

APRIL 13, 2015

**SPECIAL  
POINTS OF  
INTEREST:**

- Student insight about where to live
- Advice for surviving medical school
- What to do in Central Florida
- How to be involved at UCF COM

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# Second Look Newsletter



## Welcome to UCF College of Medicine!

Congratulations on your acceptance to UCF College of Medicine! On behalf of the entire student body, we are excited to welcome you all back to Medical City for Second Look 2015. While we hope you enjoy this opportunity to get to know your potential classmates and professors, we also hope that this experience will allow you to take a glimpse into what life will be like as a medical student in Central Florida. Whether you want to know more about academics, FIRE,

global health, housing or summer opportunities, please probe our students and faculty to help you determine how UCF COM will be a great fit for you!

In addition to learning what UCF COM has to offer, we also hope you begin to envision yourself here. One trait that all UCF COM admitted students, current students, and faculty share is their pioneering spirit; as you tour the places you will work in and learn about some of the things you will

do during the next four years, imagine the contributions you can make and the unique perspective you can provide. One of the great things about going to a new medical school is that you will undoubtedly contribute to the culture of our school and establish traditions that will last for years to come. Thank you for taking the time to visit us and we hope you find a new home here at UCF COM!

All the best,  
*Class of 2018*



UNIVERSITY OF CENTRAL FLORIDA  
*College of Medicine*

# Come enjoy Central Florida!



*Ice Bucket Challenge, 2014*

*Looking for a fun activity at the COM? Join other students for pumpkin carving, Hygeia (a gala for COM students, faculty and staff), and the Holiday Concert!*

You're probably aware that medical school is more demanding than a full-time job. Nevertheless, taking a few weekends or afternoons off from studying is healthy and productive! When you do, you'll find a wealth of opportunities to enjoy. Just a few of

the most popular attractions in Orlando are WonderWorks, Disney World, the Kennedy Space Center, Sea World, Universal, Islands of Adventure, and Wet 'n Wild. As a UCF student, you can get discounts to all of these attractions (and more) from Student Affairs.

In close proximity to the theme parks are the Mall at Millenia, the Prime and Premium Outlets, and the Florida Mall; these malls are like theme parks to those who love retail! If the theme parks are a little too pricey or exhausting, check out Downtown Disney and Hard Rock Live for unique restaurants and concert ven-

ues. In addition to discounts you can get for theme park tickets, many Lake Nona area businesses offer coupons or vouchers for nearby spas and restaurants that have recently opened. The newly renovated Amway Arena, located in the heart of Downtown Orlando, has frequent concerts and is home to the Orlando Magic basketball team. If you want to get out of Orlando, Wekiwa, Moss Park and Rock Springs are great parks and campgrounds that offer canoeing, kayaking and hiking.

One of the more popular east coast beaches, Cocoa Beach, is less than an hour away. Not only can you relax in the sand, but there are numerous shops that offer surfboard, paddle board and kiteboard rentals and lessons.

The Tampa Bay area is on the west coast of Florida and is a little over an hour away. This is where you will find the St. Petersburg and Clearwater beaches, which are known for their tranquil beauty.



*Students relaxing at Cocoa Beach, 2014*



*Students gathered at the Orlando Art Museum, Hygeia, 2015*



*Holiday Concert, 2014*

## But seriously, you'll have to study eventually...

*If you do stay at the COM to study, the drinks and snacks can be purchased from the cafeteria 24/7! The Nemours cafeteria is also a nearby alternative (and they have a Starbucks).*

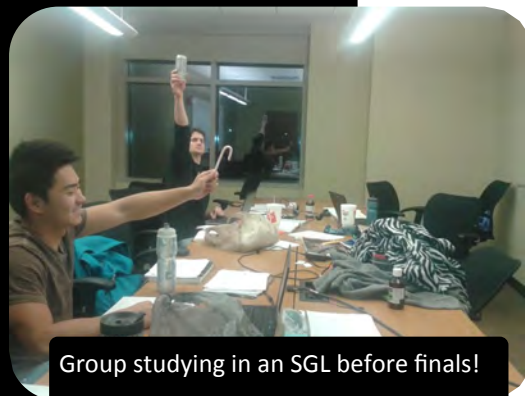
As the new dynasty of the UCF COM family, the class of 2019 shall partake in all the greatest pastimes of medical school. At the top of that list, our personal favorite—**STUDYING**. In fact, studying is almost a social event in medical school and so we've compiled a list of our favorite study spots other than the COM library.

This list is organized from nearest to farthest. We have some classic study spots in Lake Nona, but there are some special ones a little farther out in Orlando when you feel the need to escape!

1. Panera Bread: just off of Narcoosee Rd, food and free coffee refills
2. Starbucks: The standard just a few miles away on Semoran Blvd
3. Drunken Monkey Coffee: a coffee shop with a silly name and Friday board game nights
4. Dandelion Communittea Café: eclectic mix of vegan food, entertainment and of course, tea
5. Downtown Credo: an awesome spot to study with a great mission. Their coffee is even pay what you wish but realize that they are really a non-profit organization!
6. Stardust Coffee House: a coffee shop that serves great food, beer, and even VHS rentals.
7. Austin's Coffee: open 24 hours and 7 days a week!

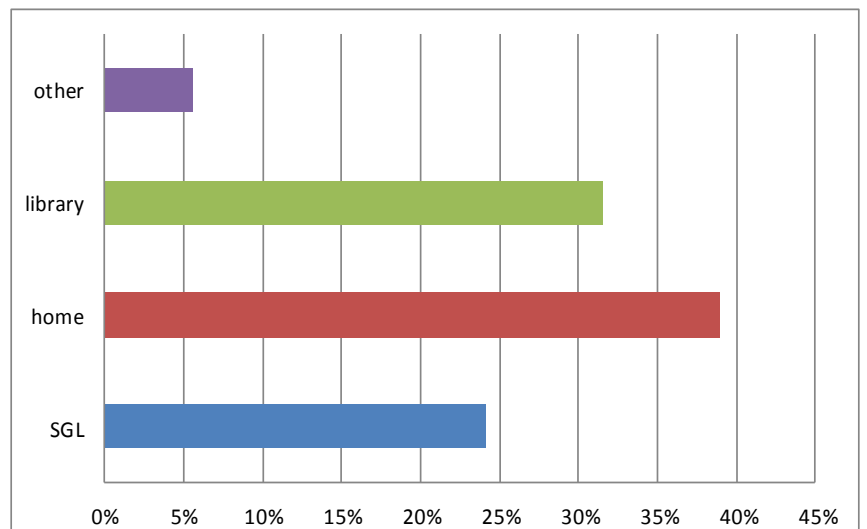


Collaborating in the library



Group studying in an SGL before finals!

### Where do COM students like to study?



## But seriously, you'll have to study eventually...

### **A student's perspective about Student Academic Support Services (SASS):**

Nervous about the lifestyle and academic adjustments you may have to make as you start and progress through medical school? No worries, the Student Academic Support Services (SASS) office is here to assist in a multitude of ways! Medical school will be a different game compared to your previous scholastic experiences. SASS will help guide you with developing new study skills, test taking strategies and provide Peer Academic Coaching (PAC). PAC consists of select upper classmen that provide review sessions and work in groups or one-on-one to help go over concepts and answer questions that you have during your progression through the core science modules. SASS is also all about holistic wellness and they do a wonderful job of advocating wellness through events such as "Paws-a-tively Stress Free" days (bringing puppies to remind us of the important things in life!) and getting instructors from the UCF main campus Recreational Center to do weekly exercise classes such as yoga, boot camp and Zumba! And when the time comes, SASS will be there to help you prepare for Step 1 and 2! At the SASS office, Mrs. Weissmann and Allison have an open door policy and are always enthusiastic to assist us all and talk about whatever is on our minds! (*Khadijah Fergiani, M2*)

Check out the SASS website at: <http://med.ucf.edu/administrative-offices/student-affairs/student-services/student-academic-support-services/>



Professors make lectures very engaging because they know a lot of students might choose to stream the lecture rather than attend class.

Need an incentive to stay on campus to study? The library provides free popcorn on Thursday afternoons! If you do want to get away (but don't want to be tempted by food) many of the apartment complexes have business centers and meeting rooms that residents can use.

Apprehensive about studying in groups? This is a randomly assigned anatomy group; throughout the 17 week course, these group members formed very strong bonds with each other. They agreed the group experience benefitted them academically and socially. SASS and your upperclassmen can give you tips about working effectively in groups.



