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Written and Updated for Students by Students  

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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 2017, the pre-clinical Student 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. However, important tips for second semester classes are thoroughly included. 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 2018-2019:

Welcome to the University of Louisville School of Medicine! Undoubtedly, you have worked incredibly hard to be where you are today. For that, I would like to congratulate you for all the years you’ve dedicated to making this chapter in your life possible. I understand that, for many of you, the feelings are a mixture of excitement and anxiousness. Hopefully, this handbook will calm some of your worries and bolster your excitement as you move forward in your medical school journey.

I know this handbook may seem long, and the amount of information overwhelming, but I encourage you to use it as a reference. Some of you may want to read it from cover to cover, while others may want to skim through the relevant points. As you will soon discover, each medical student has their own approach. There is really no right or wrong, so long as you are able to learn. One of the first challenges you will face is discovering what works for you. This handbook is intended to provide valuable information to help you achieve that goal.

Once again, congratulations on your acceptance into medical school! The coming years will be difficult at times, but they will also be some of the most rewarding years of your lives. I would like to leave you with the final, and most important, sentence of the Editor’s Note from last year’s edition: Remember that you have been selected to attend this school for a reason!

- Student Senators ULSOM Class of 2022
I. Getting Started

Campus Map

Take a look at the map on the next page of this handbook or use the following link 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 and exams will be held. Finally, to your left is the Kornhauser Library Building. During Orientation Week, you will get to know these locations quite well.

With exception of the library, the buildings are locked and are accessible only by ID or by entering a code on the keypad. This code does change, but when it does you will be notified by email.

The current keypad code is: 1209

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: (3) Also on the second floor of the A building, down the hall from the Student Affairs Office.
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:
Option 1: Time Warner Cable/Spectrum – They provide broadband internet and phone services and can bundle everything into one bill.
https://www.spectrum.com/?v=1&cmp=TWC

Option 2: AT&T – Depending on your area, you can get DSL high-speed internet with AT&T. However, if you want cable, it is typically bundled with DirecTv. 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, call the Metropolitan Sewer District at: (502) 587-0603

Louisville Metro Police Dept.:
Call the non-emergency line at (502) 574-7111 to report illegally parked cars, traffic issues, broken train crossings, etc.

Metro Call:
Dial 311 to ask about 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
Nearest branch: 309 W Market (between 3rd & 4th)
US Bank ATM in Kornhauser building
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
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)

Loan Refunds:
In 2019, the University of Louisville chose Nelnet Financial Solutions to become their contracted refunding partner. It is through this service that you will receive any remaining funds from your student loans after your school balance has been paid. There are two easy options for getting your refund each semester if money is due back to you. Keep in mind that, with both options, it can take about 3-5 business days before the funds become available.

Option 1: Direct Deposit (preferred by most medical students)
- With this option, any residual funds that you are eligible for will be directly deposited into your personal bank account.

Option 2: Reloadable Debit Card
- With this option, you should receive a debit card which is essentially linked to an account through Nelnet. Each semester, any residual money will be transferred to this card and can then be used.

The reason most medical students prefer direct deposit is convenience. Most of us have established bank accounts with personal checks, debit cards, credit cards, etc. This can make paying bills, paying rent, or withdrawing cash much easier. However, this may not be the case with you. Please choose the option you think will be best for you!

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): http://louisville.myahpcare.com/
UofL automatically includes this insurance with your tuition bill each semester (see the FAQ page for more information: http://louisville.edu/campushealth/information/insurance/health-professional-students/faq/#can-i-waive-the

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.myahpcare.com/waiver (you will receive a letter in the mail talking about this. Keep it if you would like to waive your health insurance).

If you choose to waive the health insurance fee, you must do so by **August 31st for the Fall, and January 31st for the Spring**. Otherwise, you WILL be charged for the student health insurance. (These dates may be different for you.)

**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

For more information: http://louisville.edu/campushealth/information/fees/health-professional-health-fee

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

**Email:** ssutkamp@gmail.com

**Location and Hours:**

Campus Health Services, University of Louisville Outpatient Center, and Primary Care are 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:


**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](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 a two-way, but Muhammad Ali is a one-way (eastbound). Students wishing to use University parking must buy a White parking pass for $379/year.

There are green spots nearby (green passes are way cheaper) but you will have to contact Parking Services to actually get one, because they only sell those to Belknap campus students. You will be able to buy a parking pass during orientation week.

The White 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 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 6 am 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 and will likely be difficult 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. **For best safety practices, be careful not to leave valuables in sight in your car.**

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.
Previously the University offered a compensation package to bikers, but it is not currently offered. I believe there are intentions of returning to the program. Info here: [http://louisville.edu/sustainability/operations/earn-a-bike-program](http://louisville.edu/sustainability/operations/earn-a-bike-program)

**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.

Check the TARC website to map your route: [http://www.ridetarc.org](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 UofL’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 the university’s weather closings as well.

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/](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.

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
The University will provide you with a laptop that has all of the necessary bells and whistles for you first year at ULSOM. This laptop will cause an increase in the technology fee, but upon completion of your four years of school the laptop is yours to keep! They have this requirement because they need all student laptops to be compatible with ExamSoft, the school’s computerized testing system. If they make everyone have the same laptop, they only have to make sure that one laptop brand is compatible. Using ExamSoft is important, because it familiarizes you with online testing, which will be used 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.

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 recorded 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.

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.

Recorded Lectures
Panopto is the software used to record nearly every single lecture you will be given. It allows you to watch lectures from home in real-time and at later times. You are able to speed up or slow down lectures, so you are able to learn at your own pace. Link are usually also posted to the RedMed calendar within 24hrs.

The link to Panopto is here: https://louisville.hosted.panopto.com/Panopto/Pages/Home.aspx
Computers and Internet on Campus

The health science campus is wireless (accessible using your ULink/Blackboard login and password), so laptop usability around campus is amazing. The library also has computers and rentable laptops (for use ONLY in the library) for free, if you happen to be having technical issues with your own laptop. Also, each unit lab (aka your college’s “common room” which is also shared with another college) has 4 small study rooms. Each study room has flat screen tvs that you can connect your laptops to (via Apple TV or various HDMI cords) if you happen to be presenting information to a group.

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/softwareresales/customer/free.php?free_cat=6

- **Student Lounge printing:** There are two computers in the Student Lounge and a black and white printer. Be wary though, sometimes the printer is finicky. If you need a document a certain day, I would suggest trying to print it a day early just in case.

Email
The University uses Cardmail, a service of Microsoft outlook. **It is very important that you check your email daily.** I highly suggest linking your email to your phone.

You can also forward Cardmail into other mail clients, such as Gmail.

  Go to Cardmail > Options > See All Options > Organize E-mail Documents > Create a new rule > When the message arrives > Apply to all > Do the following > Redirect message to > Type the email you wish to forward to.

Note: Students who have worked for UofL as an employee in the past have experienced difficulty setting up their new email with the school. You may have a previous Exchange account that your emails may go to, instead of your Cardmail account. 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 (Faxing... LOL)
If you need to fax and/or scan something, ask at the Student Affairs office and be really nice about it. 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/
Panopto: https://louisville.hosted.panopto.com/Panopto/Pages/Home.aspx
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
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. The library is a popular study spot for studying, shared with dental students and other graduate/professional students. The large skylight over the third floor gives the study space a nice ambience, 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:
Smartphones are not required, but man are they useful. 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.

I highly suggest having your email linked to your smartphone, because checking your email daily is a necessity. Professors/Course Representatives email you constantly. More importantly, clubs will send out emails where they will give the first 50 who RSVP free lunch. Free lunches are what keeps me alive, though you may get sick of pizza (if that is even possible?)

During the clinical years, 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. 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://louisville.edu/medicine/studentaffairs/contact-us](http://louisville.edu/medicine/studentaffairs/contact-us)

Amy Holthouser
Associate Dean for Medical Education
Dr. Holthouser knows the ins and outs of all things curriculum. She is the one to go to if you need an explanation of the greater process of Medical School.
(502) 852-4037

Angela Pyle
Student Success Coordinator in Medicine  Angela.horn@louisville.edu
Dr. Pyle has an office in the Student Affairs suite. She is the woman to go to if you need to sort out any academic issues you may be having. A lot of students are timid about asking for help, but Dr. Pyle is extremely approachable and should be contacted if you want to discuss your study habits, test taking skills, etc.

