



UCF COM

April 13, 2012



Second Look Newsletter

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16 for '16

The Class of 2015 draws from their experiences this past year to give you some advice on surviving medical school.

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Where do I live?

Students give some tips on where to live in the Lake Nona and UCF areas.

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*Enjoy your visit to sunny
Orlando!*

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Orlando, FL 32827
407.266.1000

<http://med.ucf.edu/>

Facebook group:
UCF COM Class of 2016

Welcome to UCF College of Medicine!

Congratulations! On behalf of the entire student body at UCF COM, we are thrilled to welcome you to Second Look 2012. This weekend is the best opportunity for you to get to know UCF COM and see what we represent. We encourage you to meet our students, ask questions, and see why UCF COM is a great fit for you.

As students, we take great pride in the unique opportunity we have to build a new medical school. As a member of the 4th class you will undoubtedly contribute to the culture of our school and establish traditions that will last for years to come. UCF COM stands out from other medical schools because of the natural camaraderie that exists between classmates and faculty; we support one another while working toward the same goal. We have energized faculty members who are actually **EXCITED** to teach and are motivated to guide each and every student to success. We study in an entirely new building on our beautiful Lake Nona campus where we enjoy innovative classrooms, state-of-the-art anatomy labs and fresh curriculum. We hope that you find your home here at UCF COM and help us continue to build this amazing institution when you arrive in August.

Matt Stillwagon, M-1 Student Council President

Home Sweet Home

Although the vast majority of your time will be spent studying, Orlando offers a multitude of incredibly diverse ways for you to spend your limited free time. When one thinks of Orlando, the most likely thought is of the theme parks and tourism industry, but those are not your only options. First and foremost, how many other medical schools have two separate coasts within 100 miles? Cocoa Beach, Daytona, and Clearwater are just a few of the many options for you to either study or relax with the sun in your face and the sand in your toes. Interested in sports? The state of the art Amway Center in downtown Orlando is one of the most beautiful arenas in the entire country, home to the Orlando Magic of the NBA and Orlando Predators of the Arena Football League. If you are interested in music, the Amway Center also hosts a revolving door of major concerts. Other wonderful music venues in town are the Hard Rock Live and House of Blues, in addition to many small venues downtown. There is also wonderful shopping at the Mall at Millennia and numerous outlet malls. For those that need to let loose after an exam, downtown Orlando offers plenty of nightlife activities as well. If you are looking for a nice stroll on a Sunday morning, walking around Lake Eola for the weekly farmer's market is a relaxing way to start your day. If you are into water sports, Orlando WaterSports Complex is one of the most unique wakeboarding and waterskiing facilities in the country. Other fun ideas to spend a day away from the books include Cirque du Soleil, the Orlando Science Center, and Kennedy Space Center. There are a ton of fun options within driving distance of UCF COM, but you are still secluded enough that you're able to focus on your schoolwork, which is the reason all of you are here in the first place. Cheers.

Preston Dean



Orlando Farmer's Markets

Looking for a fun new way to shop for groceries? Want something to do this weekend other than study? Check out one of Orlando's active and thriving farmer's markets! On Saturday morning you can walk through Winter Park's to pick up any variety of produce, bread, and other homemade items in a sweet-smelling atmosphere where local farmers and craftsmen are intertwined with numerous botany offerings, from orchids to strawberry plants! Afterwards, take a walk down Park Avenue where quaint local shops are mixed with big brand names. On Sunday morning stop by the market after a walk around beautiful Lake Eola, in the heart of downtown. Enjoy the beer and wine garden while listening to eclectic local music and shopping at local crafts stands. Afterwards, you're in walking distance of downtown's best places to eat. Both markets offer a variety of activities in two locations at the heart of Orlando's greatest places to play, study, and live (especially during 3rd and 4th year due to their proximity to clerkship hospitals!) Grab a famous lemonade or caramel popcorn and explore!

Winter Park's Farmer's Market
Saturday 7am-1pm

http://www.cityofwinterpark.org/Pages/Visitors/Shopping_Dining_and_More/Saturday_Farmers_Market.aspx

Orlando Farmer's Market—Lake Eola
Sunday 10am-4pm

<http://www.orlandofarmersmarket.com/>

Studying 101

If you're a migratory study bird like I am, I suggest you find the best coffee shops. You'll need to find the best places that serve coffee and/or tea (I like to pack food to save money), a good atmosphere, and baristas that are nice and will occasionally give you free coffee. If driving is a hassle, you can also migrate within COM, trying different floors, tables, rooms, chairs, etc.

