A WARM WELCOME FROM THE OFFICERS

The 2015-2016 ASCLS Student Forum Officers would like to welcome you to the Student Forum! We are so happy that you’ve joined ASCLS as a student member—whether you are a new student or on the cusps of graduation, your membership and continued commitment to the Student Forum are appreciated more than you know. We, your 2015-2016 officers, are so excited about what this fiscal year will bring—from our elections in July, to the next Annual Meeting in Philadelphia, PA August 2016. As we finish out 2015 and begin a new year, we wanted to thank you for your continued devotion to the profession and organization, while letting you all know what you can expect from your National Student Forum.

This Fall we’ve already made great progress within the Forum in regards to fund raising, planning, and trying to communicate with you all more often. YOU are the heart of this Forum, and it is our duty to be the voice of the students and relay your wants and needs within this organization. As students and future professionals you are VITAL. Most of you know we have begun fundraising through Yankee Candle to help fund student travel to the Legislative Symposium in Washington, D.C. and the Annual Meeting in Philadelphia, PA (see more on the fundraiser on page 4). Check out our next e-newsletter to find out how to apply for travel assistance to the Legislative Symposium taking place from March 14-15, 2016. The goal of the symposium is to lobby our congress men and women to support lab and health-care related legislature. The more future laboratorians we have to support our cause, the more likely we’ll be able to make a significant difference! We also plan to offer travel grants to help you attend the Annual Meeting. It’s such a wonderful conference to attend as a student, you are able to network with colleagues from around the nation, expand your professional knowledge, and contribute to the only professional laboratory organization with a Student Forum—how awesome is that!? Stay tuned for more information on how to apply for travel grants to the Annual meeting.

With these e-newsletters we hope to bring you all informative, fun, and advantageous content to help you all excel in and outside the classroom. So check out some of the opportunities to get involved on the national level, challenge yourself with the case study, and get to know some of the wonderful future and current laboratory professionals that represent you on the national, state, and regional level. We wish you all the best as the holidays, finals, and the cold weather come upon us. #Lab4Life

Sincerely,

Chair, Jazmen Myers, MLS (ASCP)CM
Vice Chair, Vathani Logendran
Secretary, Elizabeth Stepp LeFors, MLS (ASCP)CM
WHY SHOULD I STAY A MEMBER OF ASCLS?

Greetings MLS Students and Recent Grads,

My name is Elizabeth LeFors, and I am the current ASCLS National Student Forum Secretary and the Student Forum Representative for ASCLS Colorado (ASCLS-CO). As a recent graduate myself, I wanted to share my first-hand experiences with the benefits of membership with the American Society of Clinical Laboratory Sciences as both as student member and a first year professional.

I found out about ASCLS from my program director at UCCS during my clinical rotations year. I joined then to apply for the scholarships opportunities, but had very little subsequent involvement. Later in my rotations, I needed volunteer and continuing education hours. I turned back to ASCLS to fulfill these needs by attending the HOSA and CLCC conferences. It was as these conferences that I discovered what ASCLS really could offer.

The obvious benefit to membership is the amazing P.A.C.E. approved continuing education. From conferences, webcasts, cd’s and online courses to brewery tours, the available opportunities are countless. With ASCP requiring 36 CEUs within your first three years to maintain certification, this aspect is extremely convenient while remaining entertaining. The premier continuing education event in clinical laboratory sciences is the ASCLS Annual meeting and Exposition. This five day conference offers cutting-edge scientific and technical workshops and symposiums in addition to the industry’s largest exhibition presenting the latest trends and technologies in laboratory testing. ASCLS members receive a substantial discount for fees on registration most conferences, to include the Annual Meeting and Clinical Laboratory Exposition. Students have the opportunity attend for free (like I did this summer) via the Beckman-Coulter Student Travel grant.