The IT Office
The IT office on the second floor of the IB building is your one-stop-shop for all technology issues. The gentlemen that work there are all incredibly patient and helpful. If you find you’re having tech issues, I recommend visiting their office directly. Otherwise they can be found here: [http://louisville.edu/medicine/tech](http://louisville.edu/medicine/tech)

Quinn Chipley
Dr. Quinn Chipley is the Coordinator of Health Science Campus 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 and underused.

The counseling services at UofL have already been paid for by your tuition! Please utilize these services if needed!
Dr. Chipley’s office is located in the Student Affairs Suite, room 210J; Phone: (502) 852-0996.

Cynthia Morse
Ms. Morse is the med school financial aid guru. If you have questions about your financial aid, go to the FinAid office!
Ms. Morse’s office is located on the 2nd floor of the A building, right down the hall from the Student Affairs office.
(502) 852-5187

Olivia Mittel
Associate Dean for Student Affairs
Dr. Mittel is the dean for Student affairs and oversees all the responsibilities taken on by that office.
(502) 852-5192

Tony Simms
Director of Student Life and Student Wellness
Tony is an all-around great contact for your time at ULSOM. He helps coordinate a lot of events the school puts on to insure our lives are maintaining balance and our wellness is in check! You will certainly see him around early on and throughout your first year of school.
(502) 852-3267
II. First Year: General Information

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. In reality, books are only suggested; most professors will tell you they don’t care what version or even what text you have. **You will receive a digital copy of all required texts from your upperclassmen on a Google Drive.**

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 used during 1st Year (like previously said, electronic copies are available):

First Semester:

- **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. Usually people purchase a personal copy of Netter’s. It is useful to see where structures are and how they relate to other structures.
  - A Netter’s/Gray’s book for dissection-Copies leftover from previous years will be in lab, so no need to purchase: These atlases are provided for dissection. They remain in lab, because they are rather nasty, but they are very much needed to find all of the structures on your Lab Checklist.
  - **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. Many answers to the Learning Objectives provided by the professors can be found in the blue boxes.
  - **Grant’s Dissector:** This book is used during dissection. One copy will be provided to you in lab. Nervous medical students typically use this for the first couple of dissections and then never look at it again. I highly suggest not buying this and just use an online copy.

- **Embryology**
  - **Moore: The Developing Human** OR
- **Langman’s Medical Embryology** (more condensed, **better pictures**, more popular)
  - These can be useful for going back over a few of the more difficult to picture concepts of development such as body folding and organ development.

- **Neuroanatomy** (*there is actually no official textbook*)
  - **Sidman’s Neuroanatomy**: this is a workbook that uses a “fill-in-the-blank” method of learning the anatomy of the brain and spinal cord. One of the editors of this book is Dr. Brueckner, aka your CADE Course Director, aka goddess among women, aka savior of medical students. It used to be required in previous years, but is no longer.

### Second Semester:

- **Histology**

- **Immunology**
  - **Basic Immunology: Functions and Disorders of the Immune System**— this is the book Dr. Kosiewicz (immuno course director) suggested, but I don’t think anyone actually used it. In the first immuno lecture, Dr. Kosiewicz will basically say most outside resources contain inaccurate information, and therefore you should only use provided notes and lectures.

- **Pathology** (*no official textbook, just suggestion*)
  - **Pathoma**: amazing resource, definitely not required but highly suggested. There are videos that explain difficult concepts as well as a book. However, if you can hold off on purchasing until later in second semester, that is more ideal. There is a time limit to your video subscription and you will definitely want a subscription for second year

- **Biostatistics**
  - **High Yield Biostatistics**: tiny little book that goes over the basic principles of statistics. It is on the drive. It is definitely helpful if you are confused about what Dr. Kodner is teaching you.

### Supplies:
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. Discuss with your dissection group, and you may be able to share.
- **Stethoscope** - Donated to you! No need to purchase

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 or Notability 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
The surest way to make friends and influence people (and get good grades) is through cooperation. At UofL, we are a team! We support each other and help each other out. It is much easier to survive that way. Medical school is a team sport (except for during tests... if only...) 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.

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. Updates to the schedule are made periodically; it is a good idea to keep a calendar with important times and dates in it.

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, especially since Lab is mandatory. 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 never attend class.
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 recorded lectures.

**Exams**

With the exception of 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 may not be so in medical school. You may receive a lot more scores in 70’s and 80’s than in the 90’s. This is perfectly okay! At the end of the day, as long as you are passing, you get to be a doctor (which is awesome). Side note, 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. On practicals, you move from station to station, determining what structure is tagged on the body. You only have a minute to do this and you can’t revisit stations once you’ve left. 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 (this is especially important during Pelvis) 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. Most people’s initial gut reaction is the correct one.

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. However, this is definitely 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. If you’re having trouble, whether that be academically, health-wise, personal issues, etc. talk to Student Affairs sooner, rather than later. They have excellent resources to help you. If you are embarrassed about something, don’t be! Medical school will test you in ways beyond the classroom and they understand that. They are there to help, so please use them if you need help.
Lecture Notes, Handouts, and Panopto

Medical school operates much quicker than undergrad. What may have been an entire tests worth of material in undergrad, will be a week’s worth of material in medical school. Never fear! Here are a few tips to manage all of that information:

1) Handouts and Powerpoints – Professors post their notes and usually their powerpoint slides on RedMed. You can print the notes/powerpoints or save them to your laptop. OneNote, Notability, and other programs can be used to annotate your notes/powerpoints electronically. 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. Some handouts are mostly outlines, so you will find that note taking helps, especially some diagrams. Many students now follow along on iPads, which allow you to take notes directly on PowerPoints, PDFs, outlines, etc. This has been a helpful practice for many because it can make managing the quantity of materials a little bit easier... But, you should do whatever works best for you!

3) Panopto – Most professors record their lectures (audio + PPT) on Panopto, which you can access from the course’s 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 iPad to listen to as you drive, exercise, etc. Thanks to Panopto you may find that most of the class disappears during second semester. Panopto 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. 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.

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

The Course Rep will be the main communication conduit between the students and the faculty. A good Course 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.

In the past, many Course 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 Course 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 Course you may serve as a Course rep for ten weeks to a year. Gross Anatomy and Embryology (Fall Semester). Neuroanatomy (Fall Semester). ICM (whole year or split into semesters with another person). Biochemistry, Physiology, and Histology (First year spring to Second Year).
Previous Course Representatives of the Class of 2022

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

Gross Anatomy: Ali Neal & Kendall Gault
Embryology: Andre Rochet
Neuroanatomy: Andrew Hey
ICM: Meghan Lemmen
Biochemistry: Rick Killeen
Histology: Obieda Atiyani
Physiology: Alex Wermeling
Immunology: Cassandra Woolley
Microbiology: Ty Lindsey
Biostatistics: Ross Stanton
III. First Year: Fall Courses

Editor’s Note: The academic curriculum at ULSOM 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 university recently switched to a systems-based approach and the methods are still being perfected. Since there are always some changes being made and since the professors have a tendency to continue making changes to the curriculum, there may be discrepancies.

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, aspects of Introduction of Clinical Medicine, and Neuroanatomy. 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. I’ve seen people get burned tragically during the first exam, but then rise from the ashes as the highly competent phoenixes they are. The Class of 2022, the first semester had five exams, so plenty of opportunities to improve!

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 five exams (approximately) throughout the year, each with a practical portion identifying structures in lab, and a written portion. This is a large volume of information in such a short period of time, but you can manage it as long as you keep up with things. Keep in mind the following tips.

