

DECEMBER 2017

Newsletter for RAMUS Scholars, Mentors and Alumnus

From the RAMUS team

Welcome to the December 2017 issue of the *RAMUS Newsletter*.

In this issue you will find information about the end-of-year requirements for scholars, for both those continuing their scholarship and those graduating, plus mentor requirements. Additionally, you will find information on nominating your Mentor for the 2017 RAMUS Mentor of the Year.

You will also find an outline of the latest issue of the **Australian Journal of Rural Health** (AJRH). Scholars have free online access to the AJRH through the RAMUS website.

In RAMUS news, Program Manager Lesley Jandric will be leaving the program as she is moving to Hobart in the New Year. Janine Snowie will be the best contact for any RAMUS enquiries.

Best wishes

The RAMUS team

Lesley and Janine

RAMUS Mentor Awards: nominations now open

Nominations are now open for the 2017 RAMUS Mentor of the Year Awards.

If your mentor has inspired you or they are your role model and a valued source of encouragement and advice, you can acknowledge and show your appreciation by nominating them for a 2017 Mentor Award.

To nominate a mentor please send a statement of up to 400 words outlining your reasons for the nomination and the contribution that the nominated mentor has made.

Please include a photo of your mentor/yourself with your mentor along with your nomination and email to ramus@ruralhealth.org.au by **31 December 2017**.

The annual RAMUS Mentor Awards recognise and celebrate the important contribution that RAMUS mentors make to supporting and teaching scholars and to developing scholars' links to rural practice.

RAMUS payment schedule

The first RAMUS payment for 2018 will be paid on Thursday 11 January 2018.

Please ensure your 2017/18 acquittal documents have been returned to RAMUS prior to the first payment date.

End-of-year requirements

The end of the year is coming up rapidly. Whether you are graduating this year or continuing next year, it's time to begin thinking about the end-of-year requirements for your scholarship.

We have recently emailed details of the end-of-year acquittal requirements to all scholars. Please contact the office if you think we may have an out-of-date email or postal address for you on our file.

The acquittal forms are also available at <http://ramus.ruralhealth.org.au/scholars>

Continuing scholars: please note that your scholarship payments for 2018 cannot start until you have submitted all the documents with a due date of 31 December 2017.

Completing Scholars

The following are due by 31 December 2017:

Completing Scholar Details Form

This ensures we have accurate contact information for you. Complete, sign and return the form via email, mail or fax.

Scholar Report

This report should be 500-1000 words and cover your involvement in rural activities, contact with your RAMUS mentor and things you have gained from your Scholar Mentor Plan. Complete pro forma (available on the website) and email as an attachment.

Academic Results

Official university documentation of your academic results for the year 2017. Results can be emailed as a screen shot from your student portal or photocopy/scan your 2017 results and attach to an email.

Continuing Scholars

The following are due by 31 December 2017:

Scholar Agreement

This confirms that you re-commit to meeting the obligations of RAMUS. Complete and return the scholar agreement form.

Scholar Details Form

This ensures that we have accurate contact and bank account details for you. Complete and return the scholar details form.

Scholar Report

This report should be 500-1000 words and cover your involvement in rural activities, contact with your RAMUS mentor and things you have gained from your Scholar Mentor Plan. Complete pro forma (available on the website) and email as an attachment.

Academic Results

Official university documentation of your academic results for 2017. Results can be emailed as a screen shot from your student portal or photocopied and/or scanned and attached to an email.

Confirmation of Enrolment

Official university documentation of your full time enrolment in medicine for 2018. Proof of enrolment can be emailed as a screen shot from your student portal or photocopied and/or scanned and attached to an email.

Income details for 2016/17

Photocopy/scan your ATO Notice of Assessment for 2016-2017. If you did not lodge a tax return, submit a Statutory Declaration that states your income for 2016-2017. Provide a copy of your ATO Notice via email or mail. Statutory Declarations must be submitted via mail.

Mentors

Reports from RAMUS mentors on each of their scholars are due by **31 December 2017**. Mentors are asked to use the pro-forma sent to them. Please let us know if you have not received the documents and we will happily resend them.

Tips for your scholar report

Your annual scholar report gives an opportunity for you to reflect on your experiences as a RAMUS scholarship holder over the past year.

