

THE PANACEA

A Guide to Life at the University of
Missouri School of Medicine



Brought to you by the Medical Student Affairs Council and the Office of Medical Education

***Panacea: “A cure-all; a remedy claimed to be curative
of all diseases.”***

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Foreword

To the Class of 2026:

We would like to extend a warm welcome to you to the University of Missouri School of Medicine! No matter the setbacks and trials that it took you to get here, you are continuing on your path to becoming a physician.

As we all know, this path is not easy. However, here at Mizzou, we want you to know that you are supported, loved, and we want you to succeed. There will be days throughout these next four years where you may feel inadequate, that you do not belong, or that you want to give up. Remember you were chosen to be here for a reason and you are capable. You have a spark. Do not be afraid to voice your insecurities because we can guarantee you that we all have felt the same and are more than willing to support you.

Do things that bring you joy, whether this is going on long walks, playing a musical instrument, cooking up a fancy, new recipe, or calling a family member or friend. Take the time for yourself. It is easy to get caught up in the hours others may put in, but what matters most is keeping your body and mind healthy. It is okay to waste time, sometimes you will need a break! Medical school is really an exciting time. Every day you will learn something new and develop new skills. The growth you will see even in just a month is outstanding! What may be best about medical school, especially at Mizzou Med, is the friendships and bonds you develop with your classmates.

These next four years will feel like forever and a blink of an eye all at the same time. So soak in every moment, learn everything you can, and support and love your classmates.

Good luck and welcome to medical school!

Angela, Amanda, Emma, & Osher

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GETTING STARTED

Setting Up Your Utilities

Many of your landlords may tell you how to do all of this stuff already as part of your moving-in process, but if not, this section is a great place to start when moving to Columbia. Some apartment complexes already have hookups with certain internet providers, so it probably makes most sense to go with that provider if you are living in one of these communities. Just play around on the websites, see what's out there, and find which service fits your needs and your budget! If you would like additional information further than what is listed here, go to the City of Columbia website at www.como.gov.

Cable TV and Internet

Mediacom (877) 889-7466

www.mediacomcc.com

Several internet alone packages available, ranging from base \$20-\$60/month. Internet + TV packages ranging from base \$30-\$90/month. See website for details on these offers. Be aware that these are usually **introductory deals** that will become more expensive after 6-12 months. Also, make sure you call in advance to get an appointment! These guys get booked fast! P.S. the majority of this process can be done online.

DirecTV (877) 889-7466

<http://www.directv.com>

To get prices you have to check the website: You will need to enter your address to see what kind of deals they have. Like Mediacom, any introductory deals will become more expensive after the first few months.

CenturyLink (877) 862-9343

www.centurylink.com

Depending on the package, CenturyLink may be more or less expensive than Mediacom but from personal experience tends to be more reliable. Offer will depend on your address.

Spectrum/Charter Cable (866) 874-2389

www.spectrum.com

904 Rainforest Parkway

This may be another good option, depending on what your preference and needs are. Check out their website and put in your address in the area provided to see what kind of offers they have!

Gas

Ameren UE (Union Electric) 1-(800) 552-7583

<https://www.ameren.com/missouri/account/customer-service>

If your home has gas, call and tell them you're moving in. No installation fee or deposit.

Electric/Water/Trash/Sewer

City of Columbia (573) 874-248

<https://www.como.gov/utilities/ucs/>

701 E. Broadway

Call them with your move-in date, address, and social security number. You can do this up to 30 days in advance of your actual move-in date. To avoid a same day service fee DO NOT leave this until the day you move-in. The earlier you set this up the better. This entire process can be done

Local Telephone

Most people just have cell phones, but if you want a landline, CenturyLink is probably your best bet. See CenturyLink above.

Immunization, Insurance, and Drug Screening

Required Immunizations (doses)

- | | |
|--|--|
| + Polio (5) | + Tetanus/diphtheria/pertussis w/in 10 years |
| + Hepatitis B Series (3) | + MMR (measles, mumps, rubella) (2) |
| +Varicella (2) | + COVID (2 req., 3+4 encouraged) |
| + Influenza (done annually) | + 2-step TB Skin testing (PPD) or |
| QuantiFERON Gold blood test with annual update | |

You will complete an immunization appointment with MU Student Health Center, which is in the University Physicians building just east of the hospital. You can also set a meeting to get these immunizations there as well. Look at your matriculation packets for more information.

MU Student Health Center phone number: (573) 882-7481

Mandatory Urine Drug Screen

The School of Medicine requires a urine drug and alcohol screen (Panel 10 Drug Alcohol Screen) completed in Columbia prior to matriculation. This must be completed before orientation (deadline is July 25th, first day of orientation). More information will be emailed at the start of July before M1 year. Here is the current information regarding the locations for this drug test:

- Mid Missouri Drug Testing
 - **Address:** 405 Bernadette Drive, Columbia, MO 65203
 - **Phone Number:** 573-234-1872
 - **Drug Collection Hours:** 8:30 am – 4 pm, Monday – Friday
 - **Cost:** \$25 (with student discount)
- D-TAP Drug Testing
 - **Address:** 3302 W. Broadway Business Park Ct, Suite D Columbia, MO 65203
 - **Phone Number:** 573-303-5511
 - **Drug Collection Hours:** 8:30 am – 4:30 pm, Monday – Friday
 - **Cost:** \$45 (with student discount \$47 if paying with credit card)

Results generally take 2-3 days to process. You must have this completed no later than July 25, which is the first day of orientation.

- There is a drug screen consent form in your matriculation packet that you must fill out

and return to the Student Health Center either before your screening or before the results are sent to them.

- Walk-ins are available at each location. Just mention that you are there to do a urine drug screening for admission to MU School of Medicine.
- Please note: MU Student Health Center client number is **19541**.

Insurance

Every student is required to have health insurance coverage. The medical school will require proof of insurance at the beginning of each academic year. If you are uninsured, the university offers special plans to students through Aetna. If you are interested in enrolling in the University of Missouri health insurance for the fall semester, you will be able to do that as soon as you have been registered for courses. Once you have been registered, you may enroll via your myZou Student Center, or by contacting the Cashier's Office (573-882-3097). Our website provides instructions on how you may enroll in the plan through myZou:

<https://medicine.missouri.edu/education/medical-insurance>. The cost of our insurance plan is not included in the financial aid cost of attendance. If you enroll in MU's insurance plan, you may request an increase to your cost of attendance so you can receive aid to cover this cost. Contact DeAnna Fuller, Financial Aid Coordinator at fullerdm@health.missouri.edu, if you plan on using the MU carrier. Additional plans are available for an additional cost for students with significant others or families. Additionally, if you have a medical emergency and cannot pay for it, talk to DeAnna Fuller about finding a financial resource to help!

Parking

You will buy a parking pass (\$144/year) for **Tiger Avenue Parking Structure** (aka "TAPS"), located just outside the circle entrance to the PCCLC (near the Emergency Department). You will either park on level 6 or the uncovered portion of level 5 ramp. Be warned though, traffic can get pretty bad in the mornings! So, plan accordingly and make sure to leave early the first week so you aren't late!

Another thing to note – students who live close to campus often choose to walk or bike to class, especially in the first two years.

You should have received several emails regarding the setup of your parking pass. Parking passes are now conducted entirely electronically using your license plate. Students are allowed to park in most of the marked university lots around the hospital from 5:00pm to 6:00am. This does NOT, however, apply to parking garages, VA parking lots, or the faculty lot by the library. You are also not allowed to park in TAPS on home football game days, which is kind of a pain.

Money saving tip: If you get a parking ticket for an expired parking meter, take it to the Turner Avenue Garage within 48 hours, and they will usually reduce it to half (read the fine print on the ticket). Secondly, if you are fortunate to live close enough to school to walk every day, but dread when the weather changes to snow, ice, rain, etc., wait until the weather starts to get nasty before buying a parking pass. Often, the parking permits are "pro-rated" and you can save yourself some money by enduring the elements for as long as possible.

Books & Supplies

When it comes to books and supplies there are two basic ways to go. The first is to buy *everything* and the second is to buy the bare minimum and mooch off the people that bought everything. While both options are viable, it is probably healthiest to be somewhere in between and share different books on similar subjects amongst your study group if there isn't a consensus about which is the best.

When deciding what books to buy, you should consider your previous education in the subject, the amount of time you plan on studying the particular book, and your budget.