Get in contact with lab partners during orientation week before school starts. You will need gloves, scalpels, dissection clothes, and a lock the very first day of school. You should discuss with your lab partners if you want to share scalpels/gloves beforehand, so you have these items that first day. Your dissection clothes will get nasty and smelly and you will throw them away later. I suggest purchasing crappy scrubs from Goodwill. Don’t forget a lock, so you can store these clothes, gloves, scalpels, in the lockers outside the dissection room. There are used atlases and Grant’s Dissectors floating around the gross lab from previous years, so purchasing copies specifically for dissection is unnecessary.

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 (BRS) Book and the University of Michigan Gross Anatomy Written Quiz Questions:
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. Another Gross Anatomy Question book is Gray’s Anatomy Review. Typically, this review book is harder, so don’t feel discouraged if you are doing poorly. These review materials help you find your weaknesses.

Dr. Brueckner (aka everyone’s favorite professor) 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 hallway, 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 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. Be sure to write them on the exam EXACTLY as they are labeled on the slides.

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. Don’t be upset if your practice score is lower than you would like. You usually only get 30 seconds a station in the practice practical, and sometimes it takes that long to orient yourself. You get an entire minute on the actual practical and most everyone performs much better. The practice practical helps you get out those jittery nerves before the actual practical, and it teaches you how to orient yourself much quicker. It also helps point out any weaknesses, so you will be good to go exam day.
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. When Dr. Turcu mentions a clinical correlate in the SoftChalk, make sure you know these. This is very high yield. There are also clinical correlation presentations throughout the CADE course, typically given by a guest lecturer. They are usually more low yield and Dr. Turcu tells you what to focus on from those lectures.

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

Neuroanatomy

The course is a combination of identifying various structures throughout the nervous system and detailing the function/pathways of these structures. There will be Practical Exam questions as well as Written Exam questions. Previously, Sidman’s Neuroanatomy textbook was required, but it is no longer. You may still find it helpful, especially with identifying structures. It is basically a workbook full of questions that repetitively asks you structural and pathway questions. For us, there was a Neuroanatomy Lab component. These labs are similar to Gross Anatomy labs, in that you are given a list of structures (all listed are fair game for Practical Exam questions) and you must find them. There are brains (whole and in cross-section) galore, and you need to find the structures in any possible orientation. Identifying structures on the brain can be very tough, especially when it is oriented strangely. You may be used to seeing a structure in cross-section, but that doesn’t mean it can’t also be tagged on a whole brain or when the brain is upside-down. Sometimes you are used to seeing a structure on a brainstem only, but that doesn’t mean it doesn’t also have a part of it attached to the brain. If you are having a difficult time identifying these structures, find a TA willing to tutor you. Typically, the TAs are from the Anatomical Sciences and Neurobiology Department and know their stuff. They also know all of the tricky ways the faculty likes to tag things, so getting them to tutor you is a great idea.
Another aspect to the lab component are the Brainstem slides. Basically, there are many slides of the brainstem in cross-section and you must identify the various nuclei, tracts, fascicles, nerves etc, within them. There are a ton of these slides and you need to know them, so do not procrastinate on learning these things. You will have to identify these structures on the written exam. The professors also like to ask questions such as, “If an occlusion occurred in this artery, which functional deficits will occur?” These questions require you to know what structures the artery supplies and what the functions of those structures are. Therefore, knowing the locations of these structures is very important and will help you answer these questions.

The neuroscience lectures were given to our class by a multitude of PhD’s from the Anatomical Sciences and Neurobiology Department. All of these professors are extremely brilliant and want you to gain a mastery of the neurobiology content. That being said, Neuro is a difficult subject for many students. It is complex, and many students have never encountered material like it. However, with practice and patience there is no reason for anyone to completely falter with Neuro. The faculty are more than willing to make sure that everyone in the class has what they need in order to succeed.

Our year, they liked to teach you the structures before they taught you the function. So in the beginning, you would learn all of these structures, but not necessarily know what they did. This is okay! They will get to it. They like to teach you bit by bit. This can get confusing, because you won’t know the entire picture until the end. For example, one lecture may talk about the different structural/functional areas in the spinal cord. Then they will talk about the different structural/functional areas in the brainstem. Then they will talk about the structural/functional areas in the brain. All the while, they will mention various functional tracts running through these structures that connects them all. Initially, this may not make any sense because you don’t know the big picture, but hang in there. By the end, they will connect everything together and it will all click. A useful, but slightly simplified overview of some of the functional tracts can be found at this website: http://library.med.utah.edu/kw/animations/hyperbrain/pathways/index.html

In conclusion, if your neuroanatomy is anything like ours, go to lab and familiarize yourself with the various orientations and ways structures can be tagged (the TAs know the tricky tags, so ask!), learn the structural and functional relationships between structures, and focus on the lecture notes. Neuroanatomy can be very overwhelming; as long as you remain calm and learn things bit by bit, you will get through it!

**Popular Neuroscience Resources:**

- BRS Neuroanatomy
- High Yield Neuroanatomy
- Sidman’s Neuroanatomy
- Clinical Neurology Made Ridiculously Simple

**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. You may want to neglect this class, but you shouldn’t because it is teaching important facets on HOW to be a doctor.
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 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, which lasts 8 hours. You will be responsible for setting up an additional preceptorship during the year in either Primary Care or a specialty of your choice for 16 hours. If you choose to do a specialty your first year, you must precept Primary Care your second year. If you are uncertain of what you would like to specialize in, I suggest doing primary care your first year. That way if you have a better idea next year, you will get to shadow a specialty you are more interested in. The physician you shadow must be UofL faculty or gratis faculty (just ask them). There are short evaluation forms you and the physician you are precepting have to complete and hand in to 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.

**Small groups: PBL (Problem Based Learning), Flipped Classrooms and ICC (Interdisciplinary Clinical Cases)**

PBL groups are assigned each semester and are led by a physician/faculty/PhD mentor. A PBL case will be given once or twice each block. During the first week of a PBL exercise, your group will be given a case, usually over what you are learning in class at the time. You will discuss the case with your group, try to determine the diagnosis, and come up with 10 learning objectives each group member will research that week. The following week, you will have a second PBL where your group will discuss what you learned when researching your questions. All of this is orchestrated by you, the students. The mentor is merely there to sit there and make sure you stay on track. However, when you are discussing your research, make sure you cite your sources because the mentors watch out for that. The purpose of PBLs are to ensure students are engaged in lifelong learning. They give you an opportunity to apply what you are learning to real-life scenarios. Attendance is mandatory.

In Flipped Classroom, you will sit at a table with your dissection group and you will take an individual quiz. After the quiz, the professors will discuss the answers to the questions. They will also take you through various cases and ask you questions about them. You will discuss these questions with your group, and then the professors will call on a table to answer the question.

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. Whereas PBL applies the science you are learning
to real-life scenarios, ICC likes to explore how you should act as a doctor in real-life scenarios. Usually there is pre-reading material with a variety of topics, such as ethical dilemmas, current issues in the medical field, various underserved patient groups, etc. You will discuss these pre-readings during ICC with your mentor. Also during ICC, you will perform your first patient presentation. This is great, because it allows you to practice and get helpful feedback from non-judgmental sources.

IV. First Year: Spring Courses

**Molecular Basis of Life, Defense and Disease:**

*Editor Note:* This is what we, the Class of 2022, had during our spring semester. The faculty has told me that they are not going to change your curriculum an extensive amount from our year. With that being said, they could still make drastic changes. I am really sorry if they do that.

MBLDD is basically a smorgasbord of a variety of subjects – histology, biochemistry, genetics, pathology, immunology, physiology, pharmacology, and a wee bit of microbiology – as they pertain to cellular functions, blood, immune function, muscular functions, neuromuscular junctions... Quite a bit of things. We had five tests for this course, along with a shelf exam. I will describe each of these subjects separately, but realize that they are taught in conjunction with one another. It is easier this way, because each subject has its own professors/resources for the most part.

