my professional society is not only a privilege, but somewhat of a responsibility. I am already seeing the direct impact that our society's actions have on our profession with changes being discussed regarding our state licensure. Aside from nerdy science interests (of which I have many) I really enjoy running, snowboarding, going to shows and lectures in NYC, and exploring some of the great public parks we have here on Long Island. My future plans involve continuing on for a master's degree either in management or specializing in a specific area of the lab. Before that I plan to work as a generalist and develop my skills rotating through all areas of the lab. I'm excited to say that I was just hired while on my clinical rotation to work at a local hospital in my area!

Contact Ryan: rbarry631@gmail.com

State representatives:

New York: Ryan Barry

Central New England: Owen Gilmartin

Maine: Vacant

REGION II

Hello! My name is John Frederick, and I'm the ASCLS student representative for Region II and New Jersey. I am currently in the final months of a joint degree program with NJIT and Rutgers School of Health professions. I'm happy to be working in the lab and finishing up my clinical hematology rotation at Morristown Medical Center. I joined ASCLS to network with my peers and to advocate for our profession. I'm grateful for the opportunity to serve as representative and I'm looking forward to working together. Outside of classes and clinicals, I enjoy cooking, hiking, traveling, and Brazilian jiu-jitsu. I also spend free time in a microfluidics lab at NJIT, where I build and test lab-on-a-chip devices for detection of cancer biomarkers.

Contact John: johnmarkfrederick@gmail.com

State representatives:

Delaware: DonaRae Boucek New Jersey: John Frederick

Pennsylvania: Tierra White Virginia: William Veilleux

West Virginia: Anna Chenoweth



John Frederick

Maryland: Vacant

Capital area: Vacant

Meet Your Region Reps

REGION VIII



Sam Buck

State representatives:

Colorado: Sam Buck

Montana: Jessica Stellingwerf

Wyoming: Katelyn Hoff

Idaho: Jordan Graham-Ax,
Lauren Downer & Christian
Keetch

Utah: Vacant

Hello all! I am the 2017-2018 Region VIII and ASCLS-CO Student Forum Representative. I received my B.S. in Biochemistry and Microbiology in 2014 from Colorado State University. While at CSU, I was the Biochemistry Representative and then President of the College of Natural Sciences College Council. College Council was the voice for students in our majors that communicated with the governing student body ASCSU, to the dean, and even to the President of CSU, Tony Frank. We approved the use of each department's budget for new instruments, reagents, etc. based on our knowledge of what the student body wanted and needed. I helped Dean Jan Nerger and Tony Frank get the new biology and chemistry buildings approved, and they opened last fall for the 2017-2018 school year! After undergrad, I started out in the healthcare industry as a QA software engineer testing the patient portal applications for our patients, backend data for the hospitals/clinics, and becoming a product owner to help create web applications that would help our clientele—physicians, the government, patients. I missed the lab and found the program for medical lab science at Denver Health in Colorado and applied. This program has shown me that the clinical lab is where I want to be and oh how I missed it! I graduated from my MLS program at Denver Health and passed the BOC exam this past November 2017. I also graduated in December 2017 with my Masters in Clinical Epidemiology from the University of Newcastle in Australia. I am proud to be a certified Medical Laboratory Scientist and it is so exciting to have MLS behind my name! I love being in a career that can change people's lives and help me to be on the forefront of new exciting discoveries every day! I now work at Denver Health in our Infectious Disease departments: Molecular, Microbiology, and Immunology. When I am not working, I am usually adventuring through the Colorado mountains, travelling the world, teaching various dance/fitness classes as a certified instructor, or just dancing through life—not random. I was a ballerina for about 20 years! I hope everyone's year has been as amazing as mine, and for those of you still waiting to take your BOC exam good luck!

Contact Sam: sambuck2014@gmail.com

REGION X

My name is Ivan Sanchez and I am the Region X student representative. I was lucky to discover the clinical laboratory science field early on in college life, around the time I decided to commit to it. The clinical laboratory science field combines my passion for science while simultaneously offering a service to help other people. I graduated from San Diego State University in 2014, and in 2016 I joined the CLS training program at the University of California, San Diego. During my training I had the pleasure of meeting Josh Pulido and as well as attending the 2017 ASCLS annual meeting in San Diego (what are the odds!). I was offered the position of being the student representative for sunny California as well as Region X. I look forward to working with people across ASCLS and promoting

Contact Ivan: ivan_sd117@yahoo.com

State representatives:

California: Ivan Sanchez

Arizona/Nevada: Vacant

Hawaii: Vacant



Ivan Sanchez

A Common Case

By Kyleigh Ellis, Region VII Rep

After reading this case study, you know right off that our patient can be diagnosed with pre-job interview nerves. However, we can't let some little ole nerves keep us from getting a job that we've trained so long for.

Whether you're finishing college or finding places to complete clinical rotations, you will find yourself sitting in an office, answering questions about yourself and trying not to bolt. It's not easy or fun, and that's coming from a very talkative, extroverted person.

Never the less, I'm here to help by sharing my tips for preparing for an interview, answering questions, and asking questions. I have the treatment, if you will, for those pre-job interview nerves.

First things first - first impressions. You've heard it enough to have it engraved in your brain but here it is again: people form their impressions of you just by the way you look. So the goal with that logic in mind is to appear clean and confident.

Take a Shower - Yes, college students can get away with looking pretty rough on a daily basis, but this is not the time to practice a hippy lifestyle.

Invest in a good interview outfit- Okay, I know. We're broke. Try to look for sales. All you really need is a good business jacket/classic button-up and dress pants. Sale racks work fine for this and you might have a good pair of khakis in your closet that you didn't spill lunch room spaghetti on in high school. This tip is worth it! You can wear the same outfit to every interview.