# Student perspectives about attending UCF COM

I was obsessed with the University of Central Florida College of Medicine before this beautiful building even existed. As a UCF alumna, I remember the first time that I heard Dean German and REL speak to a group of pre-medical students about their vision for Medical City and the medical school, and I was instantly hooked. Needless to say, my expectations of this school have been met, exceeded, and continue to be raised.

Of course, this beautiful building would be nothing without the beautiful souls that call it home. The faculty, staff, and administration are truly one-of-a-kind and will bend over backwards to help a student. Dr. Verduin, the Associate Dean for Students, once rescheduled a meeting to meet with me during surprisingly my only mental breakdown during the anatomy and physiology module. Everyone in the front office will know you and ad-

dress you by name, even if you've only been in there once during orientation week to turn in your vaccination form. The faculty members are interested in your success in the modules not so that they receive great reviews, but so that you are well-prepared for your career as a physician. And here's the craziest part: all of the aforementioned folks actually *listen* to what you have to say. To paraphrase the great poet Vanilla Ice: if you've got a problem, yo, they'll solve it.

As for my fellow classmates, I cannot think of a more accurate representation of what it means to be a family. Say goodbye to the cut-throat competition of undergrad or even of other medical schools. Upperclassmen are proud to offer assistance to lowly first-years. The current M1 class even has a group online where students post charts, study guides, helpful videos, interesting articles, you name it. We all

want to see each other succeed and we do everything we can to ensure that no one falls behind—because we know that at any point, it could be us. We're also really good at finding fun things to do in Lake Nona, which may seem like more of a challenge than it was to get accepted.

Overall, I cannot speak highly enough about this school and the people who are a part of it. Not once have I ever regretted my decision to come here, and in fact, I'm constantly finding new things to love about my new home. Medical school is difficult no matter where you choose to go, but I am relieved to be at a college where no matter how difficult it gets I will always have a family to keep me afloat.

Angela DelPrete (M2)

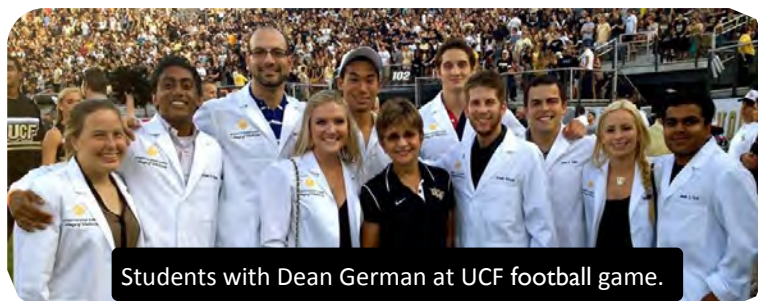
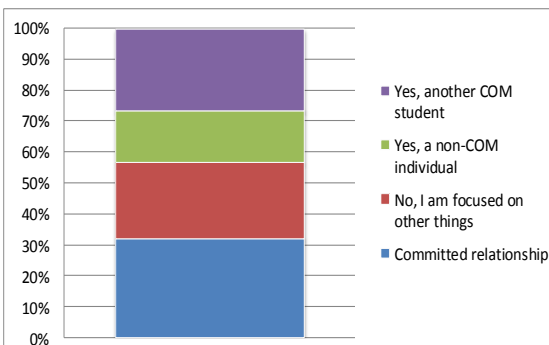
## What else are UCF COM students doing?

### Tips from a native Floridian!

Festival Bay Mall is a hidden gem with an indoor glow-in-the-dark putt-putt golf course, a movie theater that is never crowded, and some shops, like the Bass Pro Shop, that can be fun to explore. During the fall, my favorite weekend past time is going to a Knight's Football game at the Bright House Stadium. Prefer basketball? Join the Nightmare at the CFE arena on UCF's main campus. Dinner shows like Medieval Times, Pirate's Dinner Adventure, Capone's and Sleuth's Mystery Dinner are good options for date nights. For performing arts buffs, Bob Carr and Orlando Shakespeare Theater are good options, as well as performances on main campus put on by UCF students in the arts.

Stacy Watson (M2)

## Do you date in medical school?



Students with Dean German at UCF football game.

# Student perspectives about FIRE and grades

While I was deciding what medical school I was going to attend, there were a few factors pertinent to UCF COM that I considered.

One is **grades**. Many schools across the country have switched over to a pass/fail system for more cooperative learning and less competition. Since we are a new school, the graded system more accurately shows your performance in your classes, so it can help you if you make excellent grades. In the words of one student who eventually chose USF, “The use of a A-F grading system at UCF also discouraged me because students commented on how cut throat it could be.” This may be the case at some schools, but I think that the classmates in both year 1 and year 2 here do not feel that the graded system changes the way they approach classes, or that we are competing against each other. Whatever the grading criteria, medical school requires a lot of

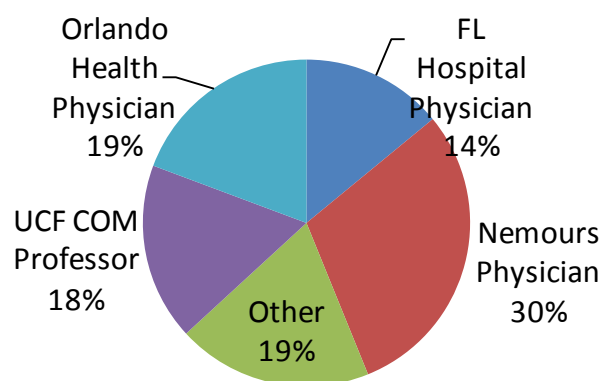
dedication, and other factors such as clinical performance, class rank, and the USMLE also play a role in residency selection. Thought of in another way, a graded curriculum just opens up an opportunity to strive for an A, which we know will make everyone proud, including you.

The second is that unique aspect of UCF COM, called **FIRE**—that individualized research project. We just finished the FIRE Research conference before spring break, and it was quite memorable. As the slogan states it so well, “UCF stands for opportunity.” That includes the College of Medicine and the students that go here. We come here to create and expand on new opportunities. We are here to be an example of medical education in the 21<sup>st</sup> century, and part of that is new discoveries in medicine and education. What if you were like me and weren’t a big fan of research as a premed? That is fine,

but perhaps it might grow on you. If you have a very specific project that you would like to work on, you can go find a mentor in the community and start the experience. Finding your own mentor is a great way to network with physicians in the community, and they can open doors. Innovative professionals have a spirit of inquiry. If you see this as a way to make you stronger and increase your knowledge base for the real world, there can be immense joy in the journey. When applying to residency programs, many programs say something to the effect of “research is preferred but not mandatory.” What does this tell you? It means that residency programs are interested in physicians that contribute to discovery. FIRE is what you make of it. You can do as little as you can possibly do (we hope not), or you can expand, publish a paper, and move the medical community forward.

*Ryan Burkholder (M2)*

## Who are first year students' FIRE mentors?



Jae Kim, MS-2, presenting his FIRE project at the annual research conference.

# Interprofessional Teamwork

One of the things that really stands out to me as a strength of our school is the great lengths that UCF COM goes to ensure we learn to work collaboratively with professionals in various fields. You will find that your classmates come from varied walks of life, bringing their own experiences and skillsets. This is a great strength, especially when it comes to working together for team-based learning exercises and small group cases.

But COM goes beyond building a diverse class; they also facilitate collaborative interprofessional events with the UCF School of Social Work and the COM's neighbor, the University of Florida School of Pharmacy. These students bring different perspectives that allow us to work collectively to problem solve and work through common healthcare issues in a holistic manner that focuses on patient-centered solutions. By working with these students to-



ward a common goal, we are learning from the very beginning the value that our various professions bring to the table and how our skillsets complement one another.

In our first year, we have worked collaboratively with the social work and pharmacy students to develop ideas for addressing health con-

cerns of homeless and low-income families. Additionally we had the opportunity to work with a Standardized Patient to practice working collaboratively with one another, as well as the patient to provide comprehensive care and motivate behavior change.