In addition to registration discounts, ASCLS members can take advantage of a range of free discount services targeted especially for clinical laboratory professionals on anything from car, health, and life insurance to car and hotel reservations. I have found our Office Depot/Max discount program to be especially beneficial. Also, after graduation my first priority was passing my boards. It was an extremely stressful time! As an ASCLS member, I was able to purchase the Board of Certification study book and other review material at a discounted price from the ASCLS store.

As a recent graduate, one of the most important benefits to membership in ASCLS is the networking opportunities. I have had the pleasure of meeting so many wonderful, brilliant, encouraging, and inspiring people. During the Annual Meeting this past July, I met so many amazing students and professionals from across the nation that I am proud to call my friends and colleagues now. Never before have I been a part of such an uplifting and encouraging group. Everyone just wants the best for you and will do anything to help you succeed. Although I personally had a job lined up with my clinical site after graduation, I have seen so many other students use their ASCLS contacts to obtain great jobs.

The society publications, Clinical Laboratory Science and ASCLS Today, keep members informed on association activities and the latest in research, education and government actions affecting the profession. It also gives members the opportunity to write about topics that they feel passionate towards and affect our profession.

If you have any questions about your membership and renewing to the First Year Professional membership category, I am only an email away (e.stepplefors@gmail.com). Also, if you are seeking to become more active in ASCLS at the state, regional, or even the national level please let me know and I would be happy to help guide you.

Sincerely,

Elizabeth LeFors

ASCLS-CO Student Forum Representative
ASCLS National Student Forum Secretary
STATE ELECTIONS

Would you like to get more involved in CLS? Do you want to have and provide more opportunities in your community and state to this awesome field? Further your education and career by getting the most out of it! There are so many ways to get involved in your state chapter’s ASCLS.

For more information on state elections, contact the ASCLS Student Forum Chair, Jazmen Myers at jazmen.bria.myers@gmail.com

CASE STUDY CHALLENGE

Fluid from a patient with congestive heart failure is collected by thoracentesis and sent to the lab for testing. The fluid is clear and light yellow with a WBC count of 440/mL, a total protein of 1.5 gm/dL, and a cholesterol of 32 mg/dL.

What type of fluid was collected?
A. Pericardial fluid
B. Pleural fluid
C. Peritoneal fluid
D. Ascites fluid

Based on the results, is this fluid a transudate or an exudate?

The pH of this specimen is 5.7. What is the clinical significance of this result?
A. Possible hemothorax
B. Possible chronic inflammation
C. Possible esophageal rupture
D. Possible adenocarcinoma

CHECK OUT THE NEXT STUDENT FORUM NEWSLETTER FOR THE ANSWERS!
As of October we’ve began our annual Yankee Candle Fundraiser for the fall! Yankee Candle graciously gives us 40% of the profits gained from all sales. Our goal this year is $1000, which means we need to sell $2500 in Yankee Candle merchandise. Our sale will conclude December 31st. To purchase merchandise go to: https://www.yankeecandlefundraising.com/ and use Group#: 990072787. Yankee Candle offers a multitude of products ranging from large jar candles, car scents, Popcornopolis® popcorn, gift sets, and more.

In past years funds have gone towards travel grants for ASCLS student members to attend the Legislative Symposium in March and the Annual Meeting in the summer. This year depending on how much money we raise, the Student Forum officers would also like to purchase merchandise to sell to ASCLS members and laboratorians alike. Profits would go towards travel grants and scholarships too. It is our hope that we can establish another source of incoming funds that could potentially make way for more funding for the students of this amazing professional organization.

So spread the word any way you can! We currently have a Facebook event entitled “2015 ASCLS Student Forum Yankee Candle Fundraiser!” feel free to share, invite, and post the event wherever and with whomever you think would support our cause. You could also reach out to relatives, professors, and friends outside of social media. I believe in our ASCLS family, and I truly think we could go above and beyond reaching our goal if we put our minds to it. I wish you all the best of luck with your classes, clinical rotations, and final exam.

Happy Fundraising!

Jazmen Myers, MLS (ASCP)
Attention Student Members!

