# Table of Contents

**Revisions**  
**Preface**  

**I. Getting Started**  
- [Campus Map](#)  
- [Moving to Louisville](#)  
- School Requirements (non academic)  
- Parking, Community, and Safety  
- Computers and Technology  
- Kornhauser Library  
- People You Should Know  

**II. First Year Courses-Fall**  
- Books and Supplies  
- Tips for success  
- CADE: Gross Anatomy  
- CADE: Embryology  
- CADE: Physical Exam/ICM  
- Small Groups: CADE and ICC  
- Foundations: Histology  
- Foundations: GMM (Biochem/Genetics)  
- Foundations: Physiology  

**III. First Year Courses-Spring**  
- NBS 1-Cardiopulmonary, Renal, Respiratory, Acid-Base  
- NBS 2-GI, Endocrine, Reproductive, Metabolism  
- NBS 3-Neuroanatomy  
- When You’re Struggling  

**IV. Surviving Med School**  
- Getting off to a good start  
- Where to Study  
- Eating around Campus  
- Keeping up your spirit  
- Marriage, Family, and Significant Others  
- Places of Worship  

**V. Recreational Time**  
- Athletics  
- Entertainment Sports  
- Cultural Opportunities  
- Movies  
- Best Restaurants  
- Libations  
- Coffee Shops  
- Louisville commercial scene  
- The 50 List  

**VI. The Next Four Years**  
- Career Planning and Your Last Summer Break  
- Leadership Opportunities  
- The Boards  
- Clinical Years  
- Four Years: A Timeline  

**VII. Clubs and Organizations 2016-2017**  

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PREFACE

This handbook was originally written by three members of the Class of ’83, with revisions almost every year. As of 2016, the pre-clinical President of the Senate holds this editing responsibility. The first edition was completed with varying degrees of distinction. The suggestions and opinions here were for the most part written from the standpoint of the “average” student. We wrote this handbook to give you the advantage of our experience in the hope that it will ease your passage through the first year.

The tips on academic performance, exams, etc., though applicable through the entire year, were written primarily with the first semester in mind. Important tips for second semester classes are thoroughly included, though. By winter break, you will be old hands. Although your curriculum will not be identical to the previous years, the advice here is sufficiently general that it will be applicable to your situation.

We want to make it clear that the authors of this handbook are solely responsible for its content. This is not an authorized orientation publication, and the opinions expressed here are not necessarily those of the administration, faculty, and members of the above-mentioned classes or their officers.

We realize that this booklet is simply one of a large number of publications you’ll receive this year, but WE FEEL THAT THE TIME YOU SPEND READING THIS WILL BE TIME WELL SPENT. Keep this book close by. It should prove to be a very valuable resource. The statements in all capital letters, bold, or italics are tips that we feel will be particularly helpful and worthwhile reviewing as the 1st semester passes. Good luck in your year ahead!

Editor’s Note 2016-2017:

Congratulations on making it to medical school! All those years of hard work have paid off and you are finally going to officially start your journey toward becoming a physician. I’m sure that you are both excited and a bit apprehensive to start this journey. Hopefully, this handbook will alleviate some of your worries and introduce you to many of the different aspects of being a medical student and living in Louisville, Kentucky.

I recognize that this handbook is extremely large and that the amount of information might be overwhelming. I encourage you to use it as a reference guide. Read it from cover to cover if you would like, or just skim through certain passages—whatever you see fit. There is a lot of valuable information within these pages, and I hope that you find a beneficial way to use this guide in preparation for your first year.

Congratulations once more on your acceptance into medical school! Remember that you have all been selected to attend here for a reason and be sure to have fun along the way.

-Student Senators ULSOM Class of 2019
I. Getting Started

Campus Map

Take a look at the map on the next page of this booklet or go here to pull it up online: http://louisville.edu/medschool/docs/hsc_map.pdf

The main buildings you will go to every day are set up around a concrete courtyard. If you come into the courtyard at its main entry point, Preston St, you will be facing a large tower – this is the Medical-Dental Research Building (also called the “A Building”). The 2nd floor of this building also houses the Medical Student Affairs offices. If you are still facing the tower, to your right is the Medical School Instructional Building (also called the “B Building”). This is where all of your classes will be held. Finally, to your left is the Kornhauser Library Building, which also houses the Kornhauser Auditorium, where you will take exams. Except for the library, the buildings are locked and are accessible only by ID or by entering the code in the keypad: 1379.

During Orientation Week, you will get to know these locations quite well.

Instructional Building (IB): (1) This building is where all of your classes will take place. It is located on the west side of Preston Street between Muhammad Ali and Chestnut St.

Kornhauser Library: (K) Located across the courtyard from the IB on the second floor.

Copy Center: (2) Found in the basement of the Dental School across Preston St. This is where you can purchase notes and lab manuals.

Gross Anatomy Lab: (1) On the third floor of the IB. You will spend many hours in this room – starting on day 1! There are locker rooms down the hall where you can keep your lab clothes.

Med Center One: (15) The offices of the ICM faculty are located in this building at 501 E. Broadway.

SIM Center: (1) Also on the third floor of the IB. There are also many patient simulation labs that are done here.

Standardized Patient Lab: (1) Next to the SIM Center, this is a mock-clinical setting where you will meet Standardized Patients (SPs).

Student Affairs Office: (3) In Suite 210 on the second floor of the A building, which is the building that connects the IB with the library building. You will go here to have just about any question answered, or at least they can direct you to where you need to go.

Financial Aid Office: (1) Also on the second floor of the IB, down the hall toward the walkway over Preston to the Dental School.

Campus Health Services: (8) Suite 110 of the Outpatient Care Center at the corner of Preston and Chestnut. This is where you will take your vaccination records, get any vaccines you need, and schedule a doctor’s visit when necessary.

Abell Building: (5) Admissions and administrative offices, on Chestnut St between Floyd and Preston.

HSC Book Store: (4) in the K Building (Nursing School) at 555 S. Floyd St.
Gray’s Book Store: (14) 656 S. Second St, just North of Broadway.

Gym: (14) In the parking garage structure on the South side of Chestnut St, between Preston and Jackson.

Parking Office: (14) in the same parking garage as the gym, at 414 E. Chestnut St.
Moving to Louisville

Utilities:
Gas and electricity are controlled by the same company in Louisville (LG&E), which means one bill for two services!

LG&E  Customer service: 502-589-1444 (M-F, 7a-7p)  Online: http://www.lge-ku.com/

Cable and Internet:
If you’re looking for the best deal on cable TV, save your time and energy because there’s only one cable provider in the area! Insight (now Time Warner Cable) also provides broadband internet and phone services and can bundle everything into one bill.


If you’re only interested in getting the internet and not cable: depending on your exact location, you may be able to get DSL high-speed internet from AT&T, with or without a phone line. The best way to look into this is on their website: www.att.com

Water & Sewer:
Water and sewer charges appear on the same bill from Louisville Water Company, and you can call the water company to set up both of these services. Some landlords in the area pay the water company; others do not. Make sure you know whether or not you need to set up these services at your residence.

Louisville Water Company  502-583-6610, M-F, 8a-7p, Online: www.louisvillewater.com
You can also pay your bill at any Fifth Third Bank.
If you have a sewer-related complaint/issue, the phone number is: Metropolitan Sewer District, 502-587-0603 (24 hrs.)

Louisville Metro Police Dept.:
Non-emergency 502-574-7111 to report illegally parked cars, traffic issues, broken train crossings, etc.

Metro Call: dial 311 to report trash pick-up times, report potholes, other city related issues.

Banks and ATMs: when making your choice, you may want to consider proximity of banks/ATMs

Banks / Credit Unions:  Locations close to school:
Chase Bank  Branch/ATM at Chestnut & Floyd (Also has an ATM in every Speedway gas station!)
Fifth Third Bank  ATM: Preston & Main
US Bank  ATM in Kornhauser building, outside City Café
Nearest branch: 4th & Market
Republic Bank  ATMs in University Hospital, the Ambulatory Care Building (ACB), and a branch in Jewish Hospital
PNC Bank (aka National City Bank)  ATM in Kornhauser building, outside City Café
Nearest branches at Broadway & Hancock and 4th & Muhammad Ali
L&N Federal Credit Union  ATMs: Can use any of the following ATMs surcharge-free: L&N, Republic Bank, PNC, Bank of Kentucky, Community Trust, Alliance One
Nearest Branch: 200 W. Chestnut (Chestnut & 2nd)
Park Community Federal Credit Union  ATMs: Can use any of the following ATMs surcharge-free Republic Bank, Alliance One or Money Pass
Nearest Branch: 515 W. Market (Market & 5th)
Louisville Medical Center Federal CU Located in Medical Towers South, 234 E. Gray Street
Note: the US Bank ATM in Kornhauser also allows you to buy stamps (w/a fee of $1.08 per 18 stamps) and to recharge pre-paid wireless phones.

A couple of noteworthy tidbits on banking in Louisville (learned the hard way 😊):
1) There are ZERO Bank of America banks or ATMs in Louisville; there is one ATM in Clarksville, Indiana, but it does not accept deposits.
2) If your account is overdrawn, you could be charged a daily fee and a fee per transaction. Make sure your account has the protections put in place by the government in 2010 that prevents this from happening.

School requirements (non-academic)

The HigherOne Card:
There are two options for receiving your loan money:
Option 1: “3rd Party ACH transfer” to your bank (PREFERRED BY MOST STUDENTS)
Option 2: (the default option): “Easy Refund” credit to your HigherOne “OneAccount”

Sometime during the summer before your start medical school, you will receive this mysterious card in the mail. DO NOT shred it or misplace it. You will need that card prior to receiving your loan disbursement. There is an ATM in the Kornhauser lobby, outside of City Café, for using the UofL HigherOne Card.

This option might be great for undergrads, but it’s not so great for professional students! If you let your loan money default to this account, you can use the HigherOne card like a credit card, but when you need to pay bills, etc. from an actual bank account, you will need to withdraw the money at the ATM in Kornhauser and deposit it at your bank . . . annoying!

In order to switch to Option 1, you will need to go to the following website: www.uoflonecard.com, enter your card number, go to “Financial Refunds”, then “refund Preferences.” It will take a couple of days to process this request (and there is a form you have to mail in), so make sure to do this at least two weeks BEFORE orientation week when the first loan disbursement comes in!

Health Insurance:
Every medical student MUST have health insurance. The university sponsors insurance through Academic Health Plans (see this page to see what this plan entails): https://www.academichealthplans.com/louisville/2016-2017/ UofL automatically includes this insurance with your tuition bill each semester (see the FAQ page for more information: https://louisville.edu/campushealth/faq/Insurance%20Plan%20Questions#anchor-2)

One thing to note about the student health insurance plan: you MUST GET A REFERRAL from a doctor at Student Health Services before going to a doctor of your choice, even if that doctor is covered by the plan. (Emergency Room visits are the exception to this rule.)

If you have another form of insurance (e.g., you’re still on your parents’ plan; you’re on a spouse’s plan; you’re fiercely independent and have shopped around and found some other plan), then you can waive the insurance fee with proof of insurance. To do this, go to this website: https://louisville.edu/campushealth/hsc-students/waive-university-sponsored-health-insurance.html

If you choose to waive the health insurance fee, you must do so by September 15th for the Fall, and February 1st for the Spring. Otherwise, you WILL be charged for the student health insurance.

All health professional students must also pay a Health Professional Health Fee of $52.50 per semester. THIS FEE CANNOT BE WAIVED. The Health Professional Health Fee provides:
- Unlimited routine office visits for health maintenance, physicals, blood pressure checks
- Gynecological exams (does not cover outside laboratory charges)
- Medical office visits for illnesses
- Allergy injections
- Phlebotomy services (lab and x-ray fees are paid by patient or patient insurance)
● In-office lab tests such as strep, flu, pregnancy, urinalysis
● Annual surveillance TB skin testing and influenza immunizations
● Low cost generic medications dispensed out of the health office
● Low cost birth control pills
● Post-exposure evaluation, and testing for exposures to blood-borne pathogens such as HIV, Hepatitis B and Hepatitis C including prophylactic medications when prescribed by the health service for up to thirty days

See this page for more information about it: https://louisville.edu/campushealth/insurance/hsc-health-professional-students-fee.html

So, to sum up: the insurance fee can be waived (with proof of another form of insurance); the Health Professional Health Fee cannot.

If you have looked at all of this info and still have questions about what the student health insurance plan covers, call Academic Health Plans at (888) 308-7320. If you have other questions for/about Health Services or the student insurance plan, call/e-mail:

Appointments & General Info: (502) 852-6446
Student Health Insurance advocate: (502) 852-6519
Student Health Services student rep (a 2nd year student): Ryan Eid
Email: ssutkamp@gmail.com

Location and hours: Campus Health Services, University of Louisville Outpatient Center, and Primary Care is located at the corner of Preston and Chestnut Streets in downtown Louisville (401 East Chestnut). Their hours are Monday, Tuesday, Wednesday, Friday 8:30a - 4:30p, Thursday 10:00a - 4:30p. For more information, or to schedule an appointment, call 502-813-6500.

Belknap campus also has Campus Health Services at Cardinal Station, (next to stadium).

The various preventive and acute care services from Campus Health Services provided to students are as follows:
- Women’s health services
- Psychiatric services, including medical management
- Travel medicine
- Free flu shot
- Immunizations
- Allergy shots
- Specialist referrals & coordination of care with off-site specialists
- Student health insurance program
- Health insurance billing and advocacy

Immunizations:
A word about immunizations: you have probably already been given a list of required immunizations and have been feeling the pressure to get them done/send in the documentation before school. While it’s GREAT to have them done before school starts (no waiting in long lines during orientation week when, frankly, you have better things to do), don’t freak out if you haven’t received all the necessary immunizations before school starts, and don’t pay great gobs of money to get the immunizations during the summer if you’re uninsured. There is time to get them done during orientation week and even during the first couple weeks of class AND they are covered by the student health fee. (Note: you will get e-mails about it, but the actual repercussion-inducing deadline is one month after enrollment.)
List of required immunizations:
- Tetanus-Diptheria (Td) OR Tetanus-Diptheria Acellular Pertussis (Tdap) (Note: if your Td is older than 2 years, you have to get the Tdap)
- Measles-Mumps-Rubella (MMR) (2 doses of vaccine OR positive titer)
- Hepatitis B Vaccine (HepB) (3 doses of vaccine + positive titer; Note: if you’ve received the 3 doses and have documentation of them but no titer, you can just get the titer at Health Services; if you don’t have documentation of your 3 doses, you must start with dose #1)
- Varicella (Chickenpox) Vaccine (2 doses of vaccine OR positive titer)
- Tuberculosis Screening (PPD testing) – 2 skin tests more than 2 weeks apart; 2nd test must be w/in 60 days of starting school (if you’ve had one in the past 12 months, you only need one more; if not you need 2)

**Flu Vaccine:**
The University of Louisville offers **flu shots free of charge** to staff and students. It is highly advised for you to get the flu shot for your own health and your fellow students. In order to complete some of your preceptorship requirements for ICM you WILL need to get your flu shot.
The vaccination schedule can be found at the following website:
**http://louisville.edu/campushealth/services/flu-care-shots/flu-shot-schedule**

**FollowMyHealth:**
The University of Louisville offers a convenient way for you to schedule appointments, see previous health records, communicate with campus health providers, and journal your health experience. It is a secure, online environment available 24 hours a day/7 days a week. Many students found this to be beneficial when managing their health while balancing the daunting demands of a first year workload. You can create an account here:
**https://uoflphysicians.followmyhealth.com/Login/App/PatientAccess#/Register**

For questions, contact: Missy Wright at (502) 852-2708
Parking, Commuting and Safety

Parking:
For students who commute to school, you have several options: parking in the garage, street parking, taking the bus, biking, or some combination of these.

The parking garage for students is located at 620 Muhammad Ali Blvd. (the corner of Muhammad Ali and Clay Street, entrance on Muhammad Ali), adjacent to the new Clinical and Translational Research Building. This is about 3 blocks from the main med school building.
Clay Street is two-ways, but Muhammad Ali is one-way (eastbound).

Students wishing to use University parking must buy a Magenta parking pass for $379/year. You may find an old map that suggests that there are green spots still available (which used to be cheaper), but the garage is the main UofL HSC parking option as of 2011. This pass is one of the most expensive, but can really save time when you’re running late and don’t have time to find street parking.

A Magenta pass also allows you to park in the Chestnut Street Garage (on Chestnut between Jackson and Preston) after 5pm and on weekends and holidays. It is also valid on Belknap Campus for parking in Blue, Green, and Purple spots and after 5pm in Red spots (NEVER for Yellow spots). For more information, the Parking Office is located in the Chestnut Street Garage (414 E. Chestnut St), open M-F 8am-1pm; 2pm-4pm. Phone number: 852-5112.

Other lots: Jewish Hospital Garage: the University gets 237 spots in the Jewish Hospital Garage. This garage is a little closer to school and has better access to hospitals. They generally go to faculty and staff, but you can call the Parking Office to inquire about this option and/or to get on the waiting list. Other lots to price-check might be the Norton Hospital lot and the Kosair Children’s Hospital lot.

Shuttle: As the parking garage is 3 decently long blocks away (which is about a 10 minute walk), there is a shuttle available from 6am to 11 pm for your convenience. The shuttle is supposed to run every 4 minutes, making stops at the garage, Preston Street, and Chestnut Street. You may not always be able to catch the shuttle (so leave yourself enough time to walk to class if need be), but it is a good option in cases of bad weather or if you stay at school late at night.

Meters: For quick stops at school, it is often more convenient to use the meters. Floyd, Preston, Muhammad Ali, and Chestnut all have metered spots. You can also get the Passport Parking app to pay for the meter on your phone. Just make sure to keep your meter fed before 6p on weekdays! They are checked often, and the fine for an expired meter is $15.

Free street parking: Free parking is actually not that far from campus, but it is very heavily used already, and with the new higher magenta parking price, it will likely be harder than ever to get a decent spot in a quick amount of time. Free parking is on Gray St, Jackson St north of Muhammad Ali, and all along Liberty St in the housing neighborhoods. Simple enough, the earlier (think 8-9 AM), the better for finding a spot. Be careful not to leave valuables in sight in your car, however, as this parking is not in the safest neighborhood.

Biking
Many students ride bicycles to school. If you do, please wear a helmet, use lights, and lock it up at the bike racks near the west doors (inside the courtyard, hidden in a nook of concrete). Ride defensively; many local motorists are not used to looking out for cyclists. And, think about not riding your $700 road bike, if you have a less valuable option. There is also a bike repair post on the HSC right in front of Kornhauser Library.

Transit Authority of River City (TARC) Buses
Many students also ride the city buses (TARC), which is free with your student ID. Service downtown is usually excellent but can drop off after rush hour in the outer parts of the city. If you think you live too far away from school to take a bus (if you don’t want to wait an hour and half and 120 stops to get to or from school) don’t rule out the TARC. TARC runs Express Routes during the morning and afternoon rush
hours, making it possible to get to school just as fast as if you were driving. So check the TARC website to map your route: http://www.ridetarc.org/ or Google search the route from your residence to school and tap the Public Transit button. You can also call 502-585-1234 for an automated list of bus times by route. There are also TARC schedules available in the lobby outside Kornhauser Auditorium.

Bad Weather Policy for Regular Classes/Clerkships

If the weather is bad, check U of L’s website for information. If classes are canceled, check your email and blackboard for notifications from the professors about making up lost time. When the University cancels classes because of severe weather, classes for the first and second year students will be canceled. Third and fourth year students are encouraged to follow their regular schedules if possible, but not put themselves in any great risk.