Case Study

A young, recent college graduate walks into a lab setting to meet with a clinical laboratory supervisor seeking a job. He is sweating profusely and seems to be shaking. Stuttering, he admits to being extremely nervous.

Signs & Symptoms

- Sweaty palms
- Nausea
- Weak knees

Clinical Signs

- Nerves - Severely elevated
- High blood pressure

DO

DON'T



A Common Case cont

By Kyleigh Ellis, Region VII Rep

Now, you're ready for the questions. It's like a first date and it might even be less awkward

Have your resume and application in hand - Ask mom or the annoyingly organized classmate next to you to borrow a manila folder. Sweaty, wrinkled pages be gone. Plus, you look that much more professional. **Bonus note:** Carry as few bags as possible. Walking into the interview fumbling with a jacket, your phone, and a purse or briefcase makes you seem messy and unorganized.



Rehearse like it's a show on Broadway- I can't stress this one enough. I've included a list of question that are common in interviews. Prepare your responses before and you won't be stuck with the infamous 'uhhh' and 'umm' pitfalls.

- **"Tell us about yourself"**- (Include major accomplishments and noteworthy characteristics)
- **"What are some of your strengths?"**- (Now is a good time to expound and reiterate on your previous mentioned characteristics. Punctual, hard working, leadership skills, organized, ect.)
- **"What are some of your weaknesses?"**-(Pick something that isn't all that bad and put a positive twist on it. For example, I always say that I'm cursed with always being early, like an hour early, everywhere I go.)
- **"How do you take criticism?"**-This is a big one, as we're always dealing with other health care professionals who are just as tired and snappy as we are. Let your interviewer know that you take polite, constructive criticism very seriously.
- **" What would you do in a situation where a nurse is belligerent regarding delayed results?"**- Our job is to politely educate them on our protocol and procedures. Most importantly, reiterate your understanding that nurses are just as busy and stressed as we are and becoming aggressive back is not an option



A Common Case cont

By Kyleigh Ellis, Region VII Rep

Case Study

The Last Stretch At this point, hopefully, you'll be more relaxed and your interviewers will ask if you have any questions for them. This would be a good time to ask about opportunities you may have to climb the clinical ladder. Feel free to ask anything that's appropriate, but not too forward. When you leave, make eye contact as you shake hands. Don't leave in a rush, but don't linger either.

-**"What could you expect to earn in this position?"** - We have to keep the WiFi on.

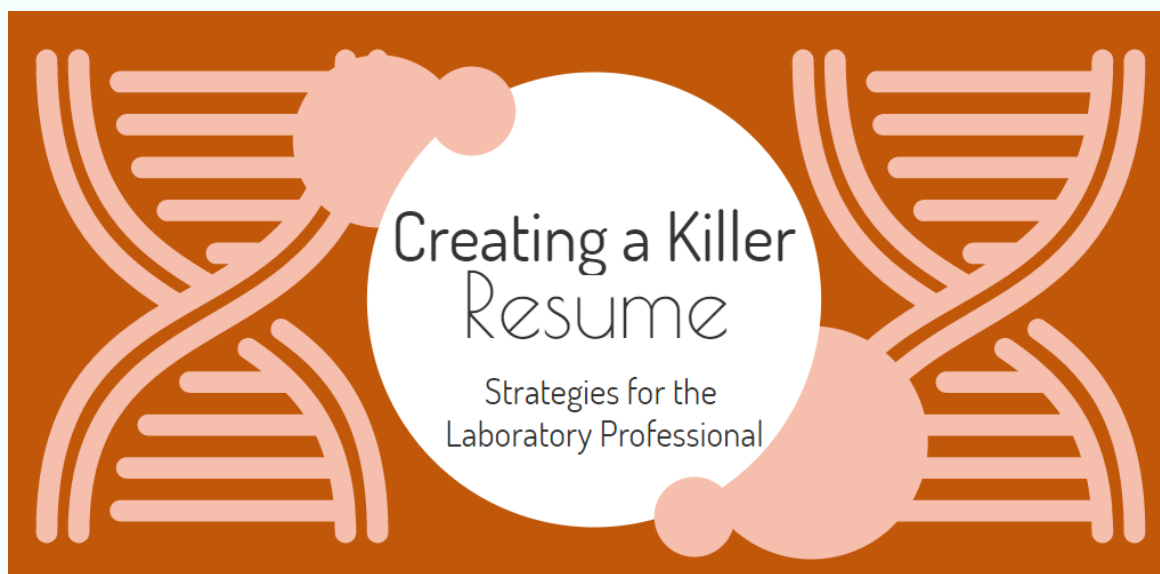
-**"What promotion opportunities are there within the lab?"**- Interest in how you can further your career with the interviewing lab reassures them that you are interested in long term relationship. Not a Tinder fling.

-**"What is a typical shift like here?"**- This expresses your interest in the company and its functions, they'll remember that.

Keep these points in mind for your next interview and don't be afraid to look for other commonly used interview questions and tips on Pinterest!

Most importantly, be yourself and let the interviewers get a feel for your personality!

Visit this link - <https://infograph.venngage.com/p/40742/creating-a-resume-for-laboratory-professionals> - to learn how to create a killer resume geared specifically toward Laboratory Professionals



Tips on How to Study for the Board of Certification (BOC) Exam

By Wendy Wang, MLS(ASCP)^{CM}MB, Region VI Rep

Hi Friends! No matter where you are in your education, it's never too late to start thinking about how studying for the BOC. It's what you are working so hard in school to pass after all! In this article, I'm going to discuss strategies I used to help me pass one of the biggest exams of my life. I have also made some suggestions for review books. Keep in mind that what worked for me, may not work for you. We're all different types of learners, but I hope this helps you get some ideas.