Every matriculating medical student has some aspect of their future schooling that intimidates them. However, with every potential problem comes a potential solution. As a first year medical student, I would like to share with you what I consider to be four of the most important rules to making medical school at UCF COM successful and even fun:

1. **Always, ALWAYS, remember to stay balanced:** The demands of medical school can induce many people to stop doing some of their favorite activities in life, but don't let this happen! Whether you are a gym rat or love to draw, continue your passions. This will give your brain a little rest, allow you to indulge yourself, and study harder as a result.
2. **Don't be afraid to be wrong:** Pre-med education can make you feel like you always have to know the answer, but trust me; being wrong is completely normal in medical school. **SEEK ANSWERS!** You are here to learn. Medical education is like building a skyscraper of knowledge. It will be difficult to have a strong base if the fear of "looking stupid" deters you from acquiring the fundamentals.
3. **Allow yourself to learn from your classmates:** Every student at UCF COM has a unique background, talented in ways you couldn't even imagine. Don't let this intimidate you. Instead, actively embrace this individuality. Learn from one another and use the diverse array of specializations within the student body to better yourself as a future physician.
4. **Find what works FOR YOU:** Every student studies differently, every person has different interests, and everyone's background has bestowed them with different strengths. Know yourself, be honest with yourself, and only focus on what *you need to do* to set yourself up for success, day after day.

I hope this helps you feel at least marginally prepared for this upcoming fall. Make sure to enjoy your summer. Embrace this exciting time in your life, and most importantly, **WELCOME TO THE UCF COM FAMILY!** ☺

Ron Mercer

When the going gets tough...

The first year of medical school can be a challenge. There's a lot to learn, including learning how you learn best. Don't be discouraged, just keep trying new things: talk to people in the M2 class, talk to Ms. Weissmann, get a PAC tutor, whatever will help. And most importantly, make sure to keep balance in your life. Have fun and don't spend all your time studying; sleep well and eat well. These things will help you study harder and retain more. You were all chosen for a reason, you are all capable of doing amazing things, and we can't wait to see all that you achieve!

Jenn Morgan



Married Life: A Spouse's Perspective

Congratulations! Your significant other has been accepted into the UCF College of Medicine and now the two of you are about to embark on an exciting new phase of your relationship together. The journey has already begun as you scroll through this newsletter looking at suggested apartments. You are probably wondering how medical school will impact your life or better yet, your relationship. I will attempt to, in the next 400 words, ease your mind on the unknown territory that lies ahead by sharing my greatest misconception, surprise, challenge and piece of advice that this first year as a medical student's spouse has showed me.

It's no lie; medical school is a lot of work. If it were easy everyone would do it. I was under the impression that my free time with my husband would languish the moment medical school began; fortunately, this has not been the case.

The UCF College of Medicine does a wonderful job of organizing the curriculum into an 8am-5pm schedule. It makes it easy for students to treat school as a full-time job. We both work during the day and then always make it a priority to have dinner together. We also designate one weekend day as our date day and the other is reserved for his study time; and each Tuesday night we take part in a Bible Study with other medical students and community doctors and nurses. I can honestly say that my initial impression was incorrect. Make a schedule that works for you as a couple and you will be fine.

At the UCF College of Medicine, you will not be alone in the married or engaged realm. In fact, there are so many married, engaged and dating couples that we started a club. The Spouse and Significant Other Support Group has over 15 UCF COM couples and growing. Be sure to find us on Facebook! We can't wait to have you at our next Group Meeting, a fun time that never disappoints. From the moment that your other half begins their first day at the UCF COM this summer you will acquire several hundred new family members. All of the students welcome you in with open arms. This tight-knit community of aspiring doctors and their significant others has been my greatest surprise.

I know you have to be wondering, what has been the biggest challenge of the experience thus far? My answer is easy and I think all couples will agree: Test Time. This is the two-week period where your schedule, that you've worked so hard to create, goes out the door. Your spouse will easily put in over 100 hours of studying during this time. Do not expect any chores to be done or fun outings to happen. Test Time will challenge your patience and your relationship, but there is a light at the end of the tunnel.



Throughout this next year, you will be bombarded with advice and warnings, but remember, life is what you make of it. This medical journey is what you make of it. You and your future doctor are a team and together through hard work on both of your parts, your spouse will one day be “the good doctor.”