**Histology**

Our year, we learned the histology of basic cell types and tissues initially (i.e. simple squamous, pseudostratified, etc.), then histology of peripheral blood and bone marrow, lymphatic system, and muscular tissues and neuromuscular junctions. For us, we had quite a bit of histo on exam 1, and then it dwindled between the remaining exams. Dr. Moore is the main professor for any histology lectures, therefore he writes all of the histology questions. He gives you notes and a ton of practice questions. KNOW THESE NOTES AND PRACTICE QUESTIONS because he sometimes uses the same questions on the exam. Dr. Moore is very willing to give review sessions before every test if your class asks him. These are very helpful and you will probably see some of these structures on your exam.

Previously, they used to have histology practicals. We did not have this. Any “Identify this structure from this image” questions were on our written exam. Spelling counts, so make sure you know those funky words. The best way to get these questions right are to know the structures Dr. Moore posts on his Soft chalks and in her lectures. Don’t forget to know the Electron Micrograph images. Usually one or two pops up on the test.

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, and therefore are not mandatory.

Biochemistry and Genetics

Biochemistry is led by Dr. Ellis, who is an amazing and patient professor (med students are a tad crazy and he handles it brilliantly.) He holds review sessions pretty much every Saturday morning and is always willing to answer questions. We basically learned all of cellular metabolism (TCA cycle, glycogen metabolism, fatty acid metabolism, cholesterol metabolism, etc.) hemostasis, and began G-coupled protein receptors. Dr. Ellis does a great job of integrating clinical correlations and discussing pharmacological therapies. *hint: he likes to test on these* Biochemistry was taught over the entire semester. Genetics on the other hand, is taught by a random assortment of professors and was only tested on our second exam. Basically for genetics, your fraction game needs to be on point.

The course packets Dr. Ellis gives 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 likes to use SoftChalks, with quiz questions that help you reinforce a topic. There are also mandatory “Application Exercises” where they ask you quiz questions via i-clickers, and you get to work with your classmates to answer them. 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 irregardless as they are very memorable and moving.

**Popular Biochemistry Resources:**
- BRS Biochemistry
- First Aid for Step 1 Biochemistry sections

Pathology

Pathology had a random assortment of professors, but mainly Dr. Ayyoubi and Dr. Al-Quran. For us, we learned red blood cell disorders, cellular pathologies and neoplasias, white blood cell disorders, hemostasis and related disorders, and inflammation. Basically we learned the first six chapters of Pathoma. I highly suggest investing in Pathoma (but not until second semester actually begins, because an online subscription only lasts so long.) If I was confused by a lecture, I would watch the Pathoma lectures which typically cleared everything up. You CANNOT focus solely on Pathoma though. You also need to go through the professor’s lectures because they go into more details. Pathoma helps you get the general idea, the lectures give a more in-depth look at the pathology, which is where the tough test questions come from. The professors will also suggest Robbins and Coltran Pathology or Goljan’s Rapid Review Pathology. Personally, I think Pathoma is the best resource. However, if a professor has practice questions referencing one of these other books, do them. There should be a copy of that specific book on the drive and more than one of those questions have been asked on an exam.

**Popular Pathology Resources:**
- Pathoma!!!!
- Robbins Basic Pathology
- Goljan’s Rapid Review Pathology
- First Aid for Step 1 pathology sections
Immunology

The thread director of Immunology was Dr. Kosiewicz, however there are a variety of other professors. Dr. Kosiewicz and Dr. Alard will give you lecture notes, which are a great resource. Definitely focus on those notes for the exam. Dr. Mitchell goes over some tough concepts, but if you focus and understand his lectures, you should be fine. Immunology is a tough course because there are a ton of pieces to the puzzle and it doesn’t make sense until you get all of those pieces. Immunology is complex, and it can take a while to synthesize all of the information presented. If it is not making sense to you, definitely speak with the professors. They are very willing to hold review sessions if you ask. I don’t have any specific tricks to understanding Immunology. It is one of those subjects you have to power through. The First Aid Immunology sections were a pretty great overview. However, in the very first immunology lecture, Dr. Kosiewicz will discourage you from using outside resources. According to her, most of them contain inaccurate information.

**Popular Immunology Resources:**
- First Aid for Step 1 Immunology section
- "Required" text (not required and not actually popular)- Basic Immunology: Functions and Disorders of the Immune System

Pharmacology

All of pharmacology was taught to us via very dense Softchucks. We learned pharmacokinetics, antineoplastic agents, anti-inflammatories, some antivirals, and anticoagulants. It is a lot of straight up memorization of a lot of drugs and their mechanism of action, their metabolism, side-effects, some drug interactions. Again, it can seem like too much material for one to handle... That is where Sketchy Medical comes in. Sketchy Medical basically gives you a cartoon describing a series of drugs, and then it illustrates how these drugs work in an entertaining way. If you are a visual person like myself, you will swear by Sketchy. For example, what does a cyclops with a crab belt and shackles around his ankles mean? It means cyclophosphamides (cyclops) are used to treat cancer (crab) by crosslinking DNA (shackles) which causes apoptosis.

**Popular Pharmacology Resources:**
- Sketchy Medical – Costs money, can get a yearly subscription so try and hold off on getting one if you can (there may be videos floating around...)
- First Aid for Step 1 Pharmacology Section

Microbiology

Bacteriology was taught by Dr. Miller, while virology was taught by Dr. Casella. When Dr. Miller lectures, he uses very visually stimulating powerpoints with a ton of animations. If you are studying from these powerpoints, I suggest keeping them in powerpoint mode, because the animations go with the flow of the lecture. We really didn’t get too much into bacteriology, however. We did get more into virology with Dr. Casella. We learned the virus families, a ton on HIV and the notable drugs, and how a few viruses lead to cancer. Dr. Casella provides notes and bolds any information that you need to know. I would focus solely on her notes. If she has a softchalk, usually she also provides notes, which is literally the exact same but with questions added. In terms of outside resources, there are some great youtube videos (like this one: https://www.youtube.com/watch?v=Df_qAFF58Ec&t=304s ) that help to categorize the viral families. My class didn’t go in-depth into Microbiology enough to really utilize a bunch of outside resources, but Sketchy Medical also has Microbiology videos

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Physiology
Our class did not do much Physiology. On the first exam, we learned about various Body Fluids from Dr. Joshua for three lectures. On the fifth (and last) exam, we learned about Action Potentials/Resting Membrane Potentials, Nerve Fibers, and Synaptic Transmission from Dr. Magnuson and some Muscle Physiology from Dr. Schuschke. That was about it. As has been stated above, all of these professors are more than willing to make sure you’re successful in these topics.

**Popular Physiology Resources:**
- BRS Physiology
- First Aid for Step 1 Physiology sections
- Rapid Interpretation of EKGs--Last year’s class did not need for first year

TBL (Team Based Learning)
The TBL (team based learning) quizzes are a great way to gauge your learning. Some find the quizzes stress-inducing, but they should be seen as learning tools rather than grades in a grade book (there are worth a very small proportion of final grades). 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. For our year, TBLs first started with a quiz you took by yourself. After that is finished, you take a quiz as a team with about 6 other randomly assigned group members. The goal of the second quiz is to work together to get the correct answers and to allow for group discussion/teaching over difficult content. After the second quiz, the faculty will go over the quiz and answer any lingering questions. There are several of these during the semester, and they are a great way to solidify your knowledge of the clinically relevant material. Usually, the concepts taught during these TBLs are very high yield.

Biostatistics and Evidence Based Medicine:
Biostatistics is taught by Dr. Kodner during the last two weeks of first year. Dr. Kodner lectures, gives you problems to do (which you then have to answer on RedMed), and gives you worked out example problems. There are multiple quizzes and two exams. If you do poorly on the quizzes, it is very normal. The quizzes are much harder than the exams. Dr. Kodner will go over the quiz questions after the quiz. I highly suggest you pay attention to the correct answer because it will more than likely pop up on the exam. Probably 50% of the exam questions actually come from questions he asked in lecture, worked out example problems, practice problems, and quiz problems. Therefore, it is pretty difficult to fail this class. However, you do need to put effort into this class, and at the end of the day it’ll be worth it; understanding the basics of biostats will be invaluable as you progress in the medical field.