UofL also has an emergency alert system that will alert you by text and/or e-mail if classes are canceled due to weather or if there is a major emergency/safety issue on campus. Go to http://louisville.edu/alerts/ to sign up for this service.

Safety

While we don’t want to alarm anyone, the health sciences campus is located in a dense urban area, in which (as in ALL dense urban areas), it is important to exercise some caution and street smarts to keep yourself safe. These few ground rules should help:

1) This is the number for Campus Public Safety: 502-852-6111. PUT THIS NUMBER IN YOUR PHONE! And do not hesitate to call if you feel at all unsafe, or if there is an issue/strange person you would like to report.

2) Lock your car, and don’t leave anything valuable in sight. This is common sense.

3) If you’re at school late at night, walk to your car with a friend or call the public safety number above for a free escort. Also, if you know you’re going to be at school late, move your car to a spot close to the building. All meters are free after 6 PM on the weekdays and Saturday, and all day on Sunday.

4) Don’t let anyone in the building unless you know them. If someone insists, call public safety and don’t confront them yourself.

5) Do not leave anything valuable in the open. Lock it in your locker or desk. There have been several thefts from inside the HSC building in the past year. Be sure to keep valuables and belongings locked away when you are not near them. Desk keys are provided by student affairs for locking your desk and you can bring a combination lock for your locker in the hallway. Most thefts occurred during times when most students were away from the hallway (during exams, gross anatomy lab). Student affairs is currently working on increasing security around the HSC buildings, but you can keep your items safe by being careful and keeping your belongings safe!

6) Do not give panhandlers any change. The best policy is to avert your eyes and move on or politely say you don’t have any change. It’s not mean – it’s a safety issue.

7) If someone concerning is standing by an entrance to a University building or the parking garage, campus security would prefer that you call and give them a heads up about the issue (after you’re safely inside).

There will be a safety presentation by Campus Public Safety during orientation week. Similar information will be given during this presentation.
Computers/Technology

Computers

For your class, there is an iPad as well as a laptop requirement. The required specifications are posted here: https://louisville.edu/medicine/tech/technology-requirements-for-the-incoming-class-of-2014

The laptops are necessary for use of the school’s computerized testing system, ExamSoft. You will become very comfortable with ExamSoft by the end of first year. The whole purpose of this system is to familiarize students with an online testing application that is similar to what we will see for boards.

There will be a technology session during orientation week for students to voice questions and help get apps and software downloaded before school starts. The school is moving towards paper-free classrooms so there will be a lot of suggest apps to help supplement textbooks and paper study guides.

Macs and PCs are both equally well covered by tech support.

RedMed/Calendar

RedMed is the website running UofL’s version of LCMS+. It is an event-based calendar that organizes class meeting times, location, lecture notes, and lecture recordings. You will use RedMed daily to grab notes, watch Tegrity lectures, and sometimes submit assignments. UofL is currently in the process of phasing out Blackboard, striving to utilize RedMed exclusively. That being said, Blackboard is still the official tool used for posting grades throughout the year.

An extensive orientation to RedMed will be given by the Office of Academic Technology during your orientation week. A detailed user guide (listed as “student manual”) can be found here: https://lcmsplus.com/wiki/index.php/Main_Page

RedMed does not currently have apps for Android or iOS, but the website itself is viewable in mobile browsers. The calendar in RedMed may be exported as a PDF or as an iCal. If you choose to export the calendar as iCal, beware the exported calendar will not update automatically. Thus, if changes are made to the calendar, you must export the iCal again.

Tegrity

Tegrity is the software used to record nearly every single lecture you will be given. Links to the recordings are immediately displayed in Blackboard (Look for “Tegrity Recordings” in the menu after selecting a course from Blackboard main page). Links to the recordings are also manually posted into the RedMed calendar, usually within 24 hours.

Macs unfortunately do not natively support the “speed up” function for Tegrity. Though there is a workaround: (see next page)
==Speeding up Tegrity lectures on a Mac==

One of the primary benefits of Tegrity, other than being able to watch lectures more than once and at a later time, is the ability to study lectures at double speed. Users can adjust the playback speed to their preference and listen through lectures in half the time, which is especially beneficial when reviewing for exams. The native Tegrity player for Windows PCs has a button that allows users to do this directly from the website, but the native player for Apple computers does not. If you are a Mac user and would like to learn how to speed up your Tegrity lectures, there is a simple workaround to make this happen, and this guide describes how to do it. This should take no longer than five minutes.

1. Login to Tegrity via Blackboard. Click on one of your courses. In the bottom right corner of the screen, click the icon that looks like an iPod to subscribe to this course as a podcast in iTunes. If iTunes is not already open, clicking this icon will automatically open it for you.

2. In iTunes Podcasts, open the course podcast to which you just subscribed. At the bottom near the left, click “Settings,” and make sure that you set it to scan for new lectures every hour, that it downloads all of them, and that all of them are kept and not deleted. Go back to the native Tegrity player online, and repeat this process for your remaining courses.

3. To study Tegrity lectures at double speed on a Mac, you must use QuickTime 7. This does not come preinstalled on Macs, so download it from the Apple Store using the link above. Follow the on-screen instructions for installing it on your computer.

4. Go back to iTunes Podcasts, and right-click on any of the lectures on any of your classes; it does not matter which one. Click “Show in Finder.” In Finder now, right-click on any of the lectures you see, and click Get Info.

Toward the bottom of the menu that appears, click the “Open With” drop-down menu, and be sure to select QuickTime 7, not QuickTime Player. Finally, just below this drop-down menu, click the “Change All” button, and confirm your selection when the pop-up appears.

5. Go back to Finder, where you edited the Get Info settings for your lectures. Go one folder up by pressing Command + Up to view the parent folder. You will see all of the class to which you have subscribed. Click and drag each one onto the dock next to—but not into—the Trash icon. This will create a stack, or shortcut, for each class. Right-clicking on the stack gives you the option to view it as a list, which makes it a lot easier to read the file name. All of your lectures will now automatically appear in these stacks within an hour after class.
6. Click on a lecture in any stack, and QuickTime 7 will open since we set it to do so. If the “A/V Controls” menu has not automatically appeared along with your Tegrity lecture, then click Command + K to open it. In the bottom right corner of this menu, there is a slider that allows you to adjust the playback speed. Most students seem to prefer listening to Tegrity lectures between 1.5x and 2x. Some instructors, like Dr. Steve Ellis, speak with a cadence that is perfect for listening at 2x, but you will find what is comfortable for yourself.

========================================================================

Computers and Internet on Campus

The health science campus is wireless (accessible using your ULink/Blackboard login and password), so having the ease of internet access everywhere you go is a powerful motivator for getting a laptop, but do know that if you prefer the power, big screen, etc. of having a desktop computer at home, the library rents laptops (for use ONLY in the library) for free. Also, each unit lab (kind of like “homeroom”) has 3 small study rooms (called PBLs) that each have a fancy, powerful touch-screen computer in them. So, there is generally plenty of easy access to computers at school.

Notes & Printing
All notes will be provided to you electronically via Word/PowerPoint/PDF. Some classes offer a color printed booklet version of the notes. Otherwise, you are allocated 500 black and white prints via the printer located in the student lounge on the first floor. Printing options are as follows:

Library Printing: there is a machine in the library that allows you to put money (in whole dollar amounts only) onto your ID card. When you want to print a document from a library computer, you create an ID and password for that print “job”, send it to the print server, swipe your ID at the print server, select your print job, and enter your password to print.

Wireless printing from your laptop: same charges as above apply, but you can download a wireless printing client, which will allow you to print to any UofL “UniPrint” printer, so long as you are connected to the network. Download the client at the following site (note: must log in using Ulink/Blackboard ID & password): https://apps.louisville.edu/software_sales/customer/free.php?free_cat=6

Student Lounge printing: There are two computers in the Student Lounge and a black and white printer. Printing to the student lounge printers is also available from the computers in the PBLs within each Unit lab. As of spring semester 2014, printing from the student lounge was free and unlimited.

Email
The University uses Cardmail, a service of Microsoft outlook (accessible from macs and PCs.) You can also forward Cardmail into other mail clients, such as Gmail. Go to Cardmail à Options à See All Options à Organize E-mail Documents à Create a new rule à When the message arrives à Apply to all à Do the following à Redirect message to à Type the email you wish to forward to.

Note: Students who have worked for U of L as an employee in the past have experienced difficulty setting up their new e-mail with the school. Make sure to be proactive and visit the tech guys if you think you have a problem so you don’t miss out on any e-mails at the start of classes.

Faxing & Scanning
If you need to fax and/or scan something, ask at the Student Affairs office and be really nice about it. J Otherwise, you’ll have to go to Kinko’s and pay because there is nowhere else on campus for students to fax.

Important Websites
RedMed: http://redmed.louisville.edu
Blackboard: http://Blackboard.louisville.edu
Ulink: https://paprod.louisville.edu/psp/paprod/EMPLOYEE/EMPL/h/?tab=PAPP_GUEST
Library:
http://louisville.edu/library/kornhauser/
Tegrity: http://tegrity.louisville.edu/
Student Affairs: http://medicalstudentaffairs.louisville.edu
Also note: Websites of interest will be noted under each course’s heading in this manual

Software

Discounted/Free Software through UofL

The University offers several software programs at heavily discounted rates (e.g., Office Suite, Adobe Acrobat Professional, etc.) See the following website to see what’s available: http://louisville.edu/it/compsoftware/available/ free versions of Microsoft Office)

The University also offers some free software downloads, including free antivirus software. Check out the following site for those downloads: https://apps.louisville.edu/softwareresales/customer/free.php

Histology

The virtual slides used in Histology must be viewed with ImageScope, a piece of software from Aperio. The program, along with operating instructions can be found here: http://www.aperio.com/

Histotime is a popular program for Histology that many people found helpful. Ask around your classmates, as this program made the rounds last year. If you can’t find a classmate who has it, find a 2nd year!
Kornhauser Library

The library is located on the second and third floors of the Kornhauser building, directly across the courtyard from the med school instructional building. Naturally, the library is a popular study spot. The large skylight over the third floor gives the study space a brighter feel than one would expect, and almost every table has access to an outlet, so you can conserve or recharge your laptop battery. There are also some private rooms that can be reserved for group studying.

Website: http://louisville.edu/library/kornhauser/ This is a site to bookmark. Of particular interest are the “clinical resources” like StatRef, UpToDate, and MD Consult which are helpful for ICC presentations and Biochemistry wikis (see info on courses). These sites can be accessed from the library site and from home. (Note: from home, you will first be redirected to login before you can access these sites). To perform literature searches with full access to UofL’s journal subscriptions, use this PubMed link: http://www.ncbi.nlm.nih.gov/pubmed?otool=kyuloulib

Hours: http://louisville.edu/library/kornhauser/info/hours.html

Laptop rental: The library rents laptops for use ONLY in the library. To rent a laptop, go to the front desk with your ID. The laptop will be checked out to you for 4 hours.

Contact person for research tips: Elizabeth Smigielski - elizabeth.smigielski@louisville.edu

Cell Phone Plans and Smartphones

Many students rely on cell phones exclusively and forego having a landline at their residence. While the University no longer has a contract with any specific cell provider for special med student rates, Verizon, AT&T, and Sprint generally offer UofL discounts. Check with a local store, rather than calling a toll-free number, though, as the national call centers usually aren’t aware of these special discounts.

A word about smartphones: while many of your classmates will have them, they are not required. They are really nice to have during the first two years (largely for when a club sends out an e-mail requiring to first 50 to RSVP for a free lunch 😊), but aren’t necessary. During the clinical years, you may find their usefulness to suddenly increase exponentially, though.

This is mainly because the University offers and supports a number of free mobile software downloads for med students, such as Epocrates Rx, Unbound (iPhone/iPod Touch/iPad only), Diagnosaurus, Medical Eponyms, and OB Wheel. More info at: http://pda.louisville.edu/ If you need help configuring your smartphone to set up your email account or getting any of these programs to work on your phone, see the med school IT guys, Kent and Brent, on the third floor for help with this or with any computer software (contact info below in “People You Should Know section).
People you should know:

Many of the folks below are members of the Student Affairs staff and have offices in the Student Affairs suite, room 210, “A Building”/Research Tower. For a complete list of Student Affairs staff and description of their roles, see: http://medicalstudentaffairs.louisville.edu/staff-contacts

Dr. Ganzel
Dr. Toni Ganzel, the recently appointed Dean of the Medical Education, is the fashionable, yet sweet “mom” of ULSOM. She is always smiling, enthusiastic, and willing to engage students in conversation. Dr. Ganzel’s main goal is to see all of us succeed in medical school, and she is there to help ensure that we do. Be aware that Dr. Ganzel splits her time between a number of duties, including surgical duties as an ENT, so do be respectful of her time (e.g., don’t go to her with a question you could easily ask someone in the office staff; do go to her if you have a unique issue/concern, questions about career paths, etc.).

Dr. Ganzel has an office in the Abell Administration Building and can be reached by e-mail at: toni.ganzel@louisville.edu.

Gail Haynes
Gail Haynes the Director of Academic Support, and hence, she is the person you will want to go see if you would like the name and contact information for available student tutors or if you want some assistance with study strategies.

Ms. Haynes has an office in the Student Affairs suite and can be reached by phone at: 502-852-3268 or by e-mail at: gail.haynes@louisville.edu

Kent
Kent Gardner is the IT guy who runs the med school’s Office of Academic Technology. He can be an invaluable resources when it comes to all things technology-related. If/when you get a new computer, go see Kent if you need help setting it up, getting the software that UofL offers, etc. If your laptop suddenly crashes and you have no idea why, run it upstairs to Kent – he’ll calm you down and figure out what’s going on. If things aren’t working properly with the PBL computers or the classroom computer, call in Kent. They’ll even help get your Smartphone set up and linked in to the wireless network and tell you about cool things you didn’t even know existed (like Epocrates!).

Kent’s office is located on the 3rd floor of the instructional building, room 311E. Hours are 8:30a-5p, M-F, with lunch from 2-3p. Contact Kent at 852-2778 or kent.gardner@lousville.edu.

Quinn Chipley
Dr. Quinn Chipley is the Director of Student Health Counseling Services. As such, he not only provides counseling to students, but also makes referrals to psychiatrists, handles referrals for disability testing, and does skills coaching for residency interviews. Although you may be apprehensive about using counseling services, don’t be! Dr. Chipley is very approachable, and these are services are available (paid for by your student fees!) and underused.

Dr. Chipley’s office is located in the Student Affairs Suite, room 210J; Phone: 852-0996.

Leslie Kaelin
Ms. Kaelin is the med school financial aid guru. If you have questions about your financial aid, don’t go on the UofL financial aid website and call the general number, as the advice you’ll get will be tailored to undergrads; go see Ms. Tipton! Ms. Kaelin office is located on the 2nd floor in the “bridge” between the med school instructional building and the dental school (room 230). Phone: 852-5187
II. First Year Courses-FALL

Books and Supplies

The image of a medical student laden down with textbooks is a familiar one, but it’s one that is changing and depends on the student in question. Although each professor will list “required” textbooks for their classes, this is really done so that those students on scholarships of some sort (e.g. military scholarships) can get their books paid for by the scholarship! In reality, books are only suggested; most professors will tell you they don’t care what version or even what text you have. With the iPad recommended for first years it will be even easier to access online resources and textbooks.

You will receive a digital copy of all required texts from your upperclassmen.

Final decisions are completely left up to the students’ preference. Some people like having textbooks there to reference; some read them from cover to cover; others do just fine relying solely on the professors’ notes. That said, how do you choose which books to buy?

There are multiple sources that you can use to get books. The best way to start is probably to talk to your personal mentor in your unit lab to see if they have any they are comfortable parting with. They will also most likely have personal advice as to which ones are the most useful. Amazon.com and Half.com are another source for used books or new books at less-than-bookstore prices. And speaking of bookstores, there are two near school: the larger Gray’s College Bookstore on 2nd Street, north of Broadway; and the Health Sciences Bookstore (affiliated with the university AND with Barnes & Noble – hence B&N gift cards can be used there!) on Floyd Street near Chestnut. Both places also offer the option to rent textbooks at prices of half off or more from the retail price. Rented textbooks are due 10 days after the last class day.

In general, here are the books most people bought for 1st semester:

- **Histology**
  - Ross & Pawlina: Histology: A Text and Atlas

- **Gross Anatomy**
  - An atlas: Netter’s Atlas of Human Anatomy and Gray’s Atlas of Anatomy are the two most popular, with Netter’s being the most popular.
  - An extra Netter’s/Gray’s for your dissection team – this one stays in the gross lab and gets, well, GROSS! You should talk to your dissection team during orientation week (the teams are formed alphabetically and will be listed) and try to pick up a cheap copy at the book sale or on Amazon and split the cost among the 4 or 5 of you. (Usually, there are plenty left over from the previous year that stay in the lab for you to use.)
  - Moore: Essential Clinical Anatomy. This book teaches anatomy from a clinical focus. It can be very helpful preparing for exams and features many lessons that will be used as questions on the exam. Some people chose to use it as their primary study material.
  - Grant’s Dissector: You will need Grant’s Dissector to work through the dissections and pre-lab quizzes.

- **Embryology**
  - Moore: The Developing Human

- **Neuroanatomy** (there is actually no official textbook)
Sidman’s Neuroanatomy: this is a workbook that is required, as the first two weeks of class are a self-instructional using this “fill-in-the-blank” method of learning the anatomy of the brain and spinal cord. One of the editors of this book will also be an instructor during anatomy and embryology courses.

**Supplies:**
While you could probably find a way to mooch certain things off of friends, the following supplies are fairly essential:

- **2 locks** – one for your gross locker and one for your assigned locker (bring on the 1st day of class!)
- **Clothing, socks, and closed-toe shoes** to wear in the gross lab. Most people wear scrubs. Your gross lab clothes will be kept in your locker and will get to be disgusting. You may need to replace your clothes several times, and you will definitely throw them away at the end of the semester. There are many places in Louisville to find cheap scrubs (i.e. Garden Ridge, Goodwill, etc)
- **Dissection kit** – These will be provided in the lab. However, you will need to buy scalpel blades. If each person in a dissection group buys a handful, there will be enough to go around. You will also need to buy gloves to wear while dissecting.
- **Stethoscope** [not needed until the Intro to Clinical Medicine (ICM) lab where you learn to take vital signs] Stethoscopes will be sold by PhiDE during orientation week. You can also buy them at the bookstore or online. You will most likely find the best prices at a site like Amazon.

Optional, but helpful:
- **Tools for ICM/practice at home:** Pen light, reflex hammer, blood pressure cuff, ophthalmoscope/otoscope (warning: expensive and HIGHLY optional, though a cheaper plastic version will work for at home practice).
Tips for Success

Organization

This is absolutely vital. It doesn’t matter what system you use, but you should absolutely find one that works for you early on in the year. Some people use three-ring binders, some use filing cabinets, and some use folders. Laptop users may find that using OneNote is helpful for organizing, and allows them to go paper-free by printing the material to their computers. Develop a system, improve as you go, and don’t procrastinate. You’ll be much happier on test day. Feel free to talk to your second year to see what worked for them, as well as communicating with your peers about their systems.

Cooperation

If you’ve come to medical school with deceit in your heart and plan to claw, scrape, and fight your way to the top of the class, then you’ll need to change your attitude right now before anyone finds out. The surest way to make friends and influence people (and get good grades) is through cooperation. We’re all here to be compassionate physicians, right?

Believe it or not, medical school is a team sport. Except for during tests. But seriously, the best way to remember something you’ve learned is to teach it to a classmate. Don’t be afraid to let them teach you, too. Having a conversation about kidney function may be much more memorable on test day than the hundreds of pages you’ve covered.