Questions to ask yourself include:

- Will I actually read this book or use it as a resource?
- Is this book available for free through the library? ALWAYS check the Health Sciences Library (HSL) first for hard copies and electronic editions through Access Medicine and Clinical Key.
- Will I be able to understand this book? Is it too advanced or too simple for me? Is it too in depth for what we are expected to learn and cover throughout this block?
- Can I afford this book? (the answer is probably no...but you'll buy the book anyway)

Typically, a book list will be given to you during orientation week. These are the books the faculty recommends you utilize during the first year of med school. Many of these books will be available at the book fair that the previous class will be hosting. The book fair is also a time to ask the M2 class about what they used and recommend. If you want to wait till the block starts, don't worry!

In my own experience, I have found it helpful to ask some of the upperclassmen about what study resources they have found most helpful. If I had to list a few of the most helpful resources for year one off the top of my head, I would say:

- 1.) First Aid – the (concise) bible of step 1 need-to-know info.
- 2.) Amboss – subscription website that has awesome articles and practice questions on so many topics (VERY helpful for objectives)
- 3.) Boards & Beyond – the creator, Dr. Jason Ryan, may singlehandedly carry the US medical education system on his back. The videos are THAT good.
- 4.) Costanzo Physiology – Solid resource for learning basic physiology. You will need to read some chapters in Block 2 for sure.
- 6.) Clinical Neuroanatomy Made Ridiculously Simple – useful in block 3. Some love this one, some prefer other sources. I also know some people in my class loved High Yield Neuroanatomy or Neuroanatomy Through Clinical Cases (if you want a full text version).
- 7.) How the Immune System Works by Sompayrac – it's gotten good reviews for block 4
- 8.) Resources good for practice problems: First Aid Cases, First Aid Q&A, BRS (board review series) books, AMBOSS, UMich Anatomy

Students who appreciate online videos versus text, love to use Dr. Najeeb, Ninja Nerd, Boards and Beyond, Sketchy and/or Osmosis. Some are free on YouTube and some are for a fee, so consider splitting the cost with classmates and sharing accounts. Still, other students in

my class prefer sources completely outside this list. Anyways, these are the resources I found most helpful during M1 year and they worked for me. You know yourself and your learning style best, so go off that. Every person has a different preference on which sources to use for each block! To each their own. My advice – find what works for you and roll with it.

As for other miscellaneous supplies, DON'T BUY ANYTHING UNTIL AFTER ORIENTATION! Scrubs are useful for Anatomy Lab. Scrubs are **FREE** from the hospital and can be swapped out between labs easily (Ask an M2 and we will show you where to get them). You will be provided with a stethoscope during orientation week. Other supplies that you may purchase are diagnostic kits (otoscope & ophthalmoscope), sphygmomanometer (blood pressure cuff), tuning forks and reflex hammers, but none of these are a necessity for your M1 year. Most of these are available in the simulation center and in exam rooms during ACE; thus, I would not spend the money unless you feel the need to have a home examination kit. I recommend buying supplies later once you've gotten your bearings on what you'll actually need and use.

Computers

Computers and Medicine

A laptop will be vital to your education and your career. Some of you are likely asking, “Can I use my iPad?” The answer is yes and no. Tablets that can access Canvas and run PowerPoint, OneNote or Notability can be used for lectures, notes, and studying. Some may even be able to run the ExamSoft program which is used for testing. Unfortunately, the campus IT services do not support printing from an iPad. A lot of students actually have both a laptop and a tablet. Others prefer to have dual monitors at their lab desks.

If you don't have a laptop, the library is your savior. The medical school library contains a multitude of great computers that allow you to do all sorts of things. However, owning your own laptop gives you all these plus the convenience of being able to complete these tasks when you can find time for them, not when the library can find time to be open.

It doesn't matter what kind of laptop you get, it just has to have wireless internet and be able to have the print server applications installed on it (so Mizzou can properly bill you for your printing pleasures). Either way, be sure that your computer meets all of the hardware/software requirements sent out by the OME so that you can keep up.

Important Websites:

Health Science Library

<http://library.muhealth.org/>

The *Resources for Medical Students* section can connect you to great sites and online textbooks that will help you complete your objectives and answer those questions on your clinical reasoning tests.

MyZou

<https://myzou.missouri.edu/psp/prd/?cmd=login>

This website contains your financial aid as well as other administrative information.

Canvas

<https://courses.missouri.edu/>

All of your lectures and handouts for class and studying will be available here. There are many other resources that can be found on Canvas such as your PBL and IPC block calendars and

study strategies to help you be successful throughout your first year. Through Canvas you can also contact MU Tech support, request an academic, M4 tutor or set up a meeting with someone from the OME (such as Dr. Laine Young Walker) through MU Connect.

Teams

teams.microsoft.com

Microsoft Teams is where everyone uploads their study guides and powerpoints for objectives each week. Throughout the block, nice, generous classmates will likely upload supers (more on that later) and other study materials that they want to share.

Student Portfolio

<https://ome.som.missouri.edu/StudentPortfolio/Login.aspx>

The student portfolio is where you will complete your course and faculty evaluations. It is also where your evaluations during mid-block are released. Approximately two weeks after your exams, this is where you will go to check your grades.

Health Sciences Library

The Health Sciences Library is an excellent place to crank out hours of studying. The library consists of three floors with a quiet section on the top floor, conference rooms, and an abundant amount of resources.

The hours for the library are:

Monday – Thursday: 7am – 12am

Friday: 7am – 6pm

Saturday: 10am – 7pm

Sunday: 12pm – 12am

For hours of operation during breaks see the website: <http://library.missouri.edu/hours/?id=307>

*Hours differ during COVID - check their website!

There are many resources you can use when researching your objective. However, a popular source most medical students use is the Health Science Library Website,

<http://library.muhealth.org/>. You can find a multitude of sources under the “Resources For...Medical Students” tab, but I suggest starting with the “Quick Links” section:

- **Access Medicine** – This online collection of medical texts includes *Harrison’s Principles of Internal Medicine* which is considered the ultimate resource by many med students. The online version allows you to search quickly and include figures without the need for a scanner.
- **UpToDate** – A resource for concise information on diagnosis and treatment of diseases, procedures and pharmacology of some drugs. This is a good (and much used) source for information but beware that the information is not always correct.
- **Clinical Key** – This is another sweet collection of medical texts. One awesome book for pathology can be found there called Robbins and Cotran pathologic basis of disease. This is one of the bibles for path.
- **Ovid MEDLINE** – With this, you can search journal articles for a specific subject. You’ll be able to link to most of the full text online either as PDFs or clicking

FindIt@MU. For the few times that you can't, bound journals are on the top floor, the most recent ones are on the main floor, and the issue you want is always being bound. MEDLINE is a great resource, but we suggest that you start with textbooks and the above databases first. MEDLINE is best when you need very specific and very current information. Limit your searches to English language and review articles (under the limit menu)! And, the librarians love to show students how to search.

- **Dynamed** – This site gives you a short summary of any condition you are researching. It also has links to a variety of research journal articles, making it a great source for exams.
- **eMedicine** – This site is great for looking up diseases and finding epidemiology, clinical signs and symptoms, basic pathophysiology, and basic treatment. The pages are updated and in an easy format for searching a differential list to find the diagnosis.

Also, don't forget that the most recent textbooks are on permanent reserve. You can check them out for two hours at the circulation desk with your student ID

Need help with any of this library stuff? The reference librarians at the information desk know all. Don't hesitate to ask them!

If you hate taking notes, you can photocopy the information you need in the copy room (on your right when you enter the library). When you're done with the books, put them back where you found them.

So, you've got all your information and you want to type-up an outline or a handout. You can type this up on your own laptop or you can head downstairs to the first floor of HSL. Most of the newer computers are down here and it is usually a quiet spot to study and work on objectives. If you choose to work on one of the school's computers, you will either need to bring your USB drive to save on, email it to yourself, or save in the user file (but be careful, sometimes this can get erased!). Scanners are available if you'd like to add figures.

Five People You Should Know

In no particular order, some important people you need to know are:

1). **DeAnna Fuller** is the financial aid guru for the medical school. She is the most essential person in making sure you have enough money to cover anything from your extra caffeine for exam week to that you-cannot-live-without-it laptop. Her office is in LC356 in the OME (third floor of the PCCLC). She will talk to you at the beginning of the year about financial aid in general, and will have an entrance interview with each student to go over the particulars of each student's financial aid. The interview may also be completed online with the loan counseling. If you have questions throughout the year, feel free to email DeAnna at fullerdm@missouri.edu.

2). **Dr. Laine Young Walker** is the Associate Dean for Student Programs and Professional Development. She's always working to improve students' experience here at MU School of Medicine, so if you have any questions at all, feel free to send her an email or stop by her office! Dr. LYW office is LC351 (third floor of the PCCLC) and her email is youngwalkerl@health.missouri.edu

3). **Dr. Stephanie Bagby-Stone** is the Health and Wellness Counselor for the medical school. She is available throughout the year and appointments can be scheduled through HealthConnect or through her email (bagbystones@health.missouri.edu). After Block 1, you will be required to meet with her as a check-in. Throughout your M1 year, she and the Health and Wellness representatives (elected from your class) will work to create opportunities for free workout classes at the rec or other activities to encourage a healthy lifestyle!