**Popular Biostatistics Resources:**
- High Yield Biostatistics
- First Aid for Step 1 Biostatistics section
- QUESTIONS KODNER ALREADY ASKED YOU

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**When You’re Struggling**

**Tutoring:** There is tutoring available for most classes, which is awesome. Your class Vice President or Course Rep should be able to put you in touch with elective tutors. If you find yourself failing, contact Student Affairs as soon as possible. They will help you find tutors and plenty of other resources to help you. Do not be afraid to ask for help. If you are struggling, please please please speak to Student Affairs quickly, so they can get the help you need.

Additionally, reach out to **Dr. Angela Pyle**, she is an amazing academic resource and can help student adjust their study habits. She can be reached here: [angela.horn@louisville.edu](mailto:angela.horn@louisville.edu)

**If you Fail a Course:** If you used to fail a course, you would be able to remediate over the summer. You will probably be able to remediate for Biostatistics, but not much else. Because everything is so integrated, you may have to repeat the semester or year (this happens if you fail CADE or if they drastically change the curriculum again.) If you fail, 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 school is tough! It tests you not only on your scientific knowledge, but it also takes a toll on you emotionally, spiritually, and your mental health. It is a lot of work with a lot of personal sacrifice, which can really do a number on a person. Never be afraid to ask for help. We all want you to succeed and we all know you can succeed! That is why you are here! Needing help is nothing to be embarrassed about, so please contact Student Affairs if you need it. If you have a specific situation that is out of the ordinary that you know is going to affect your test taking abilities, 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 (502) 852-0996** 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, (502) 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 (502) 852-5192.
V. 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 more rested and motivated right now than you will be the rest of the semester.
(b) Exams generally don’t get easier, and the workload increases.
(c) All exams 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. This is especially true for SHELF exams (standardized exams written by the National Board of Medical Examiners) which are administered at the end of each semester.
(d) A good start will instill confidence, help you stay motivated, and provide a good foundation.
(e) If you do run into academic problems, don’t feel too bad – you’re not the only one! Remember that there are good and helpful resources available to you. This could mean seeking out tutoring and/or counseling. DON’T WAIT!! Speak up and find help if you need it (professors, academic officers, mentors, student affairs office, family, friends, professional counseling services, psychiatric care through Campus Health or other organizations, etc.), the SOM community is fantastic and everyone here very much wants you to succeed!

Medical school is a strange beast that can take quite a while to get the hang of. It may take an exam or two (or more) to understand what is expected of you and how to study effectively. Remember, don’t wait and don’t panic, you deserve to be here and can do it.

Keep Up: Many of you have probably crammed for a test at least once in your undergraduate career. However, in medical school we 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 the week) before the test. Wait, read that paragraph again. We mean it. Keep up. Don’t get behind. Really.

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/academic reps if necessary.
(d) Try to review the material that makes sense together in chunks or blocks as the testing period progresses, you’ll have an easier time understanding and remembering it that way!
(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. This is difficult when you are feeling behind – but it is truly important to remember.
Be Selective: The volume of material covered will prevent you from memorizing every detail as you may have done in college. This means you will have to carefully edit the resources you choose to use from the vast amounts available to you.

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 too. READ THE SYLLABUS. (Bonus tip: This keeps you from being that student that keeps asking questions that have been addressed in the syllabus.)

Don’t get stuck on one topic. Try to cover as much material as thoroughly as you can. By doing this you may sacrifice specific details, but your overall performance will improve.

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. If this method does not work for you, that’s fine, but make sure you find some method of studying that helps you form connections and solidify understandings .... **In your own words and phrasings.**

Old exams can be 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. Word of caution: as the curriculum continues to be revised, old exams will likely contain subject matter that is not being covered during your current block.

**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. Go to campus to study. Try going to class. Try not going to class. Try drawing concept maps and diagrams (pen and paper, Ipad with OneNote/Notability, colors, etc.).
- Spend too much time reading and not enough time thinking. That is, don’t spend your study time solely reading the lecture notes/PowerPoints. Medical school is all about **active learning.** Find a way to do it! (see above suggestions).
- 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 their testing environment. There will be absolute quiet during the test, so at least during practice tests find a quiet place. (Pro tip: study AND take tests with earplugs)

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 unit labs before tests, and it is not uncommon to hear of people sleeping in them in the days immediately before a test. Honestly though, camping out in the unit labs 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.

**Kornhauser Health Sciences Library:** If you enjoy studying in libraries, this one is not bad. There are some secluded corners and desks to utilize. There are group study rooms on the first floor and second floors – these can even be reserved. The entire second floor of the library (third floor of the building) is marked off as a silent study area. This library is open 24/7, with access after 9pm requiring a UofL ID. The vending machines and Chick-fil-A on the first floor provide food and a nice space and excuse for a study break.

**Belknap Campus:** You may use the main campus’ Ekstrom Library and Brandeis Law Library. The Law Library is usually a good bet for an extremely quiet study environment. The Ekstrom Library has a huge number of desks and tables scattered around the upper floors where you can study, and now it even has a 24 hour study area (located where the coffee shop is during the day). The Belknap Campus is a 10 minute drive south on 4th street. Parking is initially a bit complicated, so use this parking map for reference [https://louisville.edu/parking/campus-maps/MAPVisitorParking201516Belknap.pdf](https://louisville.edu/parking/campus-maps/MAPVisitorParking201516Belknap.pdf) or stop by one of the information desks on campus. (Note: HSC “WHITE” parking passes allow us to park in “GREEN” or “BLUE” parking areas on Belknap Campus.)

**Home:** Home can be a great place to study and get away from everyone at school, but be careful of distractions ranging from Netflix to cleaning!

**Bellarmine University Library:** Open to the public with large tables and good lighting. It can be busy during midterms, and they observe some 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! (See the recreational section for a good list of options).
Eating Options Around Campus

Bringing your own lunch: The first-year kitchen (second floor) has two refrigerators and 3 microwaves, along with a sink and cabinet space to use. Remember though: unlabeled food is often seen as ‘free for the taking.’ Each unit lab has been outfitted by the medical student council with Kuerig coffee makers and coin operated k-cup dispensers ($0.50). Snack machines are on the second floor landing and there are more in the basement.

Walking-distance eateries (all within 0.4 mile):
- Fast food: Long John Silvers, Subway, and various Food Trucks around the HSC [https://roaminghunger.com/food-trucks/ky/louisville/]
- Hosp.Cafeterias: University (ACB basement, has a student discount), Jewish, Nordons
- Chain Eateries: Jimmy Johns (they deliver), Wall St Deli
- Local Eateries: Panera, Starbucks, Don Da Leon sandwich shop (Kosair charities bldg), 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.

One last unique option is the Gray Street Farmer’s market which has food stands available while it is open on Thursdays, from late May through mid-October.
Keeping Up Your Spirit

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. (Shadowing is a good way to refocus on the end goal and get a better perspective.)

3. Try not to compare yourself to others too much. Everyone comes in with different backgrounds and different strengths – embrace this, use one another, and benefit from the diversity!

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.

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. Make the time.

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 think that you fit well with the program and will succeed. Overall, the completion rate for medical school at U of L is around 95-98%, and most of the people who do leave, leave for non-academic reasons (they aren’t dismissed for poor academic performance). If you work hard, then you will complete medical school. Yay!

Remember to live now, too.
The process of getting into medical school has necessitated a lot of future-oriented thinking and focus. This tends to lead a lot of medical students toward a type of tunnel vision consumed with resume building for graduation, residency, fellowship, eventual practice, etc. It is easy to get lost in the future and forget to enjoy the journey and the current moment. It may seem silly even reading this, but the year will fly by and if you don’t take time to enjoy the journey, the friends, and the rich details of this unique experience, you’ll likely regret it. Time and time again students and alumni state that ‘the people’ are what makes the University of Louisville’s SOM so great – do make time now to form the memories, bonds, and experiences that will follow through with you in your lifelong medical vocation.

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 flowers in the memorial garden 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.