Start with your Gross Anatomy lab partners. You’ll be spending more time with them first semester than with anyone else you know, so you might as well become friends. As long as everyone puts forth a strong effort in dissection, the workload is significantly lightened. Make your conversations in the lab about what you’re dissecting that day, and you’ll walk away with at least a good two hours of solid study time logged. If you have to be in the lab, you might as well make that time productive. You will give your lab group teamwork grades twice throughout the semester, so be sure to be a team player!

Learn about each other. Chances are, you will have at least a few classmates with various advanced degrees. A number of people get their masters or doctorates in a medically relevant subject (such as anatomy, biochemistry, physiology, etc.) before coming to medical school. They may lead study groups both to help you understand the material, and ensure that they haven’t overlooked any details.

Share the wealth. If your second year mentor had a large file of old exams, you should share them with the class, not just your pals. If you’ve made a useful study guide that someone else might appreciate, share it. Share and others will share with you! Past years classes have shared resources through Dropbox, Google drive and Facebook groups. Help each other out, you are colleagues, not just classmates.
**Schedules**

Your schedule will change every single day, so check on the redmed calendar to keep updated. Many people will print out a schedule for the week and keep it with them. Updates to the schedule are made periodically, so keep this in mind if printing in advance. It is a good idea to keep a calendar with important exam dates in it. You should always know how much time you have remaining to study.

There is a way to download the schedule to your phone or iCal. See the computer section of this MUSH for detailed instructions. But again, be aware that it is a snapshot of the schedule at the time you do this, and will need to be done periodically to get any updates at your fingertips.

**Lecture Attendance**

In the first few months of medical school, you will feel that you must attend each and every lecture. That is usually good advice for the first semester. However, the course load gets a bit heavier in the second semester and people will prefer to study at home or at a coffee shop where they are most comfortable. By mid second semester you will forget what half the class looks like as most of them will be in “Tegrity Land”. Use test days as a reunion of sorts and catch up with people as you decompress after the bubble-filling frenzy of Block exam day.

We do not recommend wholesale skipping of lectures. There will be days when, by 3 PM or so, you’ll feel that you simply cannot concentrate any longer. At that point, it is probably fruitless to force yourself to sit through another pair of lectures. You may as well go home and take a nap, play volleyball, run or whatever. Then, having recharged your batteries a bit, you may be ready to begin studying again right after dinner. Likewise, not everyone is a morning person. If you didn’t sleep well the night before and have class at 8 AM, your day will probably be more productive if you catch an extra hour or so of sleep and simply make up the earliest lecture later that afternoon. Just remember, the more you miss the further behind you get! Use good judgment regarding class attendance and your use of tegrity.

**Exams**

With the exception of some practical exams, all of your first year test questions are multiple choice.

The types of questions that you were accustomed to in undergrad are few and far between in medical school. In the past, you’ve probably been able to study enough to get a basic understanding of the material and then use logic to fill in the gaps. In medical school, the questions asked are about the gaps, and logic won’t always help you.

It is necessary to set reasonable goals. Although you may have gotten above a 90% on most of your exams in undergrad, this is rare in medical school. You should get used to a lot more scores in 70’s and 80’s than in the 90’s. Additionally, you should expect the professors to slightly alter the difficulty of tests based upon the past performance of your class. If the average was very high on the previous exam, expect the next one to be more difficult.

Generally speaking, time limits are not a problem, except on practical exams. On the written tests you will have plenty of time to go back and check your answers, but you won’t on practical exams because you can’t revisit a station once you’ve left it. The best advice I can give you about practicals is to stay calm. If you don’t know what a structure is, don’t panic and put down your best guess or a clue that may jog your memory later. Once you leave that station, put it out of your mind and focus on the new one. At rest stations, go back and review your clues to see if you can make an educated guess.
Also in regards to practical exams, you should never try to identify a structure as soon as you see it. Take a second to orient yourself to your surroundings and think about what it could be, and then put down your answer. Also, I would strongly advise against changing your answers once you leave a station.

Keep up with when your exams are so that you can take plenty of time to prepare. During first year you often will have a weekend to prepare for most exams. This is not enough time to learn the material. You should spend some time every day outside of class reviewing material, pre-reading, and/or taking notes. Group study on weekends can be helpful to solidify the week’s material, or catch up if you have fallen behind. But you should try your best not to ever fall behind!

Make up exams have been offered in the past for very special circumstances. Bottom line: if you’re having trouble, talk to Student Affairs sooner, rather than later.

**Lecture Notes, Handouts, and Tegrity**

I’m sure most of you are proficient at note-taking at this point, but the material is going to come at you faster now than ever before. Here are a few tips to keep in mind:

1) **Handouts**—Professors post their notes and usually their power point slides on RedMed. You can print the notes or save them to your iPad and annotate with an app such as iAnnotate. Pre-reading is helpful, as is bringing the notes to class for adding clarification.

2) **Note Taking**—Some people bring laptops or iPads to class, while others just use pen and paper. Whichever works best for you will be fine, but many students are tempted to dawdle on the web when their have their laptops/iPads. If you find yourself distracted during a lecture, you might want to leave your computer in your locker. Some handouts are mostly outlines, so you will find that note taking helps, especially some diagrams. I printed the notes and made further notes in the margins on the same page so everything would be in one place. Second semester handouts are rather thorough, but some important information only presented in lecture may end up on an exam! It may be too distracting to try to read along during the Neuro lectures, as they do not always follow the order of the notes (if notes are given in Neuro-they weren’t for the class of 2018).

3) **Powerpoints**—Some professors will post their PowerPoints online for you to print out and follow during class. Some students print the power point slides for note taking, while others follow along with the handouts and review the PowerPoints later.

4) **Tegrity**—Most professors record their lectures (audio+ppt) on Tegrity, which you can access from the course’s Blackboard or Redmed page. Some students find it helpful to watch lectures again at least once before a test and go over notes in the process. Others use it just to review difficult concepts or for classes they missed. You can also download lectures as MP3s and save them to your iPod to listen to as you drive, exercise, etc. Thanks to Tegrity you may find that most of the class disappears during second semester. Tegrity makes watching lectures convenient for you and also allows you more flexibility for managing your time. You can watch lectures at up to 2x speed on pc’s. Just be careful that you don’t get too far behind because lectures can pile up and days can be spent watching lectures without being able to review notes. It’s all about balance and keeping yourself motivated and on a schedule.
Thread Representatives

At the beginning of a new class, any student may apply for the position of Thread Representative. The job is given to the applicant with the most convincing paragraph detailing their qualifications or reasons wanting to be a representative.

The Thread Rep will be the main communication conduit between the students and the faculty. A good Thread Rep will attend all or most of the lectures, make notes or review guides available on the class Blackboard site, make practice written questions or “Mock Blocks”, set up a system for sharing Learning Objective answers, remind students of upcoming deadlines or assignments, and organize study groups or tutor sessions. They are also responsible for setting up practice practicals and review sessions with faculty. Many people tend to make study guides and outlines they are more than willing to share. After all, med school is a collaborative process and we should help each other out. First Rule of Med School: No Gunning!

In the past, many Thread Reps have taken the course previously as an undergrad or graduate student. Since they will not be learning completely new material, the student should have more flexibility in doing this extra work. If you have experience in a subject, please consider volunteering for this important position. A good Thread Rep can really make a class much easier to navigate. If this is not the case, please ensure that you are not falling behind!

Be advised that depending on the thread you may serve as a Thread rep for ten weeks to a year. Gross Anatomy and Embryology (10-12 weeks). ICM (whole year or split into semesters with another person). GMM, Physiology, and Histology (November through April). Neuroanatomy (November-December and April-May).

Previous Thread Representatives of the Class of 2018

These were the thread reps for the previous year. Email them if you are a Thread rep and need some advice.

- Gross Anatomy: Joe Nash
- Embryology: Kristina Kapsalis
- ICM: Thomas Ems & Jeffery Roberts
- GMM (Biochem): Annie Geller
- Histology: Brittnay Patterson
- Physiology: Corey Ketchum
- Neuroanatomy: Laure Moore
Fall First Year Courses

Editor's Note: The academic curriculum at UofL SOM is constantly changing in a positive way. The university administrators and students are continuously at work to improve the medical education offered at UofL and to keep up with developing LCME standards. The 2016-2017 academic year will feature a brand new curriculum for MS1 students that offer a “systems based” approach to learning medicine.

The organization is different from the past and is changing year to year to best suit students. This will be much more integrated and helpful in learning medicine.

The following information applies to the previous organization of the academic curriculum. It is hard for us to know what the next year will be like academically, so many of the specifics that detail the organization of the courses may not apply to your first-year education. All the information is still included in this edition of the MUSH book since much of the advice will still apply. Best of luck and have fun with the new curriculum!

CADE - Clinical Anatomy and Developmental Embryology

Each block or first year course is made up of “threads”. For instance, the CADE course is made up of Gross Anatomy, Embryology, and aspects of Introduction of Clinical Medicine. The exams will have questions from each thread and you will not have separate exams for the different threads (other than practicals). An important note: If you fail your first exam, DO NOT PANIC. For the majority of the class, the first test is a rude awakening into the rigors of medical school. Many do poorly on the first test, but re-adjust their study methods and do better on future tests.

Gross Anatomy

Gross Anatomy is the cornerstone of the first semester. The class is broken up into 6 person lab teams, with half of the team in the “A” group and half in the “B” group. One day the “A” group will dissect for the entire lab time, then spend the last 30 minutes teaching the “B” group what they found that day. There will be a dissection list along with each day of notes- these are the structures you are supposed to find during that day’s dissection. Practical structures will be taken exclusively from this list. If you cannot find items on the list- ask the anatomy faculty and TA’s- they are there to help you identify all the structures! The non-dissecting group can use the time to study, but be sure to give the “A” group enough time complete their dissection. The next lab day, the groups switch and “B” dissects while “A” has study time. There will be four exams throughout the year, each with a practical portion identifying structures in lab, and a written portion. Never before have you been expected to learn such a large volume of information in such a short period of time. Keep in mind the following tips.

Get in contact with Lab Partners during orientation week before school starts. You should share the cost of a Netter’s Atlas, Dissection Manual, gloves and scalpels and you should bring them all the first day of school. Don’t forget a set of clothes or two that you will throw away eventually, gloves, and a lock for the locker. There are used atlases and supplies floating around the gross lab from previous years as well if you want to be a bit thrifter.

The revamped Gross Anatomy class from the past couple of years focused on clinical style questions, much more similar to those that you will be asked on the Step 1 Board exams. These questions require application of anatomy principles- so be sure to learn the basics well!! Great examples of questions similar to exam ones are from the Gross Anatomy Board Review Series Book and the University of Michigan Gross Anatomy Written Quiz Questions (http://www.med.umich.edu/lrc/coursecpages/m1/anatomy2010/html/courseinfo/mich_quiz_index.html) USE THESE TO PRACTICE AND STUDY! In general, if you are able to answer the BRS and Michigan questions, you will be fine for the written portion of the exam.

Dr. Brueckner is an excellent and approachable teacher. If you need any help or guidance feel free to ask her for advice or clarification. The anatomy faculty recognize that this class is difficult and are very willing to help you succeed. Many of them have offices in the first year hallways, don’t be afraid to go talk to them, going early in the class and
consistently can help you master material before test time. Your second year would also be a pretty good resource — make them dust off that section of their mind. All of the professors are approachable and dedicated to your learning!

Look at other bodies! Everyone looks different on the outside, so it only makes sense that we differ drastically on the inside as well. If you have a good structure on your body, show it to a few other people. If you hear about something good at another body, go and take a look. Teach your classmates what you’ve learned about these structures, because after you’ve taught something a few times, you’ll have it memorized well. Your class may choose to create a “perfect structures” list especially for more difficult to identify structures.

Use Netter’s Atlas. I used this book more than any other over the course of my first year, perhaps even more than several other books combined. Netter’s illustrations may be idealized, but when it comes time for the practical the faculty will almost always try to make all of the structures look like an ideal example.

don’t forget to review the x-rays and cross-sections online. There are always a 5 of each of these on the exam, and are typically not too difficult if you have looked at them once or twice. They are often impossible to guess correctly if you have not seen them at all. Get those easy points!

Dr. Acland (of UofL) has created an incredibly useful video atlas that you can access through the Kornhauser library website. This is a good way to see different organs and structures in relationship to each other as well as from a variety of angles.

Tutoring sessions: 2nd year students might host sessions on the weekends that you can attend. These are students who enjoyed anatomy and want to be there. They can share good ways to remember some of the more complicated dissections. These are really helpful for visualizing structures that you may not have gotten a chance to see in class. Schedule yourself to do tutoring even during the easy weeks right after an exam. This scheduled study time will help motivate you to keep going, even when you’re tempted to take a break. Some groups used tutoring once every week or two depending upon the material, and then right before a test to quiz each other. Alternatively, use the ends of the lab periods as a review time and to answer questions in the dissector. Many of the professors stay late, and will be more than willing to review with you and offer tips on learning the material. If you stay on top of the material throughout the class, you will find yourself successful when it comes time for the exams. There is WAY too much material to cram right before the exam, even if you were able to do this successfully for classes during undergrad.

Attend the practice practical. The students who set it up usually use old practicals to get a good idea of what will be asked, and the faculty will check the bodies to make sure that the examples are good. Coming to this is extremely important. Don’t be upset if your practice score is lower than you would like. Most everyone performs much better on the actual practical. This is practice! It’s also a great way to calm your nerves and identify what you should review more.

Popular Gross Anatomy Resources:
- Atlas of Human Anatomy by Dr. Netter
- BRS Gross Anatomy - University of Michigan
Gross Anatomy Written Quiz Questions:
http://www.med.umich.edu/lrc/coursepages/m1/anatomy2010/html/courseinfo/mich_quiz_index.html
- Human Anatomy Online:
http://ect.downstate.edu/courseware/haonline/quiz.htm
- Essential Anatomy 5 app
- Dr. Acland’s Online Anatomy
- First Aid for Step 1 Anatomy sections
Embryology

This course has been completely revamped under the direction of Dr. Rodica Turcu, a neonatologist at Kosair Children’s Hospital. The course now is heavily clinically based, with much of the instruction done by the gross anatomy faculty and lots of clinical correlations. Most likely with Gross Anatomy you will spend much less time studying Embryology, but don’t fall behind in this class. There is a lot of information in this thread which cannot be memorized the day before an exam. Key to the class are the SoftChalk instructional modules. LEARN THE INFORMATION FROM THEM WELL. There are clinical correlation presentations throughout the CADE course, they are generally low yield and Dr. Turcu will tell you what topics to focus on.

Popular Embryology Resources:
- BRS Embryology
- First Aid for Step 1 Embryology sections

ICM (Introduction to Clinical Medicine)

The purpose of ICM is to introduce you to topics you will need to know your third and fourth years, and beyond. It essentially becomes a catch-all course to cover all the topics that don’t fit well into the basic science classes. These include the physical exam, cultural diversity, nutrition, epidemiology, ethics, and medical informatics. This class is only worth a few hours per semester, but you shouldn’t neglect it. You won’t always want to attend all of the lectures, but most of them are interesting and relevant to your future as a physician.

Over the course of both semesters, you will learn physical exam skills and practice on people (Standardized Patients) from the community who have been taught the exam steps and provide an excellent perspective from the side of the patient. The first few encounters with SPs may be nerve-wracking, but remember, they are there to teach you, and have likely seen every mistake in the book. When you arrive for your scheduled time you will have a briefing in the hallway before going to your assigned room. You will take a short multiple-choice quiz that covers the relevant lecture material. You will enter the room and either be taught the new exam steps, or perform the expected exam. You will have time to practice your new skills. At the end of the session the SP will offer feedback to you. During first semester, you will take the Clinical Skills Exam 1, which expects you to perform a complete physical exam on a patient. You must pass this in order to pass the course.

Additionally, you will be participating in the longitudinal standardized patient program, where you will be assigned an SP that you meet with over the course of your first and second year of med school. This was set up to instill a sense of continuity of care and help you learn how to develop good patient-doctor relationships.

You will also be responsible for 2 preceptorships your first year. A preceptorship is just an opportunity to shadow a physician. You will be assigned an ER preceptorship and will also be responsible for setting up an additional one during the year in either Primary Care or a specialty of your choice for 16 hours. The physician must be UofL faculty or gratis faculty (just ask them). There are short evaluation forms for you and the preceptoring physician to complete and hand in at Med Center One or in the ICM offices on the third floor. While these may take time away from studying, consider the experience a needed break to remind yourself why you are here in the first place.

A newer component of ICM is the incorporation of a previously separate course, History of Medicine. This is a survey class of sorts, which provides a rough outline of how medicine has progressed since its inception in ancient Greece. There will be many guest lecturers who come to present a particular aspect or event in medicine that has had an impact in its practice and development. Previous topics have included discussions about Vesalius, slavery and racial ideologies in the practice of medicine, and Edward Jenner. In the words of the venerable Dr. Charles Kodner:
This content will be structured around people, whose stories make up part of the “history of medicine.” Different individuals have been selected who are the most famous, and whose stories you should know in order to appreciate the history of your profession; others are included whose stories are also of critical importance in the history of medicine and medical science.

At the end of the course there will be a multiple choice quiz over the major people and topics.

**Small groups: CADE and ICC (Interdisciplinary Clinical Cases)**

CADE small groups during the 2016-2017 year involved lots of student presentations on interesting cases. The best way to do these is to divide and conquer. Meet with your group and assign subsections to each person. There is no need to rehearse these presentations, nor spend an excessive amount of time on them.

ICC meets once a month during both your first and second year of medical school. Groups of about 12 students are paired with a local physician who acts as both a mentor and teacher to expose students to clinically relevant cases that correspond to lecture material. ICC also emphasizes team building, cooperation, and communication. Attendance is mandatory. Clinical Case packets are available on Blackboard. Be sure to pre-read these cases, because there are often short activities that your group must complete prior to meeting. The material is typically information from your current courses that enable you to see the relevance in a clinical setting. Expect there to be a few patient encounters and student presentations.

**Foundations**

Foundations starts in the beginning of November. It is a combination of muscle and blood physiology, histology, genetics, early neurology and early biochemistry concepts. All of these threads (Physiology, Histology, Neuroanatomy, and GMM-Genetics and Molecular Medicine) will continue on past Foundations, but as this is your first exposure to these threads the introductions and resources will be under this course heading.

**Histology**

If you pay attention and understand the notes, you should be fine on the written exams. All of what you need to know is in the lecture packet. Try to pay attention to details, but don’t get bogged down. Dr. Colella is also very willing to give review sessions before every test if your class asks her. These are very helpful, and you shouldn’t miss them – they are not usually recorded.

The Histology practicals can be difficult. Be warned that not all professors will ask simple identification questions, so you really have to know the material well to answer a long question in the 45 seconds or so that you have. Be able to identify the key features of all the tissue samples you look at in lab.

The best resource to aid in your studying for the practicals are the atlases that Dr. Colella posts on RedMed and the Electron Micrographs from the textbook and the lecture powerpoints.

The labs are a good time to review the material alone or with a group, and ask professors clarifying questions. They are not worth any points, thus are not mandatory.

Ross’ Histology textbook is a great reference book, but should not be viewed as mandatory for success.

**ImageScope**

As mentioned in the technology section, Histology uses digital slides that can be viewed with ImageScope software from Aperio. There are many medical schools that have used this technology for years and have slides posted online. Most notably, University of Michigan has an entire course curriculum posted online utilizing ImageScope slides. Links to specific locations on the digital slides are interspersed amongst the notes. This is a very valuable resource.