4). **Dr. Kathleen Quinn** Dr. Quinn is the Associate Dean for Rural Health. If you are interested in rural health for your future career, are considering a rural rotation during your clinical years (M3/M4 year) or are a Bryant Scholar, you will likely get to know Dr. Quinn quite well. Feel free to stop by her office, LC346 in the PCCLC or email her at quinnk@health.missouri.edu if you ever have any questions!

5). **Jill Wiggins** One thing that is new and exciting about MU SOM is that we have two clinical campuses for M3 and M4 year. Students have the option of staying in Columbia, MO or moving down to Springfield, MO for their clinical rotations. Jill Wiggins is the Director of Student Services for the Springfield Clinical Campus. If you have any interest in the Springfield campus, she is a great resource to get additional information from. You can contact her via email at wigginsja@health.missouri.edu if you want more information.

WELCOME TO MIZZOU MED

Weekly Overview

Mizzou isn't really a traditional medical school as you probably already know. Non-traditional means less lecture time! Your schedule is set up to maximize your group and individual learning time. It gives you ample time to get your objectives done or study for the ever-looming exams. Here is an example of how a typical week usually looks:

Monday – 8-9am Lecture, 9-12pm PBL, 12-1pm Lunch, 2-3 hours of IPC lecture

Tuesday – 1 to 3 hours of lecture and/or 9-12pm anatomy lab

Wednesday – 1 hour of lecture, 3 hours of PBL

Thursday – 1 to 3 hours of lecture and/or 9-12pm anatomy lab

Friday – 8-11am PBL, 11-12pm Case Wrap-up

You will also have 2 hours of IPC small group on Tuesday, Wednesday, Thursday, or Friday afternoons depending on your lab's assigned time. This is a time that is set in stone at the beginning of the block.

schedule subject to change based on block

PBL...What is it Exactly?

I am sure by now you know that PBL stands for Patient-Based Learning. So, how does it all work? Everyone in the class will be assigned into groups of eight students that you will work with for the entire block. During the PBL sessions on MWF, the group will be introduced to the patient in each new case through 3-4 sheets of useful information (history, physical exam, lab results, etc.). You will receive one page at a time and work through the case. Your group will also be joined by a facilitator, usually a faculty member, sometimes a 4th year student. They will be there at each lab session and will make sure that the group considers many possible disease processes when coming up with hypotheses, but he/she/they will also keep the group on track if the group wanders too far from the topic at hand during discussion.

Each week, half of the group will have a "job" and the "jobs" will rotate each week. Usually making a schedule on the first day can save time in subsequent weeks. The 4 jobs and their duties are:

Quarterback: This person calls the plays for the week and leads the group in discussion.

Scribe: writes down information encountered in the case and objectives on the whiteboard, or the giant TV screens that hook up to your computer

Objectifier: keeps track of the student created learning objectives which you will create presentations for on Wednesday and Friday.

Dictionarian: looks up medical jargon that sounds like a foreign language that you encounter as you try to crack your cases.

A long-standing tradition is that the quarterback will bring breakfast for the group on Friday of their week as QB. ****Make sure to ask about food allergies****

Example of how the week goes:

Monday: You will get your first page of information which includes History of Present Illness (HPI) and other varying sets of information like past medical history or family history. The scribe will write out pertinent info and form a list of hypotheses—possible causes of the patient’s condition. You then consider how you will manage the patient and what tests you would like to order to help prove or disprove some of your hypotheses. Hopefully, you will find some of the labs you wanted on the next page handed to you by the facilitator, and thus the learning continues. As you discuss the case with the new information given to you, you will encounter lab tests, drugs, and diseases that may be unfamiliar to you. The objectifier keeps track of these foreign and unfamiliar concepts – these will become your student learning objectives (things you need to research and understand more about). At the end of the session, learning objectives will be randomly assigned to the group members and each person researches their objective and creates a presentation and study guide for Wednesday to help explain the concept and important “high-yield” information to the group. Objective topics will vary based on your group and can be anything from a FANA assay, to discussing what strategies children use to cope with a chronic illness.

Wednesday: The quarterback will give a quick presentation of the patient to recap what you discussed on Monday and then the quarterback will decide which order everyone will present their presentation. Usually, the quarterback arranges the objectives in an order that makes the objectives easier to follow: for instance, the biochemistry or physiology of an organ or an organ system may be presented before the objective on the disease processes that affect that system. After all information has been presented, you might discuss the case in light of the newly found information and then delve into the new set of sheets that contain additional information about the patient. By day’s end, you will likely have come to a diagnosis for the patient and the facilitator will pass out objectives over information the faculty wants you to know (these are your faculty objectives and this stuff is important to know!). During your first year all lab groups receive identical faculty objectives to research for Friday. In the second year students generate their own learning objectives for Friday (but you don’t need to worry about that yet). On Friday, you will give a presentation of the learning objective that you have chosen to research for your group.

Friday: Usually, objectives are presented, questions are answered, and a few sheets may be handed out that neatly tie up the case. The morning starts off, however, with breakfast supplied by someone in your group (usually the quarterback). Once all business is handled, you will go to case wrap-up, which aims to tie the info from the case together and to answer any further questions. It is important to write down questions for the case wrap up, especially if your group was struggling understanding a lab value or why a test was ordered during the sheets from earlier in the week. Now that you have finished the week’s case, you may notice that the lectures for that week and case correlate to a certain degree.

Congratulations...you have just been exposed to the madness (the good kind) behind the method that is PBL. You will be told frequently that the point of the PBL system is not to get the diagnosis; rather, it is to understand the process of PBL and to use this process during the exams, as well as apply it towards your eventual practice. You will also, undoubtedly hear the phrase “Trust the process” over and over again from older students, throughout your first year. Honestly though, trust the process!

Objectives: They should be concise and, at the same time, fully answer the objective...no more, no less. A thirty-five-page objective is not welcome (yes, it has been done). You will see that after 8 weeks and with ~16 objectives per week, you will have a lot to study for test week. Be nice to your fellow lab mates...or they will hate you by week 8. Usually, 3-5 pages for your

study guides will suffice, but there may be exceptions that require more pictures and explanations. PowerPoints/handouts should be short and sweet hitting the highlights of your objective without regurgitating everything written in your study guide.

Resources: A lot of information is readily available on the Internet. The problem for the researcher becomes sorting out what is reputable and reliable. Good sources include journal articles (primary resources are preferred), books, AccessMedicine, UpToDate, review articles, etc., all of which can be found in the OVID or MERLIN databases, to which you will be introduced by the helpful librarians. Check primary literature to get the current information from experts. Search engines like Google may lead you toward good information but should never appear as a source for your objectives. I've especially found Medscape to be a helpful resource during my first year. Your textbooks will also prove to be useful for some of the objectives. If applicable, add mnemonics or easy ways to remember information presented in your presentation which can be found in sources like First Aid or Boards and Beyond. If you use a website, use the actual web address as a reference so your classmates can get to it if need be. You should have at least two sources for every objective, and do not forget to list them at the end of your objective study guide and presentation. The citation should be clear enough so someone trying to look up your source will be able to find it. And for the English majors among you, much to your chagrin, internal citations are unnecessary.

Guidelines for Patient Based Learning (PBL)

The effectiveness of PBL depends upon the understanding and participation of students and faculty in the PBL process. Some of the elements of this process are:

- Discovery – students are presented with new information
- Active, student-directed learning – students determine what they need to learn, then carefully research the problem and teach other students what they have learned
- Teamwork – more than simple acquisition of knowledge, PBL requires communication skills, judgment, critical evaluation, and professionalism

The following guidelines are intended to ensure a high quality PBL learning experience for students.

- Students shall attend all PBL sessions and shall be prompt in their attendance.
- Students should avoid activities that gain or provide unfair advantage to themselves or others
- Students shall actively participate in PBL sessions, such participation to include a conscientious effort to research and clearly present objectives
- Students shall utilize appropriate resources in the preparation and presentation of objectives, that is, resources that are current and of high quality
- Students shall not solicit or receive information about a PBL case from students or others who have previously utilized that case
- No student who has already been tested on the knowledge content of a PBL case shall provide information to a student who has not been successfully tested on the case.
- Students shall strive to function as a cooperative, collaborative group
- PBL group members shall participate in evaluation of effectiveness of individual and overall group function
- Facilitators shall be prompt, attentive and engaged in the PBL process
- Facilitators shall facilitate the group's process and provide constructive feedback in an

encouraging manner

- Facilitators shall be prepared for PBL case study
- Facilitators shall not provide faculty objectives before the designated time of their presentation to students in first year. Facilitators shall not provide objectives to students in second year. Facilitators will, through open-ended questions and comments, prompt and guide students to explore appropriate issues and learning outcomes.