Get Organized!

More than anything else, I think being organized helped me the most. I'm your neurotypical type A personality, but only because the inside of my brain is an anxious hot mess, and I use organization as a crutch to make sense of it all. If you related to any of that at all, then you understand the importance of having a plan of attack whenever you do anything important.

Figure out when you're going to take the BOC Exam

At the end of my program, they had us take a comprehensive final over everything we learned, so I knew that I wanted to take my board exam as soon as I was done. This way, I wouldn't have to study twice. Literally the day my program director sent out the email giving us instructions on how to sign up for the exam, I went to the ASCP website and booked my exam for the day after our final. Spots and availability get filled up the closer it gets, so you want to make sure you have as many options as possible. As far as the time of day I wanted to take it, well... as the great Canadian rap artist Drake once said: Know yourself. I'm more of an evening person, but if I wait until the afternoon to take the exam, I was just going to lay in an anxiety puddle on my kitchen floor until the time came for me to leave. I thought that 11am was good. I'd be able to get a decent amount of sleep, take my time to get ready in the morning, and eat a little something before I left my house.

Application Process

1. Determine your examination category and eligibility route
 - Use BOC Eligibility Assistant for U.S. Certification
2. Gather required documentation and submit to:

Board of Certification
33 W. Monroe St., Suite 1600
Chicago, IL 60603
3. Login or create an ASCP account
 - Do not create a duplicate account
4. Submit online application and fee
5. Monitor application status
 - Incomplete or missing information will delay processing
6. Await Admission Notification email
 - Keep your email address current with BOC
7. Schedule your exam date
8. Prepare for exam day
9. Await official exam results

[Apply For Exam](#)

Tips on How to Study for the Board of Certification (BOC) Exam cont.

By Wendy Wang, MLS(ASCP)^{CM}MB, Region VI Rep

Make a study schedule

The weekend before I started my clinical rotations, I took an hour to sit down and physically draw out my study schedule. I like writing things down because it helps me remember things and having a visual lets me keep my goals in perspective. My rotations were going to be about approximately 4 weeks in each department (Chemistry/UA, Hematology, Blood Bank/Immunology Microbiology). So, during the time in those rotations, that would be the subject I was going to cover when I got home. Weekends were for focusing on areas that I struggled with, and for actually Netflix and chilling. When you're planning your study time, be specific about what you want to get done and have a reasonable time frame to get it done in.

- For example, a typical week for me might look like this:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|-----------------------------|-----------------------------|--|--|--|
| A quick romp through semester 1 Microbiology. | Work out Make flashcards and taking notes on Semester 1 Microbiology | Review flashcards and notes | Review flashcards and notes | Do nothing. Go out with friends. Attempt to socialize with other human beings | Sleep in. Work out. Tell cats I love them. | Memorize Enterobacteriaceae biochemical reactions Do chemistry practice exam from study book Review flashcards and notes from this week. |

As you can see, I wasn't studying every day. It's incredibly important to take time for yourself and take care of your mind and body. Otherwise, you're going to burnout, get really stressed, cram everything right at the end, and cry a lot. Ain't nobody got time for that. Some days are going to be more productive than others. Somedays, I'd come home from class and sleep until I had to get up the next morning. Don't beat yourself up about not being able to finish what you planned, it'll just help you manage your time. You have to find that balance between having the self-discipline to get stuff done and taking care of yourself.

**Actually Study.
But Don't
Stress Out!**

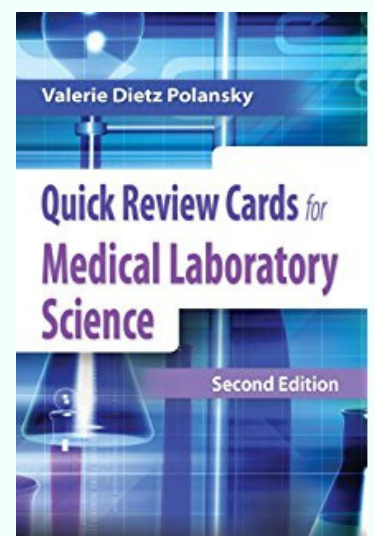
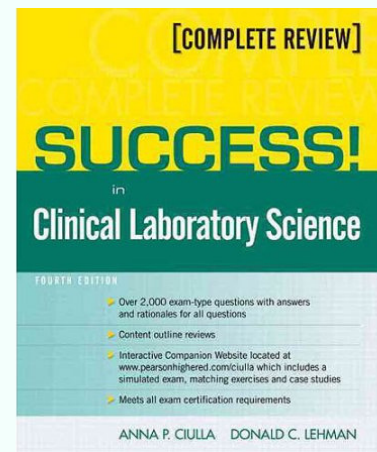
Tips on How to Study for the Board of Certification (BOC) Exam cont.

By Wendy Wang, MLS(ASCP)^{CM}MB, Region VI Rep
Review Books

If you think buying study materials will help you here are my personal suggestions. In all reality, I didn't think I needed to buy practice books. I mostly used old notes from class to review material. But I think it's a good idea if you need something to help you be engaged and get an idea how what kind of questions the BOC Exam will present to you.

The study book I found the most helpful was the **“Medical Laboratory Science Review”**. It's rather thick and has a blue cover. I thought that the questions in this book were harder than what on the exam, and that the explanations for the answers were thorough and excellent. One book that I didn't personally use but heard good things about was the **“Success in Clinical Laboratory Science Review”** with the green and yellow cover. I don't know about the quality of the questions, but they have outlines in the books that give you a basic review of all the subjects, which sounds helpful if you feel overwhelmed with all the material and don't know where to start.