*Brian Nagle (M1)*



Christa Zino (M1) and two of her COM classmates participated in a Teach-In at Hungerford Elementary School in Eatonville to mentor children about future career opportunities. The annual event, sponsored by Orange County Public Schools, brings various types of professionals into local classrooms to help students learn about professions they may never have considered. Sean Chagani (M2) and Zino and Lea Meir (M1) visited Hungerford classrooms to explain the path to medical school and how they could do the same. "A lot of our kids come from low-income areas, and sometimes their parents don't work," said Hungerford program coordinator Tiquisha Williams, "The kids only see teachers or maybe workers at the grocery store as jobs. We want them to see that there are other careers out there." The medical students donned white coats and stethoscopes, which made the children eager for a chance to hear their own heartbeats and learn more about how the vital organ works. "The earlier that you can get out and make kids curious about science, the better effect it will have in the long run," said Chagani.

## A variety of *Organizations* to suit your needs

One of the great things about UCF COM is that there are so many student interest groups and opportunities to start a new one. Whether you want to make a serious commitment to a group or just stop by one of their meetings, because you think it sounds interesting, these groups offer students a means to explore their interests, network, and meet others who are passionate about similar subjects. Most of the group meetings are held during lunch and are well advertised by flyers throughout the school, on the UCF COM calendar, and on Facebook. *An additional bonus is that most groups offer lunch to those who attend!* We asked the current student organization presidents for descriptions of their groups. Here is a compilation of what many groups had to say:

**Internal Medicine Interest Group (IMIG)** serves as a resource for students to learn more about the field of internal medicine, provide leadership and professional networking opportunities, and recognizes outstanding students and faculty members within the IM field. This past year, some of the events have involved esteemed guest speakers within the field of Internal medicine and first year residents from UCF's own Internal Medicine residency, who have shared their unique perspective of this diverse field. IMIG has provided students the opportunity to attend regional conferences in Orlando which have served as both networking opportunities as well as venues for poster presentations and recognition in scholarly achievement. Join IMIG and learn about the various subspecialties of internal medicine, volunteer at health fair screenings, and attend specialist seminars and presentations from residency directors. *(Lea Meir, MI, and Max Jiang, MI)*

**ObGyn Interest Group (OGIG)** has traditionally been a very active organization and plans to keep it that way! This past year, students participated in a "speed dating" event with ObGyn subspecialists where they learned about the diverse fellowships available after ObGyn residency. Students also participated in a hands-on workshop where they practiced IUD placement and vacuum aspiration on papayas. And this is only to name a few events! Come to a meeting to learn more! *(Katie Smith, MI)*

**Orthopedics & Sports Medicine Interest Group (OSMIG)** partners with Central Florida's best orthopedic surgeons and sports medicine doctors to provide students with incredible opportunities to learn more about careers in Orthopedics and Sports Medicine. With the help of US Track and Field and Orlando Magic Foot and Ankle Specialist Dr. Gideon Lewis as our faculty adviser this year, our students have had the opportunity to gain hands on experience learning surgical techniques including Achilles Tendon Repair, Tarsal Fracture Repair, and suturing and learn about sports medicine from the perspective of professional athletes like 100m World Record Holder, Justin Gatlin, and former Orlando Magic player, Mickael Pietrus in our inaugural Professional Sports Medicine Panel. OSMIG was one of this year's most popular interest groups and we plan on bringing more opportunities to the student body in the coming year. *(Kyle Cox, MI)*

**NEW: Pathology Medical Student Interest Group (PMSIG)** was recently approved by the school! We will strive to provide valuable resources to the medical students at the COM to give more exposure to the many sub-specialties pathology has to offer. In addition, we will work with faculty and students to provide useful reviews that are relevant to what is being learned in both the first and second years of medical school. PMSIG will offer opportunities to listen to what practicing pathologists have to say about their respective fields, which will not only be enlightening, but will also provide professional networking opportunities for students. We look forward to planning events and coordinating with those in the field to bring a wonderful learning experience to those interested in learning about what pathology has to offer. *(Daniel Stehli, MI)*





## A variety of *Organizations* to suit your needs

**Preventive Medicine and Aging Group (PMAG):** The aim of PMAG is twofold: 1) involve medical students with the elderly community and to disseminate necessary information regarding medical approaches involved in caring for the geriatric population, and 2) focus on preventive medicine and other public health topics. This is done through organizing the Gerianatomy Project, participating in events with the Osceola Council on Aging, the Alzheimer's Association, and the Orlando VA Stand Down event. We will be expanding opportunities in these fields for the following year and look forward to meeting and working with you! (*Brian Nagle, M1*)

**Association for Women Surgeons (AWS)** started the year off with a couple panels of surgical residents, surgeons, and M2-M4 students. AWS was involved in the planning of the Women in Surgery Career Symposium, a national symposium that empowers women surgeons to become leaders in the field. Other activities included a networking event, and currently working on a collective drive for the Battered Women's Shelter. AWS provides its members with a wide variety of resources to help with networking, planning medical school and residency applications. (*Yassmeen Abdel-Aty, M3*)

The **Wilderness Medical Society** allows students to combine a passion for the outdoors with the study of medicine. Specifically, Wilderness Medicine is the study of acute care in a wilderness setting, often in remote areas with limited access to medical resources. Members of the Wilderness Medical Society enjoy informational and hands-on instructional meetings about a variety of topics encompassed within wilderness medicine including basic wilderness survival, wilderness emergencies and trauma management, dive medicine, etc. Members also enjoy participating in various outdoor excursions such as hiking, kayaking and more. (*Trevor Getz, M1*)

Visit the **COM Student Council** webpage for more information on each club!  
<http://med.ucf.edu/student-council>



The **Class of 2018 Student Council** was very excited about creating the first ever "Mr. and Ms. UCF MD to Be" event this year. Students from the first and second years participated in a contest that included a white coat walk, a Q&A session composed of funny questions including rapping about their favorite microbe, and a talent portion where contestants sang, rapped, danced, performed magic tricks, and even had a courageous female contestant shave her head on stage! Donations were suggested for admission and all of the proceeds went to the winner's charity of choice. It was a really fun, lighthearted way to see a whole new side of our classmates and their talents while raising money for a great cause. The Class of 2018 hopes the future first years will make this event bigger and better and mark this as a UCF COM tradition.

## A variety of *Organizations* to suit your needs



Clubs often recruit clinicians to speak and expose students to certain medical techniques. During this meeting, students learned how to tie sutures by practicing on pig feet. Other 'clinical' style club meetings that students organized were a phlebotomy training and IUD insertion sessions.

**Advocates for World Health (AWH)** recently started a chapter at UCF COM last year. This national nonprofit organization based out of Tampa collects medical supplies and sends them overseas to those who need them. Our chapter has been working very hard to fundraise money to buy our own truck and rent our own storage facility since we are currently using the one in Tampa. We have also received very large donations from Nemours Children's Hospital and are now working on negotiations with Florida Hospital. (*Yassmeen Abdel-Aty, M3*)

**Family Medicine Interest Group** is a group for anyone that is interested, curious, or passionate about family medicine. We try to spread awareness about this lesser-known specialty and inform students about the different aspects of family medicine. So far this year we have held a "Is Family Medicine Your Future" workshop and a body composition scale event as well! We are also planning a mindfulness event to teach students mindfulness techniques. We are open to any and all students and are always looking for suggestions. If you like primary care or have no clue what you want to do, come check us out! (*Aleks Kovalskiy, M1*)

**SIAM (Students Interested in Academic Medicine):** Are you interested in teaching and/or doing research in your future illustrious career as a physician? Does the phrase "Journal Club" make your mouth water? Have you ever wondered how a physician gets to be the dean of a medical school? If your answer to any of these is yes (and even if it's no), we're the group for you! SIAM seeks to acquaint medical students with a career in training future doctors while treating patients, and to enrich their med school experience with various lectures/journal clubs/review sessions throughout. (*Mejdi Najjar, M1*)

**Narrative Medicine** seeks to integrate humanities and medicine in order to strengthen the physician-patient relationship through story-telling. We invite patient speakers to share their illness experience so that students can better understand and empathize with the struggle of patients. In addition we challenge students to examine the physician-patient relationship through poetry workshops, documentary viewings, and discourse. Narrative competence empowers both the physician and patients by building kinship and empathy. By bridging the gap between physicians and patients, narrative medicine offers a new lens towards interpreting societal views of illness and the ethics of medicine. (*Danwei Wu, M1*)



Residual Volume practicing their vocals in the 'acoustic' bathroom.