Gross Anatomy

In your first year of medical school, you will dissect donors almost every week on Tuesday and/or Thursday. The course information focuses on the upper extremities Block 1, abdominal contents Block 2, neuroanatomy Block 3, and lower extremities Block 4. There are many different approaches to studying anatomy. At the beginning of each block, students get a checklist of the structures they need to be able to identify and understand. Anatomy is not a subject that you can study all of it the week before the exam. It is gradually learned through dissections and repetition. It is important that you come to lab each week with the prework completed and an understanding of the dissection for that day.

The anatomy portion of the exam is a visual exam taken in the anatomy lab where the cadavers have structures tagged with pins and a question that corresponds with the structure tagged. You will either identify the structure or answer a question about its function, blood supply, innervation, or embryological origin. For example, a nerve might be tagged on a cadaver and the question says, “What action would a person lose if this structure was damaged?” You must first identify the structure and then determine the action. A problem some students run into is that they can identify everything on their cadaver but have trouble applying what they know to other cadavers. As part of this exam, you may also be asked to identify structures on cross-sections, skeletons, or radiographs (x-rays, CT, etc.)

Many students go to the anatomy lab on weekends or free afternoons to look at other cadavers and review alone or in small groups (the lab is open 24/7). It is very important that you can identify structures on cadavers other than your own because the test will include about 25 different cadavers.

Test taking tips: You will have thirty multiple choice questions and one hour to complete this portion. You will rotate around the anatomy lab to answer all thirty questions. The anatomy practical will be self-paced meaning once you finish answering a question, you may move to the next question. I highly recommend looking at other donors when reviewing structures because you will not be tested on only your donor. Make sure to take some time to visit other cadavers and have your classmates point out structures to you. The anatomy lectures are essential to doing well on the practical so make sure you review them very well. **DON'T PUT ANATOMY OFF!!** The points you earn on the anatomy portion of the KBE can make the difference of passing the entire KBE tests.

Introduction to Patient Care (IPC)

In addition to learning the basic sciences and disease processes in PBL, it is important that you learn the clinical aspect of medicine. IPC is a good chance to learn the skills that you can't learn by simply reading a book or going to lecture. IPC consists of a few lectures every Monday afternoon and a two-hour small group session later in the week with your group and a facilitator where you practice your clinical skills. Some weeks you will have a Standardized Patient Encounter (SP) where you will go to the SIM center on the 4th floor and practice your skills with a paid actor in one of the simulation rooms.

First block focuses on your interviewing skills. You will take turns playing the role of doctor and patient. It seems silly at first because you are asked to role play, but if you can get past the 'acting' aspect of it, you can really learn some valuable techniques. Second block is dedicated to learning about the physical exam. You learn everything from listening to the heart and lungs to learning how to use the otoscopes and ophthalmoscopes. You also learn how to palpate and how to perform the neuro exam. Third block is entitled "breaking bad news." Many find this to be one of the more stressful IPC times. It is like first block in that you will take turns being the patient and doctor. In addition to breaking bad news, you also learn how to detect, interact with, and help those suffering from substance abuse, physical abuse, and sexual abuse, to name a few. Although the topics are upsetting and uncomfortable at times, it is an aspect of medicine that we will face in the future, and a necessary evil for us to learn. Fourth block changes in tone dramatically; you may not visit the simulation center at all. You will learn about epidemiology and how to interpret different studies that you will come across.

At the end of each block, you will be given a written and/or multiple-choice IPC exam on Wednesday of exam week. You will also have a practical standardized patient exam where you will dress professionally, with your white coat, badge, and stethoscope. You will perform an interview in the simulation center to display the skills you have learned in front of a faculty member who will grade you on your performance. The faculty member will be observing behind a one-way window in the exam room. You do not have a practical exam in Block 4.

During your first year, you spend considerably less time in IPC than PBL. This does not mean however, that it is any less important. You still must study for it, and you will definitely need the skills you learn down the road. Don't put off this studying until the week before exams.

Ambulatory Clinical Experience (ACE)

Once the overwhelming workload of block one makes you wonder how on earth you can possibly have any more demands added to your schedule, along comes block two and the first ambulatory care experience (ACE) for many of you. Although it may seem daunting to make time for the additional course, seeing patients and going to the clinic will help keep you motivated as you begin to lose sight of why you decided to go to medical school. ACE can be a very valuable learning experience. During this time, you will observe physician-patient interactions. This experience is in the afternoons once every other week during the block. Most physicians are happy to help you with your experience, and don't worry, no question is too stupid to ask. Hopefully your preceptor is young enough to remember being a stupid first year med student himself/ herself/ themselves. During blocks 2 – 4, ACE is assigned (you don't get to pick whether you are with a family med doc or an OB/GYN etc.), but during your second year, ACE can be specifically requested, depending on what kind of medicine you would like to explore and the availability of preceptors. Make sure you contact your preceptor ahead of time to ensure you are logistically prepared for your first day.

What to bring: First of all, you must dress appropriately to show respect for yourself, your patients, and your colleagues. Don't forget your white coat, stethoscope, and name badge. If there are questions about what attire is appropriate during your ACE experience don't hesitate to ask a faculty member or older student. If you identify as male, be sure to wear your tie unless otherwise instructed to do so. Don't worry about taking your otoscope, ophthalmoscope, or tuning fork (for those of you overachievers who bought them in the first place). The clinics all have the former and, frankly, you will not need the fork for anything during year one. Take a pen and a small notebook. If there are any questions that you want to remember to ask later, these items will facilitate your memory. Otherwise, take a smile, be gracious to your preceptors, and enjoy the experience!

Exam Week

Monday – 8am Clinical Reasoning Exams (CRE)

Tuesday - Free day/study day – some students might have their 15-minute IPC practical

Wednesday – 8-12pm IPC multiple choice/short answer exam - some students might have their 15-minute IPC practical at assigned times

Thursday - Free day/study day – some students might have their 15-minute IPC practical

Friday – 8am Knowledge Based Exam (KBE)

Exam Soft

A few things changed as of the 2018-2019 year. A major change was the implementation of the ExamSoft software. This is an application you will need to download onto your computer (not to worry, they'll show you during orientation week). You'll get all the tips and tricks when they install it, but one I want to share is: when you finish the test and submit it, restart your computer. ExamSoft shuts everything down on your computer making it so only that program is accessible (it helps if you close all applications down and just shut everything down yourself. Even the firewall). This can temporarily alter some of your settings. The extent of my IT expertise is "Turn it off and back on." This will reset those altered settings and your computer should be running as it was before. Not to worry! We haven't had any computers break from ExamSoft; this is a reliable program. A simple reset just helps get your computer back to the way you had it without having to go in and manually change any settings!

Clinical Reasoning Exams

This test is taken in your PBL lab and is like doing a PBL session by yourself. For some, the most anxiety-inducing aspect of exam week is the clinical reasoning exam (CRE). Here is what to expect, and some helpful hints about how to get through the day:

You will be given 3 cases that are similar in structure to the cases that you get during PBL. The amount of information you get is comparable to the first 2-3 pages of a PBL case (usually HPI, ROS, Physical Exam, and maybe some labs). During Blocks 1 & 2, you will be asked to list all the pertinent positives and why they are important or noteworthy and then you will be asked to come up with two hypotheses for a diagnosis and support them with the pertinent positives you listed for the first part. The best part about the first two blocks is that you don't have to get the diagnosis right or even be close to right. The important thing they want to see here is your reasoning skills (hence the name clinical reasoning exam). You must adequately incorporate findings, symptoms, lab values, etc. into your answer to explain why you think a patient has a certain diagnosis.

In Blocks 3 & 4 you will just be asked to give two hypotheses and support them with pertinent positives and negatives. During these blocks you still don't have to be completely right about the diagnosis, but you should be somewhere in the ballpark. If the patient has ALS (neurologic disease), you don't want to say sickle cell anemia (blood disorder), but something like MS (different neurologic disease) would be acceptable if your explanation is good. It is expected that each block your answers become more sophisticated, and you get closer and closer to getting the diagnoses right.

The cases each block typically relate to the topics of the block. For example, for my CRE in Block 3 (Neurology Block), two of the cases were neuro and one case was something we learned in Block 2. Block 1 is a little tougher because there is still so much you haven't learned, but remember, they aren't looking for correct diagnoses, they are looking at how well you can relate findings in the case and your thought process for how you arrived at your hypothesis.

Preparation tips: Due to the nature of the new CRE, studying for it can be a bit difficult.