2) As the workload builds up, you will be tempted to abandon everything and study continuously. This tends to quickly become unproductive, and it can and will negatively affect your morale and relationships. Remember to
spend time with your family and friends or working on an enjoyable hobby, new or old. Some people make a list before school even starts of their non-medicine priorities/goals/hobbies so as to offer a personal roadmap to remind them to make time for these things – even when it feels like you don’t have enough time!

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 through.

4) Keep perspective – you’ve made it into medical school! You’re studying things that are really cool, things that will enable you to make untold positive changes in the community, families, or a person’s life! You’re surrounded by a bunch of intelligent, driven, passionate people to learn from, bond with, and to share this amazing journey with. Sure, it can be overwhelming, but how stinking cool is it to be here?!
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 likely change for you this year. Here is a list of tips and pointers to help you manage your relationships:

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. Make sure your loved ones understand the amount of commitment medical school requires. Take the time to check in with your partner, listen closely, and consider their needs and feelings as much as possible when deciding how to best spend your time.

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

4) Planning is essential. Although it doesn’t sound very romantic, you may have to schedule time to be with your partner. You’re usually going to feel crunched for time on a regular basis. Focus entirely on coursework when studying, and try to leave academics behind and focus on quality time when you’re with your partner.

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, 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 daycare available.
Places of Worship

Sojourn Community Church  http://sojournchurch.com/
A popular church among medical students because of its community involvement and "community groups." It is mostly college-aged so the music is loud, and no one wears a necktie. They also host a free medical clinic every four months with which students are encouraged to help. Multiple campuses exist.

Immanuel Baptist Church  http://www.ibclouisville.org/
Another church popular with local UofL college students due to its theological foundations and active commitment to community outreach and service.

Highlands Baptist Church  http://www.hbclouisville.org/
A popular church in the city on account of its semi-progressive leanings and focus on intellectual discussion.

Southeast Christian Church  http://www.southeastchristian.org/
An interdenominational and wildly popular mega-church in Louisville (tens of thousands of people), though quite far from the HSC campus. Multiple satellite campuses and ‘seed churches’ exist around the city and in Southern Indiana.

Church of the Ville (Recommended by Kara Fredlock ’21, kara.fredlock@louisville.edu)
It’s a great non-denominational church based on biblical teachings that prides itself on the fact that it is welcoming to “church people” and “non-church people” alike. We believe that everyone, no matter their past, present, or future, deserves to be part of a life-giving community that is there to build them up everyday. Each hour-long service consists of live, contemporary music, a Bible-based message that is applicable to your daily life, and free coffee!

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 Roman Catholic churches in Louisville, many of which are close to campus. Many Catholic students attend Mass at Holy Trinity in the Saint Matthews neighborhood, a 15 min. drive east.

Orthodox Churches
St Michael Antiochian Orthodox Church  http://www.stmichaelorthodoxchurch.org/
Assumption Greek Orthodox Church  http://www.assumption.ky.goarch.org/

Mosques
Al Nur Mosque  http://www.alnurmosque.org
Louisville Islamic Center (River Road Mosque)  http://www.louisvilleislamiccenter.org

Your faith not included? Don’t be concerned, ULSOM has students of multiple faiths. Orientation is a great place to make connections. Hopefully a future MUSH book editor will have more recommendations to add. Louisville also has churches of many additional Christian denominations, a Hindu temple, a church of scientology, Unitarian churches, atheist groups, and others.
VI. Recreational Time

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

https://do502.com/: A great website that lists events going on around town! Music, theatre, sports, etc.

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)

Louisville Eccentric Observer (LEO Weekly): This is your weekly printed 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. Find it for free in many local businesses from grocery stores to barbershops.

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. This is the local newspaper.

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

Zomato.com: 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.

Foodanddine.com: Louisville’s own magazine for Foodies. This is a great source of information when you want to eat somewhere special or be able to speak intelligibly to other foodies about the goings on around the city.
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 add unwanted weight. Working out (anything from walking to CrossFit!) 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. (502) 852-3115]. Hours of operation are: Monday – Friday 6:00am to 9:30pm, Saturday and Sundays 1:00pm – 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 (502) 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 newest 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. This area is closer to the main campus and as such it is important to be aware and use good safety practices (not being alone, leaving before night, etc.).
- Cherokee Park – Located in the Highlands. Has great running paths and Dog Hill – a popular place for Louisvillians to bring their dogs. (Note: designed by the same guy who did Central Park in NYC; F.L. Olmstead.)
- Seneca Park – Only a few blocks from Cherokee Park, has a flat 1.2 mile paved track with lights.
- Iroquois Park – Located down Southern Parkway is another great park. It has a 3 mi loop or for the more adventurous you can run to the top of the park and get a great few of the skyline. Again, use good safety practices here.
- Jefferson Memorial Park – This is an expansive park system just outside of the city. Go hiking, biking, or fishing!
- The Parklands – This is a public/private partnership that connects a few newer parks into what is/will-be part of the Louisville Loop (a 100mile loop around the city and its suburbs). http://www.21cparks.org.
- Bernheim Forest and Arboretum – In adjacent Bullitt County (25m drive), this is a beautiful research forest and arboretum with a plethora of hiking trails and nature related educational experiences. $5.00 per carload.
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.org 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 Tama.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. Swags Sport Shoes is a running store with two locations and a VERY knowledgeable, fantastic staff. This store has a wonderful commitment to service and the owner, local running legend Swags Hartel, was inducted into the KY Hall of Fame in 2017.
  3. 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.
  4. Pacers and Racers is a wonderful running store in New Albany, IN, that has a similar ambiance of expertise and friendliness to Swags.

Hiking, Caving, Rock climbing, Offroad biking:
- If you like Rock climbing, check out Rocksport or Climb Nulu 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 : check out Speleofest
- Quest is the local hiking/camping shop to visit for gear and guidance.
- There are some very nice trails as close as Cherokee Park and Jefferson Memorial Forest.
- Short day trips include; Mammoth Cave National Park (KY), Hoosier National Forest (IN), Red River Gorge (KY)

Local Yoga:
- Most yoga studios will offer student discounts. Some popular studios among medical students include:
  - 502 Power Yoga – Jeffersonville location and Bardstown Rd Location
  - Bend and Zen Hot Yoga – Westport Village
  - Betsy’s Hot Yoga Studios- St. Matthews
  - 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 in St. Matthews offering barre classes with a student rate on unlimited classes.
Entertainment & Sports

The Louisville Cardinals: As a medical student, you can easily follow the enduring Louisville Cardinals athletics program! 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. Students can get into games for free and a 12oz 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. A local favorite is ‘dog day’ when the stands are overflowing with wagging tails.

Louisville City FC: https://www.louisvillecityfc.com/
Local pro soccer team that has an awesome fan base. Games are played at the Bats stadium and are an awesome event to go to!

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 5pm 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 – https://louisvilleorchestra.org/
The Louisville Ballet – https://www.louisvilleballet.org/
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.firstfridayhop.com or 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. https://actorstheatre.org/
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
Alley Theater – Fresh and often hilarious content you will not see at the larger venues listed. http://www.thealleytheater.org.
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. Good for those continuing an instrument and those new players.
Museum Row – Located on Main Street, museum row is a roughly two block area containing the KY Science Museum (and IMAX theater), Arts and Crafts Museum, Louisville Slugger Museum, 21c Hotel (and contemporary art gallery), Frazier Historical Arms Museum (seriously, check it out!), Muhammad Ali Center, and quite a few more!
Speed Art Museum – Located at the University of Louisville Belknap Campus and newly renovated/enlarged! (Free admission on Sunday!)
Churchill Downs & Keeneland – Kentucky loves horses. See what the fuss is all about at Churchill Downs, and be sure to check out the Downs After Dark series too. Keeneland is a smaller racetrack in Lexington, Ky, and is a must visit.
Ky Bourbon Trail – A celebration of the area’s favorite vice…bourbon. Getting a free ‘bourbon trail passport’ will net you a t-shirt upon visiting all of the distilleries for tours and tastings. http://www.Kybourbontrail.com/
Seasonal Louisville Mainstays, Events, and Traditions – St. James Art Fair (nationally known, juried art fair), Tailspin Ale Fest, Pride Week Parade, St. Joseph’s Orphanage Catholic Picnic, Louisville Worldfest at the Belvedere, The Kentucky Derby Festival (spanning two weeks this includes major events like the Hot Air Balloon Glow and the giant Thunder Over Louisville fireworks show), The Kentucky Derby, KY Renaissance Fair (Eminence, KY), Louisville Highlands Festival, KY state fair, KY Bourbon Festival (Bardstown, KY), Louisville Idea Festival, Louisville Jack O Lantern Spectacular, etc.