You can annotate the slides and ImageScope will export hi-res images with/without annotations. This can be a great tool for studying/testing if students wish to collaborate and grab good examples of cells from the slides.
Additionally, the software supports internet-based collaborative slide viewing wherein a single user controls the slides and pointer, and their screen is broadcasters to the connected users. You can always study in groups in the PBLs using the TVs.

**Image Scope:** [http://www.aperio.com/](http://www.aperio.com/)

**User Manual:** [http://htrc.uchicago.edu/Downloads/HTRC_ImageScUG.pdf](http://htrc.uchicago.edu/Downloads/HTRC_ImageScUG.pdf)

**Schools using ImageScope Slides**

- **Michigan (Best resource):** [http://histology.med.umich.edu/schedule/medical](http://histology.med.umich.edu/schedule/medical)
- **Uof:** [http://www.slidehosting.com/](http://www.slidehosting.com/)
- **Iowa:** [http://www.path.uiowa.edu/virtualslidebox/](http://www.path.uiowa.edu/virtualslidebox/)
- **Indiana:** [http://medsci.indiana.edu/c602web/602/c602web/virtual_nrml/nrml_lst.htm](http://medsci.indiana.edu/c602web/602/c602web/virtual_nrml/nrml_lst.htm)

**Popular Histology Resources:**

- BRS Cell Biology and Histology

**GMM – Genetics and Molecular Medicine (Biochemistry)**

Beginning in November, lectures will alternate between biochemistry and genetics and correlations are drawn when appropriate. The course packets are very thorough and are great resources to study from. Each lecture comes with objectives that help guide your studying and eventually serve as study guides, so it is highly recommended that you try to answer these for each lecture. Dr. Ellis and his team are quite tech savvy and love to provide online resources. These include “SoftChalks”, interactive quizzes that help you reinforce a topic. These softchalks are sometimes used as a “flipped classroom” to prepare students for “Learning Exercises” which are 1-1.5 point quizzes done on i-clickers. These learning exercises are each small, but added up contribute to a decent portion of your overall grade. Patient interviews are also a part of this course, where individuals affected by various diseases and disorders covered in the class will come in and share their experiences with their illness and the medical field. These are graded on an attendance basis but you will really want to attend these regardless as they are very memorable and moving. The professors also offer to come in on a weekend to help students review and keep up with the material, which tends to come quite quickly.

The TBL (team based learning) quizzes are a thorn in the side of any first year medical student. The format of the TBLs has changed often over the past few years and is likely to change what even what was done last year. In the past year the TBLs consisted of three parts. The first part was a closed booked difficult quiz you take by yourself. The second part is done in a group of around 10. Together, using notes and each other, you guess the correct answers to the first difficult quiz. The last part is another quiz you take by yourself. The goal of the TBL is that you learn something from your group and score better on the last quiz. Be sure in your groups to teach each other at the end to make sure you don’t miss the concepts emphasized as questions like these will appear on the block exams. There are several of these during the semester, and they are a great way to solidify your knowledge of the clinically relevant material.

TBLs cover material from all threads in Foundations and NBS1, 2, and 3. There are no TBLs in the CADE course currently.

**Popular Biochemistry Resources:**

- BRS Biochemistry
- First Aid for Step 1 Biochemistry sections
**Physiology**

Physiology is also taught starting in November, and is one of the most important and most difficult subjects in your medical education. This course has lots of lecture hours and there is a lot of material to learn. It can be overwhelming, so make sure to keep up on the material. Group study is very helpful for many students in this course, and the review questions given by each lecturer are a great resource. Old exams and descriptors are also very useful. For the past few years, the faculty have taken a number of questions from older exams and modified them a bit before reusing them on the current final – after all, there are only so many ways to ask the same questions.

**Problem Based Learning exercises (PBLs)** occur four times during the spring semester. A detailed clinical case is presented, and with the help of a faculty member, your group will decide the diagnosis and treatment for the patient. This diagnosis will be further explained by presentations you and other students prepare. The purpose of PBLs is to allow you to integrate the material you have learned, and to work through differential diagnosis.

Popular Physiology Resources: -BRS Physiology -First Aid for Step 1 Physiology sections -Rapid Interpretation of EKGs (NBS1-Cardiac)
IV. First Year Courses: SPRING

NBS-1 and NBS-2:

Normal Body Systems 1 and 2

The set of three NBS courses begins after winter break. NBS 1 and 2 combines threads of histology, physiology and biochemistry. What’s nice about the new integrative curriculum is that studying lectures for one class is like reviewing material for another class -- just from a different perspective.

NBS-1 focuses on the Cardiovascular, Respiratory, Renal, and Acid-base systems. To understand these systems, you will learn the physiology, histology, and biochemistry that pertain to them. The course explores the underlying mechanisms involved in the maintenance of acid/base balance and homeostasis. Core instructors for this block include: Drs. Dale Schuske, Patrick Harris, Steve Ellis, Rita Colella, Richard Rink, David Weigman, and Jeff Falcone. Embedded within NBS 1 are “sim labs” which give you an opportunity to apply class knowledge in clinical scenarios with physicians. Make sure you do the prep for sim labs. Attendings will call on you to answer questions and it’s a good practice thinking on your feet.

Tips for NBS 1:

1) Drs. Schuske, Harris, Weigman, and Falcone all provide practice questions. Make sure to do these, as the same concepts (if not, questions too!) appear on TBLs and exams.

2) The professors also provide review sessions to go over the practice questions. From last year’s experience, we advise going to them, or at least catching them on Tegrity. While the exact questions may not appear verbatim on exam, the same logic of thinking shows up on TBL and exam. So if you can follow how they want you to (and how you should reason through the questions), you will be successful during exam time.

3) Be aware that TBLs often do not go well. So do not fret! TBLs are scheduled typically a few days before an exam. It’s a little unreasonable to have TBLs test you over all the material an exam requires, but the good thing is that they force you to start studying early. So while you might not do well on a TBL, the point is that you started studying and that the TBL will reveal to you where your weak spots are. The point is, use TBLs as a tool to help you do well on an exam. Do not get down if you do poorly on them!

4) Don’t put off the Histology softchalls! These can be easy points if you remember to dedicate some time to them. Word of advice: histology for the urinary system is a bit annoying because all the different tubules look the same! Study early and take note of the nuances!

NBS-2 focuses on Gastrointestinal, Endocrine, and Reproductive systems. This particular course is heavy on the biochemistry and will require the memorization of all those metabolism cycles you thought you had escaped (remember glycolysis? TCA cycle?). Core instructors for this block include: Barbara Clark, Carolyn Klinige, Steve Ellis, Jeff Falcone, Irving Joshua, Rita Colella, Richard Rink. Dr. Falcone teaches the GI system with great depth. Make sure to do his practice questions. A good number of exam questions were similar or just a slight variation of them. Dr. Joshua teaches the endocrine system pretty straight-forwardly. Drs. Ellis, Klinige, and Clark take care of the biochemistry of this section. Drs. Colella and Rink share the histology portion.

The major focus of this course is the importance of nutrition to human health. The course is an interdisciplinary effort combining biochemistry, genetics, cell & tissue histology, physiology, endocrinology and clinical nutrition to provide students with an understanding of various factors influencing how the human body takes in, utilizes and stores nutrients. The gastrointestinal system will be examined from both cellular & physiological perspectives. The course will also address aspects of intermediary metabolism including inborn errors of metabolism and the hormonal regulation of metabolic processes across multiple organs & tissues. Additional elements of the endocrine system, particularly the
adrenal system and sex organs, will also be covered in the course. Finally, the course will examine pressing issues in human nutrition including the impact of the obesity epidemic on human health & the medical establishment. The major goal of NBS 2 is to increase student’s awareness of the importance of nutrition to human health.

Tips for NBS 2:

1) Remember that time is limited, and part of your success in medical school is being able to decipher what is important to study and know. Some people spend their time memorizing every single step of a biochemical pathway and are successful with that, but it is not always the best use of your time. For understanding pathways, the most important part is determining what is the “rate-limiting step.” In other words, what step/enzyme when disrupted will result in pathology? This is how these pathways will be tested on boards and your future as a physician. For the class, some pathways you can’t escape and will have to memorize every step, but for most of them, key in on the rate-limiting steps.

2) There is a lot of informational overlap among physiology and histology material. Generally, histology introduces the basics, while the physiology lectures go more in depth. This is especially nice while studying for one class is reviewing for another. But keep in mind that the professors might have discrepancies, so be sure to email when that arises for clarity.

**NBS-3: Normal Body Systems 3**

NBS3 is the final course of first year beginning in mid April. The sole focus of the course is Neuroanatomy and Neural Systems. Last year, only anatomy was tested on the 1st test with only one practical. This course can be challenging to many so be sure to look at the list of popular resources for help.

**Neuroanatomy**

Initially the course focuses on structures. Structures are first introduced through Sidman & Sidman, a self instructional guide, followed by lectures and labs on neuroanatomy. Following the 1st test, there are three weeks of just neuroscience lectures focused on teaching function and pathways.

If you take the time to master the material in Sidman’s at the beginning of the course, it will pay off later when you will need to know the nitty-gritty details of the various pathways and tracks. Allow plenty of time for Sidman and Sidman’s self-study (DON’T CRAM IT IN!). The test over this material is an easy way to build a small buffer of points from the beginning. But be patient with it, as it will often feel like you are jumping around, memorizing structures and functions without any foundation...and you are. Just think of it as memorizing a list that will help when the actual class begins. Also, it is wise to hang on to your Sidman’s book in case you need to review any pathways.

Once lectures begin, utilize the notes and the list of items in the lab handbook. The faculty will hopefully give you access to their comprehensive and (VERY) useful notes (they didn’t provide them last year for us, but you can obtain them from upperclassmen). The questions will pretty much always come straight from these, with the exception of Sidman and Sidman. Like in Anatomy, structural relationships are useful so be able to trace nuclei, tracts, fascicles, and nerves throughout the body, spinal cord, and brain.

A tutor for the lab sections of this class is also a GREAT idea, even if you are not having difficulty during the scheduled lab sections. Alternatively, towards the end of a scheduled lab session, grab a TA and have them go over everything with you. If you can’t seem to get this done in lab, get the TA to tutor you. It’s a great way to become familiar and confident with the material. Repetition and peer-teaching are key so review with your classmates. When brainstem images (i.e. the rorscharch test blob images) come around (you’ll know what I’m talking about it when you get them!), begin memorizing the images early, just a few a day. If not, it will become overwhelming and a lost cause. Use the powerpoint slide that the professors provide to drill the structures in your head!
Once function comes around, keep up! The information comes fast so you don't want to fall behind. Again, the information you need to answer exam questions will be in the notes and using any old exams will be quite useful.

The course concludes with clinical case presentations. These are great review tools and easy points. They never change the cases, so consult previous classes for useful information. First of all, be sure not to plagiarize. Second, make sure and work through all of the cases on your own so you fully understand them because you will see similar questions on the final. Finally, show up to your cases a few minutes early prepared to present as some expect this from you.

In conclusion, keep up, do your Sidman & Sidman, spend lots of time in lab (with classmates or a tutor), and study the notes for all lectures. While it's hard to focus on neuroscience when summer break is so close, it is a challenging class which requires work. Don't slack off now!

Tips for NBS 3:

1) A popular saying for this course is that everything starts making sense at the very end of the course. In other words, a lot of concepts and pathways will start to make sense when the course is about to finish. With that said, use this as a “comforting tool.” While you may struggle through the first run through a lecture and not understand any of it, you have to trust that it will start to make sense. And trust me, it does!

2) The Brainstem lecture from Dr. Petruska seems at first intimidating and overwhelming. And quite honestly, it is! The fact you have to learn all the different nuclei and tracts for 12 different cranial nerves is surely overwhelming. But take it in small bite sizes. The brainstem lecture sets up the foundation for the pathways you learn for the function component of the course. So do not neglect them. But that means, it doesn’t have to make complete sense when you first learn them, because you will get exposed to them many times along the course.

3) Take this next piece of advice with a grain of salt, since others may have a different opinion. I come from the camp that Sidman and Sidman was very helpful in learning, but do not fret if you are not able to complete all the workbook pages. If you didn’t get to all the Sidmans pages because you were busy studying lecture notes, most of the time, knowing the lecture notes is enough to bridge over concepts for Sidman exam questions. But do not expect to do well if you entirely skip out on Sidman.

Popular Neuroscience Resources:

- BRS Neuroanatomy
- Clinical Neurology Made Ridiculously Simple
When You’re Struggling

**Tutoring:** There is tutoring available for most classes. Your class Vice President or Course Rep should be able to put you in touch with elective tutors, and if you find yourself failing then Student Affairs can help you get need-based tutoring. Don’t wait until finals to get help, because at that point it is too late. If you find yourself struggling, take action quickly. Passing percentages are different for each class, so check the class syllabus.

**If you Fail a Course:** If you do fail a course, you have the ability to take it again over the summer (usually out of town). However, if you fail two courses then you have to repeat the entire year. If you fail three or more courses or have extenuating circumstances you will go before the Promotions Committee and they will decide the next step for you. Seek help from Student Affairs early if you’re struggling so that this doesn’t happen.

**Seeking Help:** Medical students are just as prone to problems as everyone else, if not more so. **If your situation is out of the ordinary, it may be prudent to let Student Affairs know so that you can receive extra support.** You wouldn’t hesitate to tell a patient to get help if they needed it, so heed your own advice and don’t hesitate. Below is a list of places you can find the help you need.

If your problem is of a personal or emotional nature, counseling is available. Contact [Dr. Quinn Chipley (852-0996)](mailto:quinn.chipley@medschool.edu) for consultation and treatment. Confidentiality is paramount, so don’t worry about that. Around 20-25% of all medical students use these services at one point or another. It is rare for a student not to struggle with anxiety or depression sometime during their four years here. You are not alone, and there are many people willing to offer support and encouragement.

For medical problems and vaccinations, visit Campus Health Services.

The Student Affairs Office can get you tutoring, deferments for loans and military service, travel funds, and leaves of absences – and just about anything else you can imagine. If academic problems arise, see your professors, Tony Simms, Dr. Mike, or Gail Haynes (Director of Academic Support, 852-3268). Don’t wait!

You must report any illness or prolonged school absence, as well as change of address or phone number to the Student Affairs Office. It is imperative that you contact the Student Affairs Office should you be unable to take an exam. They will assist you in contacting the appropriate department official. Their office is located in A Building 210, and the phone number is 852-5192.
III. Surviving Med School

Get Off to a Good Start

Make a strong effort to do well early on in the semester, particularly on the first set of exams. This has significance apart from the obvious:

(a) You’re probably as rested and motivated right now as you will ever be for the rest of the semester.
(b) Exams won’t get easier, and the workload increases.
(c) All finals are cumulative to some degree, so you’ll be reviewing old material while trying to absorb the new. Try to keep notes organized to facilitate efficient exam study. Learning it well the first time through will make reviewing it later a lot easier.
(d) A good start will give you confidence and help you stay motivated; a poor start can result in severe anxiety that will make it difficult to do well later. (Consequently, if you do run into academic problems, you might want to seek some form of either formal or informal counseling to help you get back on track psychologically.)

The implication is that many factors may conspire to decrease your performance as the semester progresses. For this reason, a cushion in the form of good scores on the early exams is desirable, but if you don’t happen to acquire this cushion, don’t panic. It may take an exam or two to understand what is expected of you (do as many old exams as you can!).

Keep Up: Many of you have probably crammed for a test at least once in your undergraduate career. However, I strongly recommend that you keep up with the material, because there is simply too much of it to cram in the last few days (or even week) before the test.
Wait, read that paragraph again. We mean it. Keep up. Don’t get behind.

Some hints:

(a) If you have the time and motivation, pre-read, especially for Gross Anatomy and physiology. You don’t have to know every detail of a lecture before you even hear it, but you’ll be much more comfortable with the terminology and the flow of the lecture if you’ve already seen it before and have an idea of what you are covering that day. Also, your time will be much better spent in gross lab if you know where to look for structures.
(b) Try to look at everything at least once as you get it. This should make subsequent study of the material less traumatic.
(c) Clear up those questions about your notes as soon as possible. This helps to prevent last minute panic as you study just prior to an exam. Seek further explanations from professors if necessary.
(d) Try to review the material in blocks as the testing period progresses, according to the more or less natural divisions of the subject matter.
(e) Yes, you can and should use the weekend to review and catch up, but don’t spend your entire first year with your nose in books. Make time to relax and take care of your health. Medical school is a marathon, not a sprint; remember to pace yourself accordingly.

Be Selective: The volume of material covered will prevent you from memorizing every detail as you may have done in college. Selectivity will be necessary for most of you. Understanding what you need to know is a good first step. Know the number of questions to be taken from each lecture. This will vary from course to course. Be aware that questions may be taken from clinical correlations.
Don’t get stuck on one topic. Try to cover as much material as thoroughly as you can. By doing this you may sacrifice a particular exam question, but your performance will improve by more efficient studying.

Once you understand a topic, write or draw out how it makes sense to you and put it in your notes! Then when you are studying for the test, you don’t have to go through the whole process again to decipher what the notes are saying! Having your own brief set of notes is invaluable during the last days before an exam.

Old exams are absolutely priceless. They show you what subject areas may be particularly important, and they allow you to judge the depth of detail for which you will be responsible.

**Do old exams. Do old exams. Do old exams.**

Every course offers many sources of information. For every class you’ll probably find a *combination* of sources that work for you. Don’t panic at the thought of not covering every possible source.

**Things not to do:**

Wait until a week before an exam to study. Start studying now.

Get into a rut.

If you’re in one: Get out of your comfort zone. Try group study. Try writing notes. Try reading notes out loud. Pace. Exercise. Change it up.

Spend too much time reading and not enough time thinking.

Get too discouraged if you feel confused or inept. There are probably 100 people who are confused with you. Talk to a friend outside medical school to get some perspective. Then talk to classmates and find a way to get un-confused. Don’t be afraid to ask for help!
Where to Study

Choose wisely. Research has shown that people usually do better on exams when their study environment is similar to the testing environment. There will be absolute quiet during the test, so at least during practice tests find a quiet place.

So, here are some places people commonly choose:

Unit Labs: The unit labs are usually busy during the day, but quiet at night. Groups of people often congregate in the PBL’s at the back to study before tests, and it is not uncommon to hear of people sleeping in one in the days immediately before a test. Honestly though, camping out in the PBL’s is usually not a good idea. Choose to get a better night’s rest in your own bed at home. When you’re more rested, you’re also more efficient, so make the trip home and recharge yourself. Also, always try and occupy the PBL’s in your own unit lab before branching out, especially to other floors.

Kornhauser Health Sciences Library: If you enjoy studying in libraries, this one is not bad. There are lots of secluded corners and desks to utilize. The upstairs area has rooms reserved for group study and the entire second floor is marked off as silent study area- no talking to friends or on your phone! The current library hours have been extended, and around exams may even offer coffee and snacks. The “lunch room” off the first floor library entrance is open 24 hours with access from your ID card. The hum of the vending machines may lull you to sleep, though.

Belknap Campus: You may use the main campus Ekstrom Library or the Brandeis Law Library. There are a huge number of desks and tables scattered around the upper floors where you can study. Those are usually a good bet for a quiet study environment. Additionally, there is now a 24 hour study room in Ekstrom library, located where the coffee shop is during the day.

Home: Home can be a great place to study and get away from everyone at school, but be careful of distractions. This listing is directed to those with noisy neighbors, roommates, spouses, parents, or children, or those who can’t seem to resist the allure of the television, refrigerator, comfy couch, or significant other.