Pass your BOC Exam and receive one year FREE membership to ASCLS!

Let us celebrate your hard work! You’ve earned those well-deserved initials, now join the ranks of other professionals by proudly displaying your membership in the organization that works for you.

When you pass the BOC exam you will receive an email from ASCLS entitling you to your First Year Professional Membership in the premier organization for laboratory professionals as well as 6 CE credits for FREE.

If you have already renewed for the current year at the time you pass the exam, you will be given 2 ADDITIONAL FREE CE credits.
HOW CAN I GET INVOLVED ON THE NATIONAL LEVEL?

“Leadership is the capacity to translate vision into reality” as said by Warren Bennis. Are you a leader at heart? Do you have the desire to be more involved in the CLS community while providing experiences for fellow CLS students? As students, we are granted the honor to be the voice and the future of ASCLS. We strongly urge any CLS students that are interested in involvement to apply to be part of the ASCLS Student Forum and the amazing community of ASCLS.

The ASCLS Student Forum is a national organization that is in place “to coordinate the involvement and interest of students in the field of clinical laboratory science, to provide students with a voice in their professional society, and to educate students in the concepts of professionalism as expressed by ASCLS in its philosophies, policies and procedures”, as stated in the ASCLS Student Forum Manual. There are many benefits to being in the ASCLS Student Forum. Throughout the term of service, the ASCLS Student Forum performs many tasks including fundraising for student scholarships and travel grants, maintaining CLS-related social media, and planning for the annual meeting in the summer. All Student Forum officers attend the ASCLS National Meeting in July/August, and host informative yet enjoyable sessions and events for their fellow CLS students. The three positions on the ASCLS forum are Chair, Vice Chair, and Secretary.

The Student Forum Chair serves as the voice of the Student Forum and is a voting member of the ASCLS Board of Directors. The Forum Chair is responsible for: recommending national committee student representatives during term of office, assuming overall responsibility for all activities undertaken by the Student Forum, disseminating information to the Student Forum Leadership, corresponding with the Student Forum Board Liaison, and reviewing and revising the Student Forum Manual. The Chair assumes all responsibilities of a member of the ASCLS Board including submitting reports to each Board of Directors meeting and writing articles for ASCLS Today. In addition, the Chair presides over the student meetings at the ASCLS Annual Meeting, and serves on the Board of Directors as the First Year Professional Director and Vice-Chair of the New Professionals Committee upon completion of the one year term as Student Forum Chair.

The Student Forum Vice-Chair needs to become familiar with the duties of the office of the Student Forum Chair, the operations of the Student Forum, and the ASCLS Board of Directors. The Vice Chair aids the Student Forum Chair as requested and is responsible for: all committees and task forces appointed by the Chair, assuming the duties of the Student Forum Chair in their absence, and assisting in the review and revision of the Student Forum Manual. If the Student Forum Chair cannot fulfill his/her duties, the vice chair will resume the position as Student Forum Chair with the approval of the ASCLS President.

The Student Forum Secretary is responsible for: the maintenance and updating of the Student Forum Directory, recording minutes of the Student Forum conference calls, of the meetings and elections at the Annual Meeting Student Forum sessions, and disseminating all information, problems, concerns and requests for action from the Student Forum to the Student Forum Chair.

If you are interested in running for any of these positions, please visit the ASCLS Student Forum website at http://www.ascls.org/student-center-ascls. On the website, there is the Student Forum Manual with more information about the ASCLS Student Forum. Applications for the 2016-2017 Student Forum officer positions will be available early next year. The Student Forum Orientation and SF Election process for the 2016-2017 term will take place at the ASCLS National Meeting in Philadelphia, PA from August 2nd–August 6th of 2016. If you have any questions, please e-mail Jazmen Myers (Chair-jazmen.bria.myers@gmail.com), Vathani Logendran (Vice Chair-vathani.logendran@oit.edu) or Elizabeth LeFors (Secretary-libba429@gmail.com).