**Residual Volume** is our very own a capella group made up of a tight knit group of interested medical students and staff. No experience is necessary. All that is required is the desire to escape the stressors of medical school through a mutual passion in music. Practices and performances accommodate our busy schedules as we support one another through this crazy journey through medical school. We have performed at numerous venues including Nemours Children's Hospital, Florida Hospital, and various UCFCOM events including the annual Holiday Concert. By combining our love of music with our passion for medicine, we hope to promote the importance of the healing powers of arts in medicine. (*Jamie Nakagiri M1*)

## A variety of *Organizations* to suit your needs

### **Psychiatry Student Interest Group Network**

**(PsychSIGN)** is the psychiatry student interest group that is part of a national network of medical students interested in psychiatry ranging from those with a rough interest in the mind/brain to those already in the match process. Events and meetings aim to connect students to psychiatry residents and to practicing psychiatrists, including our Associate Dean of Students, Dr. Marcy Verduin. In the past, PsychSIGN has hosted various events with residency directors from across the country discussing the details of the psychiatry residency application process as well as collaborative events with the pediatric interest group (PIG) and neurology interest group (SIGN) including speakers with experience in both specialties. This coming academic year, PsychSIGN plans to host teaching clinics for instruction on psychiatric evaluation, EEG, EMG, and fMRI. We also plan to invite speakers from a wide variety of fields relating to psychiatry: adolescent psychiatry, addiction psychiatry, neuro-radiology, etc. (*Lauren Vassiliades, MI*)

### **BEME (Biomedical Ethics in Medical Education):**

Medicine is black and white only in the sense that physicians must maintain total commitment to the wellbeing of their patients and to the communities in which they serve. But oftentimes, the practice of medicine delves us into the grey area, where we as future physicians will be expected to make difficult decisions bearing outcomes that we cannot always control. Understanding medical ethics provides us with the tools, social consciousness, and moral code necessary to navigate these grey areas. At the core of this organization is the basic premise: dignify our patients the way they dignify us. In so doing, we will be better prepared to identify our patients' vulnerabilities and work with rather than against their complex individual circumstances without losing or devaluing their trust. Some of our plans for the upcoming year include workshops on cultural sensitivity, case studies compiled by medical ethicists throughout the United States, and roundtable discussions on the most recent and most relevant medical issues. We also hope to organize activities with on-call ethicists that will allow us to see how these difficult situations are managed by healthcare workers as well as by those receiving care. (*Sami Kishawi, MI*)

**Radiology Interest Group (RIG)** represents students who are pursuing the fields of Diagnostic and Interventional Radiology. We offer students the opportunity to meet radiologists and radiology residents, as well as conducting Radi-Anatomy lectures that will help first year students survive the Structure and Function (Anatomy/Physiology) module. The last UCF graduating class of Radiologists-to-be had a very strong showing in the match, with students matching into either U. Penn or Harvard (BIDMC) Radiology! We look to provide guidance for those who wish to follow this route into residency. (*Mel Lizaso, MI*)

**NEW: LGBT Medical Students & Allies Group** hopes to instill a culture of openness and discussion at UCF College of Medicine. As physicians we play an important role in supporting the growth and development of others. Part of our role is to provide a safe and affirming environment to discuss sexual orientation, gender identities and expression. Through outreach, partnership with LGBTQ of Orlando, advocacy, and competency building workshops, we hope to raise awareness among the student population towards the needs of the LGBTQ community. In addition, we hope to facilitate an environment that welcomes diversity. (*Danwei Wu, MI*)



**Healthcare Innovation Interest Group** is for those interested in learning about the intersection between business, innovation, and wellness. The Healthcare Innovation Interest Group offers an opportunity to meet with industry leaders to discuss the future of healthcare, the challenges faced, and how we may play a role in improving the healthcare system in the future. (*Danwei Wu, MI*)

## A variety of *Organizations* to suit your needs

**Student Interest Group in Neurology (SIGN)** is an organization that brings together students and physicians to give members exposure to the intriguing field of neurology and neurological surgery. Through small group demonstrations, clinical presentations, journal clubs and networking events, we aim to provide students with exposure in order to foster and explore their interests in the field. (*Jim Sanders, M1*)

**Medical Campus Outreach (MCO)** began as a small bible study for professional students in health care at the Medical College of Georgia and has since spread to many medical schools in the southeast including UNC, Duke, USC, and (of course) UCF!! MCO provides an excellent opportunity for medical students to grow in ministry with Christ and with each other each week as you proceed through your medical education. MCO also holds an annual retreat as well as an annual medical mission trip that allows medical students from various campuses to be in ministry with one another, to learn how to serve God through medicine, and to provide care for people in need. In the past, MCO has traveled to Peru and Haiti and, this summer, we will be spending two weeks in Trinidad running a clinic for a local community. MCO is a great place to grow in your faith, learn about and get to know your fellow classmates, and have a lot of fun while in medical school and we look forward to seeing you next year! (*Kyle Cox, M1*)

**Mission Nutrition** is a student organization that centers on nutrition. Meetings and events throughout the year teach medical students how to eat right with a busy schedule and low budget. Mission nutrition also teaches students to counsel patients on eating right and making healthy life choices in order to enhance the health of patients and themselves. (*Adriana Jones, M1*)

**Ophthalmology Interest Group (OIG)** is geared to provide information to students about ophthalmology that will help them to determine whether or not it is an appropriate fit for them, as relatively few students will get an opportunity to do a rotation in this field during their time in medical school. Throughout the year we'll be hosting guests from the field that will answer student's questions about everything ranging from global health opportunities to day-to-day office work of an ophthalmologist. We will also host guest speakers who are well-informed about the typical competitive requirements to enter the field of ophthalmology and who can provide advice about what we can do now to best prepare ourselves for Match Day just a few years down the road. We look forward to seeing you come enjoy free lunch and interesting discussion at all the OIG meetings this upcoming year! (*Steven Kelly, M1*)

**The Military Interest Group** represents those who have an interest in the United States military. It is especially helpful to students in the Health Professions Scholarship Program, though everyone is welcome to participate and benefit from events. Recent events include a panel presentation on living with PTSD, and a discussion on life as a military physician with Army Lt. Col. Dr. Husted. (*Eli Kinberg, M2*)

**Arts in Medicine (AIM)** is an organization at the UCF College of Medicine that focuses on integrating arts and medicine at UCF and throughout Central Florida. Our goal is to empower students, faculty, and the surrounding medical community through self-expression. AIM is composed of multiple branches including visual arts, writing, music performance, a cappella, and dance. Through AIM, UCF COM students can utilize various avenues of the arts by participating in the publication of the annual literary magazine, a cappella group, or annual Holiday Student Concert. If you have a passion for art or self-expression, we encourage you to take part in our mission to promote the arts within the vibrant UCF COM community. (*John Stelzer, M1*)



## A variety of *Organizations* to suit your needs

**Careers in Oncology Group (COG)** is a student interest club aimed at educating and introducing students to the field of oncology and its various sub-specialties of hematology-oncology, surgical-oncology, radiation-oncology, and pathology. One of our goals is to raise awareness about cancer and its prevention/treatment; fund-raise money for our organization and community; foster strong relationships with patients and community oncologists; and help create a network of peer-support for patients suffering from cancer. A few of the events the club has participated in the past include the American Cancer Society Relay for Life, “Be the Match” –Bone Marrow Registry, Susan G. Komen Race for the Cure etc. *(Tim Fretwell, MI)*

**Pediatric Interest Group (PIG)** has made its mission to educate medical students about the science and art of pediatric medicine. PIG is looking forward to having numerous meetings with speakers from various pediatric specialties such as endocrinology, emergency medicine and hematology/oncology to shed light on their careers. Additionally, we are excited to partner with our neighbors at Nemours Children’s Hospital for crafting activities with the young patients. Last year we made crafts such as pinwheels, feather hats,



and ornaments! We plan to strengthen our relationship with local volunteer networks including Camp Boggy Creek and Give Kids the World, which have been fun and rewarding experiences for students in the past. We look forward to hosting fun, educational and inspiring events for students interested in or just wanting to learn more about pediatric medicine! *(Katie Conover, MI & Emily Dugan, MI)*

**Horsemanship & Medicine** is a course led by Dr. Manette Monroe, Assistant Dean for Students, who is a life-long horsewoman and a pathologist by training. Dr. Monroe worked with Heavenly Hoofs Therapeutic Equestrian Center in Kissimmee to establish a new equine-assisted therapy program to teach medical students. She says horses are the perfect creatures for such experiences because they are so sensitive to nonverbal communication.