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 the Belknap campus. 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 Tuesdays
Cinemark Mall St. Matthews and XD – Newer movie theater that just recently opened. Located in St. Matthews Mall.
Village 8 – The last remaining ‘discount house’ ($3-4) movie theater. Also located in the St. Matthews neighborhood.
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. (St Matthews location is the original and best).

**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.

**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). (In St Matthews)

**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.

**DakShin** – If you’re craving really great Indian food, try this place on Bardstown Rd in the Fern Creek neighborhood.

**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** – Some pretty great sushi.

**Hammerheads** – An eclectic and delicious food and beer joint in Germantown. Try the duck fat fries!

Other Great Restaurants by Category

**American** – Ditto’s Grill, Cottage Inn, Mark’s Feed Store, Ramsi’s Café On the World (not really American, but a lovely blend of everything), FABD, The Bristol, Highland’s Tap Room, Monnik Beer Co, Game (great exotic burgers & beer!), Royals Chicken (close and oh so delicious), Rye (expensive and trendy), Goose Creek Diner, Wagner’s Pharmacy

**Brunch** – Toast on Market, Harvest, Wild Eggs, North End Café (great for other meals too!), Blue Dog Bakery, First Watch, Bruegger’s Bagels

**Chinese/Asian** – Oriental House, Jade Palace (dim sum carts on Sundays), Double Dragon, Egg Roll Machine, August Moon Chinese Bistro, Chik’n & Mi (a new Asian inspired take on fried chicken!)

**Dessert** – Homemade Ice Cream and Pie Kitchen, Sweet Surrender, Desserts by Helen (so decadent), Graeter’s Ice Cream, Comfy Cow (some of the best Ice Cream in America), Dairy Kastle (a Louisville tradition)

**Fine Dining** – Jack Fry’s, Proof on Main (lunch isn’t that expensive), Bistro Le Relais (the ambiance: art deco décor in the old terminal of 1920’s Bowman Field Airport), Vincenzo’s, Lilly’s, Uptown Café (lunch isn’t that expensive), Seviche, Rivue, Volaré, 211 Clover Ln, Pat’s Steakhouse, Jeff Ruby’s Steakhouse, Le Moo

**German** – Eiderdown, Gasthaus
Greek/Mediterranean – Grape Leaf, The Falafel House, Aladdin’s Café, Chef Maria’s, Safier, Anoosh Bistro
Indian – Kashmir, DakShin, Taj Palace, Shalimar (all have relatively inexpensive lunch buffets), Bombay Grill, Little India Café (hard to find, worth the search.)
Italian – Vincenzo’s, Martini’s, Come Back Inn, Porcini’s, Buca di Beppo (for large parties), Volaré, Silvio’s, Rocky’s
Korean – Charim, Koreana II (look and service suffer, but the food and Korean bbq is pretty good), Sarang
Late-Night – Café 360 (hookah lounge, 24 hours), Juanita’s Burger Boy (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), Qudoba (specifically the one on Bardstown Rd and Eastern Parkway)
Mexican – El Mundo (worth the trip!), Santa Fe (on 3rd street, cash only, cheap), Los Azteca’s, Las Gorditas (a Gordita trailer, great deals), El Taco Luchador, El Nopal, Wild Ritas (NuLu), Silver Dollar
Pizza – Wick’s, Za’s, Tony Boombozz, Spinelli’s, Impellizzeri’s, Bearno’s, DiOrio’s, Coals Artisan Pizza, Mellow Mushroom
Sushi – Asahi Restaurant, Oishii Sushi, Sake Blu, Sapporo, Osaka, Dragon King’s Daughter (Japanese fusion), Mikato
Vegetarian – Heart and Soy, Zen Garden
Vietnamese – Annie Café, Vietnam Kitchen, Nam Nam Café

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

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 of 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 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 6 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, and is 30 minutes away in Indiana. Website: www.huberwinery.com

Monnik Beer Company – A microbrewery in Schnitzelburg that is known as a great place to hang out, eat good food, and sample every beer multiple times.

Apocalypse Brew Works – This place is unique and only has outdoor seating, thus dogs are welcomed and encouraged
to join. The beer selection is small and changes somewhat frequently – a group of passionate homebrewers got together to make this small-batch brewery. Only open Friday-Sunday.

**HopCat** – A ton of beer on tap (complete with rotating local beers) and American bar food is plentiful.

**Holy Grail** – Esoteric beer selections and good food. In an old church complete with a choir (upstairs bar) loft.

### 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.

**Press on Market** – Near school downtown, this is a great little coffee shop with a fresh feel.

**Sunergos** – Near Belknap campus, roast their own coffee, extensive tea selection.

**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!

**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 with limited hours. Get a cookie.

**Fantes Coffee** – The newest coffee shop on the list, this local shop is a passion project and provides great coffee and a good studying atmosphere.

**Starbucks** – Hit or miss study environment, hit or miss coffee.

### Louisville Commercial Scene

**Grocery Chains:** *(local = italicized)*

**Bookstores:**
- Health sciences campus Barnes & Noble bookstore (near the nursing school)
- Gray’s Bookstore
- Other chains: Barnes & 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, Walmart, Lowe’s)
- St Matthews Mall (Forever 21, JCPenney, Dillard’s, Cinemark Theater)
- 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, Dillard’s)
- Springhurst Towne Center (Target, Books-a-million, Meijer, Kohl’s, Tinseltown Cinema)
- The Paddock (D&W, Bed Bath and Beyond, Pier 1, Barnes & Noble, J Crew-student discount, Gap, Ann Taylor-student discount) *(note: Louisville natives are talking about the 'The Paddock' when they say 'The Summit')*
- The Outlet Shoppes of the Bluegrass (a bit of a drive – but a ton of stores)
Farmer’s Markets:
Easiest approach is a google search 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). 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:
- **Nu Yale**
- **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.
- **Beha Cleaners**— A bit pricey, but they go out of their way to help you in a pinch.
- **Highland Cleaners**— 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).
- **Great Clips** — Cuts for men and women - a solid bet for the price conscious.
- **Props Barber Shop** — A no-frills, beloved Louisville barber shop.
- **Derby City Chop Shop** — Another beloved barber shop but for the trendy and trendy-at-heart, appropriately on Bardstown Rd.
50 List

Louisville Magazine published this list of 50 Things Every Louisvillian Should Do.

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 (Local Catholic High Schools)
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 (Parklands)
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
VII. 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, Psychiatry Interest Group, and 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. 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.

- **Mentoring opportunities** through UL programs for undergrads: 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 programing, 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 weeks 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 Willed Body Memorial 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 trying 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:**
- Jessica Bier OSR – MS4 jessica.bier@louisville.edu
- Jenna Rogers OSR – MS3 jenna.rogers@louisville.edu
- Brooke Barrow OSR – MS2 brooke.barrow@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 and 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.