Things you might include:

- an overview of your activities and experiences relating to rural practice and what these have meant to you. Please refer back to your scholar mentor plan for 2017 and comment on whether you were able to achieve everything you planned;
- coverage of your activities and relationship with your RAMUS mentor;
- notes about academic or personal achievements you would like to share with your RAMUS colleagues and the team (university awards or prizes, articles published, presentations at conferences);
- feedback on your experience of the RAMUS Scheme; and
- photos are especially welcome – either incorporated with your report, or sent separately.

There is no set format for the report; feel free to use any style or approach you wish. Aim for 600 to 1,000 words in length. There is a scholar report pro-forma on our website which scholars can download and use.

You can submit your report as an email attachment (preferred) or by mail. Scholar reports are a demonstration of RAMUS scholars' enthusiasm for and

commitment to the health and wellbeing of people living in rural, regional and remote areas of Australia.

We may wish to publish your report, edited extracts from your report, and/or your photos in the RAMUS Newsletter, on the RAMUS website or Facebook page or in other National Rural Health Alliance publications, such as Partyline. If so, we will contact you beforehand as a courtesy to seek your clearance.

Completing scholars invited to join the RAMUS Alumnus program

Scholars graduating in 2017 can stay in touch with RAMUS through the RAMUS Alumnus program.

More than 1100 former scholars and current and former mentors are members of the Alumnus program. Joining the Alumnus program connects you with fellow doctors with a commitment to rural practice.

Alumni receive the RAMUS Newsletter, invitations to RAMUS networking events and can be members of the RAMUS Facebook group. Membership is free.

Download the Alumnus program brochure and membership form at:
<http://ramus.ruralhealth.org.au/alumnus>

Feedback from scholars sought through the annual survey

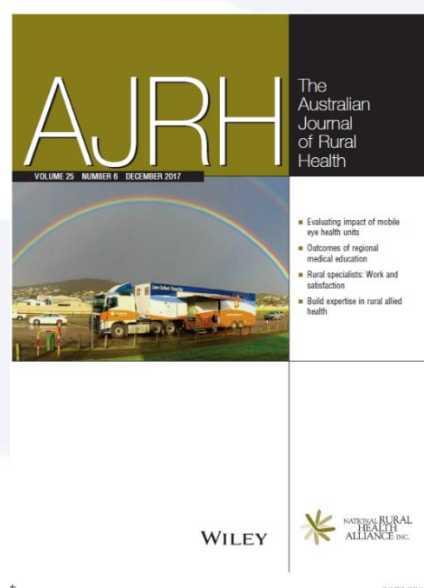
Every year we seek feedback from selected RAMUS scholars about their experiences throughout RAMUS and their future career aspirations.

The 2017 scholar evaluation survey is now open and is for scholars who are graduating and completing their scholarship this year.

If you are a completing scholar this year, please go to <https://www.surveymonkey.com/r/RAMUS2017> to take part in the survey.

The annual survey helps build a picture of the effectiveness of RAMUS in supporting rural students in their medical studies and the career goals of RAMUS scholars. Survey results are reported to the Department of Health (the funding body for RAMUS) and treated in confidence, with information from the survey being used in consolidated or anonymous form only.

Australian Journal of Rural Health



RAMUS scholars have free online access to the *Australian Journal of Rural Health (AJRH)*.

Access is through the RAMUS website:
<http://ramus.ruralhealth.org.au/ajrh>

The December 2017 issue of the *Australian Journal of Rural Health* is available from the [Wiley Online Library](#).

Release of the *Australian Journal of Rural Health*, volume 25 No 6 (December 2017). Contents include:

- Equally Well. Physical health and mental illness (Editorial - Russell Roberts Editor in Chief);
- evaluating mobile eye health units;
- Fifty years of a new medical education programme with a regional workforce mission;
- rural specialists work and professional satisfaction by geographical location;
- barriers to mental health support-seeking among farming and non-farming adults in rural South Australia;
- prevention of osteoporotic refractures in regional Australia; and
- breastfeeding support for mothers in rural Western Australia.

Keep your contact details up-to-date

You can now update your details online through the RAMUS website.

<http://ramus.ruralhealth.org.au/update-ramus-scholar-details>