We look forward to your applications!

Vathani Logendran

ASCLS Student Forum Vice Chair
Hello from Region V!!

My name is Nicole Buza and I am proud to be the Region V Student Representative as well as the ASCLS-WI Student Forum Chair! The region I serve has a strong history of student support and membership through all four of our states, and I couldn’t be happier to work with the dedicated group of individuals who make up the Region V Student Forum Chairs/Representatives. There are a lot of great activities, fundraisers and learning opportunities happening through all of our state student forums, so please take the time to visit our state sites, Facebook pages and get in contact with us if you want to get more involved in the society (at ANY level). We’d be happy to have you!

I’d like to share a little of my background. I started in a phlebotomy program in 2010 and from my first basic lab course, I was hooked! I knew that I wanted to pursue my MLT. I graduated with my phlebotomy certificate in 2010 and my A.A.S as a Medical Laboratory Technician in 2013. I have been working as a generalist MLT for the last 2 ½ years at Aspirus Medford Hospital and I LOVE it! I love the variety of each day and the fact that we can SAVE LIVES! Since I found my passion in the medical lab, I knew I had to keep going so that I can one day share my love of the laboratory with others by teaching. I am finishing up my CLS-MT (MLS) program this year, and will be starting my clinical rotation in September 2016 at UW Health Hospital in Madison. From there I eventually want to go on for my SBB and masters. I am a non-traditional student and the decision to go back wasn’t easy, but for me to reach my goals it was necessary. If going on to the next level is something that you’ve considered as well – don’t be afraid to take that next step! I know that I don’t regret it for a moment.

From Wisconsin, we have an upcoming board meeting on Saturday, November 21st from 9:30am – 12:30pm at St. Elizabeth’s Hospital in Appleton. This meeting is open to all and we would love to have you attend! This is a great way to see what we are about and to find a way to get more involved. Also, watch for this month’s letter from ME, which will include scholarship opportunities and so much more! Please contact me with any questions at: Nicole.Buza@uwsp.edu

South Dakota

Hey everyone! My name is Tyler Makor and I am the student representative for South Dakota. I am currently doing my clinical rotation at St. Joseph’s Health East in St. Paul Minnesota. So far this year, the student/new professional committees of South Dakota have accomplished putting together different fundraising opportunities for scholarships that our state gives out during the spring as well as plan a fun social bowling and dinner trip to get our students better networked with current professionals in lab science. For the past several months our board of directors has worked hard to put together our state meeting that was held November 4th and 5th. We saw great attendance rates from both the professional and student side of the organization.

One of my goals as student representative is to help generate a new enthusiasm for the students of ASCLS-SD. Every month we hold a student/new professional conference call to catch up with students from different programs around the state. This past month the University of South Dakota’s lab science club was able to take part in an alternative medicine presentation that showed students the benefits of integrative medicine techniques such as aromatherapy.

It’s great to see students around the state wanting to take initiative within the organization at a state and local level. I truly am excited to see where this school year will take us!

North Dakota

My name is Jessica Rosin. I am the Student Rep for North Dakota. I graduated in May with a biology and medical lab science degree. I am very passionate about the health field in regards to caring for and teaching others. I worked for seven years as a certified nursing assistant and two years as a supplemental instructor for anatomy and physiology. I am now continuing my learning process as an employee at Northern Plains Laboratory in Bismarck ND. It is my goal to reach out to students as a mentor and promote the medical laboratory
REGION SPOTLIGHTS CONTINUED

REGION V: MINNESOTA, N. DAKOTA, S. DAKOTA, & WISCONSIN

science profession. I am currently in the process of visiting various universities throughout the region to promote membership and involvement which include: Minot State University, Bismarck State College, University of Mary, North Dakota State University and the University of North Dakota. I am assisting with the planning process of the North Dakota State ASLCS meeting which is coming up in May. At that meeting I am planning a social event for students and first year professionals. This year has been quite a learning process and I look forward to what is to come.