**More info here:** [http://louisville.edu/medicine/distinction](http://louisville.edu/medicine/distinction)
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 all 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-based 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 refaced 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 is wait until the Spring of your second year and just focus on studying for all your 1st and 2nd year classes for the time being. 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 I, 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 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. USMLE WORLD is the solution to that dilemma, and the questions are incredibly similar to real Step I 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 2\textsuperscript{nd} 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 2\textsuperscript{nd} year, giving you some time to psych yourself up. Many board prep course options will be thrown at you during 2\textsuperscript{nd} 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 like 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. 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

#### 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, 2\textsuperscript{nd} 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

#### CADE/ICM

#### Winter Break
- ~January or February

#### MBLDD
- Applications for summer externships, research, etc
- January – April
  - Dates may be earlier if you decide to apply for an opportunity offered by another institution

#### Get your class rank from student affairs (optional)
- July
Introduction to Clinical Medicine (ICM)  | August – April
---|---
The following courses are changing dramatically 2011-2012. Timelines are estimate.
Endocrine and Reproductive Systems  | August – September
Respiratory and Renal Systems  | September – October
Cardiovascular System  | November – December
Winter Break  | December/January
Spring Semester Currently Unknown
Spring Break  | January or February
Register for Step 1 - $470  | December, January
Price does not include prep materials
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>
<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>Neuro 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>
<tr>
<td>Register for Step 2</td>
<td>Late April</td>
</tr>
<tr>
<td>Clinical Skills part: $1000</td>
<td></td>
</tr>
<tr>
<td>Clinical Knowledge: $480</td>
<td></td>
</tr>
<tr>
<td>Look out for information about the Dean’s Letter and the Electronic Residency Application Service (ERAS)</td>
<td>Late April- Early May</td>
</tr>
</tbody>
</table>
### Year Four

<table>
<thead>
<tr>
<th>AHEC Rural/Urban rotations in specified disciplines/specialties (Selectives)</th>
<th>4 weeks</th>
</tr>
</thead>
<tbody>
<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>
</tbody>
</table>
| Consider doing an acting internship (AI)  
  - “you work like an intern” | Early 4th year if you want it for a CV |
| Away rotations | Best to be done before or during interview season, before you make a rank list. |
| Time off | 4 - 14 weeks for testing, interviewing, holidays, career exploration, easy electives, etc |

| Step 2 – two parts:  
  Clinical Skills | June – November  
  - Physical exam test  
  - Requires travel |
| Clinical Knowledge | June – July  
  - Contact people from whom you want Letters of Recommendation (LOR)  
  - Work on your Personal Statement  
  - Familiarize with FREIDA |
| Residency applications (ERAS) | Late summer – mid-December  
  - Electronic database that includes your LORs, CV  
  - Application fee in addition to costs for each residency applied to |
| Release of your Dean’s Letter | November 1  
  - Finish program applications before this date, ideally |
| NRMP applicant registration deadline | November 30 |
| Interviews | October – February  
  - Potentially a lot of travelling |
<p>| Military Match released | December |
| Rank order lists due | Late February |
| “Scramble” Day: unmatched students and unfilled programs are notified. These students and programs can begin filling at noon | Day before Match Day |</p>
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
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<tbody>
<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>
VIII. 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 David Porter (gdport01@louisville.edu) for help creating new RSOs.

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 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.

2019-2020 Officers:
Rachel Safeek (President), Katie Whitehouse (Secretary), Connor Smith (Treasurer), Brooke Barrow (Programming), Nolan Smith (Membership/Outreach), Sarah Parker (Advocacy)

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.

2019-2020 Officers:
Induja Nimma
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.

2019-2020 Officers:
Shalyn Carter, Sravya Veligandla

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.

2019-2020 Officers:
Andrew Ray, Reiss Hollenbach

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.

No officer information available

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.

2019-2020 Officers:
Ayesha Singh, Ayana Wilson

Clinical Ties
Please see more information in the fall semester.

2019-2020 Officers:
Ryan Knox, Ayesha Singh

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

No officer information available

Dermatology Interest Group
Please see more information in the fall semester.

2019-2020 Officers:
Katherine Crider, Lauren Hampton

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!

2019-2020 Officers:
Ankur Patel, Emma Ganshirt, Elizabeth Smith
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

2019-2020 Officers:
Andrew Hubbs, Rachel Smith, Allison Muha

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.

2019-2020 Officers:
Parth Patel

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

HSC Pride
Please look for information in the fall semester.

2019-2020 Officers:
Colby Loew, Christian Winters, Hayley Moss
Innovations in Medicine Club
This club allows medical students to learn about the latest technologies and innovations in a variety of fields in medicine. Various talks include discussions from surgeons and engineers on the latest surgical devices and techniques used by cardiothoracic and orthopedic surgeons. This club is open to all who are interested in the latest advances in the field of medicine.

2019-2020 Officers:
Cassandra Woolley, Andrew Ray

Integrative Medicine Interest Group
Please look for information in the fall semester.

2019-2020 Officers:
Devin Clark

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.

2019-2020 Officers:
Matthew Peters, Kara Zirnheld, Sam Brockhurst

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.

2019-2020 Officers:
Matthew Peters, Reiss Hollenbach

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.

2019-2020 Officers:
Eric Seerogy, Dana Oakes
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.

*No officer information available*

Medical Students for Choice/Family Planning Interest Group
The Medical Students for Choice club hosts a variety of events, including trips to Planned Parenthood, a PROVIDE training event which teaches future physicians how to discuss birth control methods with patients, a mechanical aspiration workshop, and a variety of documentaries.

*2019-2020 Officers:*
Ashley Merritt, Lydia Lissanu, Colby Loew

Medical Students for Life
Please look for information in the fall semester.

*No officer information available*

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.

*2019-2020 Officers:*
Ryan Knox, Jeannette Oropilla

Medal4Mettle
Please look for information in the fall semester.

*2019-2020 Officers:*
Abby Edgin

Medical Spanish Club
Please look for information in the fall semester.

*2019-2020 Officers:*
Induja Nimma (President), Andre Rochet (Bilingual SP Coordinator)
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 UL SOM 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.

2019-2020 Officers:
Reed McKinley

Neurosurgery Interest Group
Please see more information in the fall semester.

2019-2020 Officers:
Nicole Arvantis, Andrew Hey, Mohammed Nuru

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.

2019-2020 Officers:
Kara Zirnheld, Katie Whitehouse, Jeannette Oropilla
**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.

**2019-2020 Officers:**  
Talitha Jones (President), Ashley Merritt (Programming VP), Mary Kathryn Ball (Service VP)

**Oncology Interest Group**  
Please look for information in the fall semester.

**2019-2020 Officers:**  
Andrew Hey, Daniel Hodge, Sarah Mudrah

**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.

**2019-2020 Officers:**  
Madison Kerley, Alborz Kalantar

**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.

**2019-2020 Officers:**  
Nolan Sledge, Jordan Pamplin, Grant Schmidt

**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.

**2019-2020 Officers:**  
Akhila Ankem, Nicholas Brinkman
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.

2019-2020 Officers: 
Andreah De La Hoz

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.

2019-2020 Officers: 
Meghan Lemmen (President), Robert Wendroth (Vice President), Abigail Edgin (Secretary), Kyle Castaneda (Volunteer Coordinator), Stephanie Hayden (Child Life Coordinator), Kennedy Karem (Snuggle Squad Coordinator)

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

No officer information available

Physical Medicine and Rehabilitation Interest Group
Please see more information in the fall semester.

No officer information available
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.

No officer information available

Pre-Med Undergraduate Mentoring Program
The purpose of the Premed Undergraduate 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.

2019-2020 Officers:
Steven Alan Chapman

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.

2019-2020 Officers:
Eric Seroogy, Lucas Dobson, Viresh Dayaram

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.

2018-2019 Officers:
Ellie Romes, Preston Simmons
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.

2019-2020 Officers:
Nicole Arvantis, Andrew Hey

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.

2018-2019 Officers:
Tino Mkorombindo, Shayna Hale

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.

2019-2020 Officers:
Colleen Sholtes, Brooke Barrow

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!

2019-2020 Officers:
President: Elizabeth Dugan
Pre-Clinical Vice President: Joey Stoltz
Operations Chair: David Porter
Social Chair: Nolan Smith
Wellness Chair: Ryan Long
Service Chair: Karen Reynolds

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.

2019-2020 Officers:
Alec Bradley, Jonathan Cunningham

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.

2019-2020 Officers:
Andrew Hey, Brandon Chen, William Henry
Attend the RSO Fair at the start of the semester for more information!