One thing that I do very much highly recommend is getting the **“Quick Review Cards for Medical Laboratory Science”**. These are amazing! They're portable so you can take them with you everywhere and can look at them whenever you have some down time. They're short and sweet and cover main topics and important details you need to know for the exam. Additionally, they're much less expensive than buying a review book. More than any other purchased study material, I found these to be the most beneficial for me.



Tips on How to Study for the Board of Certification (BOC) Exam cont.

By Wendy Wang, MLS(ASCP)^{CM}MB, Region VI Rep

MORE Review Materials- recommendations from other reps

"I highly recommend **LabCE!**- <https://www.labce.com/default.aspx>- It helped immensely with my program's exams and the BOC Exam!" - Sam Buck, Region VIII Rep

LabCE Exam Simulator

Instructions : Maria Lucia Rodriguez

Exit Start

Progress

| | |
|--------------------------------|----------|
| Time Elapsed | 0h 0m 0s |
| Question Details | |
| Answer Provided | 0 |
| Answer Not Yet Provided | 100 |
| Correct | 0 |
| Incorrect | 0 |

Questions

Welcome to LabCE's Exam Simulator!

Over the next several pages, you'll see a number of questions covering the topic areas you've selected. Navigate backwards and forwards using the arrow buttons in the upper-right corner of the page. Answer each question by choosing the correct response(s), then click on **OK**.

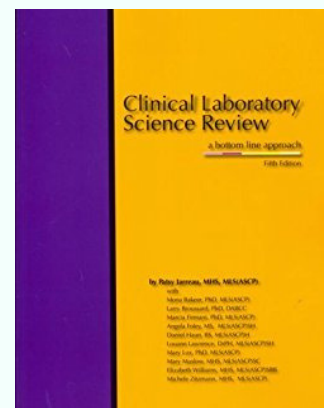
This exam will test you on the subject areas you have chosen. Questions for this exam are pulled at random from the categories specified.

Your response will be immediately graded, and you won't be able to change your answer, but you'll get immediate feedback on the question you've answered. Once you reach the end of the exam, click **Finish Exam** to finalize your answers and get your final score.

Once you've finished the exam, you may return to any question. Click on **Summary** to return to the list of questions.

You may navigate freely throughout the questions in this exam using the scrolling list to the left. Click on any question name to view it. Questions that you have attempted, answered correctly, or answered incorrectly will be indicated by colored icons.

"I have been using **"Clinical Laboratory Science Review- a bottom line approach."** It has helped me to put all the concepts together and it has fun mnemonics to help me remember important information- Maria Rodriguez, Student Forum Chair



Right Before the Exam:

So, you're done with all your school work, rotations, and tests. Celebrate! Take some time to revel in your amazing achievement and all the hard work you've put in to get to this moment: Eat a greasy meal! Get some ice cream! Party! Whether you have one day between the end of your classwork and the exam or a month, **treat cho' self!** The worst thing you can do is to stress out. Try to be done with all your studying, so the night before the exam, you're not going to even touch a flashcard. Just don't do it. At that point, if you haven't learned it, you're not going to. Don't cram anything into your brain last minute. It'll be more beneficial to your mindset going into the test. Get a good night's sleep. Eat a full meal. Drink some water. Do some yoga. Get to the testing facility about 15 minutes early. If you're not sure where you're going yet, it wouldn't be a bad idea swing by before your test day to find the place, so you're not worried about getting lost.

Last of all, breathe and believe in yourself. You've spent a lot of time preparing for this day, and you're going to do great. From someone who's gone through the very same exact thing, I wish you the best of luck on this exam and your future adventures. If you have any questions or just need someone to vent your frustrations at, I'll be more than happy to be that person. Feel free to email me at wendywang421@gmail.com.

Taking Your BOC Exam Soon?

Attention ASCLS

Student Members

Did You Know????

*You will receive
50% off one year of
your new ASCLS
membership or
renewal when you
pass your BOC
certification exam*



When you pass the BOC certification exam you will automatically receive an email from ASCLS entitling you to this discount.

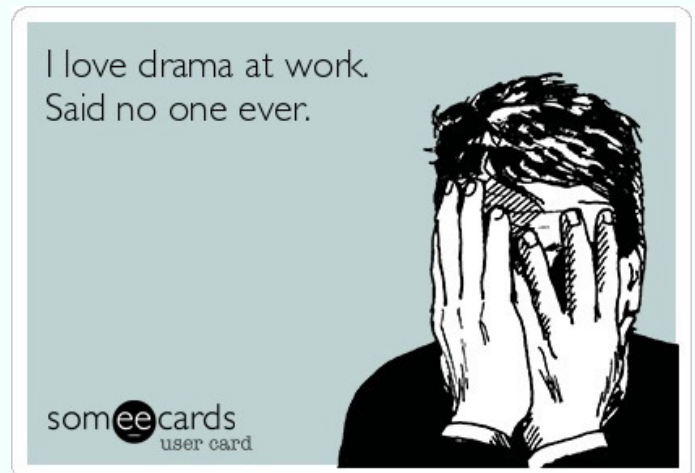
This offer is good for any Professional membership category which includes First Year Professional, Professional 1 or Professional 2.

If you don't receive an email within 3 weeks of passing, please contact ascls@ascls.org

Avoiding Lab Drama While on Clinical Rotation

By Ryan Barry, Region I Rep

For many of us, our clinical rotations are some of the most important and exciting times in our laboratory science education. From the time we are accepted into our programs, our professors and program directors build anticipation, eagerness, and expectation in each of us about what we will experience out on rotation.