- Getting good at creating good differentials with your lab groups will make the CRE a breeze.
- Another way to get extra practice is reading case studies and reports. Journals like the New England Journal of Medicine have plenty of these available (you also get access through the library).
- If you feel overwhelmed and don't know where to start, find one or two things about the case that you think you know a little about and work from there. Think about the basic systems and anything that can connect the symptoms. Try to explain as many of the most critical findings with each hypothesis that is reasonable.
- Don't worry about other people typing the whole time, it is important to take time to think and prepare what to write. Take a deep breath and remember all of the studying you did! There are good hypotheses in your head!
- Take a break every now and then, even if it's just taking an extra minute or two during your bathroom break. This will help you stay focused.
- Do not fret if you don't get the correct diagnosis. This is a test of your clinical reasoning ability. As long as you show a logical thought process and your hypotheses are logical, you should pass.
- It is helpful when you are studying for this test and going over your cases, to remember the

main disease/pathologies on the differential when a patient presents a certain way. For instance, if a patient presents with shortness of breath, you want to consider pulmonary causes (pneumonia, pulmonary embolism) and/or cardiac involvement (MI) or an immune system process (asthma), with specific disease processes in mind. Remembering important differentials will give you a good list of hypotheses as you progress through the test.

Things NOT to do

- Get too discouraged if you feel confused or not sure of a correct diagnosis —there are probably at least 80 people who are confused with you and silently freaking out.
- Get frustrated if you find out you didn't list the same hypotheses as some other classmates—it's not the end of the world, I promise!
- Freak out if the internet stops working. Everyone is in the same boat, and you'll probably get extra time at the end – if you do have ANY technical difficulties during the exam though, go to the third floor right away and inform them so that you are not penalized for this. They may even lend you a loaner laptop if needed and any time that is lost while you are getting help may be added to your time at the end of the exam.

Grading The CRE

The CRE grading is a little strange. Each case is graded individually and there are 3 possible scores you can get: S for satisfactory, M for marginal, and U for unsatisfactory. The combination of your scores determines whether you get an overall S or U. The confusing part is the M. Test graders who give an M are saying, “You did well enough to pass, but you missed some stuff or didn't quite understand something correctly.” I think it is easier to think of the S, M, and U as points. S = 2 points, M = 1 point, and U = 1 point. You need to get a total of 3 points to pass and get an overall Satisfactory. That means 3 Ms = pass, 1 S + 1M + 1 U = pass, etc.

Knowledge Based Exam

On Friday, you will take the knowledge-based exam (KBE) which lasts pretty much all day, and consists of multiple choice clinical vignettes/laboratory identification questions. You will have five answer choices (A-E) and must choose the best answer. Each question is worth one point for a total of 200 points. The histology practical starts at 8am, goes until 9am, and consists of about 20 multiple choice identifications. If you finish the histology portion of the exam early, you may submit this portion of the exam and move on to the next portion of the exam which is the “catch-all” portion of Friday’s exam (consists of 150 questions), and the anatomy practical (30 questions) is (often) in the afternoon (different labs will go into the anatomy lab at different times). Multiple choice questions are based on the material presented to you in lecture (~40%) as well as objectives presented to you with each PBL case (~60%). The anatomy practical consists of tagged structures on the donors. You will either identify the structure or answer a question about its function, blood supply, innervation, or embryological origin. As part of this exam, you may also be asked to identify structures on cross-sections, skeletons, or radiographs (x-rays, CT, etc)

Studying for Exam Week

WHO? Study on your own, with a friend, or in a group. Do whatever works best for you. One method that seems to work well for a lot of people is studying on their own first, to get a basic understanding of the material. Then, join up with a friend or group to discuss everything and quiz each other. There is a lot of information, and by going through things with a group you get the chance to solidify your knowledge as well as pick up things that you might have overlooked. It’s a good way to be comprehensive and really master the material.

WHAT? What should you study? Study your lecture notes as well as all the PBL objectives. About two-thirds of the test is based on PBL cases, so it is very important to understand all aspects of the case, why certain clinical decisions were made, as well as all the objectives. It’s also important to know disease processes that may not have been the final diagnosis but were high on your differential list. One helpful method is to find a good review article (or two!) for every case that covers the main aspects of the diagnosis (including epidemiology, clinical presentation, differential diagnosis, pathogenesis, treatment, etc.). The exam is multiple-choice, and many questions will be clinically-based vignettes. This is to test your ability to apply the concepts you’ve learned to real clinical scenarios. In Blocks 1 – 4, there will also be practical tests for anatomy and histology. These parts of the test can deliver easy points, but you must put in the work to learn it all! Don’t let these wait until week 8!

WHEN? When should you start studying? This varies from person to person. Some start from day one while others wait until much later in the block. My recommendation is to keep up the entire block by reviewing lectures every week. Also, get a group together with people from different labs to review the PBL case every week. This way, you stay on top of the cases, and you also get input from other groups (they may have talked about something your group missed). Start your more intensive studying no later than week five.

WHERE? Where should you study? There are plenty of places to do your studying—PBL labs, the

library, your apartment, a blanket outside. Try out a few spots and you'll find what works best for you. It's never a bad idea to get a change of scenery every once and a while, it can really help break up the rigor of intense studying!

HOW? By this time, you probably know what works best for you in terms of studying. However, during medical school you will probably study more than you ever have before, so you may need to tweak your study methods a little. Here are some suggestions:

- Anki – This is a free resource that bases learning on spaced repetition, there are a lot of different card styles and really lets you customize your learning in a way that both works best for the material and your learning style. It can be a little daunting starting out, so if you have some time before classes start I would recommend watching a YouTube video or two on it and try to get some of the basics down.
- Notecards – Rewrite key points from lecture notes and objectives, then quiz yourself throughout the block. This works well if you write note cards every week and start studying them around week 6 or 7.
- Review sheets – Create a comprehensive summary sheet for every PBL case, including a review article. Go over this several times before the exam. Making review sheets of lectures is also very helpful.
- Multi-task – I like to study while doing other things. For example, I could be found watching Histo videos or reading First Aid at the Rec Center. Sometimes, I read IPC material while biking or doing the elliptical!
- Find a friend – I think it helps to study with someone else. Then you can ask one another questions as well as quiz one another on important topics.
- Take breaks – Get up, walk around, take a trip to the coffee shop. Give your brain a break at least every hour. It can also be helpful to change locations every few hours; it's kind of like tricking yourself into thinking that you've just started!
- Make summaries of objectives – Find a group of 6 – 10 people who are willing to put in a bit of work over the weekend. Each person takes 1 or 2 objectives to summarize. Not only does this give you a smaller, condensed version of each objective, but it helps you in case something important wasn't covered in your lab.
- Microsoft Teams – Students post their objectives, as well as individual study guides, to the class website.
- Stay organized! With all this information, keeping it organized is key. Most people use binders to keep all the cases and lectures organized, but do whatever works best for you. If you start off in week 1 keeping all your papers together, you'll thank yourself in week 8 when you're frantically trying to cram everything into your brain.

Make-up Exams/Remediation

If you are ill, seriously injured, or incarcerated during exam week, you should immediately contact the Office of Medical Education (573-884-2472). Depending on your particular problem, you will receive an Incomplete and a make-up exam will be scheduled at the discretion of the block director. If you receive an unsatisfactory grade on a block, in most cases you will be allowed to take a remediation examination to rectify it. These examinations are usually scheduled during block breaks and in June. Students are permitted to review examinations and submit a written appeal if they disagree with the grading.

When Things Go Wrong

Let's face it—medical school is not easy. This combined with the possibility of bad test days, lack of sleep, extraneous circumstances and life that is still going on around us will inevitably result in some people receiving an unsatisfactory grade during exams. The most important thing to remember is that it is not the end of the world...and to be honest, many students who have come before you have had to remediate an exam at some point in their medical education. Accept it and move on. It does not define your future in medical school, so please don't think that it does! Here is how the remediation process works...

The scores required to pass exams are as follows:

1. Clinical Reasoning Exams	S (Satisfactory- overall)*
2. PBL and IPC Facilitator Evaluation	S (Satisfactory)
3. Knowledge Based Exams	65%
4. IPC Exams	70%
5. IPC Sim Encounter	S (Satisfactory)

If you fall below these percentages, you will receive an unsatisfactory grade (U). First off, you will be sent an email requesting your availability to meet with one of the Associate Deans in the next week regarding remediation. Next, go to the basement floor of the Health Sciences Library and look over your exams during the exam review period, or do an online exam review. If you feel there was an error in grading or you deserved more points for some particular reason, you can appeal your grade. An appeal can be made in writing during the 1st week after grades are released. Be careful and be sure to turn in your appeals online by the deadline outlined! Appeals for Clinical Reasoning Exams are considered by the block director and the person who graded your exams. Appeals for multiple choice exams are made to a group of lecturers and faculty who are knowledgeable about the material covered in that exam.

