



# UCF COM

April 16, 2010



## Second Look Newsletter



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## Welcome to UCF College of Medicine!

It is hard to believe that a year ago many of us were sitting where you are now! Our school has grown so much in the past year, and we are looking forward to welcoming the Class of 2014 in August. You survived the applications and interviews, and in a few months you will begin one of the most transformative experiences of your life. We already think you would be a great addition to the UCF College of Medicine, so it is up to you to decide if the school is a good fit. We have compiled a guide to help you get to know the school and the area, and to give you some advice about life at the College of Medicine and living in Orlando. Throughout the weekend you will have many opportunities to interact with students and faculty, so feel free to ask any questions you might have about our school.



*Enjoy your visit to sunny Orlando!*



A variety of  
*Organizations*  
to suit your needs

## UCF COM M.D. Program Internal Medicine Interest Group (IMIG)

One of the exciting privileges in starting a new medical school is helping to lay the foundations of our medical education and training. Medical Interest Groups are a common mechanism to influence our understanding of medicine, and we are pleased to announce that UCF has recently chartered the student-run Internal Medicine Interest Group (IMIG).

IMIG will work to (1) serve as a resource for students to learn about the field of internal medicine; (2) promote the field of internal medicine and its fellowships among students; (3) provide leadership and professional networking opportunities; and, (4) recognize outstanding students and faculty mentors within the Internal Medicine field. We are also associated with the American College of Physicians, the nation's single largest medical specialty society. Our Faculty Advisor is Dr. Maria Cannarozzi (UCF Associate Professor of Internal Medicine and Pediatrics and Fellow of the American College of Physicians).

We are excited to work with the Class of 2014 to further evolve and grow IMIG at UCF.

There are an abundance of things to do and way to get involved, from networking with local physicians, to planning lecture events, to coordinating skills seminars. If you have any questions, would like more information, or want to jump right in to help us grow, please contact an officer below.

### Officer Contacts:

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P.S. Don't forget to take advantage of your summer break. Go for a hike. Read for pleasure. Travel through another continent.  
**Enjoy it!**



# 13 from '13

The UCF COM Class of 2013 has compiled a list of 13 points of advice for incoming students, based on our own experiences since the beginning of medical school. Without further ado, and in no particular order:

1. Don't worry about every little point - it doesn't matter in the long run!
2. Don't sweat the small stuff.
3. Don't get behind during the first few weeks of school, or the first week back from a break. You will not want to begin studying, but you better or you'll fall behind! If anything, work ahead.
4. Don't forget to take time for the things you like to do. Learn how to manage your time now so you can have fun later.
5. Do some self-reflection, and then write down some thoughts on who you are and what your goals are. You'll find that you can change very quickly in medical school, and sometimes it's refreshing to look back at your original designs.
6. Start thinking of a research project now. It should be a research project that you look forward to working on every day.
7. If you are looking for a roommate, be cautious when choosing – if he/she has an intimidating stereo system, has a propensity for late-night partying, or likes to feel the roar of the sports stadium while lounging in their comfortable couch, your ability to study over the noise may be less than ideal!
8. Don't worry, be happy ☺
9. Medical school is difficult, to say the least - enjoy your summer, and any other break for that matter!
10. Maintaining balance truly is the key to happiness during this inherently stressful period of your life.
11. Pulling “all-nighters” causes more harm than good. Develop good sleeping habits before you begin medical school - it's harder to make these types of changes once you've started. In fact, begin to develop any other positive habits that you wish to maintain during medical school before you get here. You'll be glad you did.
12. The importance of eating well and getting plenty of exercise cannot be overstated. You can justify the extra costs and hours necessary to make it happen, even at the expense of some of your study time. It's just as important to develop and maintain a strong body as it is to develop and maintain a strong mind.
13. Get involved - there's enormous potential in regard to involvement in student organizations, clubs, and Student Council, and the spectrum of opportunities will only grow as the school continues to expand.

## Did you Know?

1. According to Carlson Wagonlit Travel's Trends Survey, Orlando is the second most popular domestic travel destination in the country (Las Vegas placed first).
2. The official nickname of the city of Orlando is “The City Beautiful,” although it is also known as “O-Town.”
3. Before there was Disney, there was also a considerable amount of cattle ranching in Central Florida; you can still see cattle grazing along certain stretches of the 417 GreeneWay Expressway.
4. Out of the estimated 50 million tourists who visit Orlando each year, over 2 million are international visitors.

<http://www.orlandoescape.com/eazines/fun-facts-orlando.htm>

## AMERICAN MEDICAL STUDENT ASSOCIATION (AMSA)

Congratulations! If you decide to join us here at UCF, you will be part of a truly remarkable place. Orlando has embraced our school and is giving us support you just don't see on other campuses. Medical students here have a unique chance to make a lasting imprint on this community, and AMSA will play a huge part.