Minnesota

My name is Amy Blumke and I am proud to be a Medical Laboratory Professional because we help save lives, like mine. When I was 17, I was diagnosed with a rare disease called Lemierre’s Syndrome. In just 4 days, I went from completely well to being in a medically induced coma with septicemia and pulmonary edema. In the months of recovery that followed, I realized how truly lucky I was to be alive, and that I had survived because of all the medical professionals who worked so hard to correctly diagnose and treat me. I felt compelled to give back to the community that had given me so much, so I started looking for career options in the healthcare industry. Long story short, I fell in love with the laboratory and found myself in the MLS program at the University of Minnesota and after my first year in the program I became the ASCLS-MN Student Forum Chair. So far this year, I have been involved in planning a Student Night which is on November 4th. At this event there will be a career panel composed of individuals who will speak to students about the various career paths they can pursue with an MLS or MLT degree. There will also be presentations about interviewing techniques, scholarship opportunities, and the BOC exam.

Jessica Rosin, North Dakota Student Forum Chair

Nicole Buza, Region V Representative and Wisconsin Student Forum Chair

Amy Blumke, Minnesota Student Forum Chair

Tyler Makor, South Dakota Student Forum Chair
Hello Future Laboratory Professionals,

My name is Beth Hughes and I am the Student Representative for Region VII. I am from the state of Louisiana and am currently a senior at the University of Louisiana at Monroe. Recently in my home state, my university tried to cut the Medical Laboratory Science program and I almost had to change universities because of this problem. Thankfully, with major efforts on behalf of myself and my fellow students we saved our program. However, this is a big issue because these programs are vital to the progression of our profession. So how do we stop this? We need to educate people. All around Region VII, there have been recruitment events to show what a Medical Laboratory Scientist does on a day to day basis. I, as the Region VII Representative, am pushing for my state representatives and delegates to get out there and recruit for our profession so more universities don’t decide to cut these vital programs based on small numbers and lack of interest.

Region VII is committed to promoting ASCLS and our profession as a whole. Check out what the state representatives of Region VII have been doing to promote the profession, encourage communication, and further education within their states.

Arkansas’s Student Forum Chair is Felicia Walker. She attends the University of Arkansas’ Medical Laboratory Sciences program and enjoys playing Quidditch, learning new things, reading, and writing. She has created and given a presentation about the ASCLS National Meeting and why the organization is important to incoming UAMS MLS program students. Felicia also attended the Fall ASLCLS-AK Seminar which took place in October. Future plans include presenting on MLS/CLS as a profession to Poteau, OK High School science classes and recruiting more students to the state and national organizations.

Louisiana’s Student Forum Chair is Anna Cavalier. She is currently a senior at the University of Louisiana at Monroe and will graduate May 2016 with plans to pursue a career in a local Lafayette, LA laboratory. An interest in diagnostics is what sparked her passion for the laboratory profession. In her free-time Anna is a part-time triathlete, peer-mentor, and proud owner of a goldfish. She attended the LSCLS Area II meeting in October hosted by ULM. LSCLS also released an issue of the Bayou Tech, a newsletter to update Louisiana Medical Technologist and Technicians on events and news. She participated in a statewide effort made to contact Louisiana ASCLS members who had not renewed membership. This year the Louisiana Student Forum is focused on outreach, and she has plans to visit high school students in the Acadiana and Monroe areas. Fundraising efforts are also currently in the works.

New Mexico’s Student Forum Chair is Bianca Varela. Bianca is currently focusing on graduation and becoming certified through the ASCP Board of Certification upon completion of her degree. New Mexico recently had a symposium with guest speakers, sponsors, and continuing education credits. She will be working closely with her future colleagues to come up with ways to advance student opportunities and education in her state.

Oklahoma currently lacks a Student Forum representative, if you are an Oklahoma resident and student with an interest in filling this position for the 2015-2016 fiscal year please contact ASCLS Oklahoma’s President, Dr. Sallie Ruskoski, for more information.