If you did not appeal your grade or your appeal did not raise your percentage high enough to get a satisfactory grade, the Committee for Student Promotions (CSP) steps in. The CSP is composed of facilitators, lecturers, faculty, and one student representative from each class. It should be stated that everything discussed by the CSP is confidential, and the purpose is not to weed people out of medical school (we went through enough of that in trying to get in)! The CSP does make recommendations to the Dean on what happens to students if they receive unsatisfactory grades or need a leave of absence. No matter what the CSP recommends, the Dean has the final say and must approve all recommendations.

The recommendations are as follows: One unsatisfactory grade will result in a recommendation to remediate/retake the exam. This usually occurs during the winter, spring break, or summer

(typically in late May or early June). Two unsatisfactory grades result in a recommendation to retake the failed exam and to be placed on academic probation. Once a third unsatisfactory is reached you are still required to remediate exams. However, remediation of the entire year is a consideration as well. Rarely is dismissal from school recommended instead.

Dismissal from medical school is not a decision taken lightly. The CSP considers many aspects such as grades, facilitator/tutor evaluations, and the interactions members of the CSP have had with you. Students are also requested to come and speak to the committee to explain why they feel exams have not gone well. In addition, your class representative and Dr. Laine Young Walker can come to bat for you. But the only way they can do this is if you let them know your side of the story, so be sure to talk to them!

There are also student mentors who have been in your shoes that you can be connected to. One final thing to mention is the following: there are tutors provided by the OME throughout the block as well as for remediation purposes. They are available to any and all students and they can be extremely helpful. The tutors are fourth year medical students, so they know precisely what we are all going through. They often are able to help you get a better sense of the big picture take aways from the block.

Okay, one last thing...if you have any kind of disability that may infringe upon your test taking, studying, etc., please let the OME know so assistance can be provided.

So, remember, while this may seem like a terrible thing to happen, you are not alone. We are all here to help, so please do not try to do it on your own. Each of us has struggles that we have to deal with while trying to stay focused on our studies. You will soon find out that your classmates become like a family and we can help each other one day at a time. Medical school is great. Take each moment as it comes, do your best, and you will be just fine.

Hearing Committee

Here at Mizzou, we take academic honesty very seriously. All exams are taken in the PBL labs. At the end of exam week, we all sign the Honor Code Statement which states that you did not cheat, nor did you see anyone cheating. This also includes not seeing anything that is suspicious of cheating. If you can sign the Honor Code in good faith, then you are asked to do so on the Friday of exam week. If you think, even in the back of your mind, that you may have seen an act that was dishonest, then you shouldn't sign your Honor Code. You should simply write your name on it and leave the signature space blank. When everyone is done with the exam, the two elected Hearing Committee Representatives for your class will collect the Honor Codes.

They will contact everyone who did not sign a code or did not turn in a code. This will be your chance to describe to your representative the event that you saw. Your class representatives will then take into account your description of the event and, if anyone else saw the same thing, their description. If your representatives feel that there is enough evidence that a classmate did act dishonestly then they will ask you and anyone else who saw the event to compose a short letter stating the name of the person being accused, the date of the event, and a short description of the event. The Hearing Committee will meet according to the school's Honor Code. If the situation merits further investigation, the case will progress to the Honor Council.

The Honor Code applies to everyday life at school as well as exam week. For example, it is against the Honor Code for second-year students to pass down PBL cases to first-year students and so on. It was also designed so that even the most timid students can have their say in the happenings of the Committee. If a student sees anything even remotely suspicious, all they need to do is not sign their name on the Honor Code Statement and the Hearing Committee representatives should take over after that.

Honor Council

The Honor Code calls upon students to act according to their highest moral ideal, especially during times of high stress and little direct supervision. During your first two years, the most important implications of the Honor Code will be the contact you have with patients during ACE and your conduct during exams. When the honor of an individual student is called into question, the Honor Code allows for a judicial process to determine if a violation took place. If the hearing committee finds sufficient evidence, then the matter is brought to the Honor Council. The Honor Code requires that the Honor Council be composed of all the class presidents, one delegate from each of the M1 and M2 classes, and two delegates from the M3 and M4 classes. The Council investigates, hears statements, rules on the matter, and makes recommendations pertaining to the accused.

SURVIVING MED SCHOOL

Study Spots

Whether you need to study with a gourmet cup of coffee at hand or just a spot quiet enough to hear a pin drop, Columbia has a place for you! Here are my top picks for the best places to study (in no particular order):

1. **Lakota** (24 S. 9th St. & 311 Green Meadows Way, lakotacoffee.com)
Lakota offers quality coffee and a good but often-crowded environment for studying. Internet is free here, and their food is pretty good if you're planning on staying awhile. The Green Meadows location is a little small so if you're going to study here, make sure you get there early to get a table!
2. **Shortwave Coffee** (29 S. 9th St, <https://shortwave.coffee>)
This is a nice big coffee shop downtown. Very popular and has many great tasting drinks and snacks. It is frequently packed.
3. **The Grind Coffee House** (4603 John Garry Dr & 2601 Rangeline St., thecolumbiagrind.com) Located south of campus, The Grind has recently become a popular spot to post up and spend the day studying. This cozy shop has ample tables, outlets, and Wi-Fi, along with a variety of food and drinks. It usually only gets crazy busy around undergrad finals week, when it stays open 24 hours.
4. **Health Science Library** (library.muhealth.org)
This is the place of choice for people who need complete silence to study. There are three floors to choose from, seating at big tables or individual cubicles, and study rooms on the top floor. If necessary for your PBL objectives, you can access hard copy medical journals here.
5. **Columbia Public Library** (100 West Broadway; www.dbrl.org)
The unique architecture of this library makes it one of a kind ("google image" it to see what I'm talking about). The large 3rd floor circular reading room is almost entirely surrounded by windows that offers a scenic view of Columbia and is a fun place to watch those crazy Missouri thunderstorms. Several sections of the library allow you to have food and drink, and Lakota coffee is sold in the main lobby. Only downside is that it closes at 5pm during the weekends and around 8pm on weekdays.
6. **PBL Labs**
I recommend this more for weekend studying when there are less people coming in and out, which can turn a study session into social hour if you're not careful. The labs are nice since you have internet, your books, and usually other classmates around to ask questions. And instead of spending money on food and coffee, you can bring your own.
7. **Panera** (Broadway & 63, Columbia Mall, South Providence)
This is St. Louis Bread Company for all you STL natives out there. Free internet, good coffee and food, and free parking make this a popular study spot. During mealtimes it gets pretty crowded so bring your headphones to drown out the noise.
8. **Barnes and Noble** (Columbia Mall, www.barnesandnoble.com)

The bookstore's small Starbucks café is usually quiet and located conveniently by the mall's food court in case you get hungry. The only bad part is that wireless internet isn't free.

9. Home

Why leave home to study when you can have your own comfy chair, refrigerator, and your choice of study music to listen to? Just beware of distractions like the television, video games, chatty roommates...or a couch just begging you to take a nap.

10. Stephens Lake Park (2001 E Broadway)

Get a little fresh air and some nice views while you study. Make sure to plan ahead for your studies and download anything you plan on needing since you won't have access to wifi.

11. You can also take a few laps on the extensive network of walking trails while listening to lectures again.

Other places to try out

- **Student Center** (MU campus, across from the Rec), ample study spaces
- **Memorial Union** (MU campus, across from Ellis Library)
- **Café Berlin** (220 N. 10th Street), often crowded on the weekends
- **Uprise Bakery** (10 Hitt Street)
- **Coffee Zone** (11 N. 9th Street)
- **Dunn Brothers** (1412 Forum Blvd)
- **Shortwave** (915 Alley A)
- **Starbucks** (304 9th St., 2500 Broadway Bluffs Drive, and 2901 W. Broadway)

Balancing School and Your Family

The biggest question surrounding marriage and children is “How do they find time to study and take care of a family?” But, what many students don't realize is that it is becoming more and more common for students to be married or raising a family while in medical school. Some are already parents when they begin while others become parents during the course of their studies. Still more students are married or plan to get married while they are still in school and have the career plans of a spouse to consider alongside their own. The traditional notion, that life should be put on hold for four years until graduation, has largely disappeared. Family relationships are seen as beneficial to the student's medical school experience because they can provide a source of mental and emotional stability and support! A spouse can be a reassurance in times of stress, and children can provide a welcome distraction when studying becomes intense.