Bellarmine University Library: Open to the public with large tables and good lighting. It can be busy at midterm time, and they observe lots of religious holidays. However, it is a good place to get some serious studying done.

Coffee Shops: Some students enjoy the white noise of a busy coffee shop. Access to caffeine, WiFi, and snacks are also a benefit. Just remember your earplugs, or you’ll find yourself listening to conversations instead of studying! (See the recreational section for a good list of options).
Eating around campus

Bringing your own lunch: The first year floor has four large refrigerators and 3 microwaves. Oftentimes, someone will keep a microwave in their unit lab to share with their labmates, and students have also brought mini fridges, coffee makers, and the like. Snack machines are on the first floor and more are in the basement by the lecture hall stairwell.

Walking-distance eateries (all within 0.36 mile):
- Fast food: McDonalds, Long John Silvers, Subway, street carts (Floyd, Preston)
- Cafeterias: University (ACB basement) - has a student discount, Jewish, Nortons
- Chain Eateries: Jimmy Johns (they deliver), Wall St Deli
- Local Eateries: Panera, , Don Da Leon sandwich shop (Kosair charities bldg), Peddler John’s, Restaurant and Bake Shoppe, Coffee Pot Café, Chopsticks Chinese

Taking the long walk: Sure enough, the more colorful selection of restaurants is just out of short walking distance, east from campus, and towards the central business district. If you’ve got a long lunch to spend, you can find sushi, Mediterranean, Irish bars, better Chinese, pizza, you name it. Most of these alternatives are at least 6 blocks away. A good website to use to find them is local.yahoo.com with the aid of the site’s map scroller.

One last unique option is the Gray Street Farmer’s market which has food stands available during its opening on Thursdays, from late May through mid-October.
No one is going to deny the fact that medical school is difficult and stressful, and this will begin to take its toll on each and every student as the year passes. Here are some pointers that you will hopefully find useful:

1. You are not alone. Everyone is stressed, even if they don’t show it openly. It is only natural that this difficult situation will affect you in some way, but don’t let your stress take control of your life.

2. Don’t doubt your choice of career just because you’re sick of basic science courses and under a lot of pressure. Your future medical career will probably not resemble your first year of medical school in any way, so give yourself a chance.

3. Chances are, you will no longer be at the top of your class. Try not to compare yourself to others too much, because everyone comes in with a different background and different strengths. As long as you continue to pass, you have nothing to worry about.

4. Get enough sleep! A minimum of 6-8 hours a night is absolutely necessary, especially around test time. If you’re more rested, then your studying is more efficient and you’re less likely to see your performance drop off near the end of a long day of testing.

5. Exercise and eat well. This doesn’t mean you have to change who you are. Just add a daily 30 min. walk or yoga, and load up on healthy foods. This will do wonders for your mind and your body.

6. Finally, remember that you’re here because the admissions committee believed in you, and because your undergraduate record shows that you are capable of making it through medical school. They chose you, over other equally qualified, similar candidates because they knew that you were meant to be here. Overall, the completion rate for medical school at U of L is around 95-98%, and most of the people who do leave choose to do so for their own personal reasons; they aren’t dismissed for their poor academic performance. If you work hard, then you will complete medical school. Yay!

Remember to live now, too
Throughout our entire academic lives we’ve been taught to look to the future. “Someday I’d like to…” The point is that, in med school, it’s hard not to get tunnel vision with graduation, then residency, then fellowship, then practice as the goals we focus on. If we wait until these things happen to start living, life will have passed us by. We’ll turn around, and behind us will be a fifteen year medical blur—surely full of awards and recognition, but those aren’t what rich lives are made of. Our best moments are with each other, enjoying the pain of staying up at school late every night with friends getting ready for finals. The memories and bonds are there, even if we’d rather have been sleeping.

So, think about these things periodically. Just to make sure that you haven’t lost touch with who you really are.

1) Remember to take time to appreciate life’s little pleasures. Taking a few minutes to appreciate a beautiful and sunny day, or stopping to smell some pretty flowers does a lot to relax your spirit and help reinvigorate you. Sometimes you just need to take a break and remember to enjoy being alive. I like to study by a window, so I won’t feel so jealous that the rest of the world is enjoying a beautiful day, while I’m stuck inside.

2) As the workload builds up, you will be tempted to abandon everything and study continuously. Not only does studying become unproductive past a certain point, but it can actually hurt your morale and your relationships. This time is better spent with your family and friends, or working on a hobby that you enjoy. Identify your interests and pre-plan them so that you can’t avoid making time for things like this. Read your new favorite book for 30 minutes every night in bed before you sleep. I promise, you’ll look forward to your 30 minutes all day long.
3) In spite of your best efforts, there are times when you find that school will take up all of your time. In these instances, just remember to eat well, exercise, get enough sleep, and stay calm. You’ll make it though.

My Child the Physician

Doubtless, your mother, father, grandmother, Great Aunt Phoebe, Uncle John, and the local grocer are all thrilled that you’ve been accepted into medical school. In their eyes, you are a genius. After a while, you might even start believing this (at least a little.) In the end, after a summer of praise from your family and friends, you might even start medical school feeling a wee bit cocky.

The reality check will usually come quickly. For the first time in your life, you are surrounded by people of equal (and sometimes greater) capabilities. Your professors, though friendly enough, aren’t amazed by your intellectual acumen, because you’re just one of around 160 very bright people. The drop from the top of Great Aunt Phoebe’s hit parade to an average student is precipitous, and if you’re not careful then you could hurt yourself on the way down.

The outside world may still believe that you’re a genius, but within your class, you’re just another struggling med student. This dichotomy can start to do tricky things to your head if you aren’t aware of it.

So here’s what you can do to help avert the worst of the damage to your self-esteem.

1) Don’t take yourself or the situation too seriously. Learn to laugh at yourself. Learn to say, “I don’t know, but I’ll find out.”

2) You may not be the genius your family thinks you are, but you are an intelligent person, and you’re here for a reason. The administration, the faculty, and your peers all want you to succeed.

3) Don’t be arrogant to your classmates or other health professionals. The fact that you are in medical school speaks highly of your intelligence. You don’t need to compensate for your lack of self-esteem by running others down. Providing great healthcare requires a team effort, and you should always remember that.
Marriage, Family, and Significant Others

Prior to medical school, most of you who are married or in significant relationships probably had plenty of time for work, school, and your personal lives. Unfortunately, that will probably change for you this year. Here is a list of tips and pointers to help you manage the problem:

1) The first thing to remember is the importance of good communication. All of the subsequent tips are useless without it.

2) Remember that your status as a medical student puts pressure not just on you, but on everyone that is close to you. Don’t think that you’re the only one that is affected. Make sure your loved ones understand the amount of commitment medical school requires, but don’t expect them to suffer in silence. Take the time to ask your partner how they feel, listen closely, and show him or her you care.

3) Just because you’re in medical school doesn’t mean that all of the household chores should get pushed off on your partner. There are times (like around finals) when you really don’t have time to do the dishes or take out the trash, but try to make an effort.

4) Planning is essential. Although it doesn’t sound very romantic, you may have to schedule time to be with your partner. The quantity of time that you will have to spend with your partner may decrease, but you can offset this by improving the quality of the time you have together. Leave your scholastic issues at the door, and focus your full attention on the ones you love.

5) During the summer between first and second year, you will have a lot of free time. It may be a good idea to spend a lot of this time with your family and friends, to help repair the damage that a year of medical school has inevitably caused.

Daycare

UofL has one campus daycare called the Early Learning Campus. It was built in 2008 and is arguably the best daycare in the city. The Early Learning Campus (ELC) is part of the Gladys and Lewis "Sonny" Bass Louisville Scholar House Campus and is an exemplary pre-school for children of UofL faculty, staff and students, and residents of the Louisville Scholar House. The facility offers extended day opportunities for children aged six weeks to four years, (children who will turn four by October 1). There is a handbook available on their website, which you can find by googling Louisville Early Learning Campus. Part-time daycare is available. They recommend applying 6 months early.

Children’s Choice learning center, downtown. Only full time daycare is available.
Highland Community Ministries, conveniently in the Highlands. Part time available.
Places of Worship

Sojourn Community Church  http://sojournchurch.com/
A popular church among medical students because of its strong involvement in the surrounding community and intimate "community groups" that encourage accountability and personal growth. Sojourn can be described as church done Louisville style (technically called post-modern, neoliturgical). It is mostly college-aged so the music is loud, no one wears a necktie, and it is a safe place to ask hard questions about Christianity. The church has five services on Sunday (the most popular with students is the 7pm service). Also, they host a free medical clinic every four months with which students are encouraged to help.

Immanuel Baptist Church  http://www.ibclouisville.org/
Another great church popular with local UofL college students because of its firm theological foundation and active commitment to community outreach.

Southeast Christian Church  http://www.southeastchristian.org/
A more traditional, wildly popular church in Louisville (29,000 people in attendance on Easter).

The Temple  http://templeaibs.org/
Reformed Judaism congregation attended by a few med students and faculty.

Catholic Churches  http://www.archlou.org/parishes/
This website gives a list of all Catholic churches in Louisville, many of which are very close to campus.

Your faith not included? Don’t be concerned, ULSOM has students of a handful of faiths. Orientation is a great place to make connections. Hopefully a future MUSH book editor will have more recommendations to add. Louisville also has a Hindu temple, mosques, a church of scientology, atheist groups, amongst others.
Recreational Time

Look for popular restaurants, bars, coffee shops, and discounts at some of these great resources:

**Louisville Hot Bytes**: Run by local restaurant critic and wine connoisseur Robin Garr, this is your number one source for restaurant information. This is the best place to keep up to date on wine tastings, discounts, and special dinners. ([www.louisvillehotbytes.com](http://www.louisvillehotbytes.com))

**Louisville Eccentric Observer (LEO Weekly)**: This is your guide to everything that is going on in the River City. They list everything from plays to concerts to festivals, so you’re guaranteed to get the most out of your limited free time.

**Courier Journal.com**: Visit the site to find restaurant and entertainment reviews. There is a section called metromix to find details about local events and parties.

**Louisvillediner.com**: This website has a huge amount of information on local restaurants, including menus, hours, and contact information.

**Restaurant.com and Groupon.com**: Two great websites with gift cards that you can purchase at heavily discounted prices.

**Urban Spoon**: lists of the top restaurants, the best cheap picks, what restaurants are buzzing, and what’s new in Louisville dining.

**Highlands and Downtown VIP Cards**: $35 will buy you both cards, which can be used for big discounts at a huge number of local businesses. For instance, you can get 2 for 1 tickets to Actor’s Theatre and the Louisville Orchestra, 10% off your bill at several restaurants, and $2 pints at the Bluegrass Brewing Company tap room.

**LouisvilleOriginals.com**: Want to taste the flavors Louisville? This is your guide to original Louisville dining. Check out old favorites and new trends.
Athletics

Stay in shape! If you aren’t already in shape, get in shape! As medical students, we tend to lead fairly sedentary lives that can quickly make us a bit chubby. Working out can provide you with more energy in the long run, and help improve your morale. Find a friend, and work out regularly.

Health Sciences Gym: There is an exercise facility, along with shower and locker facilities, in the parking garage on Chestnut Street (416 E. Chestnut St. – 852-3115). Hours of operation are: Monday-Friday 6:00am to 9:30pm, Saturday 10:00am – 3:00pm and Sunday 1:00-6:00pm. You must show your UofL ID for entry. (As a side note, if you lose your student ID, etc., the Cardinal Card office can be reached at 852-7520.) Group Fitness Classes (aerobic, step, pilates, yoga, fitness, etc.) are also available for a fee of $40 per semester. There are also spouse gym passes for $20 a person a semester.

Student Recreation Center (SRC): The SRC is the brand new gym located on the undergrad campus. It opened in October of 2013. There are hundreds of cardio machines with TVs, free weights, 6 basketball courts, indoor MAC court, golf stimulator, racquetball courts, squash courts, and so much more. There are also group fitness classes that are free. There are showers and locker facilities and they provide towels and locks for you to use. Make sure to check it out!

Ralph Wright Natatorium: Swimming facilities are available in the newly built Ralph Wright Natatorium on Belknap Campus. All you need is a student ID. Hours for lap swimming are usually at lunchtime or in the evening. Check out the schedule on the intramurals website.

The Downtown YMCA: The Downtown YMCA is an amazing facility with a pool, weights, and zillions of aerobics classes. If you are on financial aid, a “Y” membership is heavily discounted (with a letter from the Financial Aid Office). The “Y” is located at 2nd and Chestnut, a quick walk from school. It opens early, stays open late, and even has a daycare.

If you join the Downtown YMCA they have free Yoga, pilates, a fusion class called Piyo, and several other group fitness classes.

Good outdoor places to Run/Walk/Take Your Dog:
- Waterfront Park – in Downtown right by the river, plenty of lawn and the Big Four pedestrian bridge.
- Central Park – in Old Louisville between the med school and undergrad campus. This is the location of Shakespeare in the Park and also has tennis courts.
- Cherokee Park – Located in the Highlands. Has great running paths and Dog Hill – a popular place for Louisvillians to bring their dogs.
- Iroquois Park- located down Southern Parkway is another great park. It has a 3mi loop or for the more adventurous you can run to the top of the park and get a great few of the skyline.

Intramural Sports at UofL: There are a wide variety of sports and choices ranging from Flag Football, Basketball, Soccer, Bowling, and even Tug-O-War. Traditionally, the med school has been a strong presence in intramurals, and we have several championships under our belts. You should expect to hear about intramural sign ups throughout the year via email. This is a great way to meet your classmates, relieve stress, and stay in shape. No skills or experience are required.

Louisville athletics scene (running, cycling, triathlons, etc):
- www.rivercityraces.com has a great list of all the local races from 5k’s to the Downtown Doubler.
- www.louisvillebicycleclub.com has activities and group rides for beginners to the more advanced cyclist.
- The Louisville Landsharks Multisport club is for local triathletes. They have a calendar of group swims, bike rides, runs, and social events throughout the year. Check them out on facebook, too!
- If you like Ultimate Frisbee, check out the Louisville Ultimate Frisbee Associations at www.louisvilleultimate.org. In addition, if you would like to be put on the listserv for playing ultimate Frisbee with fellow med students, email Tama The at Tame.The@gmail.com (c/o 2013)
Local athletic shops

1. Fleet Feet on Taylorsville Rd is a great running store. They also host weekday and Saturday morning runs as well as training groups for the local marathons. Check them out at www.fleetfeetlouisville.com
2. Ken Combs Running store is located near St. Matthews on Shelbyville Rd. It is another great running store. They also host track workouts in the evenings.

Hiking, Caving, Rock climbing, Offroad biking:

- If you like Rock climbing, check out the Rocksport facility in town, or head out to the beautiful Red River Gorge for the real thing!
- Louisville Mega Cavern – Underground cave in Louisville with six zip lines and two challenge bridges. Tour guides show you around for up to 2 hours. Student discounts available.
- [www.louisville.caves.org](http://www.louisville.caves.org) : check out Speleofest
- Mammoth Cave National Park (KY), Hoosier National Forest (IN), Red River Gorge (IN)
- The Mountain Bike Depot in Westport village (east end) [www.mountainbikedepot.net](http://www.mountainbikedepot.net) The manager at the store has generously offered 10% off to all medical students. They carry road bikes, mountain bikes, cyclocross bikes, can order just about anything, and are a full service shop. Loads of information about the best places to ride (mountain and road) are available at the store, too.

Local Yoga:

Most yoga studios will offer a student discount for classes. Some popular studios among medical students include:

- Yoga on Baxter – Located in Highlands-Tyler Park area off Eastern Parkway
- Hot Yoga Louisville – Located in St. Matthews
- Eternal Health Yoga – Located on Frankfort Avenue in the Crescent Hill area of Louisville

B.You:

Women’s health boutique offering barre classes with a student rate on unlimited classes in St. Matthew’s.
The Louisville Cardinals: You may or may not be aware that 2013 has been declared “The Year of the Cardinal,” due to the massive success of the university in several major sports. As a medical student, you can easily be a part of that success! Every year, the ticket office coordinates an online purchasing system for season football and basketball tickets. Single game tickets are also available, but season tickets are very worthwhile for their price and can be hard to get during sales. Season ticket holders for football have first dibs at season tickets for basketball. Medical students get graduate student tickets, which means you can buy 2 per person and don’t need to show your student ID to get into games (ideal for significant others, family, friends, etc)

In recent years, the baseball team has also been making a name for itself, qualifying for the 2013 College World Series. Students can get into games for free and a 12 oz beer or hotdog is only a buck.

There is a great deal of community support for all UofL athletic teams, and the games are fun to attend. For more information regarding schedules and tickets, visit www.uoflsports.com.

The Louisville Bats: A local triple A minor league baseball team at one of the best minor league stadiums in the country. Games are on multiple days of the week during baseball season. Free tickets are often easy to come by if you know people. There are frequently happy hour deals and fireworks after games in the summer.

Downs After Dark: If Derby isn’t enough horse racing for you, check out Downs after Dark. They are Friday evenings during select days in the summer and fall. Churchill Downs opens at 4pm and first post is at 6pm. General admission is $10, there are great happy hour deals, and live music is provided as well.
Cultural Opportunities:

Kentucky Opera—*Discounted student* tickets

Louisville Orchestra

The Louisville Ballet

**Trolley Hop** – Downtown Trolley Hop is the first Friday of the month from 5-11pm. Frankfort Ave. Trolley Hop is the last Friday of the month from 6-10:30pm. The trolley takes you to interesting shops and art galleries in each area. [www.trolleyhop.com](http://www.trolleyhop.com) or [www.fatfridayhop.org](http://www.fatfridayhop.org)

**Actors Theatre of Louisville** – Internationally acclaimed. Home of the Humana Festival of Plays each spring. They have *discounted student* packages and group discounts.

**Kentucky Center for the Arts** – Aesthetically dazzling. After the show, go for a walk on the riverfront, just outside.

**Kentucky Shakespeare Festival** – FREE Shakespeare in Central Park in the summer. Bring a lawn chair and bug spray.

**ForeCastle Festival** is a huge outdoor weekend concert series at Waterfront park in July. Check out their website at forecastlefest.com. Tickets can range from $60-150

**Louisville Community Music Program**: for those who want to continue playing an instrument. You pay about $25/half hour for lessons once a week and it lasts a semester. It’s good for those continuing an instrument or just learning how to play.

Movies

**Baxter Avenue Theatres**: Both 1st run and art films play in this theater behind Mid-City Mall on Bardstown Road. Tickets $8.00, *student discounts* in the evening.

**Floyd Theatre**: in the student activities center on Belknap. Rare movies not released in Louisville, and second-runs. $1.50 with a student ID. Check with the Student Activities Board for a schedule.

**Stoneybrook Cinema**: A lot of teenagers hang out there, especially on weekends, but good theater with an IMAX screen. Tickets $9.00 ($5 Tuesdays and special student IMAX pricing)

**Tinseltown Movie Theater**- *Student discounts* available plus shows are 5.25 all day on Tuesday

**Cinemark Mall St. Matthews and XD** – Newer movie theater that just recently opened. Located in St. Matthews Mall
**A Student’s Guide to the Best Affordable Restaurants Louisville Has to Offer**

Be sure to check out the yearly LEO dining guide and the LEO People’s Choice Awards. www.leoweekly.com

**Best of the Best**

**Havana Rumba**—Cuban food at its best, the prices are reasonable and the portions are huge. This restaurant was the most recommended by med students.

**Varanese**—Fine dining for special occasions that won’t take too heavy a toll on your bank account. Stop by on Sundays after 8 for half-price appetizers, draft beer, and other deals.