**Business of Medicine (BoM)** provides students a unique opportunity to learn about a side of medicine that is not routinely discussed in the standard curriculum. BoM addresses topics such as the health care reform, managing student loans and debt, investing for the future, managing a private practice, and differences in working in a hospital setting versus a private practice. We encourage any student with an interest in business to come attend our meetings! *(Karen Lu, MI)*

**NEW: Dermatology Interest Group**

## A variety of *Organizations* to suit your needs

**(DIG)** has made its mission to encourage medical student interest in the broad, challenging and exciting specialty of dermatology and to provide exposure to the multifaceted aspects of dermatology, including its subspecialties, clinical challenges and new developments. Why is dermatology so important? Skin is the largest organ in the human body, approximately 1 in 10 primary care appointments are made to address a skin concern, and 1 in 5 Americans will develop skin cancer in the course of a lifetime. A few of the exciting events DIG hosts include a skin biopsy and suture clinic as well as the Miles for Melanoma 5k race in the fall. *(Danielle Reimer, M1)*

**Emergency Medicine Interest Group (EMIG)** is looking to become much more active in the coming year. We are going to be having opportunities to work in the simulation lab to practice some emergency protocols, we'll have suture clinics coming up where we can learn some basic suture techniques (since we all know EM docs suture better than anyone else), and we're working on scheduling ride-along opportunities for our members both in the ambulance and helicopter. On top of these fun and exciting activities that we have planned we also are going to be continually working on networking with residencies in the area and emergency clinical research opportunities for our members. *(Tanner Barfield, M1)*

**Ear Nose & Throat Interest Group (ENT)** has made its mission to introduce one of the subspecialties of surgery, Ear Nose and Throat Surgery (also known as Otolaryngology) to students in order to bring awareness to this field early in students' education and to emphasize the importance of the HEENT physical exam in all fields of medicine. For the upcoming year we intend to have an ENT surgeon present the HEENT physical exam and physical exam findings. Additionally, we will have presentations discussing the different fields/specialties within ENT surgery from local ENT surgeons. We intend to have this organization be a resource for students to help them with networking and opportunities in the field of ENT. We are looking forward to meeting you all and teaching you about this exciting sub-specialty of surgery. *(Brian Manzi, M3)*

**Surgery Interest Group (SIG)** is a student interest group for those that have an interest in or would like to learn more about the different surgical subspecialties. We aim to do so by providing students with guest speakers from a variety surgical fields, suture clinics and other hands-on workshops. If you have even a slight interest in surgery, we encourage you to join SIG at our meetings and events. We look forward to meeting all of you this upcoming year! *(Marco Mejia, M1)*

**Wellness Through Fitness** aims to provide the UCF College of Medicine and Central Florida communities with opportunities to improve and maintain healthy living through physical activity. In an environment of stressful demands, it is important for students, faculty, and staff to develop healthy coping strategies with exercise being a productive and beneficial outlet. Organizing sporting events, such as football, soccer, and basketball games, providing physical fitness education to the community, and promoting weekly group exercise classes, such as yoga and kickboxing, are just a few examples of WTF's involvement in our community. By encouraging UCF College of Medicine students to develop and maintain their personal physical wellness, we hope this impact will also set a positive example for their future patients. Thank you for your interest in Wellness Through Fitness! *(Blanca Estupinan, M1 & Sagar Patel, M1)*



## A variety of *Organizations* to suit your needs

**American Medical Student Association (AMSA)** is a national organization that unites physicians-in-training to achieve common goals in medical education, community outreach, networking, research, and so much more! With AMSA, you'll have the opportunity to develop your networking within the medical field, volunteer in various community based programs, and aid in mentoring pre-medical students as they strive to achieve what you have all worked so hard to accomplish. Additionally, AMSA will assist you in obtaining all of the required medical equipment at discounted prices, and should you desire, embroider your name onto your hard earned white coat. We look forward to seeing you in the fall of 2015! *(David Hutchinson, MI)*

**American Medical Women's Association (AMWA)** chapter at the UCF is an organization for anyone who is an advocate for women's health and gender equality in medicine. As part of a national organization, medical students will receive opportunities for mentorship, networking, and fellowship throughout their four-year medical school tenure and beyond. We seek to build bridges between students in various stages of their medical school journey--pre-clinical students, those in rotations, senior students in the residency interview process, and UCF COM graduates who can reach back and provide insight into life after graduation. We also strive to provide opportunities for networking with female physicians across the spectrum of disciplines and specialties, so that the future physician graduates of the COM are fully equipped and empowered to pursue the life, career, and future of their dreams. *(Heena Ahmed, MI & Katherine Mills, MI)*

### On the horizon...

Don't see an interest group for something that you have a great deal of interest in? No problem! As Dean German has said, the student interest groups and organizations at UCF COM are only limited by its students' imagination and willingness to make it happen! Not only have new groups been recently added, such as the Dermatology Interest Group, Pathology Interest Group, and the LGBT Medical Students & Allies Group, but there are a few groups that are currently in the making, including the Latin Medical Students Association. The great thing about UCF COM is that if you are passionate about something, the school will help foster that passion and help you provide a means to find other students who share your passion.



# MedPACT Global Health at UCF COM

"We're so excited to welcome you to our global health family!"  
MedPACT Executive board  
globalhealthUCF@gmail.com  
<http://med.ucf.edu/global-health>

**MedPACT (Medical Students Providing Across Continents)** is UCF COM's global health and service organization – we are committed to providing robust, engaging programming and diverse service opportunities to create a culture of global responsibility, and to serve those in need within and across our borders.

There are plenty of ways for students to get involved throughout the year – here's a snapshot of MedPACT's events from this past year! (Elizabeth Wellings)

## Annual Global Health Conference

This year, our conference focused on Maternal and Child Health and featured a keynote speech from former Surgeon General Dr. Antonia Novello, interactive workshops from abortion and female genital mutilation to learning the what to do in the "Golden Minute" to avoid birth asphyxia, thought-provoking clinical encounters on neonatal nutrition, real-life postpartum hemorrhage simulations, and a reproductive health panel. Past conference themes include Refugee Health (2014), Disaster Medicine (2013) and Sustainability (2011).



## Service: From Global to Local



**International Medical Outreach:** our annual, week-long summer experience serves six rural communities in the northeastern Dominican Republic, working alongside local medical students from Universidad Católica Nordestana, as well as faculty, nursing students, and pharmacy students.

**Local Service Projects:** make a difference in the local community throughout the year via the Renaissance Senior Center, medicine drives, Project Baby Benefit, Clean the World events, and community health screenings.

**5k Run for Global Health:** raise money for our DR service trip and engage with the community to promote healthy living!

## Educational Events

**Weekly Spanish Lunch Hour:** learn medical Spanish with your peers during our weekly classes!

**Speakers:** we arrange a physician panel called Medical Schools From Around The World

**Film Screenings:** in honor of this year's Global Health Conference, we screened the film *A Walk To Beautiful*

- We collaborated with UCF Engineers Without Borders for a 3-part Survival First Aid workshop series



# The KNIGHTS Clinic

*We hope to  
move to a  
weekly clinic  
and increase  
our impact in  
the Orlando  
community.  
Look for our  
table at the  
orientation  
fair to discuss  
how you can  
get involved!*

For members of the founding UCF class, the KNIGHTS Clinic was just a dream. Students began conducting a needs assessment of the Orlando area to determine how a student-run free clinic could serve Orange County best. Six years later, the KNIGHTS Clinic, which stands for **Keeping Neighbors In Good Health Through Service**, has been serving the uninsured and underinsured populations of Orange County for over two years now.

The KNIGHTS Clinic primarily serves the working poor population of Orange County—those that are working and earning just too much to qualify for Medicaid but still too little to afford health insurance. We work with Grace Medical Home, a community free clinic, to serve this population twice a month on Thursday evenings. Different than most other student-run free clinics around the country, the KNIGHTS Clinic aims to provide continuous care to our patients. This means that we don't take walk-ins but rather schedule appointments. This benefits patients because they are able to address both acute and chronic conditions at the KNIGHTS Clinic and are able to schedule follow up visits to make sure their concerns are completely addressed. We also offer lab, pharmacy, and education services and are even able to make referrals to specialists in the community. Additionally, we also bring specialty care nights to the clinic. On special Thursday nights, we are providing services by specialists—like cardiologists and ophthalmologists—to our patients who may be in need of them.