However, having a family and working through medical school is still a balancing act. Matters of home and school will inevitably spill over into each other and the roles of parent, spouse, and medical student need to be juggled constantly to satisfy one's own needs and the needs of one's family. Some students like to keep work and home separate, but it should be remembered that spouses and families are seen as an important part of the medical school experience. There is no single game plan for achieving the right balance, since every family is different. It is important that all mature members of the family are equally committed to the coming four years of medical school and ensuing residency.

Unfortunately, medical students have a tendency to quickly turn casual conversations into conversations about PBL or other medical topics that may exclude significant others or spouses. This can be really hard for loved ones so meeting other families and spouses of medical students can be really beneficial. Bring them to football tailgates or sand volleyball games. While they may not be with you during PBL, there are ways that they can be a part of your med school journey! This past year, one student's wife got involved with FAMS which helps to provide meals and snacks during exam week!

Daycare

If you have children, you probably already know how important it is to have reliable childcare. One of the great things about Columbia is that there are a large number of working parents and student parents, so there are many options available. Daycare centers and at-home daycares are also very strictly regulated in the state of Missouri, so childcare facilities are generally very safe and well maintained.

Bright Star Learning Center and Columbia Montessori School are other popular options that medical students have used and love. Also, many churches in the area offer daycare services that are worth looking into.

A great resource to find childcare is the Child Care Aware of Missouri (Missouri Childcare Resource and Referral program). During the first two years of medical school, your schedule will be similar to that of a normal workday, so nearly any daycare facility will be able to accommodate these hours. Once you begin clinical rotations, or if you need to study on the weekends, finding childcare may be more challenging. When exams are approaching, friends and grandparents can be lifesavers.

Missouri Childcare Resource & Referral

<http://mo.childcareaware.org>
(573) 445-5437

Bright Star Learning Center

Brightstar-kids.com (573)
445-2418

Columbia Montessori School

www.columbiamontessori.org (573)
449-5418

Student Organizations

Don't let the rigors of studying prevent you from pursuing your interests. Many students join medical interest groups and local chapters of national medical organizations. The groups typically meet at the beginning of each block and most meetings involve a lecture and meal (most often a free one). Intramural sports and mentoring programs are very popular as well. You will hear about how to get involved with these throughout the year.

There will be an activities fair during orientation. One piece of advice: you do NOT need to sign up for everything at the fair. It will behoove you and your checkbook if you think about it first. The number of organizations at the fair may seem overwhelming, but don't be fooled. There are even more organizations not listed which you will have the opportunity to join!

Student Leadership

Election Procedures

The M2 class officers organize elections for the M1 class. A question and answer session about the different positions will be held during the first week of block two. If you are interested in running there will be a sign-up sheet posted in the M1 lab area. Ballots will be sent via email. The results are tabulated by the M2 Honor Council Representatives and verified by the Office of Medical Education. After the first election during block 2, the re-election process will begin in the first few weeks of Block 4, which will be conducted by the M1 class treasurer. A quick description of each office is as follows:

Class Officers

- **President.** The president has the responsibility of attending meetings and serving as the class spokesperson. The deans recognize the president in this capacity and expect the president to serve as the primary link between themselves and the class. Individual and class concerns should be directed to the president. Most action happens behind the scenes.
- **Vice President.** The vice president is responsible for organizing everything from class social events to working with the other officers to keep objectives neat and orderly. The M1 vice president will also work closely with the M2 vice president to organize major events like End-of-Block parties and A Review.
- **Secretary.** The secretary is responsible for class announcements, taking minutes at class officer meetings, recognizing birthdays, and helping to organize intramural sports teams.
- **Treasurer.** The treasurer is responsible for raising funds, collecting dues, and managing the class account. The treasurer is elected with the understanding that it is a four-year term. Raising funds is serious business. Your class has to raise its own money to pay for graduation, something on the order of \$10,000.

Class Representatives

- **Committee for Student Promotion (CSP).** The CSP representative is responsible for attending a three-hour meeting once per block where discussion is based on students encountering academic difficulty as well as students requesting leave of absence. The CSP representative should also be available to classmates that wish to speak about their situations.
- **Curriculum Board.** This is a committee composed of eight faculty members and four student representatives. A student is elected from each class to serve as a non-voting member of the committee. The curriculum board meets once a month for about 1.5 hours to discuss matters concerning the curriculum (shocker). Some of the topics include: adding admissions requirements, development of policies to ensure that learning objectives are consistently covered in PBL, and evaluation of teaching through awards and recognition of educators.
- **Ethics.** The ethics representative attends monthly meetings with the hospital ethics committee. At this meeting the team discusses the challenging cases that the committee was asked to be involved in over the past month. The committee also creates educational materials for the hospital when they see the same issues recurring. The ethics representative can be as involved in this process as their time and interest allow them to

be from sitting back and observing to actively participating.

- **Families Assisting Medical Students (FAMS).** Two members of each class are selected to be FAMS representatives. The representatives serve as a link between the parents who coordinate FAMS and the students. FAMS is a wonderful group of parents that provide breakfast for us during every test week. They also do other encouraging things for us throughout the year.
- **Graduate Professional Council (GPC).** The Graduate Professional Council is the graduate student's equivalent of the undergraduate student government. One representative will be the go-between for your class and the graduate school. Meetings are held monthly. It is an extremely important position since the referendums passed by GPC affect the entire university, not just the School of Medicine.
- **Health and Wellness.** The health and wellness representative ensures that the class is remembering to take care of themselves. One of the ways in which this is done is by pairing new M-1s with a big brother/sister (an M-2) so that new students effectively adjust to the rigors of medical school. Other responsibilities include updating the magazine rack in the common area, and organizing health/wellness activities.
- **Hearing Committee.** The hearing committee representatives are the first responders to any questionable academic honesty. They are the gatekeepers of all honor code violations submitted by the student body, responsible for screening and submitting serious issues to the honor council. Other duties include confidentially contacting students who might have observed a violation of the honor code. Two members are selected for each class.
- **Honor Council.** The Honor Council Delegates (along with the class presidents) represent their respective classes during meetings of the Council, which convene following a report from the Hearing Committee alleging the violation of the Honor Code by one or more students. The Council further investigates the alleged violation in the areas of academic and professional dishonesty and unprofessional conduct, then makes appropriate recommendations concerning appropriate actions to the Dean. Delegates are expected to maintain the highest standards of academic and professional honesty, conduct and confidentiality among their peers.
- **Medical Student Affairs Council (MSAC).** This committee oversees all of the organizations and classes within the medical school. It is kind of like "student council".
- **MUutation.** The MUutation representative(s) are responsible for helping the yearbook staff, with M4s usually running the operation. The range of commitment and responsibility varies according to your interest and what is needed, but can include taking photographs of social events, collecting photographs from classmates, writing captions and formatting yearbook pages. No yearbook experience is necessary.

Organization of Student Representatives (OSR). The OSR representative has the responsibility of representing the University of Missouri School of Medicine at the regional and national meetings of the AAMC. This is the only opportunity for students to have a direct voice to the Council of Deans. On a national level, the representative has input in AMCAS (the medical school application service), ERAS (the residency application service), NRMP (the residency matching service), USMLE (the licensing examinations), and the LCME (the accreditation body for medical schools).

- **Student Advisory Council (SAC).** The class president has the opportunity to appoint a Student Advisory Council, which is composed of five selected students and the class

president who meet monthly with Dean Hosokawa to discuss pertinent academic issues. Because of the dynamic nature of medical education, this group is responsible for representing their class by expressing satisfactions and concerns on issues including block organization, lecture quality, resources, and examinations. Possible constructive solutions are also discussed in these meetings.

- **Student Professionalism Committee (SPC).** Two members of each class serve on the Student Professionalism Committee. This body focuses on promoting a professional environment among students and faculty. Its purpose is to monitor the trends in professionalism and if a negative atmosphere develops it is the duty of the SPC to discuss such matters and develop a plan to correct the course. Representatives actively participate in this discussion as well as provide feedback to the Dean's office regarding policy decisions that may affect the professional attitude of the School of Medicine. Meetings are held once per block.

Student Clubs

Alpha Omega Alpha (AOA)

Founded in 1902, Alpha Omega Alpha is the only national honor medical society in the world. The society was established to recognize and perpetuate excellence in the medical profession. AOA elects outstanding junior and senior medical students, graduates, and honorary persons for membership. The honor of being elected as a member of AOA is a distinction that accompanies a physician throughout their career. Not only does membership in AOA serve as a source of recognition, but it also provides a forum for the exchange of ideas.