**Cumberland Brews**—Highly recommended are the bison burger and their microbrewed beer. Try the mead (fermented honey) and nitro porter. Fill your growler for $5 on Tuesdays.

**Mussel and Burger Bar**—Great burgers, great mussels, great beers. There can be a wait, but you can call ahead to reserve a table. Casual and delicious.

**Shah’s Mongolian**—Near Belknap campus, this thrifty stop offers a huge serving of completely customized stir fry for only $5.

**Queen of Sheba**—Delicious Ethiopian food that you scoop up with injera bread (utensils available on request.) Try this for a tasty and unique dining experience.

**Simply Thai**—arguably the best Thai food you will find in the city. Lots of al fresco space in the summer, and the prices are very reasonable. Try the textured vegetable protein Pad Thai (vegetarian).

**Thai Taste**—My personal favorite and much more personal. Try the garlic chicken (it has lots of broccoli).

**Zen Garden/Zen Tea Room**—Owned by the same woman as Simply Thai, this restaurant and its nearby tea house have an entirely vegetarian/vegan menu.

**Palermo Viejo**—Argentine restaurant with a very meat-centric menu. This place is perfect for special occasions on a budget.

**Papalino’s**—New York style pizza that’s arguably the best value food in the city. Unique selections and a city-paced feel make you feel somewhere in the big apple. Delicious.

**Sitar**—If you’re craving really great Indian food, try this place on Bardstown Rd. Of course, I love all of the stereo-typical American favorites like naan, chicken tikka masala, and veggie samosas.

**Meridian Café**—Open for lunch, this cute café in a St. Matthews house is perfect for meeting friends. I always get the French toast with blueberry basil syrup and mascarpone cheese.

**Toast on Market**—A school favorite, and not too far away. Choose from breakfast or lunch, but definitely choose breakfast ☺️. One favorite is the lemon soufflé pancakes.

**The Irish Rover**—Perfect on a cold rainy day. Get the Guinness stew in a sourdough bread bowl with mashed potatoes on top.

**F. A. B. D.—**(Frankfort Avenue Beer Depot) This has been a popular spot this year for med students to unwind after a test and have some great barbeque and a beer.

**Oishii**—The best sushi you’ve ever had. Seriously.

**Other Great Restaurants by Category**

**American**—Ditto’s Grill, Jazzyblu (with live Jazz), Cottage Inn, Mark’s Feed Store, Ramsi’s Café On the World (not really American, but a lovely blend of everything), The Bristol, Highland’s Tap Room, Hammerheads & Game (great burgers & beer!)

**Brunch**—Toast on Market, Wild Eggs, Meridian Café, Highland Morning, Butterfly Garden Café

**Chinese**—Red Pepper, Jade Palace (dim sum carts on Sundays), Double Dragon

**Dessert**—Homemade Ice Cream and Pie Kitchen, Sweet Surrender (also offers vegetarian lunches), Coco’s Chocolate Café, Graeter’s Ice Cream, Cé Fiore, Comfy Cow

**Fine Dining**—Proof on Main (lunch isn’t that expensive), Le Relais, Vincenzo’s, Avalon, Uptown Café (lunch isn’t that expensive), Seviche, 732 Social, Rivue, Volaré, 211 Clover, Pat’s Steakhouse, Jeff Ruby’s

**German**—Erika’s, Flabby’s Schnitzelburg, the Eiderdown, Gasthaus

**Greek**—Grape Leaf, It’s All Greek to Me (carryout/delivery)
Indian—Kashmir, Dak Shin, India Palace, Sitar (all have great, inexpensive lunch buffets), Bombay Grill
Italian—Le Gallo Rosso, Ray Parella’s, Come Back Inn, Buca di Beppo (for large parties), Volaré
Late-Night—Barbara Lee’s (very inexpensive, great breakfast food, cash only, 24 hours), Café 360 (hookah lounge, 24 hours), Juanita’s Burger Boy (new management, 24 hours), The Bristol (late night dining in the Highlands on the weekends), Indi’s Fried Chicken (late night, their spicy chicken with hot sauce is the best)
Mexican—Santa Fe (on 3rd street, cash only), Los Azteca’s, Las Gorditas (a Gordita trailer, great deals), Tacos Toreados, El Nopal, Taco Lucador, Wild Ritas (NuLu)
Pizza—Wick’s, Tony Boombozz, Spinelli’s, Impellizzeri’s, Windy City, Bearno’s, Papalino’s, DiOrio’s
Sushi—Oishii Sushi, Sake Blu, Sapporo, Oasis, Osaka, Dragon King’s Daughter (Japanese fusion), Mikato, Maida
Vietnamese—Annie Café, Vietnam Kitchen

Libations etc.

Be sure to check out the yearly LEO nightlife guide for a comprehensive list of all bars in the city.
www.leoweekly.com Also check out http://louisville.metromix.com/page/bar_type

Rich O’s Public House/New Albanian Brewing Company—Great, inexpensive pizza, and one of the best beer selections in Louisville. Roger Baylor, the owner, also hosts a number of special festivals every year including Gravity Head, which features strong beers from around the world. It’s a few miles away in Indiana, so bring a designated driver for the return trip across the bridge

Sergio’s World Beer—an eclectic Butchertown bar and restaurant with around 900 beers available

Molly Malones—Arguably the favorite medical school bar. Relaxed Irish Pub during the week, dancing on the weekend. Also check out the rest of this bar family, including O’Shea’s and Flanagans.

The Granville—A popular bar near Belknap campus, this is a perfect place to go if you want to hang out with undergraduates. Try their burgers.

Tin Roof—Located in St. Matthews. Laid back feel with live music. Great place to watch games during the day and eat and listen to live music at night.

Garage Bar—A big favorite among medical students. Good pizza and craft beers. Located in Louisville’s NuLu neighborhood. Great atmosphere with outside lighted ping pong tables help make this a fun hangout place.

The Back Door—Highlands area dive bar. The drinks are very cheap and very strong, and they have a lot of pool tables. Try their hot wings, cheese sticks, nachos, and pepper poppers.

The Nach Bar—Popular dive in Germantown with lots of outdoor seating and a great, inexpensive beer selection.

The Connection—The most widely known LGBT bar in Louisville, with a fantastic drag show and great dancing.

The Rudyard Kipling—An Old Louisville bar known for hosting local bands, open mic nights and plays by small local theatre companies.

The Seelbach Wine Bar—Located in the Seelbach Hilton, this wine bar isn’t cheap but it has by far the best wine list anywhere in the state of Kentucky.

The Liquor Barn—The largest liquor stores in the area (there are 3 in Louisville), this locally owned chain can help you take care of all your alcohol needs. Email Patrick Mayhew (patrick.mayhew@liquorbarn.com) to get on the mailing list for their wine tastings every month at which you’ll get a 15% discount on almost all the wine in the store.

Huber’s Orchard and Winery—a great place to go for wine tastings and seasonal fruit picking. They have berries in the summer and apples and pumpkins in the fall. It is located about 30 away minutes in Indiana. Check out their website at www.huberwinery.com

Coffee Shops

Heine Brothers—Located throughout Louisville, this fair-trade coffee shop is a favorite study location.
Highland Coffee—Great coffee at reasonable prices, best Chai tea in the city.
Derby City Espresso—Near school downtown, this is a great little dive-bar of a coffee shop. They have strange hours, and turn into a bar after dark. The art is good, but there could be more sitting room.
Sunergos—Near Belknap campus, roast their own coffee, great selection of teas
Day’s Coffee and Espresso—Popular, spacious coffee shop on Bardstown Road
Quills—a quiet coffee shop with good music and quirky baristas. They know us around there!
Hillbilly Tea—a downtown Tea Café with inspiring food selections.
Vint—great coffee shop for studying on Frankfort Avenue, also with beer and wine (half price bottles on Thursday). Studying here you almost always run into fellow students and residents- great when you have questions!
Please and Thank You—a quirky Louisville gem on Market not far from school but have limited hours.

Louisville commercial scene

Local grocery chains:
- Kroger, Meijer, Valu-market, Trader Joes (St. Matthews area) neighborhood Wal-mart, Whole Foods, Fresh Market, Dolls, Rainbow Blossom, Sav-a-lot, Aldi’s, Paul’s

Bookstores:
- Health sciences campus Barnes and Noble bookstore (by the nursing school)
- Gray’s Bookstore (2nd and broadway)
- Other chains: Borders, Barnes and Noble, Books a Million
- Plenty of independent book shops, especially along Bardstown Rd (Carmichael’s and All Booked Up)

Shopping districts/malls (by distance from downtown):
- Bardstown Rd (Mid-City Mall—not really a mall, theatre, numerous unique local shops and restaurants)
- Bashford Manor (Target, Wal-mart, Lowe’s)
- St Matthews Mall (Sears, JCPenneys, Dillards)
- Oxmoor Mall (Macy’s, Sears, Von Maur, Dick’s Sporting Goods, Kohl’s, Old Navy, Gap, Anthropologie, Apple Store)
- Jefferson Mall (Macy’s, JCPenney, Sears, Dillards)
- Springhurst towne center (Target, Books-a-million, Meijer, Kohl’s, Tinseltown Cinema)
- The Summit (D&W, Bed Bath and Beyond, Pier 1, Barnes and Noble, J Crew-student discount, Gap, Ann Taylor-student discount)

Farmer’s Markets:
Check out http://louisvillegreenguide.org/directory/farmers.html for a comprehensive listing of all local farmers markets. However, the one on Gray Street on Thursdays is easily accessible from school during lunch.
Also consider trying a local CSA (Community Supported Agriculture), like Grasshoppers Distribution. CSAs are a great way to get local produce and staples. Check out localharvest.org/csa for a complete listing of area CSAs.

Dry Cleaners:
- Kahuna Cleaners—Pay up front. One student says that they are the cheapest that she has found by 10 or 15 dollars and they’ve always done a good job with her clothes.
- Highland Cleaners
  o Locations all over Louisville. Voted #1 in the city several years running.

Hair Salon/Barbers:
- Kaleidoscope—Has a discount for students (~$26 woman’s cut)
- Gregory Michael’s Salon—Recommended stylist is Erin Snyder. She does both men and women and she’s not too pricey ($25 for men’s cut).
- Essentials Salon—Recommended stylist is Sylvia McKnelly. She’s very young and nice. She is also very organized and keeps a record of everything she’s done to your hair (cut, color with exact shade, highlights) so
that it’s very easy to recreate though she’s open to new ideas. Not too pricey ($30 for woman’s cut, $20 for gloss).

- **Z salon**—Salons on Bardstown Rd and Shelbyville Rd. Perhaps the most popular salon and spa in Louisville, so book early. Ask for a new talent stylist and it’s only $25-35.
- **Empire Hair School**—Use a system we will come to know and love: Let a student practice on you! Haircuts are $8, and $5 if you don’t have them blow-dry (men and women).

More student discounts are listed on a long ubiquitous list on UL’s website:
http://php.louisville.edu/admin/humanr/staffdev/discounts/
50 List
Louisville Magazine published this list of 50 Things Every Louisvillian Should Do.
Make it happen!

1) Eat at Mike Linnig’s
2) Have a Manhattan and dance to some jazz music at the Old Seelbach bar
3) First Friday Trolley Hops (wine bar in the gift and furniture shop Red Tree)
4) Dine at Rivue at Galt House at sunset
5) Make a Mint Julep
6) Hike or bike the “Loop” (25 mile trail between Cherokee Park and Farnsley-Moremen)
7) Backside at Churchill Downs
8) See Louisville Leopard Percussionists
9) Eat at Bistro Le Relais in Bowman Field
10) Participate in the World Championship Dainty Contest in G-town
11) St. X vs Trinity football game
12) UL vs UK basketball game
13) Visit Louisville Slugger Museum
14) 21C Museum Hotel and Proof on Main
15) Filson Historical Society on 3rd Street
16) Eat a Hot Brown at the Brown Hotel
17) Watch the “Thrilla in Manila” at Muhammad Ali museum
18) Trash the Courier Journal
19) Canoe or kayak in Floyd’s Fork
20) Falls of the Ohio
21) Jefferson Memorial Forest
22) Walk in the Louisville Zombie Attack
23) Derby Festival MiniMarathon
24) Forecastle Festival
25) Have (or don’t have) a duel with a deadly weapon
26) Lebowski Fest
27) Halloween on Hillcrest
28) Have a drink on the street-side table of Cumberland Brews
29) Midnight mass at Cathedral of the Assumption
30) Last call at a 4:00 am bar
31) Waterfront Wednesdays
32) Rock Creek Horse Show
33) Replace the beginning letter of your first and last name with “Y” ala Jim James
34) Watch a drag show at Connections
35) Locust Grove
36) Shakespeare at the Park ( Central Park )
37) Drink a Bloody Mary at the Outlook Inn
38) Make a hand-made blown-glass Christmas ornament at Glass Works
39) Cave Hill Cemetery
40) Bats Game
41) Cherokee Triangle Art Fair
42) Stay overnight at Waverly Hills
43) Captains Quarters to view sailboat race
44) Classic movie at The Palace
45) Antique shopping at Joe Ley Antiques
46) Climb up Big Rock
47) Prepare Fried Chicken
48) Shop for a theme party or costume at Caufield’s Novelty
49) St. Joseph picnic
50) Watch skateboarders at Extreme Park
The Next Four Years

Career Planning and Your Last Summer Break

It’s easy to get caught up with classes and everything going on the first year and forget why you are really here: to be a doctor! Career planning is an increasingly important part of your medical education as residency programs become more and more competitive. There are a number of clubs that can provide information about specific careers (Internal Medicine Club, etc), and the following are some resources that can provide you with mentors who are familiar with specific fields.

PALS Program: This program is through the Greater Louisville Medical Society and pairs first year students with physician members of the GLMS. Students meet with mentors once or so a semester.

Advisory Deans: Each student is assigned an Advisory Dean. Your Advisory Dean will contact you regarding meetings. It is MANDATORY that you meet with your Advisory Dean, so when you get an e-mail from them, be sure to respond. Also keep in mind that your relationship with your advisory dean is not a one-way street. They are there to help you, so make sure you take full advantage.

Student Organizations: If you think you might be interested in a particular field, you should join the associated student organization. Many of these, like the Pediatrics Club and the Anesthesiology Interest Group, have physicians come in and talk about the profession, as well as faculty members on hand to discuss getting a residency in that field. See the appendix.

As for your first summer, you’ll have a number of options. First, it is well within your rights to simply relax and spend time with your family. Or, you may decide to get your 2 elective credit hours. Just look around and keep your ears open (check your email), and you’ll find something to occupy your time. Options include:

- **Summer Research Scholar Program (SRSP)**: ULSOM funds between 35 to 45 of these positions every year at around $3000-$4000 each, for 2-months of research. Includes 1-credit hour for an elective course. Information is sent out over email in Jan/Feb and applications begin in February.

- Many choose to do **international medical trips**. In the summer of 2013, ULSOM sent groups to Ecuador and Tanzania. In addition, a handful of students go on international medical trips independently, to Thailand and Brazil for example.

- One month long **Pediatric externships** are given to about 22 students every summer that are interested in a pediatrics-related field. $800 stipends are awarded. Information is sent out over email during Jan/Feb, and the applications overlap with SRSP in February.

- **Student run clinics** begin in the summer, involving both the clinic student coordinators and participating students. These are 2 hour/day, once/week commitments that involve practicing history and physical examinations. Six sessions get you one elective credit hour.

- Elective credits can also be gained through participating in the **Career Exploration elective**. This elective would be a one or two week shadowing/preceptoring experience with a physician in his or her daily practice. To receive 2 credits you must complete 64 hours with the physician.

- **Teaching/Mentoring opportunities** through UL programs for undergraduates: SMDEP, PEPP, MCAT-DAT Review program.
Leadership Opportunities:

If you are like many of the students around you, you likely have had your own taste of leadership, at some time in your journey of building a premedical CV. Leadership opportunities are everywhere in med school, and they just keep popping up, all of the time. You may be wise to be wary on volunteering yourself for positions, but many of them do not require excessive time commitments. Here is a large list of the 1st year positions:

**Senate:** Senators (4 per class), Senate President (2nd year), Senate pre-clinical VP (2nd year), Senate VP at Large (3rd year), Senate clinical VP (at Large carried over into 4th year). Rather than making individual class decisions, the senate's role involves the medical school as a whole, including representation within the University SGA – chosen by election.

1) **Wellness Chair** will be working not only with the council wellness committee to plan inter-class and inter-professional events, they will also provide a much needed link between the Medical Student Council and Student Affairs. There are already many great programs in place, but if you have additional suggestions for the upcoming year for wellness programming, make sure to reach out to them.

2) **Social Chair** will work with class social chairs as well as the council committee to provide more opportunities for inter-class programming while continuing the traditions of Cadaver & Caduceus Balls. We are also linking him to the Student Activities Board at the university to ensure that the HSC (and Medical School) are not left out of big events and promotions that are available to the Belknap campus. If you have suggestions regarding social events you would like in the year ahead, be sure to let them know.

3) **Operations Chair** will work with the Class Executive Officers to help them gain CPC funding in addition to planning our RSO Summits with the help of the operations committee to ensure RSO success in the year ahead. They will work with the OSR representatives, Assistant Director of Student Involvement and our Medical Student Council E-board to help standardize our RSO management systems in addition to creating more effective programing guidelines for all groups. Look out for emails regarding an RSO Roundtable in the week ahead!

4) **Service Chair** will work with not only the council service committee but also the class service chairs to plan service events for all four classes (i.e. RaiseRED) and also collaborate with the Engage Lead Serve Board at the Belknap campus to plan inter-professional events at HSC. He/she will work to keep the Community Garden flourishing as well as help Dr. Brueckner organize the Convocation of Thanks.

**Class Officers:** President, Vice President, Secretary, Treasurer

- Elections are done for 1st, 2nd, and 3rd year, which carries over into 4th year
- The election is about a month into school, so if you are aiming high to nab a position, be sure to throw yourself out there early.

**AMA/KMA representative** – by election

**Social Chair** – by election

**Admissions Liaisons (2):** oversee interviewee tours, chosen by election

**Volunteer Coordinator** – by election

**Technology Representative** – by election

**Academic officer:** chosen through applications, oversees course representatives

**Course reps:** facilitators of communication between professors and students. One for most classes, two for histology and gross anatomy (who set up and organize practice practical examinations). Chosen through applications.

**Track Leaders** (3rd and 4th year): similar to course reps but assigned to a rotation track.

**Unit Lab advocates** (2nd years): by selection of student affairs

**AAMC/Organization of Student Representatives (OSR):** The OSR is the student branch of the AAMC. This group represents the interests of medical students nationwide and provides its members the opportunity to take an
active role in advancing the missions of the AAMC. Additionally, the OSR gives students a voice in academic medicine at both the national and local level. At ULSOM, each class has one OSR representative. This student is chosen by the current ULSOM OSR representatives in the Spring based on an application and interview process. Previous programs established by the OSR include: College Cup, Spring Service Day, and the Advisory Colleges Program. We encourage any first year student interested in leadership and service and committed to the betterment of ULSOM to apply!

Contact information:
- Catey Harwell, OSR-MS4 – charw02@louisville.edu
- John Mittel, OSR-MS3- jimmitt01@louisville.edu
- Shikha Sachdeva OSR-MS2 s0shac02@louisville.edu

Committees: Orientation, Gross notes – any volunteers, Admissions (working with admissions board), Promotions, Faculty forum, Academic grievance, Educational policy, Travel fund, Health services - by application (all are 2nd years, chosen in the spring of first year)

Student Organization/Club leaders, officers (2nd years): see Club/Organization list – by application/any volunteer

Clinic directors: student-run clinics starting 2nd year, 2 directors for each of 5 clinics, who run the clinics the full year – by application

International Trip Leaders: Ecuador, Honduras, and Kenya summer trips each have application processes involved in picking each summer’s group leaders.