The promise of hands-on experience with actual patient samples, access to modern laboratory analyzers, and best of all, the chance to secure our first jobs as clinical laboratory scientists is enough to motivate even the most tepid of laboratory science students. Gone are the days of negotiating with antiquated analyzers and expired reagents, it's finally time for the real deal professional world of laboratory science!

So here we are, a few days into our rotation, and reality starts setting in. You have just been placed into a social dynamic for which the climate and tides have been forming over the last five, ten, or maybe even twenty years! Below the surface smiles and good-mornings sits years of suppressed frustration and grievances. With our goal being to get through the next few weeks without creating any enemies and maybe even impressing the management in hopes of being scouted for employment, we need a strategy.

First and foremost, **STAY OUT OF IT!** That's the advice I was given when I brought this issue up to my clinical coordinator, but that's easier said than done. There were a few times in my rotations, and even as a hospital volunteer where I seemed to be caught right in the middle of an ongoing feud between coworkers. I had to remain neutral, not take sides, and above all else—**remain professional**. It's very easy to become friends with the techs that you're shadowing, and sometimes work-related conversations turn into personal conversations. During my rotations, as I saw these situations developing around me, I had to make sure not to partake in the chatter that goes on about others in the lab. For me, my main thought always had to be "I'm here for one purpose, to gain experience and make a good impression." By using that thought as a sort of an affirmation, I stayed focused on my goal, and was able to avoid participating in the drama of the lab.

"I'm here for one purpose, to gain experience and make a good impression."

Early Career Evolution: Adapting to Life as a New Medical Laboratory Professional

By Samantha Buck, MCLinEpi, MLS(ASCP)^{CM}, Region VIII Rep

The end of the school year should bring excitement and joy; no more homework or exams! In Medical Laboratory programs, however, the end of the year may mean sitting for the BOC Exam and starting your new career as a Medical Laboratory Professional—which can be very exciting, but also a little daunting. I know I had so many questions as a student transitioning into my new career—how do I apply for jobs? Would I be prepared for life as an MLS? How do I choose the right job for me?

One of the most important lessons I learned during the evolution of my career, is never be afraid to ask questions - especially if you're getting wonky results and could use a second opinion! Ask anyone you work with on rotations, those you have met through ASCLS or other professional/on-campus organizations, your program director. Ask them anything and everything – they are person-shaped resources there for YOU! Never be afraid to ask questions to help advance your career down the road, or to better prepare you for the road ahead. With this inquisitive spirit in mind, I set off to interview a few recent graduates throughout the state of Colorado to shed light onto how they navigated the growing pains:

"Never be afraid to ask questions to help advance your career down the road, or to better prepare you for the road ahead."

Did you take the BOC exam right after graduating from school, or did you wait a little bit?

-“Neither is necessarily correct. Some students want a break from school to refresh their brain, and others don't want to lose all the information they just studied for their final exam. It is up to you to determine if you want to power through or be reenergized for the most important exam in your career.”

-“I think I waited a month after graduating to take my BOC exam. I knew that after the year I had I needed some time to celebrate and breathe. Taking that time off allowed me to clear my head and jump into study mode feeling fresh.”

-“I took it one week after graduating which is the soonest date I could take it, I'm very glad I didn't wait!”

Early Career Evolution: Adapting to Life as a New Medical Laboratory Professional cont

By Samantha Buck, MCLinEpi, MLS(ASCP)^{CM}, Region VIII Rep

In your opinion, what is the most important part of your resume when applying for medical laboratory jobs right after school?

-“I think that the most important part of your resume should highlight what you’ve done in school, if you received any additional training on your clinical rotations, any extracurricular honors or achievements that you received, and really showcase what you would bring to the laboratory to which you are applying.”

-“Experience! I think listing any experience gained through clinical rotations and/or working in a clinical lab are most important; this includes listing the various instruments and computer systems used. I think this is very valuable information for a prospective employer to see what you have worked with.”

Did you work part-time during school as a medical professional? Do you think this helped you secure a job?

-“I did not work part-time during my schooling; however, the individuals who I did go to school with who were working definitely had a leg up on the rest of us when it came to the hiring process.”

“No, if the opportunity would have been available yes this would have helped me secure a job.”

-“ Yes, I worked part time in chemistry. I believe this helped me secure my current job because it allowed me to show the supervisors that I am a dedicated and competent employee.”

What do you wish you had known during school to prepare for life as a new medical laboratory professional?

“It is 100% worth it and so much easier and fun once in your position.”

-“Each shift in the lab has a different personality and identity. Days, evenings, and nights each have their own ‘monsters’ that they tackle frequently including: different maintenance schedules, different QC requirements, different supervision, etc. It’s fascinating to see that each shift can vary monumentally.”

-“I think it would have been helpful to understand how often things change and know that learning is continuous—things are always changing in the lab and employees are constantly learning new procedures or adapting to a new workflow. There are many opportunities to fulfill CE credits and it’s important to keep up with them.”

Early Career Evolution: Adapting to Life as a New Medical Laboratory Professional cont

By Samantha Buck, MCLinEpi, MLS(ASCP)^{CM}, Region VIII Rep

How did you decide what type of position/lab department/shift you wanted? Now that you have been working in the position you accepted, would you have chosen a different shift/department/hospital?

-“I knew hands down that I wanted to be a Generalist and work in every department from Blood Bank, to core lab, to micro; so that essentially sent me on the path to figure out what positions to apply for. I also knew that money was definitely a factor so off-shifts were quite tempting considering the shift differential. Lastly, I think it was the independence and the minimal staff that led me to working nights. Being able to have a tight team to help out, on top of being in a position to make tough calls and tackle problems on my own, has really helped me grow into the laboratorian I am today.”