Summer Bush

It's Never Too Early to Start Networking

When you ask a layperson to think of what doctors do every day, you won't be surprised that many of them picture a group of silver-haired, Old Guard doctors in polo shirts playing golf on a sunny afternoon. While this image is that of a rapidly fading stereotype, it illustrates a fact of the medical profession that is, was, and likely will always be true: networking is the key to success. "But we're not even in medical school yet! How important could this be for us?" you may ask. Remember that to even get to this point you had to build relationships with professionals in your respective fields in order to gain shadowing opportunities, research experience, and letters of recommendation. However, during your medical education and in your future years of practice the importance of who you know becomes more profound. I have found that getting out there, shaking hands and introducing myself has opened many doors which are helping me build my own unique medical school experience. Getting to know a faculty member in a specialty that interests you could very well lead to an interesting and impressive FIRE project. Talking with a visiting doctor at an interest group meeting may lead to a unique shadowing experience and a new professional relationship. Becoming friends with a second- or third-year can lead to little tips and tricks that make the marathon medical school just a bit easier. The importance of having social skills becomes most apparent during your third year clinicals; while you are graded on your medical knowledge, a major portion of your grade comes from how well you get along with your supervisor and their staff. Here at UCF COM we try our best to build an all-inclusive and inviting environment for our new medical students, but it's up to you to introduce yourself to the new people you meet. So my advice: start practicing now! You never know who you'll be going to medical school with and who you may end up practicing alongside.

Giorgio Guiulfo



Clearing the Air about FIRE

As you've probably heard by now, there is a research (FIRE) project looming in your future. Some people are excited about it, but many are wary. I'm here to offer a couple pieces of advice and allay some fears. First, find a mentor that will work with your experience level. Take advantage of the lists and contact info provided; speak to two or three physicians and find one that meshes well with your goals and personality. Explore your passions, but keep in mind that if your passion is to get into a competitive residency, publishing your work will be important. Really think of the amount of time you can/want to devote—you can let your project take up as little or as much time as you choose. Finish IRB early; you'll feel better when it's done. Think of this as your opportunity to pursue your interests outside of class and have a great experience to highlight on your CV!

Erin Kane

16 for '16

We asked the class of 2015, "What do you wish you had known last summer?" Here's what they came up with:



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 Greenway Expressway.
4. Out of the estimated 50 million tourists who visit Orlando each year, over 2 million are international visitors.

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

1. Take advantage of orientation week to meet your fellow classmates. These will be the people who are battling in the trenches with you for the next four years, so embrace them!
2. Don't buy books before the class starts. The library has copies of everything. Wait until you start the first module, then figure out which books you will need or what your learning style is.
3. Balancing your academic and social schedule is possible, if you make time for it.
4. Drive slowly on Lake Nona Blvd. There are cops all the time, and you don't want to risk getting a \$100+ ticket. Also, a rolling stop is not a real stop.
5. Buy First Aid and use it from day 1—it will help emphasize important things for the Boards.
6. Do a quick review of everything you've learned in class that day. Otherwise you will fall behind.
7. Exercise is a great way to de-stress! There are many options—IM sports, yoga, morning runs.
8. Take advantage of time off before and during medical school to do things that are personally enjoyable to you.
9. Go with your gut about the school you want to go to, the people you meet, and the decisions you make.
10. Find a hobby so that you have a way to de-stress when times get tough in medical school.
11. The key to medical school is learning to organize the massive load of information in a way that caters to your learning style.
12. Take advantage of the class above you while they're there, and ask them all your questions about how to study, what books to buy, which restaurants are the best.
13. It's ok to get help, even if you're doing well. Medical school is hard and if you're struggling with a topic or just want that extra edge, then you should get help early. The students earning A's in medical school are often the ones approaching faculty and peers for assistance.
14. Keep your passion for volunteer work! Your time will be limited, but not as much as expected. Maintaining volunteer commitments helps your motivation and emotional well-being.
15. As a student, you will get lots of great discounts all over Orlando. Start asking around and searching the internet as soon as you get your ID.
16. You go into medical school thinking you are going to meet new colleagues, but then you realize you are actually meeting your new family.