Our year one accomplishments:

- ✓ Cooked dinner at the Ronald McDonald house, a "home away from home" for families of children receiving medical treatment.
- ✓ Collected piles of toiletries and hundreds of dollars in donations for the Healthcare Center for the Homeless.
- ✓ Hosted a mentoring event with the pre-medical organizations at UCF.
- ✓ Represented UCF at the AMSA Regional Conference in Atlanta (and had a great time in the city).
- ✓ Hosted the National AMSA President, Lauren Hughes.
- ✓ Raised funds for future projects and received a grant from national AMSA.

The partnerships we are developing:

- Osceola Council on Aging – a remarkable advocate for the elderly and also local families in crisis. They are allowing us to fill important roles in their free clinic and their adult day-care center.
- Lake Nona High School – an impressive high school near our medical school campus. We are hoping to teach health education and mentor budding physicians.
- IFMSA – the International Federation of Medical Student Associations – AMSA is the sole U.S. representative in this international organization that sets up clinical and research rotations around the world.

Our chapter is committed to community engagement, education, and developing leadership. Believe us, we know what you will go through next year, especially when it comes to time. That is why our goals are clear. We only pursue causes that are meaningful, useful to our careers, and fun. We hope you will join us next year.

Will Kang  
President, AMSA at UCF

*AMSA is the nation's largest student-run medical student organization, with 62,000 members nationally. Past medical students in AMSA have had a huge part in vital issues in medicine. AMSA presented the data that residents were overworked and needed a limit on work hours. AMSA is leading the effort to remove the influence of pharmaceutical companies in medical schools and in practice. Our history is rich and I invite you to read about it at [amsa.org](http://amsa.org).*



## Hot Spots

### Have you explored the wonders of Florida?

From its beautiful sandy beaches to its swampy Everglades National Park, Florida has a lot to offer its residents. There's so much to see and do in Florida – theme parks, water sports, outdoor adventures, hot air ballooning – that the possibilities are endless. The only problem you'll have on your weekends here is deciding what to do.

- 1 **Fort Lauderdale**  
Fort Lauderdale is known as the Venice of America because the city has 185 miles of local waterways.
- 2 **Miami**  
Greater Miami is the only metropolitan area in the United States whose borders encompass two national parks. You can hike through pristine Everglades National Park or ride on glass-bottom boats across Biscayne National Park.
- 3 **Florida Keys**  
The Benwood, on French Reef in the Florida Keys, is known as one of the most dived shipwrecks in the world.

<http://www.50states.com/facts/florida.htm>

## MARRIED LIFE: A SPOUSE'S PERSPECTIVE

Inevitably, each of my friends has posed that classic question to me: “How’s married life?” Certainly their intentions are good, but they seem to have overlooked the basic fact that my wife of several months, Shawna, is a *medical student*, not an ordinary mortal. After we squeezed our wedding into her tiny little Christmas break, there was only the briefest gasp of time before she had to return her nose to the unavoidable grindstone—before she fell back into the rhythm of nine-hour school days, all-night study groups, and endless sessions of reading and note-taking. How’s married life? You may as well ask someone how their pet grizzly bear is doing while it’s in hibernation. Medical school means *nonstop work*. (Admittedly, this fact is more manageable for those of us who, like me, have roughly the personality of a goldfish-puppy dog hybrid. I would encourage fellow medical spouses to hone themselves into a similar state of being.)

Added to the students’ burden is the immense responsibility of their chosen profession. One day, Shawna asked me to read over the research proposal that she had written for her FIRE project, checking for any errors in grammar, punctuation, or the like. As a beginning graduate student of English, I admitted that I was a bit anxious. Suddenly, I noted to her, I was expected to be the final authority on such matters as which comma goes where, or how to spell words like “chauffeur” and “perspicacious”! The medical students in the room all laughed: apparently, that day they had participated in a clinical skills simulation in which they had to treat a (pseudo) patient with a ruptured intestine—a scenario which none of them had the foggiest idea how to deal with. I suppose that I’ll stick with my commas, come to think of it.

On the other hand, it wouldn’t be wholly accurate to depict the students’ lives as an endless vortex of drudgery and gravity. They don’t *just* spend all of their time studying: somehow, they manage to blend their insurmountable workloads with a rich roster of social and athletic activities. I can’t really explain how it is that Shawna can play soccer, floor hockey, and volleyball, make it to the occasional med-student outing or party, *and* study without any breaks at all for weeks at a time; yet more incredible is the fact that most of the class seems to manage a similar schedule. This is the true paradox of UCF’s medical students—the juggling act; the practice of being a significant other, a researcher, an athlete, a top-notch scholar, a friend, and (at least occasionally) a human being with unique wants, needs, fears, and ambitions. They are a band of brothers and sisters who I have been privileged to spend time with, and it will be a privilege to watch as—with a combination of their loved ones’ support and their own considerable fortitude—their dreams are met and surpassed.

**The Wilderness Medical Society** was founded in 1983 in order to advance healthcare, research, and education related to wilderness medicine. Wilderness medicine topics include expedition and disaster medicine, dive medicine, search and rescue, altitude illness, cold- and heat-related illness, wilderness trauma, and wild animal attacks. The WMS offers conferences, courses and fellowships that focus on these topics.

The UCF COM WMS is currently structured as a loose association of students interested in exploring wilderness medicine. The main purpose of WMS is to tie together our passion for medicine with our love of the outdoor through activities that bring these two fields together.