“I knew I wanted to work in blood bank or micro because I wanted a more hands on position; I explored all available options and took the best opportunity that presented itself. I love my position and am happy where I am; I would not choose differently!”

-“I knew I wanted to start out working as a generalist; for me I felt this was a natural starting point. I also knew I loved the hospital that I did my clinical rotations at and wanted to stay there. I wanted night shift because of the schedule (10hr shifts, 8 nights on then 6 nights off) and looking back I am glad I chose this position and shift. The schedule will allow me to get a PRN job in a blood bank someday which I am interested in pursuing in order to broaden my work experience.”

What is something your program could have done to better prepare you for entering the workforce?

“Nothing comes to mind; our program was awesome and did a great job preparing me!”

-“I think my program could have given some time to interview skills, resume writing, professionalism, etc. This being my first job since college I really was winging it when it came to how to approach the job market. I am glad everything worked out the way it has, but a lot of it was self-taught.”

Early Career Evolution: Adapting to Life as a New Medical Laboratory Professional cont

By Samantha Buck, MCLinEpi, MLS(ASCP)^{CM}, Region VIII Rep

How different is working as an MLT/MLS compared to clinical rotations as a student?

-“Making the tough calls is definitely something that stands out. As a student you can consult with your trainers; but as an employee, while you can ask your coworkers, they might not have the free time to assist you right away. So, telling a nurse or doctor that the values don’t look right, or that they mislabeled a specimen, or that a specimen is clotted can be nerve wracking at times; however, you have to persevere and do what is right for the patient always.”

“It is nice to have a routine, get more exposure to situations, and to have the freedom to problem solve and come up with solutions on your own.”

-“My experience working has been very similar to my clinical rotations since I am working in the same lab where I did rotations; but I think the biggest difference would be that while working I am much less concerned about disease correlation and the precise functionality of each test compared to clinical rotations where I was constantly thinking about and studying these things.”

How important was ASCLS in your transition from student to new professional?

“It was nice to know I have the support of this organization and it was helpful being shown how to manage CE credits and keep up on my certification.”

-“ASCLS was extremely important to me when I went from a student to a new professional. I had already had the chance to network and meet individuals in so many sectors of our field and employees from many different facilities that I was confident that if I needed a transition, I could find one. Furthermore, the continuing education I received and the vendor shows I attended allowed me to bring new ideas and new methodologies to my facility, which helped bring in new testing and ease the workload on my coworkers.”



Early Career Evolution: Adapting to Life as a New Medical Laboratory Professional cont

By Samantha Buck, MClInEpi, MLS(ASCP)^{CM}, Region VIII Rep

What advice would you give current or prospective students?

-“I always have a motto, ‘No reward without risk.’ Meaning, jump at opportunities you’re interested in, apply for that job that you do not necessarily believe you are qualified for, and take a chance at volunteering for validations or other projects at work. You’d be surprised at what you can learn by throwing yourself into something new.”

“Treat your clinical rotations as a job interview; the clinical laboratory world is small and news of your performance travels fast. It can never hurt to make network connections; you never know where that may lead you in the future.”

-“Take every opportunity to go above and beyond; if there is a part time job available, take it! Go to local ASCLS events, CE lectures, and conferences! Just be as involved as you can when starting out, you never know where it might lead you.”

Now that you’ve heard from a few on the front lines, I want to encourage you to interview some of those in our own network. Good luck on your career evolutions, and as always do not be afraid to send me your questions if they were not answered here or we sparked some new ones!

Follow us on Social Media



One of the Student Forum goals is to keep an open line of communication with our student members. We want to take advantage of social media to communicate information about events, activities and travel grants. Also, we will be posting fun facts about our profession and upstanding opportunities to help you go above and beyond

Join Our Online Community!

Bad news for the cave men of the world: smoke signals and yelling doesn't quite cut it anymore. Our large platform of student scientists across the United States calls for a little something extra.



ASCLS Student
Forum & Recent
Graduates



ASCLS - Student Forum
[@Ascls_students](#)

Ever week features one of your Region Representatives with region updates, noteworthy articles and funny quips to bring a little laughter to your laboratory!

Help us reach our goal

Each year, the ASCLS-student forum raises funds to support travel grants for our student members to attend the ASCLS Annual Meeting and Legislative Symposium. At these meetings, our students have the opportunity to meet other students and working professionals and to learn what other laboratories are doing across the nation.

"The connections our students make at these meetings are invaluable."

Fundraising and the development of travel grants are an important part of what we do in the ASCLS-Student Forum. We firmly believe that giving our students the chance to attend these meetings gives them unique, out-of-classroom opportunities to grow as professionals.

ASCLS Decals

The Student Forum will be offering decals for a \$10 in-person or \$20 online donation to the ASCLS Student Forum. The donation will be used towards student travel grants to attend the ASCLS Legislative Symposium and Annual Meeting as well as other activities the forum deems appropriate.

The Region that donates the most will win bragging rights at the National Meeting



Help us reach our goal



ASCLS-Student Forum Decal Fundraiser | Instructions



The Student Forum will be offering decals for a \$10 in-person or \$20 online donation to the ASCLS Student Forum. The donation will be used towards student travel grants to attend the ASCLS Legislative Symposium and Annual Meeting as well as other activities the forum deems appropriate. If you would like to sell decals, please follow the instructions below:

1. Fill out the "Student Forum Decal Request" using the following link.
www.ascls.org/student-fundraiser
 - a. Request as many as you think you can sell.
 - b. You will receive a confirmation email with your order. Your decals will arrive in 7-10 business days.
2. Sell them to your friends, family, co-workers, classmates and other ASCLS members for \$10 each.
3. Please return any unused decals and money raised in mailer provided to:

Andrea Hickey
347 Ypsilanti
Dundee, MI 48131

4. The decals will be also available for sell at ASCLS National events (Legislative Symposium, CLEC and Annual Meeting).
5. Decals sold online in the ASCLS store will be \$20 each to cover shipping and processing fees.
6. If [an individual wishes](#) to make a bulk purchase, please contact andrea@ascls.org and arrangements will be made.