A variety of
Organizations
...to suit your needs

Student Run Free Clinic

Nearly three years ago University of Central Florida medical students began conducting a Needs Assessment of the Orlando area to determine the role that a Student Run Free Clinic (SRFC) could serve in Orange County, Fl. This past February, Brittany Moscato and Ashley Ferrara presented their work at the Society of Student-Run Free Clinics 2012 conference. Their project, "Getting to Know Your Community Before Starting Your Clinic," summarized their efforts and highlighted some of the progress made towards the creation of the UCF COM SRFC.

This effort, in combination with the support of the UCF College of Medicine administration and faculty, has allowed students to move forward in creating a SRFC where patients without any other means can receive high-quality care. The City of Orlando has worked diligently to establish an extensive infrastructure for the underinsured of Orange County, Fl. The Primary Care Access Network, also known as PCAN, is a dynamic collaborative among Orange County Government, primary health care centers, community agencies, hospitals and other social services. PCAN's mission is to improve the access, quality

and coordination of health care services to the underinsured and uninsured populations of Orange County. Our vision is not to re-invent the wheel, but complement this excellent network of resources for the underserved with a pool of excited medical student and UCF physician volunteers.

The UCF COM SRFC will be available to provide primary care services to individuals who do not qualify for government programs and are of very low income. Thus, students will be able to both educate and serve the community in two different but essential and compatible ways. Through the continued commitment of UCF students, in conjunction with UCF faculty and administrators, community groups, businesses, and individuals, substantial progress is being made toward making this comprehensive approach to patient care a reality. As we work to launch the first student run free clinic at UCF, we hope that you will get involved with our SRFC project. We look forward to working with you in serving the underserved of Orlando.

Glenn Gookin

AMERICAN MEDICAL STUDENT ASSOCIATION (AMSA)

Here we are on the cusp of a new school year and “Congratulations” just does not seem to do you justice! On behalf of all the rising M2s, AMSA at the UCF COM would like to welcome you to the latest and greatest chapter of your life.

The key to succeeding in medical school is to know the game and what better way to do that than by connecting with your upperclassmen? AMSA at the UCF COM is the same force of medical education and patient advocacy you know from your undergraduate careers, plus MORE. After all, it is the oldest and most resourceful national organization for medical students, by medical students. More importantly for you, it is the perfect means by which you can:

- * **Learn from your peers.** Medical school demands the immediate adoption of constantly changing and sometimes unusual personal and professional habits. Your upperclassmen are here for you.
- * **Get your volunteering fix.** Medical school leaves very little wiggle room for those extracurriculars that sparked your interest in medicine. AMSA has got you covered with clinical volunteer opportunities like Adopt-a-Senior and the St. Thomas Aquinas free clinic.
- * **Get noticed.** In addition to providing leadership opportunities communicable to residency committees you will have a chance to attend AMSA’s National Convention in D.C. where you can present your research to a national audience, listen to talks by big names from the medical community, and attend workshops aimed at making you a better physician.
- * **Get the look.** AMSA is honored to have the responsibility of embroidering the names of the incoming class onto their coveted white coats. Furthermore, AMSA is here to snag you a good deal on all the necessary medical swag.

Once again, CONGRATULATIONS! You earned every bit of the glory that comes with knowing you are a candidate for the nation’s premiere medical institution. Enjoy Second Look and we look forward to seeing you at our first AMSA meeting in the fall!

Ram Sharma, AMSA President 2012-2013

AMSA has grown into something very special at UCF. I hope you’ll decide to not only join our chapter, but to become a leader. You’ll be glad you did.

Will Kang, AMSA President, 2009-2011



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 Daytona Beach

Daytona Beach is the home of the Daytona International Speedway and the Daytona 500, the opening race of the NASCAR season.

2 Cape Canaveral

Cape Canaveral is slightly over 50 miles east of Orlando. It is a 1.9 square-mile beach and coastal community where both the John F. Kennedy Space Center and Patrick Air Force Base are located.

3 Florida Keys

The Benwood, on French Reef in the Florida Keys, is known as one of the most dived shipwrecks in the world.

UCF COM medPACt

CONGRATULATIONS on your acceptance to the Class of 2016! We at Medical Students Providing Across Continents (medPACt) are very excited to welcome you to the UCF COM and hope that you are eager to join us as we serve those in need within and beyond our borders. As we enter our fourth year at UCF COM, medPACt aims to continue our efforts to effectively create awareness, dialogue, and collaborative action for global health.