KNIGHTS Clinic is a great chance for UCF medical students to not only get involved in the community but also to gain valuable clinical experience. When applying to KNIGHTS Clinic as a new M1 you are able to select any of the various committees that we have including laboratory, pharmacy, community referrals, and patient education, among others. These committees allow you to help out in the clinic, interact with our patients, and provide valuable services to them. Then, after you learn the basics of the physical exam and interviewing patients, you will have the opportunity to serve as a patient interviewing pair along with an M3 or M4. In this role you are usually assigned one or two patients a night of which you will interview, perform a physical exam, present to one of our volunteer physicians, decide on the course of care, write up the visit note using our electronic medical record system, and follow up with the patient about any labs done. It is an experience that you are unlikely to have before your clinical rotations, so it's a truly valuable experience.



Contact us at  
[knightsclinic@gmail.com](mailto:knightsclinic@gmail.com)

# Intramural sports

Do you remember seeing the 'Intramural Champions' shirt that was hanging in the Student Lounge when you were on your interview tour? Did you think "there's no way the med school team won that...they don't have time to play sports"? Well rest assured! As a medical student, you will have both the time and opportunity to get involved in many things, including IM Sports!! Although the COM is not located on the UCF main campus, we still get all of the recreational perks of being associated with a big school. UCF offers over 100 different intramural activities. Whether you're interested in traditional team sports (flag

football, basketball, soccer etc.) or individual activities (tennis, golf, pingpong etc.), UCF has IM teams of different competitive levels (comp A, comp B, and rec) for anyone to enjoy. CoEd divisions are also available for certain sports.

Even though all IM games are held on the UCF main campus this is a great opportunity to get out of Lake Nona and take your mind off school for a night. Enjoy a different restaurant after the game, carpool with friends, or catch up with a friend on the 25 minute car ride. In addition, many of our teams are composed of students from all classes. So, I have found IM Sports to be an excellent opportunity to get to know 3<sup>rd</sup> and 4<sup>th</sup> year students that we otherwise wouldn't be able



to have much interaction with. UCF COM students have played basketball, flag football, soccer and volleyball and we hope the Class of 2019 will continue to represent the COM just as the previous classes have before you!!! Go Knights!!!

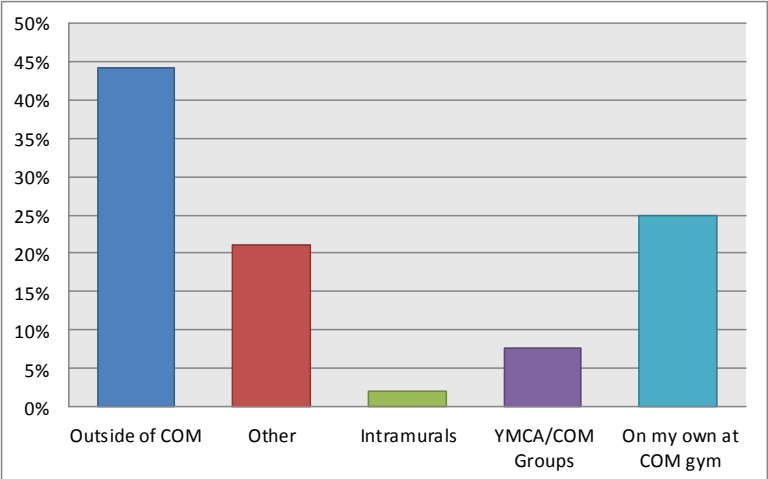
Get together with other medical students for a cross-fit style workout. You can also get involved with community 5Ks and the Healthy Knights Expo!

## Group exercise

Want to try a new type of workout or workout with faculty, peers and an instructor? Fortunately UCF main campus recreation center sends instructors to the COM to teach boot camp, Zumba and yoga classes! If you aren't a fan of fitness classes, there is the COM Wellness Center and the Lake Nona YMCA is a quick drive away and often gives the COM free trial passes! Additionally, many of the apartments also have workout facilities.



Where do First Years exercise?



**Join the MI COMpadres or the MI/M2 Hemoglobin Trotters for some IM basketball!**

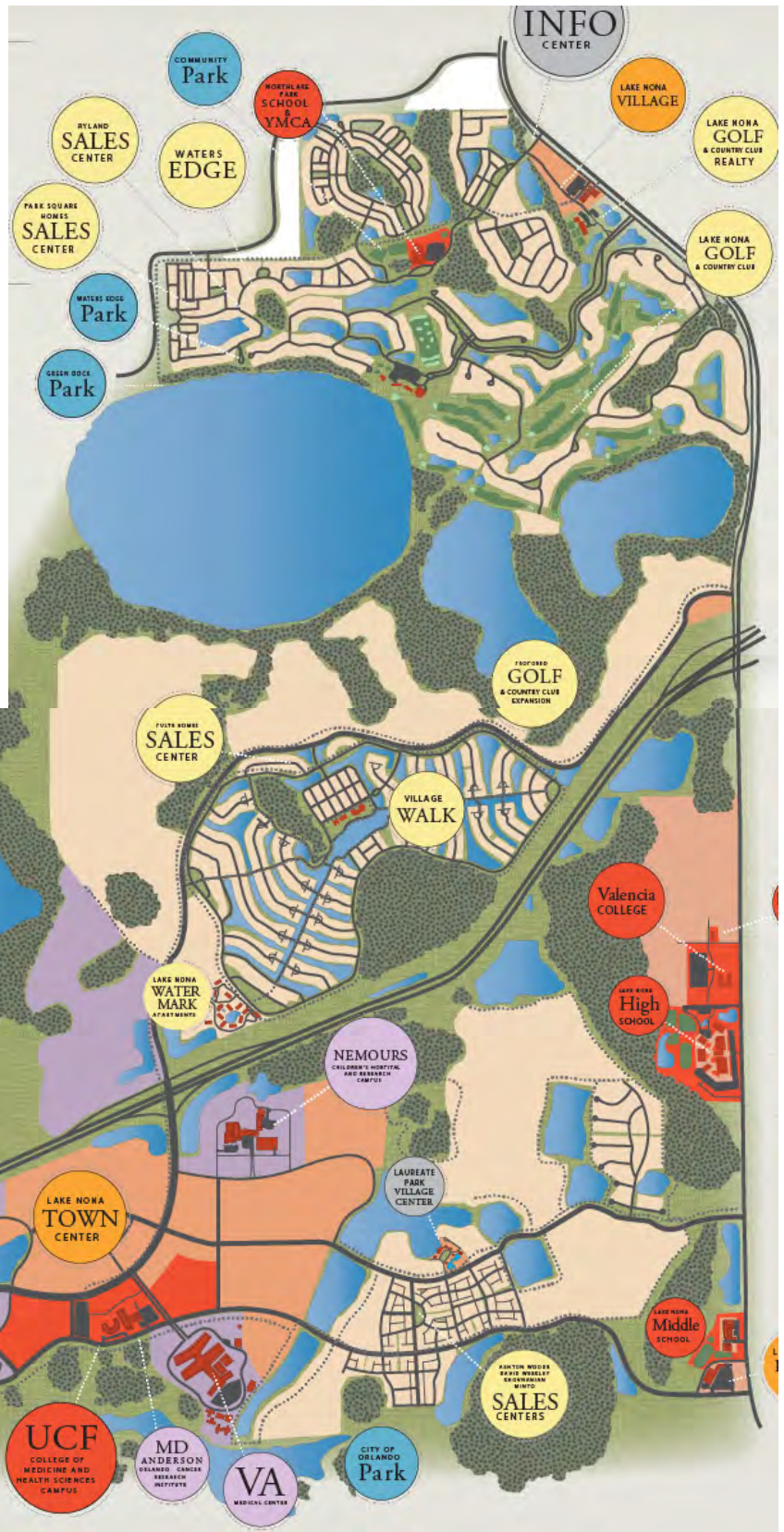
# Congratulations on your acceptance! Your next challenge is finding a place to live!

Finding a place to live is always an exciting and challenging hurdle to overcome. To help with the process, here is a compilation of various living options near the COM. Most first and second year students have found their new home in the many apartment complexes, townhouses, or condos in the Lake Nona area.