Academic Tracks: These are special academic tracks that students can choose. You will have opportunities to learn about each of these throughout the year.

- DIR program participant: “distinction in research” program started in ’09. By application. Involves continuous research exposure throughout all four years.
- DIME Program participant: Distinction in Medical Education Track started in ’13, involves research and activities in medical education.
- Global Health Track Participant: Started in ’13 involves research and participation in global health issues.
- Distinction in Business Program participant: Started in ’13. By application, with only a small number of students taken.
The Boards

The boards are a three-step process of becoming licensed to practice medicine. Step I and Step II are taken during medical school and a passing grade on both is required for graduating. In residency, you’ll take a Step III. The boards are together called the USMLE Step I-III exams (U.S. Medical Licensing Exam).

Step I is taken in May or June after second year, before third year begins. The test is computer formatted and lasts eight consecutive hours, including one hour of break time. A passing score of 192 is estimated to be about a 55-65% score. Students tend to be especially nervous about boards. You’ll hear all of the time about how important they are for getting into residencies, especially if you want to be competitive. And it doesn’t help that the test can cover any possible detail you learned over two material-packed years of medical school.

A study showed that 70% of students come out of boards thinking that they failed them. Fortunately, the real fail rates are around 4-5%. In 2005, the average pass rate for a medical school was 93% with a score average of 217 amongst first time US and Canadian test takers. At UofL that year, the pass rate was 94% and the average score was a 219. If you are curious now about what the Step I averages are for each residency, the website to find that information is http://www.nrmp.org/data/index.html.

It is well noted at UofL that although MCAT scores of matriculates are hovering around average nationally, there tends to be better than average scores on Step I, when compared nationally. Block-style exams and problem- and team-based learning have likely been a contributory factor over the past half-decade. Block exams prepare you to cram a lot of material into your head in a short period of time, and help you build up your integrity for sitting through a 7-hour test. The current administration has an intent focus on preparing students for board exams better than ever. Just in the past couple of years, the 2nd year curriculum has been entirely refactored to facilitate board prep. All in all, the school is moving closer to a systems based teaching style and recent classes board scores have shown significant improvement over national averages.

So how should you prepare? If you are reading this as an incoming or current first-year, don’t worry about it now. The best thing you can do until Spring of your second year comes around is to study hard for all your 1st and 2nd year classes. You will find that a lot of recommended books for your classes are actually board study books, anyway. First year material is actually low yield for Step I. There is Embryology, Anatomy, Neuroanatomy, Physiology, and Biochem on step 1, but most questions that relate to these also expect you to know some Pharmacology or Pathology, which is 2nd year material. 2nd year is cumulative enough that 1st year material will not seem that distant by the time boards come around.

What you should plan on doing is buying “First Aid for the Boards,” to use as a study aid 2nd year. It may intimidate you that it is the board study book, but it has amazing lists, charts, mnemonics, and figures to help you learn essentials for 2nd year courses. If you use any books 2nd year (it’s not very necessary), use First Aid. An old edition will not be bad, and you can get the new one for less than $30 when it comes out in the Spring.

One more “board prep” resource you could benefit in using early is USMLE WORLD. You will find that in 2nd year, course practice questions are very scarce compared to what you get used to in 1st year. WORLD is the solution to that dilemma, and the questions are incredibly similar to real step 1 questions (many consider it harder). The only downside is that to use it for the entire year, you have to cash out big time ($400), as compared to the $135 to only use it for a few months of board prep. WORLD is a popular study source for Step II prep and 3rd year too.

Second year ends the 2nd to last week of April, giving you over 2 months for board prep and break time. Many students study 4-7 weeks, with 8-12 hour days (and often a day or two off per week). You set up a schedule, make a study plan, pick your resources and go at it. Fortunately, the last block of school is typically the most relaxed of 2nd year, giving you some time to psych yourself up. Many board prep course options will be thrown at you during 2nd year. Those who are big lecture fans are probably the most likely to end up using these.

Step II of boards is taken following third year, typically between July and December. The content focuses on third year material. Stress levels tend to be lower for Step II, likely because of the cumulative nature of working in the clinics. Also, residency programs tend to focus more on Step I scores. Oftentimes, more emphasis will be put on Step II if you need sharpen up a CV with a less than perfect Step I score.

There are two parts to Step II: Clinical Skills and Clinical Knowledge. Clinical knowledge is a test similar to the format of Step I: computer-based and taken locally. The test is pass/fail and many people take less time to study.
compared to Step I. The Clinical Skills is a practical exam that involves examining, diagnosing, and working up a standardized patient case. Test sites include Chicago, Atlanta, Philadelphia, Houston, and Los Angeles.

So what if you did fail a board exam? Well, try to stay optimistic, whether its boards or medical school period. Attitude is a number one predictor of success. But anyway, there is no limit to the number of times you can take the boards. You won’t get kicked out. However, you must pass Step I to finish third year, and again, you must pass both Step I and II (CS and CK) to graduate. Also, many residency programs have requirements on the number of times you can fail an exam (UofL residencies: must have passed each exam within three takes). Make-up exams are offered year round for both exams.

Quick list of review books, in addition to First Aid:

- **Rapid Review Series** (Goljan’s pathology is one of the most used study aids for the Pathology course and board study, in addition to First Aid)
- **High Yield Series**
- **BRS series**: good course companion books, and also good for re-learning important info for Step I, in addition to your more high yield review books (First Aid)
- **Underground Clinical Vignettes**
- **Ridiculously Simple series** (Microbiology is golden, esp. during the course)
Clinical Years

You’ve spent two years droning through an unhealthy balance of hardcore studying and post-block celebrating. Finally you’re ready to play doctor. I’ll go ahead and point it out now- you will still feel like you know nothing, and from time to time, it’ll seem like the residents and attending are happy to drill that realization back on you. Nothing can totally prepare you for the start of third year. You just have to trust in your ability to apply your knowledge and remember that becoming and being a doctor involves life-long learning.

The best piece of advice I’ve heard regarding clinical years is to “take ownership of your patient.” You will be assigned patients, and it will be up to you to review everything you need to know regarding their condition, and to be ready to present them to the residents and attending. You should try to be a personalized expert on each patient you are assigned.

On a typical day on any hospital-based rotation, your schedule will be as follows: round and write notes on the patients you are following, and then round with the team. The afternoon is spent writing orders, checking up on lab values or imaging, and admitting new patients.

Like residents, medical students take call, which will vary by rotation. In general, you will follow the call schedule of your team, or of the resident with whom you are paired. Depending on the rotation and the hospital, you may be required to spend the night in the hospital, in which a call room will be provided for you.

During the family medicine rotation, you are required to spend some time at a clinic located in a rural KY setting (AHEC). The family medicine coordinator will place you at a facility and provide a place to live during that time. It is a unique experience to have individual attention with a physician, so make the most out of it! Those with special circumstances are the only ones who get priority to work in Jefferson county (plan on having a kid <6 mo old).

Shelf exams: A shelf exam is the national subject-specific test administered at the end of each rotation. Preparing for them involves hands-on learning in the clinic and hospital, as well as studying a specialty-specific review book of your choice. Common series include: First Aid, Blueprints, or Case Files. Common question sets include the PreTest series, Appleton and Lange series, and USMLE World test bank questions (online subscription).

Standardized patient exams: Some rotations have a required standardized patient encounter at the end of the rotation. These are similar to encounters during ICM-2, and your patient encounters during each clerkship will prepare you sufficiently.

Away rotations: Away rotations are where students can do a clerkship at another institution. It is to your benefit to do one if you are pursuing a competitive field (neurosurgery, plastics, ortho, etc) and want to show that program that you are a hardworker and competent. You may be able to ask for letters of recommendation from attendings with whom you have worked for at an away rotation. Another reason to do an away rotation is for you to get an inside look at their program, how they run, and how they treat their residents. Sometimes, however, these rotations can backfire if you have interpersonal conflicts with your away team. If you do decide to do an away rotation, you would identify the program you are interested in by late winter/early spring, so that you can start applying. Applying involves filling out a standard VSAS (Visiting Student Application Service) application, for most places. These happen 4th year.
## Four Years: a Timeline

### Year One

<table>
<thead>
<tr>
<th>Event</th>
<th>Time Frame</th>
<th>Details</th>
</tr>
</thead>
</table>
| **Orientation Week**      | ~last week of July  | - Get a white coat (Sunday)  
- Get psyched for med school  
- Get familiar with campus  
- Buy/Pick up books  
- Claim your Gross Anatomy locker, and meet your cadaver  
- Make sure to look your best for your student ID and the class composite photos  
- Familiarize with student organizations  
- Meet your fellow students, advisors, 2nd years, etc, and be merry |
| **First day of school**    | ~1st week of August | - Bring clothes for your first dissection  
- Check RedMed for notes to print out  
- Or bring a laptop |
<p>| <strong>Spring Break</strong>           | ~Third week of March|                                                                         |
| <strong>Applications for summer externships, research, etc</strong> | January – April | Dates may be earlier if you decide to apply for an opportunity offered by another institution |
| <strong>Get your class rank from student affairs (optional)</strong> | July |                                                                         |</p>
<table>
<thead>
<tr>
<th>Course</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to Clinical Medicine (ICM)</td>
<td>August – April</td>
</tr>
<tr>
<td>Microbiology/Immunology</td>
<td>August – April (Blocks I-VI)</td>
</tr>
<tr>
<td>Pathology</td>
<td>August – April (Blocks I-VI)</td>
</tr>
<tr>
<td>Pharmacology</td>
<td>August – April (Blocks I-VI)</td>
</tr>
<tr>
<td>Clinical Neuroscience</td>
<td>February – April (Blocks V-VI)</td>
</tr>
<tr>
<td>Medicine and Spirituality</td>
<td>January</td>
</tr>
<tr>
<td>Block I</td>
<td>August – late September</td>
</tr>
<tr>
<td>Block II</td>
<td>~Last week September – first week November</td>
</tr>
<tr>
<td>Block III</td>
<td>~Second week November – third week December</td>
</tr>
<tr>
<td>Block IV</td>
<td>January – first week February</td>
</tr>
<tr>
<td>Block V</td>
<td>~Second week February – second week March</td>
</tr>
<tr>
<td>Spring Break</td>
<td>~third week of March</td>
</tr>
<tr>
<td>Block VI</td>
<td>~Last week March – 2nd to last week of April</td>
</tr>
</tbody>
</table>

Register for Step 1 - $470
- Price does not include prep materials
  
  December, January

Receive position in rotation lottery, pick 3rd year rotations
  
  Late February, early March

Finish pre-clinical electives (2 credits)
  
  2nd semester

Study for and take Step 1
  
  April – June
  Results in 4-6 weeks
## Year Three

<table>
<thead>
<tr>
<th>Clinical Orientation</th>
<th>~last week of June</th>
</tr>
</thead>
<tbody>
<tr>
<td>• The sequence of clerkships is organized on a track basis. Each student selects his/her track schedule near the end of the second year</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Clerkship</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family &amp; Community Medicine Clerkship</td>
<td>6 weeks</td>
</tr>
<tr>
<td>Pediatrics Clerkship</td>
<td>6 weeks</td>
</tr>
<tr>
<td>Internal Medicine Clerkship</td>
<td>8 weeks</td>
</tr>
<tr>
<td>Basic Surgery Clerkship</td>
<td>8 weeks</td>
</tr>
<tr>
<td>Obstetrics and Gynecology Clerkship</td>
<td>6 weeks</td>
</tr>
<tr>
<td>Psychiatry Clerkship</td>
<td>6 weeks</td>
</tr>
<tr>
<td>Nero Clerkship</td>
<td>4 weeks</td>
</tr>
<tr>
<td>Start looking into away rotations for 4th year</td>
<td>Apply to programs in advance to the scheduled rotation time, depending on their competitiveness; late winter/early spring</td>
</tr>
<tr>
<td>Time off</td>
<td>4-6 weeks</td>
</tr>
<tr>
<td>Career Exploration</td>
<td>0-4 weeks depending on whether you decide to do it 3rd or 4th yr</td>
</tr>
</tbody>
</table>

| Step 2 Clinical Skills part: $1000                  | Late April |
| Clinical Knowledge: $480                             |           |
| Look out for information about the Dean’s Letter and the Electronic Residency Application Service (ERAS) | Late April- Early May |
### Year Four

<table>
<thead>
<tr>
<th>Event</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>AHEC Rural/Urban rotations in specified disciplines/specialties (Selectives)</td>
<td>4 weeks</td>
</tr>
<tr>
<td>Ambulatory rotation OR Longitudinal Ambulatory rotation (Selectives)</td>
<td>4 weeks</td>
</tr>
<tr>
<td>In-patient Medicine/Pediatrics/Family Med</td>
<td>4 weeks</td>
</tr>
<tr>
<td>Perioperative Medicine Clerkship (Or a selective in a surgical discipline)</td>
<td>2 weeks</td>
</tr>
<tr>
<td>Elective rotations</td>
<td>14 weeks</td>
</tr>
<tr>
<td>Consider doing an acting internship (AI)</td>
<td>Early 4th year if you want it for a CV</td>
</tr>
<tr>
<td>“baby” internship experience: you work like an intern</td>
<td></td>
</tr>
<tr>
<td>Away rotations</td>
<td>Best to be done before or during interview season, before you make a rank list.</td>
</tr>
<tr>
<td>Time off</td>
<td>4 - 14 weeks for testing, interviewing, holidays, career exploration, easy electives, etc</td>
</tr>
<tr>
<td>Step 2 – two parts:</td>
<td></td>
</tr>
<tr>
<td>Clinical Skills</td>
<td></td>
</tr>
<tr>
<td>▪ Physical exam test</td>
<td></td>
</tr>
<tr>
<td>▪ Requires travel</td>
<td></td>
</tr>
<tr>
<td>Clinical Knowledge</td>
<td></td>
</tr>
<tr>
<td>▪ Contact people from whom you want Letters of Recommendation (LOR)</td>
<td></td>
</tr>
<tr>
<td>▪ Work on your Personal Statement</td>
<td></td>
</tr>
<tr>
<td>▪ Familiarize with FREIDA</td>
<td></td>
</tr>
<tr>
<td>June – November</td>
<td></td>
</tr>
<tr>
<td>▪ depending on your Step 1 scores and who you want to send a Step 2 score to</td>
<td></td>
</tr>
<tr>
<td>▪ a separate date for each part</td>
<td></td>
</tr>
<tr>
<td>Residency applications (ERAS)</td>
<td></td>
</tr>
<tr>
<td>▪ Electronic database that includes your LORs, CV</td>
<td></td>
</tr>
<tr>
<td>▪ Application fee in addition to costs for each residency applied to</td>
<td></td>
</tr>
<tr>
<td>Late summer – mid-December</td>
<td></td>
</tr>
<tr>
<td>Release of your Dean’s Letter</td>
<td>November 1</td>
</tr>
<tr>
<td>▪ Finish program applications before this date, ideally</td>
<td></td>
</tr>
<tr>
<td>NRMP applicant registration deadline</td>
<td>November 30</td>
</tr>
<tr>
<td>Interviews</td>
<td></td>
</tr>
<tr>
<td>▪ Potentially a lot of travelling</td>
<td>October-February</td>
</tr>
<tr>
<td>Military Match released</td>
<td>December</td>
</tr>
<tr>
<td>Rank order lists due</td>
<td>Late February</td>
</tr>
<tr>
<td>“Scramble” Day: unmatched students and unfilled programs are notified. These students and programs can begin filling at noon</td>
<td>Day before Match Day</td>
</tr>
<tr>
<td>Match Day</td>
<td>Mid-March</td>
</tr>
<tr>
<td>Programs/applicants mail and receive letters of appointment</td>
<td>Mid-march – mid-April</td>
</tr>
<tr>
<td>GRADUATION</td>
<td>~second Saturday of May</td>
</tr>
</tbody>
</table>
IV. Clubs & Organizations

Editor’s Note: Note all of the below organization are currently active at ULSOM. Those listed with officers for the upcoming year are most certainly active. Also if you think of a group worth creating please do. New Groups pop up every year. Contact Divyansh Sharma (d0shar06@louisville.edu) for help creating new RSOs.

Advocates for Healthcare Information

AHI is a student organization dedicated to exposing future providers to healthcare policy topics in an unbiased way. It can be hard to make an informed opinion about an issue as complicated as healthcare policy. This is especially true in our polarized political system, where opinions are often forced to opposite extremes. However, as future physicians, it is important that we educate ourselves about these issues as they will affect how we care for our patients. AHI works to provide programming for students about healthcare policy topics and, after our events, facilitate small group discussion over the ideas presented. These small group discussions are geared toward discovering the presenter’s bias and the student’s personal biases, as well as exploring what the presented topic means to the field of medicine. In this way, we hope to bring greater understanding and awareness of healthcare policy to students.

2016-2017 Officers:
President: Corey Moran

AMA/KMA (American Medical Association/Kentucky Medical Association)

The American Medical Association and Kentucky Medical Association are the unified voice of our profession and will be important to you throughout your medical career. Through your membership in these organizations, you will be a part of shaping the future of medicine. The AMA/KMA are currently involved in Medical Liability reform, coverage for our uninsured populations, Medicare reform, physician and patient education, health initiatives, and much more. As a student of ULSOM, you are automatically a member of both the KMA and the Greater Louisville Medical Society with membership fees waived by those organizations. By joining the AMA, you completely establish yourself as an active, involved member of your profession. Your involvement and participation in the AMA/KMA now is just the beginning of an association that will benefit you and your profession throughout your career. Additionally, you will have the opportunity to attend state, regional, and national meetings and participate in local initiatives and community service projects. AMA dues of $68.00 cover your entire four years of medical school and include a gift for joining. AMA members also receive a free subscription to the Journal of the American Medical Association.

2016-2017 Officers:
President: Christian Moser
Officers: Divyansh Sharma, Grant McKenzie, Megan Mercer

AMSA (American Medical Student Association) – Louisville Chapter

The American Medical Student Association (AMSA) is the oldest and largest independent association of physicians-in-training in the United States. AMSA, in the past few years, has led national campaigns to reduce resident work hour weeks, fight for eliminating health disparities, and lobby for universal health coverage. Locally, members of the U of L chapter of AMSA have volunteered at community health fairs, lobbied at the Kentucky state legislature for healthcare reform, organized many fundraisers, and renewed interest in the Gross Anatomy Memorial Service, among many other projects. This upcoming year is going to be particularly exciting for AMSA. The UofL chapter will organize a state-wide community fair effort, plus implement many new student-led initiatives regarding topics of concern to current medical students including childhood obesity, pharm-free, and AIDS awareness. Membership in AMSA for 4 years of medical school is $75 and includes a free Netters Atlas that is used by every first year student for Gross Anatomy. AMSA is an excellent opportunity to become networked with over 68,000 members including medical and
premedical students, residents and practicing physicians from across the country. Join AMSA today to take advantage of this wonderful opportunity to make changes that future physicians care about.

2016-2017 Officers:
President: Virginia Ferguson

AMWA (American Medical Women’s Association)
The American Medical Women’s Association is a national society for women in the medical field. We are centered on providing guidance and support for all women in medical school and beyond. There are no dues for the Louisville Chapter of AMWA. This year will be full of exciting events for our members and all students. Our events include panel discussions with local women physicians and researchers, a powderpuff football game as a fundraiser, a potluck dinner with students and Louisville women physicians, and volunteering events. If you are interested in women’s health, this organization is definitely the best resource for you. Please contact any of the officers below if you have any questions.