Here's a snapshot of what we do:

- Medical Outreach Trips
 - We provide support for students to connect with and embark on international medical missions!
 - Last December, our students partnered with the Latin American Medical Student Association at USF College of Medicine to travel to the Dominican Republic. We provided medical care to the underserved and connected with local medical schools there. We will return to the DR next year and hope you can join us!
- Global Health Conference
 - Last November, we hosted the inaugural student-run conference at UCF COM. The conference featured innovative group simulations and

engaging speakers on the sustainability of short-term international medical missions. It was a great success, drawing medical students from schools throughout Florida.

- This year, we will explore the global dynamics of disaster medicine, featuring hands-on simulations in the Clinical Skills Center!
- Exciting global health projects involving electronic medical records and vaccines!
- Spanish Language Learning Opportunities
 - Spanish Lunch Hour: Learn medical Spanish in a comfortable atmosphere at the COM while enjoying some free food!
 - Spanish Standardized Patient Encounters: Practice your Spanish-speaking skills with patients in the Clinical Skills Center to prepare for clinical encounters.
- Speakers, Fundraising, Salsa nights, Film screenings, and more. Suggestions are always welcome!

Any thoughts or questions? Contact us at GlobalHealthUCF@gmail.com or visit <http://med.ucf.edu/global-health/>!

See you in August!
Your medPACt Executive Board



UCF and USF Medical Students in the DR

NEWS FLASH: CAFFEINE IS THE NEW WATER

As the new dynasty of the UCF COM family, the class of 2016 shall partake in all the greatest pastimes of medical school. At the top of that list and our personal favorite—STUDYING (for 10+ hours a day). In fact, studying is almost a social event in medical school. So that you don't get distracted by McDreamy or even McSteamy, here is a list of study spaces the class of 2015 have tried and loved. So pack your ear plugs, laptops, and Gray's Anatomy; I wish you many a productive caffeine-induced study session.

1. Starbucks – Near the Airport
2. Panera Bread – can get a little crowded but they have free Wi-Fi; Waterford Lakes, Downtown
3. Drunken Monkey Coffee – food, coffee and board game nights on Friday; Bumby Ave
4. Legends leasing office – comfortable seating and you can also reserve the conference room
5. Dandelion Communithea Café – eclectic mix of vegan food, entertainment and of course, tea; Downtown
6. Austin's Coffee House – open 24 hours and it's 100% organic; Winter Park
7. Stardust Coffee House – great coffee, food and live music; Winter Park

Choosing Your Specialty

Some students know what type of doctor they're going to be as soon as they enter medical school. Some have even known since they were a child. Most students have no idea what specialty they want to practice. If you are unsure, that is the norm, so don't stress about it. You have plenty of time and you will gain plenty of exposure to each of the major specialties. Here at UCF COM, we have an interest group for the majority of specialties which will provide great exposure, volunteer opportunities, and meetings with professionals from that field. Also, we have a program called Careers in Medicine built into our curriculum. This program is put together by the AAMC and mostly involves a website with personality tests and all of the specialty and residency information you'll need. Don't worry and keep an open mind as you are exposed to all of these specialties. Most students' interests will be changed in 3rd year anyway.

Colton Bush



WHERE OH WHERE CAN I LIVE?

Congratulations UCF COM Class of 2016! We are so excited that you have chosen UCF COM for your medical education, and can't wait for you to start this fall!

After contemplating 'what would I want to know if I was moving to Orlando, Florida?' I decided the most practical thing to share with the new incoming class were my thoughts on picking a place to live.

One of the benefits to living in the Lake Nona area is that it is quiet, yet you have access to all the major interstate roads that can bring you anywhere in the Orlando area. If you're used to big city living, there are no buses or trains that will bring you to school from the Lake Nona area, and walking to school every day isn't ideal. However, I suppose you could walk or bike to school every day if you allotted enough time, and bring a suitcase to roll your books! ☺

Also, when you are searching for places to live, don't forget that Kissimmee (yes ~ it's a city and it's actually where Disney World is located) is just around the corner from Lake Nona. Another thing to consider is investing into purchasing a condo or home if your budget allows. Several students and their families purchased short sale condos, etc. Some are \$65,000 + in the Orlando area, and are VERY NICE. As I understand it, the Orlando area took a huge crash when the real estate market plummeted. *Disclaimer: I have no expertise in these areas, and these are my humble opinions and what I have "heard." I have no idea what the future profit or loss of investing into a condo holds for you or anyone else for that matter. If I did, I might have another career. Haha!*

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Living by yourself ~ Condo living!
If you decide to live by yourself, I really recommend looking at condo living. If you look on craigslist (last time I looked) there are some one-bedrooms in the Lake Nona/Kissimmee/Lee Vista area that are in the \$600-\$700 range. Yes, if you live farther you can get even lower rent. Many owners of condos are happy to rent out their condo investments at rates that are well below apartment living costs.