One of the benefits to living in Lake Nona is that it is quiet, yet there is access to all of the major highways. If you're used to big city living, there are no buses or trains that will transport you to school. However, most people live within a short drive (5 to 20 minutes) from the COM. Students need cars but occasionally walk or bike to campus.

### Legend

- Residential
- Parks
- Education
- Lake Nona Medical City
- Commercial & Mixed Use
- Trails



For more information on this map and the Lake Nona community, please visit [www.learnlakenona.com](http://www.learnlakenona.com)

# Perspectives from current M1 students

We asked 35 first year students to fill out a quick survey which asked them where they live, what they like, and what they dislike about their living arrangement. Here's what they said:

## Lake Nona WaterMark

[www.lakenonawatermark.com](http://www.lakenonawatermark.com)



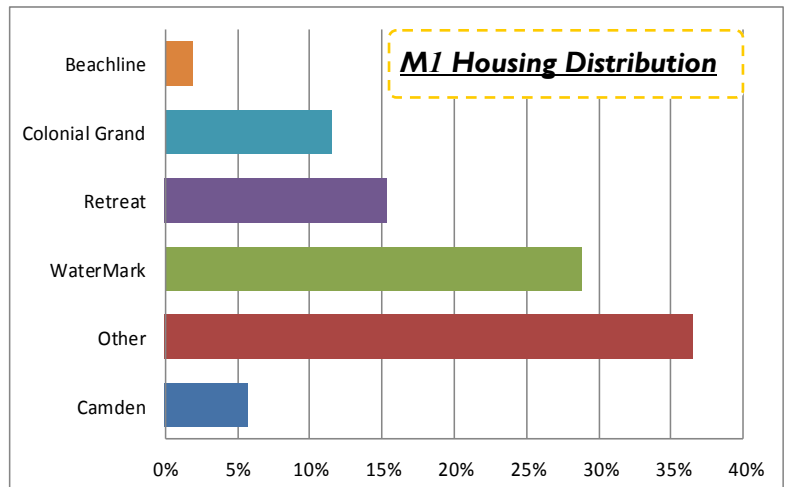
This is a newly-built, luxury apartment complex located 3 minutes away from the Medical City. Along with the Retreat at Lake Nona, this is where most medical school students live. This complex also has a new dog park, is family friendly, and has a very friendly leasing office (they have free snacks!).

## Retreat at Lake Nona

[www.retreatatlakenona.com](http://www.retreatatlakenona.com)



Many UCF COM students live in this very affordable apartment complex. Located behind the Publix on Narcoossee Road, you are in close proximity to a gas station and a plaza that has a gym, a Thai restaurant, a Japanese restaurant and a Subway (just to name a few of the amenities).



### WaterMark

**Pros:**

- “It is a great complex with a gym and nice pool area, as well as a lounge with a TV”.
- Students also enjoy the gas grills out by the pool and the convenience to campus.

**Cons:**

- “It is a little pricey for my taste; some things such as the monthly trash fee as well as the cable/internet company are non-negotiable.”
- Some students noted that management can be difficult to work with, likely because this is such a new complex and they are still gaining experience.
- Many students noted that the “walls are thin”.

### Retreat at Lake Nona

**Pros:**

- Despite the slightly longer commute to the COM, many students enjoy living at the Retreat because they feel they have better access to the grocery store, restaurants and other shopping plazas.

**Cons:**

- Some students complained that the Retreat is forcing renters to purchase cable which would add \$40/month to bills.

# Perspectives from current MI students

## Nona Terrace



Nona Terrace is a quiet and quaint townhome community nestled between nature preserves and ponds.

Amenities include a community clubhouse, swimming pool, cabana, courts for tennis and basketball, and a fitness trail in the heart of the community. It is located off Moss Park Road and interstate 417 is easily accessible.

### **NEW COMPLEX: Nona Park Village**

This is a new complex, so not much is known about it yet. Check them out at:

[www.epochlivingnonaparkvillage.com/](http://www.epochlivingnonaparkvillage.com/)

## Camden LaVina



[www.camdenliving.com](http://www.camdenliving.com)

Camden LaVina is a gated community located on the corner of Dowden and Narcoosee. The apartments are very spacious with a great layout. There are options to have a balcony or a sunroom, and the management are extremely friendly and attentive.

## *Nona Terrace*

### **Pros:**

- "Nona Terrace is spacious and there is room for my dog to run around outside".

- One student describes Nona Terrace as a "quiet but active community that is well kept and safe".

### **Cons:**

- "Although Nona Terrace is more private and more quiet than an apartment complex, the rent and utilities are slightly more than at an apartment".

## The Reserve at Beachline



[www.reserveatbeachline.com](http://www.reserveatbeachline.com)

These are also very nice apartments but are pricier than the Retreat. The complex is located right by the Beachline/528 highway that goes East-West and will take you to either the beach from Orlando or to I-4, another East-West interstate. These apartments are only 10 minutes away from the Orlando International Airport and this is a gated community. COM students love the free coffee served here!

## *Camden LaVina*

**Pro:** Located adjacent to Tijuana Flats (a popular lunch spot), Nona Tap (the local bar), Café 407, and a new Wawa, which should be open by fall. It is also close to the CVS and the Lake Nona YMCA.

**Con:** It is a little farther from COM, cable is included in rent, so if you don't use it that might be a deterrent for some students.

# Does anyone commute?

YES! There are a handful of students who live with their families/significant others in Orlando, Titusville, Sanford, Winter Park, and Melbourne. Some of these students commute up to 45 minutes to get to campus. Although things like going home for a quick nap

during lunch are more difficult for these students, the financial benefit of living with family is tremendous. You can also make use of your commute by listening to lectures you have downloaded or by catching up with friends/family members on the phone.

Some students also consider investing in a house/condo in Orlando (suggestions include the Thornton Park and Baldwin Park areas).



Definitely consider purchasing a SunPass, interstate 417 is a toll road!

Looking to rent a house with several bedrooms and have roommates? Look on Craigslist for homes in the Lake Nona, Kissimmee, and Lee Vista areas.

If your budget allows, consider investing in a condo or home. Lake Nona is a growing area and housing establishments are constantly being built. Several students and their families have purchased homes as an opportunity for investment.

## Apartments in Lee Vista

Although Lee Vista is about 20 minutes from the COM, complexes in this area are close to Semoran Blvd, which has the largest assortment of restaurants and the closest Starbucks! The apartment complexes and condos in this area are often cheaper than those in the Lake Nona Area.

- The Arbors at Lee Vista– residents have access to a racquetball court
- Crowntree Lakes– has an outdoor bbq/grill area and a clubhouse with a game room.

From a student renting a room in a house

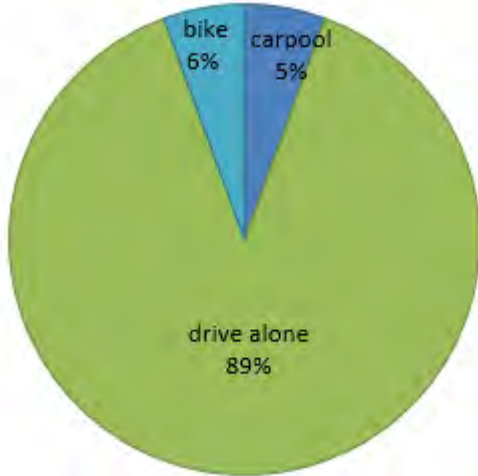
**Pro:** Renting a room in a house “is very cost effective and peaceful, with a lot more living space than an apartment. All utilities are paid for.”

Check out the UCF COM Class of 2019 Facebook group for more rental options!

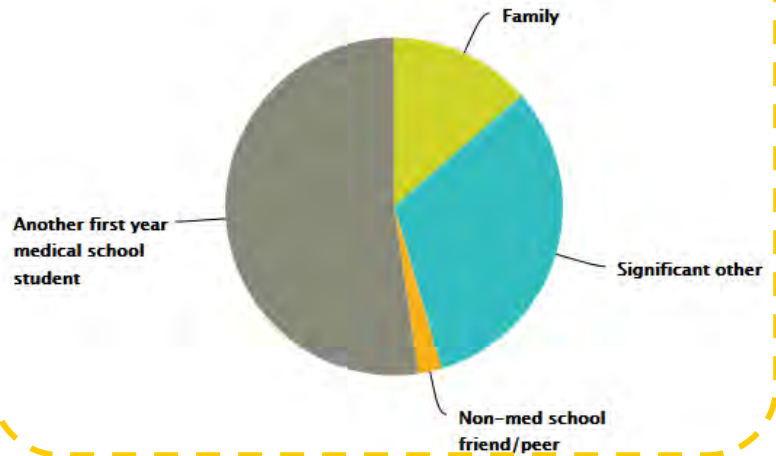


# Perspectives from current students

## How does the class of '18 get to COM?



## "Looking back, who would you choose to live with during your first year at UCF COM?"



Finding the right place to live is crucial; we all believe it is refreshing to be able to go to a place we can call "home" after a long day of class. We're all happy to answer any housing questions you may have so please ask! Also, remember to check out the class of 2018 facebook page for additional listings.