2016-2017 Officers:
Presidents: Lauren Moore, Sydni Crowell, Sabine Eid, and Abi Krishna

Anesthesiology Interest Group
The Anesthesia Interest Group encourages awareness of anesthesia as a medical discipline and provides assistance to those students interested in pursuing it as a career. Our faculty adviser is Gary Loyd MD, Professor and Interim Chair of the Department of Anesthesiology and Perioperative Medicine.

2016-2017 Officers:
Presidents: Ben Leahy and Thomas Ems

Arts In Medicine (AIM)
AIM is an interest group devoted to incorporating art into the way we learn and practice medicine. From developing art activities at Kosair to providing discount ticket opportunities to local theater, art, dance and music venues for its members, AIM focuses on the importance of art in our daily lives. As this is its first year AIM is looking forward to having input from its members for further development and ideas.

2016-2017 Officers:
Presidents: Eleanor Castro and Daniel Canby

Benjamin Rush Institute
The goal of the Benjamin Rush Institute (BRI) is to provide empirical, scholarly educational resources in order to better equip physicians and medical students to effectively promote and support the liberty of the doctor-patient relationship. We invite speakers to campus to offer thoughtful, well-reasoned discourse regarding health care solutions and offer insights from their medical experience or field of expertise about how the changing economic and political landscapes may impact both physicians and patients. Our guest speakers range from doctors to politicians, economists, and lawyers and cover topics related to their profession or field.

2016-2017 Officers:
President: Matt Wilson

Business of Medicine Club
The Business of Medicine Club strives to educate medical students about the business of medicine and medical economics through meetings and guest speakers. Discussions include exploring medical economics through research and careful review of current systems, as well as reconciling and balancing the physician’s keen interest in patients’ welfare and his or her need to receive payment for services rendered. Furthermore, it links medical community leaders with
medical students so they can actively participate in the business of medicine. Additionally, the club supports diversity and voluntarism, and plans to organize social events to foster camaraderie.

No officer information available

Cardiovascular Surgery Interest Group
The Cardiovascular Surgery Interest Group (CVSIG) is a medical student organization dedicated to educating students about the cardiovascular/cardiothoracic surgery professions. We try to have monthly meetings where students can simply learn about this field or where students who are already interested can delve deeper and find out exactly what they should be doing and even practice relevant skills they will need in order to become a CV/CT surgeon. Every meeting will be accompanied by physicians from the University of Louisville’s Cardiovascular and Thoracic Surgery Department, and meetings range from knot tying sessions to physician and resident forums. This interest group is a great way to educate yourself about the CV/CT medical profession, meet like minded individuals interested in similar specialties and interact with physicians.

2016-2017 Officer:
Presidents: Ross Micciche and Jamie Heimroth

CMDA (Christian Medical and Dental Association)
The Christian Medical and Dental Association (CMDA) is a non-denominational Christian organization. CMDA’s mission is to help you grow spiritually throughout your years of medical or dental education, and train you for effective leadership in your profession. We participate in mentorship programs, Tuesday Weekly Luncheons (TWL), and various other activities. We also offer opportunities for community service activities. Membership is free and open to everyone. Contact Email: ulcmda@gmail.com

2016-2017 Student Officers:
Presidents: Autumn Smith and Karie Jeter

Dermatology Interest Group
For more information contact the Coordinators

2016-2017 Student Officers:
Abi Krishna (a0kris07@louisville.edu)
Mary List (marylist23@gmail.com)

Emergency Medicine Interest Group
The Emergency Medicine Interest Group (EMIG) meets throughout the year to learn more about the practice of emergency medicine. EMIG facilitates informative meetings on relevant and interesting topics in emergency medicine, student-physician networking, skills development, and shadowing opportunities. Watch for our meeting announcements in your email inbox and please plan to attend meetings! Membership is free and open to everyone.

2016-2017 Student Officers:
President: Byron Parker and Thomas Ems

Family Medicine Interest Group
The Family Medicine Interest Group is an organization dedicated to increasing awareness and interest in the specialty of Family Medicine. This we seek to accomplish by:
- providing information about careers available in the field of Family Medicine
- facilitating interaction and communication between students and Family Medicine faculty
- providing leadership opportunities
- providing members with the opportunity of getting involved both at the state level with the Kentucky Academy of Family Physicians (KAFP) and at the national level with the American Academy of Family Physicians (AAFP)
- providing mentors for student members
Global Health Interest Group

The purpose of the International Medicine Club is to educate medical students about medical opportunities abroad. Also, the club functions to bring students with similar interests in international medicine together for monthly presentations by faculty about their own international experiences. The centerpiece of the club is a trip for a group of first-year medical students to Ecuador during the summer after first year. Our first trip to Ecuador was a huge success and we are working to make it an annual event. Membership is free and open to everyone.

2016-2017 Officers
Presidents: Amber Shadoan and Dennis Propp

HSC Cultural Competency Committee

The HSC Cultural Competency Committee is responsible for planning the annual HSC Cultural Competency Workshop. Additional events include monthly meetings to promote diversity and cultural understanding with the aim to improve patient-centered and culturally sensitive care.

No officer information available

Internal Medicine Club

The UofL Internal Medicine Club provides students with opportunities to learn more about career pathways in the rapidly changing field of Internal Medicine. The club is free and open to everyone. Through meetings, guest lectures, and informal interaction with residents and practicing internists, medical students at the University of Louisville can gain further insight into the field of Internal Medicine and its accompanying sub-specialties. Through this club we hope to foster enthusiasm for internal medicine in medical students during their pre-clinical years that will continue through their clinical years.

2016-2017 Officers
President: Emily Schwieckhardt
Vice President: Clorey Ketchum

Kidney MAPs

The Kidney MAPs group is a newly developed organization that holds health-screening events at local community centers in under-served areas. First and second year medical students perform the screening, which includes: blood pressure check, height/weight/BMI, blood glucose, urine analysis, and a consultation about their results from all of the previous stations. This is a great opportunity to give back as well as gain some hands-on experience with real patients. Even though the name of the group is “Kidney MAPs” you by no means need to be interested in nephrology to join this group, we are more of a community outreach organization.

2016-2017 Officers
President: Emily Schwieckhardt
Vice President: Clorey Ketchum

Medical Humanities and Social Justice in Healthcare

The Medical Humanities and Social Justice in Healthcare group aims to increase participants understanding of medicine and the human condition. Meetings and events throughout the semester focus on the use of art, narratives and comics in medicine as well as documentary screenings and discussions on social justice issues in healthcare.

No officer information available

Medical Student Sickle Cell Project

The Medical Student Sickle Cell Project (MSSCP) works with the sickle cell population in the Kentuckiana area, and also the Sickle Cell Association of Kentuckiana (SCAK). The organization helps to organize, plan, and execute events for children with sickle cell, such as the Christmas party, 5k, and any other events planned by the SCAK. The organization also promotes mentoring with upperclassmen and its mentor, Dr. Suzanne Ildstad.
Medical Students for Choice

Please look for information in the fall semester.

2016-2017 Officers:
Presidents: Rina Perlin

Med-Peds Interest Group

Med-Peds club is a new club for those possibly interested in Med-Peds as a future career. Med-Peds is a 4-year residency program that combines Internal Medicine (adult medicine) with Pediatrics. The club is aimed at informing students more about Med-Peds, connecting them with residents in the U of L Med-Peds program, and creating a way for students to participate in service events.

2016-2017 Student Officers:
Presidents: Abi Krishna and Andrew Kelleher

Medal4Mettle

Please look for information in the fall semester.

No officer information available

Medical Spanish Club

Please look for information in the fall semester.

2016-2017 Officers
President: Brad Unroe

MRC (Medical Reserve Corps)

The Medical Reserve Corps is a vital part of Louisville’s medical community. Volunteers of the University of Louisville’s student branch of the MRC stand ready to respond to community-wide medical emergencies if they should occur. The MRC student branch is lead by Bill Smock, MD, Associate Professor of Emergency Medicine. The MRC does not have assigned leaders as of the 2010-2011 school year, but you can

No officer information available

Military Medicine Interest Group (MMIG)

MMIG is a new addition to ULSOM student organizations. It is open to civilians and HPSP students. The group does not exist for recruiting purposes. MMIG hopes to build a community of future military physicians from all branches, as well as former military physicians in the Louisville community. MMIG will host military speakers to discuss health-care within the military setting and pass along information relevant to military medicine and the Health Professions Scholarship Program. The group hopes to expand the resources available to medical students interested in a medical career in the armed forces, military-sponsored medical programs, military clerkship and GME opportunities, and military residency match procedures. MMIG is also excited to raise awareness of the scholarship opportunities available to medical students, residents, and physicians. We hope to promote enthusiasm and respect for those who have volunteered to serve this nation.

2016-2017 Student Officers:
Presidents: Ian Bastian and Addison Bray

Nutrition Group

The nutrition club exists to engage students in food culture. Their main activities involve working with New Roots, a Louisville-based non-profit that carries out the mission of bringing together communities to secure access to fresh foods. The nutrition club also coordinates a rotating dinner club that involves going to healthy, local restaurants once a month. This is a great club if you're looking to get more involved in healthy eating, healthy living and local community organizations.

2016-2017 Student Officers:
OB-GYN (Obstetrics and Gynecology) Interest Club

The OB-GYN Interest Club serves to promote medical student awareness of the diverse career opportunities available in the OB-GYN field. We encourage student interest by organizing panel discussions on the careers and lifestyles of practicing physicians. The group also serves as an informational resource for students seeking shadowing experiences with OB-GYN physicians. In addition, we will organize community service events centered on the promotion of women's health and well-being both within the medical and local community, invite speakers to debate current women's health issues and promote an awareness of research opportunities within the OB-GYN field, and serve as a forum to give medical students the opportunity to become more involved with the American College of Obstetricians and Gynecologists (ACOG) at the state and national levels. ACOG and the OB-GYN Club are free and open for all medical students to join.

2016-2017 Student Officers:
Presidents: Allison DeLetter and Sydni Crowell

Ophthalmology Club

The ophthalmology club is an organization meant to stimulate interest in ophthalmology. Club meetings will provide information about the field, residency, and admission requirements as well as many guest speakers including local ophthalmologists, residents, and residency directors. We will be meeting several times throughout the year with a variety of topics/venues. Membership is free and open to everyone.

2016-2017 Student Officers:
Presidents: Ryan Blackburn and Rebecca Raj

Orthopedic Surgery Interest Group (OSIG)

OSIG is an organization meant to stimulate interest in orthopedic surgery, as well as to guide those interested in the path to orthopedics. We will be meeting several times throughout the year with a variety of topics/venues. Membership is free and open to everyone.

2016-2017 Student Officers:
Presidents: Shikha Sachdeva and Chance Shu

Otolaryngology (ENT) Interest Group (OIG)

The OIG is an organization with the goal of educating medical students about the field of Otolaryngology and its diverse practice. We will meet several times throughout the year, and host various speakers from within the field to discuss topics pertinent to Otolaryngology. Membership is free and open.

2016-2017 Student Officers:
Presidents: Alyssa Brown and Cynthia Duck

Pathology Interest Group

The Pathology Interest Group provides information about the field to students who may be interested in pursuing it as a future career as well as to those who would like to learn more about pathology in general. The idea is to have speakers from various facets of pathology come and present their experiences, advice, etc.

No officer information available

Pediatrics Club

The Pediatrics Club strives to provide a better understanding of the field of Pediatrics and its subspecialties. It also presents opportunities to serve children of the community. We hold meetings throughout the year during lunch. These meetings include panels of various pediatric sub-specialists and fourth-year students who have been chosen for a pediatrics residency, students with advice for summer opportunities, as well as community members involved in children’s activities and support. Our service projects include the year-long project of Walking Works (working with kids to develop healthy exercise habits), Halloween at the Zoo, and manning kids’ project tables at the Festival of Trees and
Lights, to name a few. Whether you are interested in pediatrics or not, everyone is welcome to attend the meetings. Free lunch is provided. The Pediatrics Club is an excellent way to network with local physicians and find out more information on pediatric externships. Don’t hesitate to contact us at UofLPedsClub@gmail.com with any questions you have.

2016-2017 Student Officers:
President: Sabine Eid

Phi Delta Epsilon (PhiDE)
Phi Delta Epsilon is an international medical fraternity representing more than 35,000 members internationally. Founded in 1904, PhiDE is an organization with active chapters on undergraduate campuses, medical schools, and osteopathic schools. It has succeeded in building a network of committed healthcare professionals that offers medical students direct contacts for developing pre-clinical experience. The chapter at UofL SOM is one of the first formed in the country. Presenting multifaceted social and service involvement, Louisville’s chapter focuses on supporting the Kosair Children’s Hospital through the Children’s Miracle Network. Additionally, it hosts several lectures given by local physicians concerning recent medical topics, such as medical care in Iraq and personal accounts from an on-board Antarctic cruise ship physician. There is also an annual international convention that several members from the Louisville chapter travel to each year that offers leadership training, roundtable talks, and discussions on healthcare issues at Disneyland, California. Contact Email: uoflsom.phide@gmail.com

2016-2017 Student Officers:
President: Collin Henry
VP of Finance: Ryan Blackburn
VP of Recruitment: Brittany Patterson

Plastic Surgery Interest Group
A group for students in pursuing a career in Plastic and Reconstructive surgery. This group will have a meeting led by the Chairman of the Department - Dr. Bradon Wilhemi. He is a well-known plastic surgeon with training at Harvard University. This group will have students who are currently in the process of applying or who have already matched into this competitive field. They will be able to provide mentoring and shadowing opportunities.

2016-2017 Student Officers:
Presidents: Hadley Burns and Tori Seasoar

Pre-Med Undergraduate Mentoring Program
The purpose of the Premed Undergrad Mentor Program is to provide pre-med undergraduates from surrounding institutions with a first-, second-, or third-year medical student mentor. Currently, there are nearly 100 undergrads participating in the program from the University of Louisville, Bellarmine University, Centre College, Georgetown College, and Hanover College. Students communicate via email, while others meet with their mentees to discuss such topics as what classes to take, MCAT preparation, interviewing tips, etc. First-year medical students will be invited to participate in the program following Black Monday. Membership is free.

No officer information available

Psychiatry Club
The Psychiatry Club encourages awareness of psychiatry as a medical discipline and provides assistance to those students interested in pursuing a career in mental health.

2016-2017 Officers:
Presidents: Kayla Forrester and Megan Good

Radiology Student Interest Group
The Radiology Student Interest Group provides information about the field to students who may be interested in pursuing it as a future career as well as to those who would like to learn more about radiology in general.

2016-2017 Officers:
President: Megan Mercer
RaiseRED
RaiseRED is a student-run organization supporting the clinical and medical research efforts at UofL’s pediatric hematology, oncology and stem cell transplant program. We focus year-round to support the children, families and doctors fighting pediatric cancer at UofL. The year of fundraising ends in an 18-hour Dance Marathon celebration. Over 750 students participated in Dance Marathon 2016, raising a total of $322,000.

Contact Information
Matthew Smith (mtsmit16@gmail.com) and Ellie Romes (elizabeth.romes@louisville.edu).

SIGN (Student Interest Group in Neurology)
The Student Interest Group in Neurology (SIGN) is devoted to exposing the field of neurology to medical students via networking with Louisville neurologists and hosting informative meetings on relevant topics throughout the year. Please watch for our next meeting and plan to attend. Our faculty advisor is Satish Rao, M.D., M.S., Assistant Professor of Neurology, co-chief Division of Epilepsy and Sleep Medicine and co-director of both the Comprehensive Epilepsy Center and University Sleep Center. We are also one of 129 SIGN chapters in the U.S. and Canada. SIGN is affiliated with the American Academy of Neurology. Membership is free and open to everyone.

2016-2017 Officers:
President: Lauren Moore and Rekha

SNMA (Student National Medical Association)
The Student National Medical Association (SNMA) is the nation’s oldest and largest independent, student-run organization focused on the needs and concerns of medical students of color. Membership includes nearly 6,000 medical students, pre-medical students, residents and physicians. Established in 1964 by medical students from Howard University School of Medicine and Meharry Medical College, SNMA boasts over 40 years of service to underserved communities and medical students. SNMA is dedicated both to ensuring culturally sensitive medical education and services, as well as increasing the number of African-American, Latino and other students of color entering and completing medical school. National dues are $100, which covers members for all 4 years of medical school.

2016-2017 Officers:
President: Nick George
Vice-President: Amorkor Sogbodjor

Surgery Club
The Surgery Club is designed to benefit all students, especially those already interested in the field of surgery. One of the primary goals of the club is to spark and maintain the interest of surgery with 1st and 2nd year students while providing an excellent opportunity to meet area surgeons and learn about different surgical specialties. Events include lunchtime presentations by local surgeons and several formal dinners. This past year, our dinners were held at The Olmstead, where students were able to personally meet and network with U of L surgeons and residents, ask a wide variety of questions, and discuss the steps to becoming a competitive resident applicant.

2016-2017 Student Officers:
Presidents: Will Risinger and Logan Bond

Timmy Global Health Trip to Ecuador
This group organizes a medical mission trip to Ecuador for the summer following first-year. Participation in this trip is by application. Please look for more information in the fall semester.

No officer information available

University of Louisville Medical School Student Senate (ULMSSS)
The student senate deals with issues that affect the school as a whole. They plan school-wide social events with funding from UofL Student Government Association (SGA), such as a fall and spring Cadaver Ball, several cookouts, tailgates, and an annual book sale. The senate has regular meetings with the parking office and takes care of facility
concerns. There are five senators per class, a senate President, and a Clinical and Pre-clinical Vice-President. Senators are expected to help plan and work at school-wide events and increase communication between students as a whole and the senate. If you want to have an important voice concerning your life as a medical student, get involved in ULMSSS!

2016-2017 Student Officers:
President: Natalia Bilchuk
Pre-Clinical Vice President: Mathew Smith
Operations Chair: Divyansh Sharma
Social Chair: Grant McKenzie
Wellness Chair: Hadley Burns
Service Chair: Allison Grant

Vascular Surgery Interest Group (VSIG)

The Vascular Surgery Interest Group serves to promote interest in the field of Vascular Surgery and Vascular Medicine. We encourage student interest by organizing panel discussions on the careers and lifestyles of practicing physicians. The group also serves as an informational resource for students seeking shadowing experiences with Vascular Surgeons. Vascular surgery now is a Board certified Specialty that medical students can apply directly to as part of a integrated program. Vascular Surgery addresses the diagnosis and treatment of diseases of the vascular tree, including arteries, veins, and lymphatic vessels, exclusive of those within the cranial cavity and the heart. The subspecialty emphasizes minimally invasive treatment, including endovascular treatment for abdominal aortic aneurysm and for relief of obstruction of blood flow to organs and tissues by means of angioplasty and deployment of intravascular stents. Club meetings will provide information about the field, residency, and admission requirements as well as many guest speakers including local Vascular Surgeons, residents, and residency directors. We will be meeting several times throughout the year with a variety of topics/venues. Membership is free and open to everyone.

2016-2017 Student Officers
Presidents: Divyansh Sharma and Grant McKenzie

WMS (Wilderness Medical Society)

The Wilderness Medicine Society is dedicated to advocating evidence-based medicine in the backcountry. The student interest group will explore this subject with a variety of speakers and topics, as well as organize several outdoor adventures throughout the year. These will include white water rafting, climbing, hiking, and skiing. WMS is a good opportunity if you are interested in wilderness medicine, or if you would like to enjoy some of our outdoor-oriented activities.

2016-2017 Student Officers
Presidents: Kathleen Dieckmann and Maddie Baker