WHERE OH WHERE CAN I LIVE?

So here is my 'abbreviated version' of a few of the places to live in the UCF COM area to get you started:

The Legends at Lake Nona

~ *The "Easy" and Quick Solution*

www.legendsslakenona.com

The majority of UCF COM students live here. It's a very nice apartment complex, and it's sort of like the dorms in the sense that most of your classmates will probably be living here. You literally live behind a Publix, and a plaza that has a gym, Thai Food, Japanese Food, Subway, and other stores. The last time I looked, this was by far the most affordable apartment complex in the Lake Nona area. Ask for the UCF COM discount, brought to you by the class of 2014! If I were living in an apartment with roommates, I think this would be a great place to live for the first year because they are the cheapest apartments that are close to the school and where the majority of my classmates will be living.

NorthLake Park

www.northlakeparkapt.com

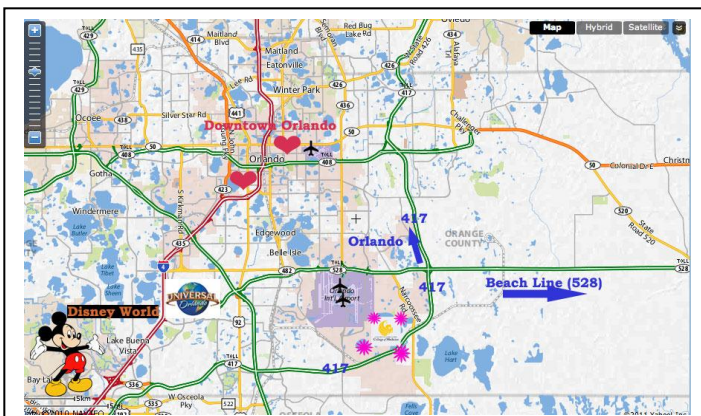
These are VERY nice apartments, but also pricier. There are some medical school students who live here by themselves or share with other medical school students.

The Reserve at the Beachline

www.reserveatbeachline.com

These are also very nice apartments located close to UCF COM, but they are also pricier. For those of you that don't know the Central Florida area, the Beachline is an interstate that goes East-West and will take you to either the beach from Orlando or to I-4. I-4 is another major interstate that cuts through the heart of Orlando.

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Best Value ~ Split a condo or home with roommates! The prices range so much, but you get more for your money when you rent a home or condo and split it with other people. But, the perk of an apartment is you don't have to worry about maintenance, and the amenities of the complex may be awesome.

WHERE OH WHERE CAN I LIVE?

Craigslist

~ *The Practical and Economical Solution*

orlando.craigslist.org

Craig was a very smart man. ☺ A lot of medical school students rent houses with several bedrooms and have roommates. If you are doing this, you can look on craigslist for homes in the Lake Nona, Kissimmee, and Lee Vista area.

Some students rent multi-bedroom homes in the Lake Nona area that they found either on craigslist, internet, or through a realtor.

Disclaimer: Always use caution when using Craigslist!

Savannah Pines (Condo)

www.savannahpinesliving.com

Some students live in a condo area called Savannah Pines. You can find some of the condos for rent through craigslist, internet or a realtor.

Kissimmee

As I said before, this is the ***actual*** home of the mouse. I don't really know anything else about Kissimmee other than there is an alligator attraction and/or bar, airboat rides, and the major road called US 192 will take you into Melbourne, Florida, which is near the beach.

Lee Vista

It is a little bit more of a commute to school, and depending on how fast you drive it can take up to 20 min to reach UCF. However, you are closer to Semoran Blvd, which has the largest assortment of restaurants in the Lake Nona Area, is home of the closest Starbucks, and is even more close to the airport. There are many apartment complexes and condo areas here that are often cheaper than in the Lake Nona Area. Did I mention there is a pirate slide at the recreation center for the residents of Lee Vista Lakes?

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WHERE OH WHERE CAN I LIVE?