## Feel like you're moving out of your comfort zone?

The fear of being alone tends to keep us in the comfort zone where your family and friends are within reach. I stepped way out of this zone when I decided to move from California, the only place I had ever lived, to the opposite side of the country. Was I scared? Of course. Nervous? Definitely. Am I happy I did it? Yes. I'm not going to lie and say it's always easy, but I have honestly found so much support in my new friends and COM faculty, that I've started to forget how far away I am from "home."

Monica Mattes (M2)

Moving from another state can seem a little daunting if you have never done it before. You may have to do a few things from a distance, such as finding an apartment and renting site unseen. Luckily though you have a great wealth of knowledge from the upperclassmen, so do not hesitate to ask for advice. Moving a lot of stuff? Check with truck rentals like Penske and Budget to see if they have a student discount. It can save you a lot of money. Before you know it you'll be settled in and comfy!

Brian Nagle (M1)



Many of these apartment complexes have dog parks and are pet friendly. Make sure to ask about pet deposits! Also tell the rental offices you are a medical school student because they often offer discounts!

**Don't forget to connect to the Facebook UCF COM Class of 2019 Page for more updates regarding Housing! WaterMark, Retreat, Colonial Grand, and Camden will all be expecting you on Sunday April 12th!**

## Find the support you need at UCF COM

**Shane Hamacher (M1) on how UCF can make the juggling act happen:** I'll start with the good news: it's completely and utterly doable. To be honest, I was seriously debating fulfilling this ultimate goal of my life because I was embarking on a journey that would surely tear my family apart and have my wife and kids hating me (or just forgetting about me). I can now confidently say that couldn't be farther from the truth. Yes, you will have to put in long hours, yes there will be times that you won't be able to "be there," and yes, at times you will feel guilty about not spending as much time as you'd like to with your family. But...you can find a balance. UCF COM makes it very easy to adapt your schedule, especially given the ability to watch recorded lectures from the comfort of wherever-you-want-when-ever-you-want. In addition, there are a significant number of other crazy married-with-kids types at UCF, and the school itself is extraordinarily family friendly. The faculty and staff are sympathetic to your situation, and many are parents of little ones as well. You can completely mold your day to incorporate family time, while still finding time to study and fit in everything else you need. Will you ever feel like you've managed to study as much as someone married to only their laptop and books? Nope. Will you have a richer, more fulfilled, more satisfying experience than that particular individual? Chances are very high. I truly feel fortunate that I have a pre-made, ready-to-go, always-present support structure built in for those times when I need it most. My wife is someone who I can count on to be there, without fail. It takes serious effort on your part as well, don't get me wrong, but I'll personally take that any day over the drama of dating and all that comes with starting a family. You've done all of that; that's the hard stuff – med school is predictable and easy in comparison. And no matter the mountain of parasites/drugs/obscurely-named-body-parts I'm buried under, I can always find 15 minutes to roll around on the couch with my munchkins, and in that 15 minutes, any amount of stress that I could have possibly been experiencing is completely erased. My aperture is opened, and I'm reinvigorated to begin anew. As with anything in life, it's all about perspective. If you were waiting patiently for me to get to the "bad news," then you've missed the point...



Friends and family are always welcome at the COM!



One huge support network!

*We all have unique backgrounds that cause us to take different approaches to succeeding in medical school. Here are some student perspectives about how to handle these differences and the support UCF COM provides to help each student thrive.*

### **Tony Hawkins (M2) perspective on balancing family commitments and school:**

While most med students have some kind of time commitments to their family, those of us who are married have a unique challenge in maintaining those relationships. Coming into medical school, it is important for spouses and children to know that you will be spending a lot of your time over the next four years dedicated to learning your new profession; however, it is just as important for you to remember the commitment you have to your family. You cannot put your family relationships "on the back burner" while in school, so it is crucial for you to develop a balance between family and school. Doing so now will only aid you in the future when you are in residency and, eventually, a practicing physician with work commitments. Here are some tips that I find helpful:

**Come up with a study schedule.** Figure out how much time you need for studying each day, and stick to the schedule as much as possible. You may actually need much less time than you would think, especially when you're motivated to study harder (and more efficiently) in order to spend time with your spouse or children.

**Plan family time.** Regardless of the rigors of medical school (real or imagined), you will have free time. Make use of this time by planning family time into your schedule.

**Learn to be flexible.** It is inevitable that family events will occur requiring your time and attention. The reality of is that you will not be able to study for 14 hours a day, so do not feel guilty if you miss some time on your study schedule to take care of family matters. For me, my family comes first, so I must be aware of when I need to be flexible while keeping on top of studying.



# 19 for '19

**We asked  
the Class  
of 2018  
“What do  
you wish  
you had  
known  
last  
summer?”  
Here’s  
what  
they came  
up with:**

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 classes start. The library has copies of everything and you'll have access to most of them on your iPad. Once each module starts, you'll figure out which books you will need based on your learning style.
3. Pay attention to the emails you get from the Homestay Committee, student affairs, and admissions before orientation starts (i.e. order your Doctor's bag, make a plan for getting your immunizations etc.). *If you miss the ordering deadline for the Doctor's bag, don't fret! You won't need it immediately so don't pay extra money for overnight shipping. Also, the UCF-themed stethoscope (black and gold) is pretty sweet!*
4. Other than getting the required vaccinations and doctor appointments done, don't do anything school-related this summer. It won't give you an edge, but coming to school with a fresh mind will.
5. Get used to taking notes digitally. It's really hard to keep up and be efficient with pen and paper.
6. Even if your first midterm is after 4 weeks, 4 hours of class/day \* 5 days of class/week \* 4 weeks is A LOT of material and you will not be able to 'cram' the night before the test.
7. Be open to new methods of studying—try out different groups and use a variety of techniques. You'll be much better off once you learn that making flashcards works great for certain subjects while quizzing group members works better for others.
8. Start thinking about using an external hard drive or cloud service with auto-sync capabilities. You're going to have a lot of notes/learning resources saved on your computers and you don't want to lose them!
9. Listen to your body—if you're falling asleep on your book, take a break, exercise, or go to bed! Try IM sports, yoga or a morning run to wake your mind up!
10. Residencies care a lot more about the Step I score than first and second year grades so use your first module midterm as a learning tool rather than the 'end-all, be-all' of your career.
11. Google UCF COM GPS. Dr. Verduin is going to show you this website during orientation but check it out now! To encourage you to check it out, we're not even going to tell you what 'GPS' is an acronym for!
12. Start thinking about potential FIRE project ideas. Don't go crazy, but keep a look out and bounce off ideas in your mind. Giving yourself more time to think will increase the chance of you doing something that you're passionate about rather than scrambling for a project while studying for exams etc.
13. When buying your UCF parking permit, make sure that you purchase the Health Sciences at Lake Nona permit. It has an "M" on the decal that is needed for parking at the COM, but it will also work on main campus.
14. Try to put all of your bills as automatic drafts before school starts. Dealing with real life in med school? Ain't nobody got time for that! *The financial aid office has great resources if you're new at handling debt/loans, student affairs also knows where you can use your UCF id to get discounts!*
15. 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.
16. Take advantage of the big sib/little sib program by asking the second year students all of your questions about how to study, what books to buy, which restaurants are the best, etc. Their dedication for your success makes UCF COM an incredible place to study medicine.
17. Try to make a good plan to stay in touch with non-med school friends. Sending a weekly email or meeting up for lunch can be great stress relievers.

## **18. Enjoy your freedom!!! Relax during whatever time-off you have this summer!**

19. No, seriously, enjoy your summer! We didn't believe the class ahead of us and we wish we had! We hope you're all getting psyched for orientation this August! :D