Student Forum's T-shirt design competition

The Student Forum is happy to announce that the **WINNER** of our 3rd annual T-shirt Design competition is... DRUMROLL PLEASE...

Where are you From?

Wichita, Kansas

Kassandra Zon

Major/College

Majoring in Medical Laboratory Sciences, at Wichita State University, graduating Spring 2018

Fun fact about yourself

I enjoy doing things with my hands, ranging from art and board games to cooking and working in a lab.

What is your favorite department of the lab?

I am very fond of microbiology and hematology, but molecular is incredibly interesting and my personal favorite.

The Student Forum will be selling the T-shirt at the ASCLS Annual Meeting



FRONT



BACK

ASCLS-Membership Video Contest

ASCLS- 2018 VIDEO CONTEST

WHAT?
HOW?

ASCLS is hosting a video contest to promote our profession, highlight what it means to be a member of ASCLS, and showcase all the creative professionals in Medical Laboratory Science.



The Rules

- There is no limit on the number of participants that may be involved in the entry; however, the award is given to the individual OR shared with the group that enters.
- Videos are to be between 1 and 10 minutes in length.
- Videos must be submitted by **April 9th, 2018**.
- Four judges will comprise the judging panel and they will grade the videos on creativity, quality of filming, how well it represents our profession, and overall showmanship.
- Winners will be notified by **April 16th, 2018**.
- Submitted videos should promote ASCLS's values regarding Diversity:
 - ASCLS is an inclusive, culturally relevant community of people acknowledging their differences and unique characteristics; it is an organization where all persons can engage and participate in a meaningful way empowering everyone to grow and learn.
- Please submit all videos in an appropriate file format via email to **andrea@ascls.org by Midnight on April 9th, 2018** to be eligible to win:
 - Appropriate file formats include any that are accepted by YouTube
 - Follow the link for a list of acceptable formats by YouTube <https://support.google.com/youtube/troubleshooter/2888402?hl=en>

Suggested topics:

- Why should student members continue as professional members?
- Benefits of being an ASCLS member.
- ASCLS' strength as a grassroots organization.
- Why you joined ASCLS.
- What being an ASCLS member means to you?

Prizes

- Prizes will be awarded the following week
 - The best two videos will be awarded with **\$500 each**.

Contact

Please contact Andrea Hickey andrea@ascls.org with any questions regarding your entry.

Medical Laboratory Professional's Week



The Medical Laboratory Professionals Week originated in 1975 under the auspices of the now called the American Society of Clinical Laboratory Science.

It takes place the last full week of April each year

The Medical Laboratory Professionals Week (MLPW) is coordinated by a collaborative committee with representatives from 17 national clinical laboratory organizations. In 2010 these organizers decided to brand the event by using the same theme is the year:

Laboratory Professionals Get Results!

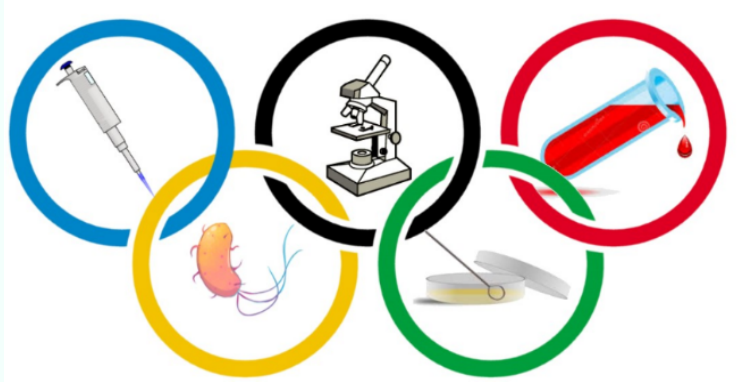
MLPW is intended to not only recognize our Laboratory heroes/heroines, but also help increase the awareness of the public. Thus, lab Professionals are encouraged to use the hashtag **#lab4life** as a statement of their dedication to the profession and to illustrate to the general public how quality laboratory results can lead to a healthier life.

Need ideas on how to celebrate and showcase the 2018 Laboratory Professionals' Week? continue reading and check out how some of our members celebrate the best week of the year.



For more information about lab week visit- <http://www.ascls.org/participate/lab-week-mlpw>

Let's Celebrate!



Laboratory Olympics

Challenge your coworkers or/and friends to show their lab skills with fun games. This is a great way to release some stress, encourage communication, and increase collaboration among colleagues. The best part is that you do not have to be a Lab Professional to participate in these games which makes "Lab Olympics" an excellent opportunity to recruit prospective lab professionals and increase community awareness

Need ideas for games? visit this links and get inspired:

- <https://bitesizebio.com/19443/introducing-the-2014-laboratory-olympics>
- http://jewell.umd.edu/uploads/1/6/0/2/16021660/jewell_lab_olympics_-_2015.pdf

BOC Jeopardy

The MLS/MLT students will definitely appreciate the chance to review and test their knowledge of the BOC exam questions.