This year WMS lead a multiday backcountry camping trip out to the Ocala National Forest and sent a team to compete in the South East Regional Medical Wilderness Adventure Race. Upcoming WMS sponsored events include a team fitness contest and a scuba diving trip.

WMS events are open to all UCF COM students. If any of these events interest you or if you have any questions please contact Lynn McGrath ([lmcgrath@knights.ucf.edu](mailto:lmcgrath@knights.ucf.edu)) or Luke Lin ([lehyeong@gmail.com](mailto:lehyeong@gmail.com)).



## Home Sweet Home

One of the biggest challenges of moving is finding a new home. Many of you are coming from a city you have lived in for the past four years, so Orlando may seem like a big black hole in terms of how to find housing. Students in the Class of 2013 rented apartments, townhomes, studios; some lived at home with parents, and some even purchased homes. Here are a few recommendations in the Lake Nona area as well as some in the Main Campus UCF Area.

### UCF Main Campus Area:

#### 1. Fieldstream West

Plan: 4 bed/2.5 bath rental house  
 Cost: \$2100/month including utilities  
 Recommended? I lived here with three roommates that are also in the Charter Class. I would live there again except that it will be too far away from the Lake Nona area. The house was on a lake, where we hosted many post-exam “relaxation” sessions for the entire class.

#### 2. Mission Bay

Plan: 2 bed/2 bath apartment  
 Cost: \$620/month including utilities  
 Amenities: Pool, tennis court, gym  
 Recommended? Yes. I have high ceilings and a sun room which make it feel pretty roomy. The downside is that appliances are older than what is offered in newer apartment complexes and there are some bugs.

### Lake Nona Area:

#### 1. North Lake Park

Plan: 3 bed/3 bath rental townhouse  
 Cost: ~\$1500/month  
 Amenities: YMCA  
 Recommended? I will live here again next year. North Lake Park is gorgeous and a great place to have dogs (it even has a dog park).

#### 2. Lake Nona Villas at East Park

Layout: 2 bed/2 bath rental townhouse  
 Cost: \$900-1300/month including utilities  
 Recommended? I would live here again; it is 4 miles from UCF COM Lake Nona and I do not have to use the highway. I would try to get a unit that has a retention pond or woods in the backyard. I strongly recommend living as close as possible to the med school. There's a lot to be said for convenience and gas money.

### A Word from medPACT:

Welcome to our school! It has been an exciting and productive year for the newly formed UCF COM International Humanitarian Group. Committees have been formed as we work to establish our identity, our mission, our constitution, and begin to mold our collective enthusiasm into a permanent foundation for a strong, well-organized global outreach organization. Of the myriad tasks at hand, one of the most important has been to establish a name that we can call our own: Medical Students Providing Across Continents, or **medPACT**.

We anticipate global trips for medical students will begin by the spring or summer of 2011. The initial planning and fundraising for these humanitarian service trips are ongoing as medPACT begins work throughout this year to establish permanent endeavors. The **medPACT** team is looking forward to meeting all of you in the fall!



# Fun in Orlando

**Music:** Between downtown Orlando, UCF's arena, The Hard Rock, or many other small venues, there is plenty of music coming through Orlando. Orlando has its own Philharmonic Orchestra as well as plenty of local acts.

**Night-life:** Orlando is home to a wide variety of fun places to go when the sun sets. International Drive has entertainment for both tourists and locals: a dueling piano bar, laser tag, an IMAX movie theatre, and a blues bar and grill. Downtown has plenty of good bars and clubs, with delicious greasy pizza always within reach.

**Food:** Around Orlando and Winter Park you'll find locally owned cafes and bistros, as well as some great upscale restaurants. Winter Park has a Saturday morning market with great fresh produce and baked goods.

**Natural Beauty:** Orlando has great weather year round and plenty of parks, lakes, and nearby natural springs to enjoy it. Within an hour drive, the beach is a great place to relax or enjoy the waves. Scuba diving, canoeing, and surfing are some of our class' favorite ways to enjoy the outdoors.

**Sports:** Blue and White unite! Go Magic! Our basketball team offers student discounts for many games and several classmates have gone to cheer on this winning team. UCF football games are also a lot of fun, even though we don't do much winning. Don't forget the cooler for the tailgate!

**Arts:** The Orlando Museum of Art is well known among locals and contains a permanent collection featuring African Art, American Art, and Art of the Ancient Americas. Around town there are several smaller museums with unique special exhibits. For those who enjoy performance arts, the Orlando Ballet and Shakespeare Theater perform several shows each year. If the local fare is not enough, traveling Broadway shows often make a stop here in Orlando. Class of 2013 students saw South Pacific, Hamlet, the Nutcracker, Russian National Orchestra, Andy Warhol photography, and more – all in the first few months.

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COM

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**We hope you enjoy your Second Look Experience! Feel free to contact the Charter Class Student Council with any questions at the following email address:**

**[ucfcomstudentcouncil@gmail.com](mailto:ucfcomstudentcouncil@gmail.com)**