Texas’ Student Forum Chair is Binh Pham, MLS (ASCP) CM. Binh graduated from Texas State University’s Clinical Laboratory Science program in August of 2015. He is currently residing in Houston working at Texas Children’s Hospital as an MLS in their blood bank. He has plans to continue his education and remain heavily involved in both TACLS and ASCLS. As Student Forum Chair he has overseen the recent edition of the Future Professionals Track Committee whose aim is to implement sessions geared towards student and new professional development and advancement. The TACLS Student Forum is also hosting a Yankee Candle fundraiser of their own that will conclude at the end of the year, they will also hold a Yankee Candle Fundraiser in the Spring.

I want to get our profession’s name out there by the end of the year. I don’t want us to just be known as lab rats down in the basement. I want people to realize we are a vital part of the healthcare field.

Beth Hughes
Region VII Student Representative
LSCLS Student Forum Secretary
REGION SPOTLIGHTS CONTINUED

REGION VII: ARKANSAS, LOUISIANA, NEW MEXICO, OKLAHOMA, & TEXAS

Bianca Varela, New Mexico Student Forum Chair

Anna Cavalier, Lousiana Student Forum Chair

Beth Hughes, Region VII Representative

Binh Pham, Texas Student Forum Chair

Felicia Walker, Arkansas Student Forum Chair
My name is Alex Steiner and I am the Region IV Regional Representative. I am also the Student Forum Representative for Washington State. I graduated from Eastern Washington University with my bachelors of science in Biochemistry. I then graduated a year later from the Providence Sacred Heart’s Medical Laboratory Science program in Spokane, WA. I am currently working at the Hematology Lab in Sacred Heart. For the future I am thinking about continuing my education, however at this point in time I am thoroughly enjoying my career in the laboratory. Recently our state held a Happy Hour Event for new students and new professionals. It was a huge success, with at least 13 students showing up to ask questions about the organization. I am continuing to plan for the ASCLS-WA Spring Seminar. I will put on a session for the students about furthering ones career related to medical laboratory science. Another Happy Hour Event will be held for the students and new professionals at the ASCLS-WA Spring Seminar as well.

The Oregon State representative is Lorianne Smith. She attended a state meeting for Oregon in August, discussing goals and objectives for the coming year. She recently visited students at the Oregon Institute of Technology MT program, discussing ASCLS and the benefits of joining as well as scholarship opportunities. She was also scheduled to meet with students at the Portland Community College MLT program at the end of October.

The Alaska State representative is Lauren Yell. She is a senior in the Medical Laboratory Science program located at the University of Alaska Anchorage and will graduate in December of 2016. After graduation she hopes to stay within Alaska and would like to work as a generalist for a couple years. She has a passion for working with blood and is considering getting her SBB in the future. She has plans of continuing to progress within the profession and ultimately would like to work in a supervisory role. As Alaska’s Student Forum Chair, Lauren attended the State Fall Board Meeting at the end of September. She also went to the MLS Club at the University of Alaska Anchorage and informed the students about what ASCLS does as an organization and the benefits that come with being a member. She is also actively helping in the planning of the Spring State Conference within each lab.
ASCLS STUDENT FORUM T-SHIRT COMPETITION

Are you creative? Do you have an awesome lab related theme, tag line, or slogan you would like to see on a t-shirt? Well about submitting your idea for the 2016 Student Forum T-shirt Competition! The Student Forum Officers and Region Representatives want to find a way to raise more funds for YOU! Therefore, we thought designing a lab and/or ASCLS themed shirt to sale to ASCLS members would be a great way to raise money. However, we need your help!

All t-shirt design ideas must be in no later than January 15, 2016. Please send your designs to our Student Forum Secretary, Elizabeth LeFors at e.steplefors@gmail.com. The winner of the competition will be announced in the next newsletter and will receive a fun lab themed prize. Stay tuned for more details!