If you want to be ambitious, you can make this an interprofessional event by inviting all the health professionals at your school and host a "Health Professionals Jeopardy" where all future health professionals need to work together to solve clinical cases.

| Microbiology | Immunohematology/ Immunology | Chemistry/ Urinalysis | Hematology |
|--------------|---------------------------------|-----------------------|------------|
| \$100 | \$100 | \$100 | \$100 |
| \$200 | \$200 | \$200 | \$200 |
| \$300 | \$300 | \$300 | \$300 |
| \$400 | \$400 | \$400 | \$400 |
| \$500 | \$500 | \$500 | \$500 |

Visit this link to create you own Jeopardy game for free:

- <https://jeopardylabs.com/>
- <https://www.jeopardyapp.com/>

Let's Celebrate!



Picture: MLS club at Montana State University

Lab Coat Decorating Contest

Show your creative side and decorate your lab coat with things you can find in the lab or why not use paint and fun stickers?

Want to make it more fun? Organize a runway show for the participants to show their creations. **Note:** we recommend you to use disposable coats.

Do you love baking or just love a good excuse to eat delicious treats?

Lab week gives us a great excuse to share delicious treats with our friends and coworkers.



Picture: Boston University School of Medicine Pathology & Laboratory Medicine



Picture: Blogger.com- Medical Laboratory and Biomedical Science. Posted by Juha Wahlstedt

Let's Celebrate!

Promote the profession

An objective of MLPW is to educate healthcare professionals, the public, and others about the role of the laboratory professional in patient care

Host an open house at your college/lab

Invite other health professionals to tour your lab

Get involved in your community- with your fellow students and/or coworkers to support a cause of your choice.

Recruit future Lab Professionals

Give talks and/or presentations at career day or other recruitment events for elementary, middle, high school, or college-age students.

Visit the link below to find ASCLS' career recruitment toolkit which contains several resources to be used in educating others about our profession during MLPW, including a new brochure and promotional video.

<http://www.ascls.org/careers-ascls/career-recruitment-tool-kit>

Love shopping?

The following stores sell various products to help celebrate laboratory professionals.

ASCLS Store

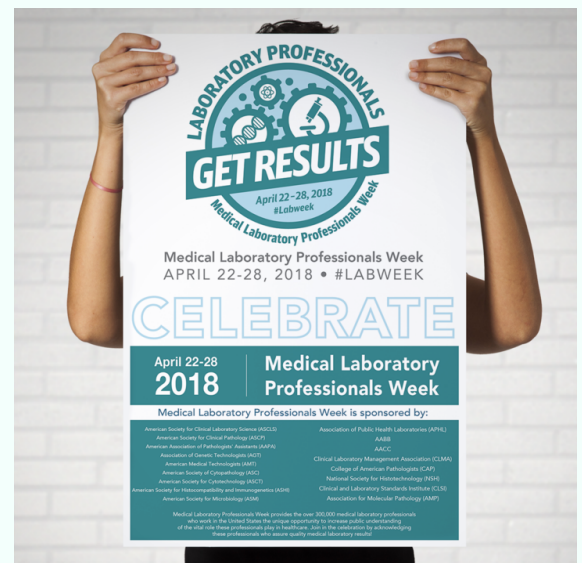
<https://www.lab4life.ascls.org/>

Jimcoleman Store

<https://www.jimcolemanstore.com/lab/>

Positive promotion

<https://www.positivepromotions.com/medical-lab-professionals-appreciation/c/hlcmmedlab/>



Let's Celebrate!

How our members celebrate Lab Week?

"At our lab, we involve the community and employees. We've done a canned food drive, we've showcased the eclipse, we've held a reception with lab-themed cake. Some of the most memorable things were: To win a prize, patients and staff guessed how many 'bacteria' were in an erlenmeyer flask full of Mike&Ike candies (look like bacilli), 'Guess the name of the old-school lab glassware', or my personal favorite: 'Name the parasite'. We send out lab-trivia emails to facility-side staff as a fun way to educate them about our profession. Of course, many of us participate in the LabWeekRun. And last but not least we post pictures of our adventures on social media!" -



Kami McGann
BSMLS(ASCP)cm
Emmett, Idaho

We would love to hear how you celebrated lab week. Feel free to share your experience with us using our social media. Do not forget to use the hashtag #lab4life

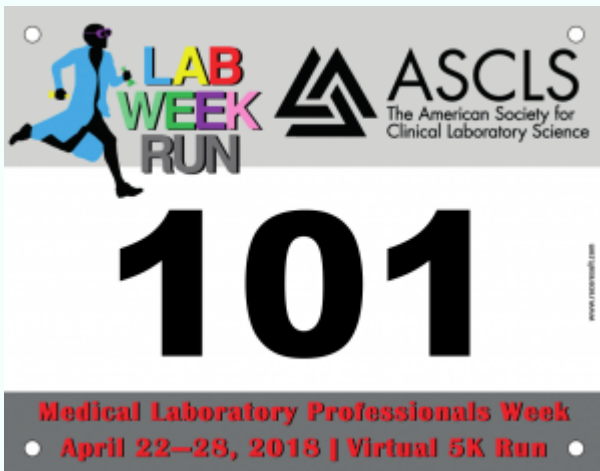
Lab Week Virtual Run

ASCLS Presents Medical Laboratory Professionals Week Virtual Run April 22nd – April 28th, 2018

Register for Lab Week Run 2018
Today to take advantage of the Early
Bird Specials!

Early Bird Rate: \$25
10 or more Early Bird Registrations are \$20
per Race Pack

Early Bird ends March 31, 2018 at 23:59 pm.
Eastern Standard Time.



Everything we raise goes to our cause of helping Medical Laboratory Professionals attend meetings, lobby representatives for the profession, and become the future leaders this field needs.



For more information visit- <https://www.labweekrun.com/>