Shipman, Lauren Elizabeth (Beth)

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Medical Education

University of Arkansas for Medical Sciences College of Medicine, Little Rock, Arkansas 08/2007 - 05/2011 M.D., 05/2011

Education

Undergraduate - University of Arkansas at Little Rock, Little Rock, AR Biology; Minor: Chemistry; Certification: Non-profit Professional Studies 08/2000 - 05/2006 B.S., 05/2006

Membership and Honorary/Professional Societies

American Academy of Pediatrics, American Medical Association, Arthritis Foundation, American Medical Women's Association, Arkansas Medical Society

Medical School Honors / Awards

Dr. A.J. Thompson Memorial Scholarship, 2008-2009; Class of 1976 Alumni Scholarship, 2009-2010

Work Experience

08/2012 - 07/2013

USF College of Medicine, Dept of Pediatrics, Florida

Speaker, Diane Straub, MD

Teaching- I presented 1-hour case presentations on juvenile idiopathic arthritis, systemic lupus erythematosus and biliary atresia to medical students and my fellow residents.

UAMS College of Medicine, Intro to Clinical Med, Arkansas

Preceptor/Instructor, Dr. Sara Tarik

I served as an "Intro to Clinical Medicine" preceptor during my 4th year of medical school. During that time I led a small group of freshman medical students in lessons on history taking, physical exam skills, professionalism and other topics necessary for a good foundation in medical education.

Arkansas Army National Guard, Arkansas

Environmental Compliance Intern, Tom Boston

During my time as an environmental compliance intern, I developed the "Arkansas Army National Guard Medical Waste Handling Standard Operating Procedures" manual. This document is in compliance with the code of federal regulations, sections 29 and 49, and governs the operations for the handling of medical waste for all Arkansas Army National Guard facilities throughout the state of Arkansas.

10/2006 - 08/2007 Average Hours/Week: 40

Arkansas Army National Guard, Arkansas

Environmental Performance Assessment System manager, Tom Boston

As the Environmental Performance Assessment System (EPAS) manager for the Arkansas Army National Guard, my primary responsibilities were conducting environmental inspections and training personnel at Arkansas Army National Guard facilities on hazardous chemical handling and environmental stewardship. I really enjoyed the opportunity to work with our soldiers and teach them how environmental stewardship not only decreases environmental impact but also saves money, improves safety, and increases efficiency, both at home and in the field.

Cornerstone Bible Fellowship- CIGI girls' class, Arkansas

Instructor/mentor

The CIGI (Created In God's Image) class focused on helping teen girls build self-esteem and a positive self-image through growing their faith while learning the basics of personal hygiene, appropriate dress and professional etiquette.

Chanel, Inc., Arkansas

Make up artist and fragrance model, Renee Bucholtz

I really enjoyed my time working with Chanel cosmetics. It gave me a chance to express my creativity while learning a lot about skin care and cosmetics. I am currently putting those skills to use in planning an upcoming event for some of our teen patients where they will be introduced to the basics of skincare and make up application while having fun and building relationships with other girls that share similar rheumatologic conditions.

02/2003 - 08/2004

Excel Models and Talent, Arkansas

Instructor, Melissa Moody

While working with Excel, I had the opportunity to teach acting, modeling and professional etiquette to children and young adults. We worked on everything from proper introductions to runway walks to dramatic monologues. I also chaperoned a trip to New York for some of my students to participate in classes and competitions, as well as meet with managers and agents.

08/1999 - 06/2011

The Agency, Inc., Arkansas

Model/actor, Joetta Adams

I worked as a professional model and actor for over 10 years. I enjoyed working with Dillard's, Leisure Arts, Radio Disney, Inviting Arkansas, and many other businesses and publications during my time before residency.

Volunteer Experience

10/2011

USF College of Medicine, Dept of Pediatrics, Florida

Interview Day Tour Guide, Diane Straub, MD

I volunteered to meet with residency applicants both before and after their interviews to introduce them to our program and answer questions. It gave me a chance to be a smiling face and a source of comfort during a stressful time for these medical students.

06/2009 - 08/2011

Last Chance Arkansas, Arkansas

"Foster Parent" for homeless dogs

Last Chance Arkansas rescues dogs from the local animal control agency in Little Rock, AR, and places them in foster homes. While in foster care, these dogs receive medical care (most require sterilization and treatment for heart worms) and socialization in a safe and loving environment. When these dogs are medically and behaviorally ready, they are taken to a placement agency in Rondout, NY or British Columbia, Canada, where 100% of them are placed into carefully screened and selected "forever" homes.

10/2008 - 10/2009

American Medical Women's Association, Arkansas

Volunteer- Women's Foundation of Arkansas

I participated in a major fundraiser for the Women's Foundation of Arkansas in 2008 and 2009. This fundraiser benefits their "Girls of Promise" program, which encourages 8th grade girls to pursue careers in science, technology, engineering and math. It also allows these girls to meet with professional women in these fields who act as mentors. I helped with these fundraisers through food pick-up and preparation and I also modeled for the evening's style shows.

07/ 2008 - 12/2008

UAMS College of Medicine Student Editorial Board, Arkansas

Board member

I was invited to serve as a student representative on the editorial board for the UAMS College of Medicine magazine. We planned a new series of articles and recommended people and events for the magazine to cover.

06/ 2008 - 06/2009

Arkansas Repertory Theater, Arkansas

Volunteer

I had the privilege of participating in several theatrical fashion show fundraisers to benefit the Arkansas Repertory Theater. I modeled fashions from local retailers in a highly choreographed show to raise money for the largest performing arts organization in Arkansas.

UAMS College of Medicine Alumni Association, Arkansas

Coordinator for Annual "Phonathon" Fundraiser

The College of Medicine Alumni Association hosts a fundraiser each year in which medical students call UAMS graduates and ask for donations. The donations from this "Phonathon" go to fund scholarships for medical students. As the student coordinator for this event, I was in charge of many aspects: everything from securing donated meals and beverages for the student callers, soliciting donations from local retailers to use as prizes for our volunteers, and recruiting student volunteers, to serving meals, conducting training, distributing prizes and lots of cleaning up. During my year as student coordinator, we set Phonathon records. Not only did we have the highest student involvement in the 20+ year history of the event, we also raised the most money in Phonathon history.

08/ 2007 - 05/2011

UAMS College of Medicine Alumni Association, Arkansas

Class Representative, Class of 2011

I was elected as class representative to the College of Medicine Alumni Association in 2007 and continued to serve in that capacity throughout my time at UAMS. I attended monthly class officer meetings with our Dean of Academic Affairs, recruited and trained "student ambassadors", and assisted with many Student Appreciation Projects. The largest of my responsibilities as Alumni Rep is my work with the Phonathon fundraiser each year. I also enjoyed participating in several Alumni Weekend events over the course of my freshman, sophomore and junior years of medical school. I was able to meet and talk with many past-graduates of UAMS College of Medicine while assisting them with registration and in finding their way to different activities.

Current/Prior Training 07/2011 - 06/2014 M.D. Residency University of South Florida, Tampa, Florida Pediatrics Diane Straub Diane Straub

Hobbies & Interests

I enjoy gardening, cooking, and live music. I love spending time with my husband, Justin, our son, Garrett, and our 3 dogs.

Language Fluency English (Native/functionally native) Spanish/Spanish Creole (Basic)