The Camden at Lee Vista

(Apartments)

<http://apartments.camdenliving.com/orlando-fl-apartments/camden-lee-vista/AptPropertyDetail.aspx>

They post all over craigslist with several different prices that are very enticing. However, the last time I checked, their prices were based on availability, they had a lot of extra fees that weren't included in the listing price, which resulted in the total monthly cost being about the same as living in The Legends at Lake Nona. It is definitely worth checking out because it is a very nice apartment complex area.

The Arbors at Lee Vista

(Apartments)

www.thearborsatleevista.com

These apartments are very similar to The Camden at Lee Vista.

Crowntree Lakes (Apartments)

5759 Crowntree Lane
Orlando, FL 32829
(866) 797-9958

These apartments are beautiful, affordable, and located right next to the interstate 417, which brings you right to UCF COM. This is a good option for students with families or older students because they have a program called "Rent with Equity" which helps you to save towards owning a new home.

Lula Hascue

Pet Owners

I highly recommend renting a house or condo. You are more likely to find an owner that is willing to rent to you without requiring a non-refundable deposit for your pet, or they will give back your pet deposit if you pet doesn't damage the home. Most apartments require hefty non-refundable pet deposits.

If possible, look for homes with tile. It is easier to clean, and less likely your animal will damage the carpet. *Comfort Zone*, which comes for dogs and cats, is a plug-in that I've found helped alleviate the stress associated with moving...at least for my animals. It won't stop your animal from chewing up your furniture if that's what they do, but it has helped my animals be less anxious while adjusting to their new home. ☺

2 Bedroom/2.5 Bath Townhouse Available July 1st 2012

\$1150/month

Private & quiet gated community with pool, gym, and club house within 3 mi of the UCF COM campus in the Savannah Pines Community

1 car garage, walk in closets, granite countertops, kitchen pantry, private backyard.

All appliances included (washer/dryer, oven, dishwasher etc).

Address: 9353 Jasmine Flower Lane, Orlando FL 32832

*No pets please!

Contact: Michelle Lipton: M.Lipton@hotmail.com

WHY UCF COM?

Deciding on a medical school can be a daunting process. During this time, students gather as much information as possible to determine which school is the best fit for them. Often the most valuable information comes from current medical students who have already experienced life at that school. After our first year here, here are the top 10 reasons we love UCF COM.

1. **Smaller Class Size.** With only 100 students in UCF COM's Class of 2016, students have increased leadership opportunities and personal attention from faculty.
2. **Community Support.** Orlando's building excitement for UCF COM and Lake Nona's Medical City provides many unique opportunities and contributions from the community.
3. **Access to Experts.** Our clinical skills and anatomy labs are filled with experts from the COM and community eager to help our students. For example, few schools have 10 neurologists / neurosurgeons volunteer in the anatomy lab to help students with brain dissections!
4. **Facilities.** State of the art facilities including the anatomy lab and simulation center provide students with the most innovative approaches to learning medicine.
5. **Research Opportunities.** Partnerships with Burnett School of Biomedical Sciences, Sanford-Burnham, Orlando Health, and Florida Hospitals offer students the chance to become involved in groundbreaking research in many exciting fields.
6. **I Module/ FIRE Project.** Having research time allotted in the curriculum gives students a chance to do research that interests them the most during medical school. This, as well as funding for the projects through COM, helps "keep the dream alive".
7. **Culture.** Friendly, nurturing environment that promotes the diversity and individuality of our students and facilitates learning.
8. **"The City Beautiful".** Orlando has a great mixture of dining and nightlife, as well as theme parks, nearby beaches, and beautiful Florida nature.
9. **A Chance to Make Your Mark.** As our curriculum and culture is developing, you have a unique opportunity to influence our school and leave your mark. Driven, pioneering spirits are needed!
10. **Students.** You will spend an enormous amount of time over the next 4 years with your fellow classmates. Second look is great for seeing how you will fit in. UCF COM students are caring, balanced, intelligent, and fun-loving—great partners for late night study sessions.

When picking a medical school keep in mind that it's a new level of difficulty and stress. It's important to pick a school you feel will reduce that stress as much as possible so that you can focus on what is important. Any medical school can give you an excellent education but your success has much more to do with your happiness while in school.

AJ Abney

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 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.

We hope you enjoy your Second Look Experience!

Feel free to contact the Class of 2015 Student Council with any questions at the following email address:

medstudentaffairs@ucf.edu