The purpose of this organization includes the promotion of scholarship and research in medical school, the encouragement of high standards of character and leadership in the medical profession, and the recognition of high attainment in the medical sciences, practice, and related fields. The spirit of the society is set forth in a modern interpretation of the Hippocratic Oath: "It is the duty of members to promote its ideals, to foster the scientific and philosophical features of the medical profession, to look beyond self to the welfare of the profession and of the public, to cultivate social mindedness as well as an individualistic attitude toward responsibilities, to show respect for colleagues and especially for elders and teachers, to foster research, and in all ways to ennoble the profession of medicine and advance it in the public opinion. It is equally a duty to avoid what is unworthy, including the commercial spirit and all practices injurious to the welfare of patients, the public or the profession."

American Medical Association (AMA)

The American Medical Association is the largest organization of physicians (MD and DO) in the world. The AMA looks out for the healthcare of everyone, and is the strongest voice for the medical community in D.C. The Missouri State Medical Association (MSMA) is the state counterpart to the national organization and is your voice in Jefferson City. Every student, doctor, and health-care provider has benefited from the AMA in one form or another.

For students, there are many ways to get involved. State and national meetings are held throughout the year to develop health policy that will shape the direction of US medicine. Current issues being tackled by the students' section of the AMA include providing healthcare for the uninsured, universal healthcare, medical school debt, and patient safety. Lobbying

opportunities are available in D.C. and Jefferson City to discuss issues with legislators that affect you and your future practices. There are numerous national boards for students to serve on ranging from the National Board of Medical Examiners (oversees Step 1, 2, and 3 board exams), Liaison Committee on Medical Education (accredits MD medical schools), to the National Residency Match Program (places all medical graduates in residency programs). The AMA is the voice of organized medicine and there are real ways for you to get involved as a student and stay involved throughout your medical career.

Is the AMA all politics??? Well, mainly, but we also have a lot of fun! By joining the AMA and MSMA for \$100 for 4 years, students have attended meetings all over the U.S. These meetings are a great place to meet other students and also to get to know some very influential physicians. And don't worry about partisanship; liberals, conservatives, and independents are all well represented.

Membership definitely has its privileges. Besides all the meetings, you will receive a medical dictionary, subscription to *JAMA*, *American Medical News*, and *Missouri Medicine*. These items alone are worth over \$500. You'll also get discounts on textbooks, car rentals, opportunities for international internships, and lots of stuff like gold cards, Palm software discounts, and insurance.

American Medical Women's Association (AMWA)

The American Medical Women's Association is a national organization of 13,000 women physicians and medical students founded in 1915 to promote women's health, improve the personal and professional well-being of its members, and increase the influence of women in the medical profession. This organization is not only for women medical students. We encourage and support male members who are concerned about women's health care issues and are interested in participating in our projects.

Nationally, AMWA is a leading advocate for a variety of women's health issues such as breast cancer, cardiovascular disease, tobacco abuse, violence against women, gender equity, osteoporosis, and reproductive health. Locally, AMWA works to support one another and educate its members about women's health in fun ways outside of the classroom. Some AMWA-sponsored programs are:

- Mentor Dinner: Meet with other female physicians for advise and networking
- Motherhood in Medicine: Panel of mom-docs share their experiences and tips
- Happy Hours: Learn about women's health in a fun atmosphere
- Charity fundraisers
- Conferences: AMWA annually holds regional and national conferences.

Association of Student Internists (ASI)

The Association of Student Internists (ASI) is an organization aimed at promoting an understanding of career choices available to students interested in General Internal Medicine as well as specialist careers in medicine. Meetings are held monthly and are aimed at giving students both practical information (i.e., practical interpretation of EKGs, X-rays, patient management problems) and personal (i.e., residency information, preparation for residency interviews, a chance to interact with faculty members, and an opportunity to learn more about future career options). ASI is open to all medical students, and M-1s are encouraged to join. Officer positions are available currently for two representatives from the M-1 class. Members of

ASI are able to obtain student membership in The American College of Physicians, a national organization of both generalist and specialist physicians.

Christian Medical and Dental Association (CMDA)

CMDA is the medical component of the larger Christian Medical & Dental Associations (CMDA), which serves as a voice and ministry for Christian physicians, dentists, and students in these respective professions. At the national level, CMDA promotes positions and addresses policies on healthcare issues, conducts medical missions (Global Health Outreach), coordinates a network of Christian doctors and students for fellowship and professional growth, and provides many other resources and services to both its members and the global community. National membership is free for students and encouraged, but is not required for involvement with our local chapter.

Locally, CMDA offers opportunities for students to interact with area Christian physicians and to learn appropriate ways to integrate faith, studies, and practice. These include weekly Sunday night meetings on-campus with physician/resident/student speakers and monthly off-campus dinners in physician's homes for food, fellowship, in-depth studies. Student-led Bible studies meet weekly for prayer and encouragement. Medical mission trips have been organized in recent years to Guatemala and Mexico and take place over one of the Spring breaks (to find out this year's location, come check out our booth at the activities fair!!). There are also CMDA sponsored activities each block such as barbecues, hayrides, volleyball games, or other family-friendly activities. Opportunities are also available to participate in community service, and regional and national conferences.

Emergency Medicine Interest Group

The Emergency Medicine Interest Group (EMIG) is organized as a source of support for medical students interested in emergency medicine. EMIG holds monthly meetings that cover core topics in emergency medicine, advice on how to apply for an emergency medicine away rotation or residency, and several skill workshops such as suturing and intubation. This year we hope to add a helicopter ride-along opportunity for those interested in shadowing a flight-for-life paramedic. EMIG also holds Journal Club every other month where current topics in the literature are reviewed and discussed under the leadership of the EMIG faculty adviser, Dr. David Wells. Most importantly, EMIG facilitates networking among current students, faculty, alumni, and outside emergency medicine advisors/physicians.

Families Assisting Medical Students (FAMS)

FAMS is run by the parents and spouses of medical students. FAMS traditionally provides breakfast and lunch for every exam, which relieves you of having to figure out how you're going to eat during that stressful week! FAMS also helps out with other events, like the Orientation picnic. FAMS has also been known to help provide financial assistance to those traveling to interviews and international rotations. Encourage your parents to join, because you definitely will get their money's worth!!!

Family Medicine Interest Group (FMIG)

The Family Medicine Interest Group seeks to educate medical students about the breadth

and opportunities of the family practice specialty. In today's health care system family physicians are in great demand, and the family physician is guaranteed a rewarding and satisfying career by virtue of the personal, continuing contact with patients, their families, and the community.

FMIG educates students through noon hour discussions and evening dinner forums. In these venues the topics vary from daily activities of family practitioners to unique opportunities for medical students. The FMIG also reaches out to the community with Tar Wars, a tobacco education program that is taught to area fifth graders. As a member of FMIG, students benefit from automatic membership in the Missouri Academy of Family Physicians and the American Academy of Family Physicians. These organizations promote family practice via the *American Family Physician* journal and via monthly newsletters. The Missouri Academy and the American Academy also promotes primary care issues within the state and national legislatures.

Geriatrics Interest Group

Between now and 2030, the number of Americans over age 65 will double, with seventy million people in this age group. Almost all physicians will play a role in caring for older patients and will need to be aware of the issues specific to the geriatric population. The Geriatrics Interest Group seeks to raise awareness of the many factors important to the care of older adults. We plan to have regular lunch or dinner meetings allowing medical students and faculty to exchange ideas and concerns regarding geriatric medicine. During our meetings, geriatricians will deliver presentations on caring for older adults, and we will also discuss career opportunities available in this growing field. Other possibilities in this new group include patient presentations and community service events. For more information, contact Erik Lindbloom, MD in the Department of Family and Community Medicine, lindbloome@health.missouri.edu or 882-4991.

Graduate Professional Council (GPC)

The Graduate Professional Council (GPC) is the umbrella organization representing all 5000 graduate, veterinary, law, and medical students at MU to the powers that be at the University, including the chancellor and Board of Curators. MU campus issues, UM system issues, and national issues such as student health insurance, professional student tuition, and tax exemption of graduate stipends are addressed by GPC. Together with the undergraduate student government, the Missouri Student Association, MSA/GPC serves as the student voice to the administration and organizes many student activities including concerts, movies, and lectures. GPC also has an annual Research and Creative Activities Forum (RCAF) and hosts monthly graduate gatherings (with free food) to encourage interaction among graduate/professional students at MU.

Every medical school class elects one member to the General Assembly of GPC. Discussed at the monthly meetings are graduate/professional policy decisions, travel scholarships, as well as funding for many campus projects and conferences (with an annual budget of over \$200,000, GPC is a great source for money for an event).

Humanism in Medicine

This group's mission is to reaffirm the recognition that the clinical practice of medicine is

both an art and a science and to foster the development of well-rounded health professionals who are not only highly skilled but inspiring, open-minded, and compassionate practitioners. They annually produce a literary/arts magazine featuring creating writing, poetry, photography, drawings, paintings, and any other artistic contributions from students or faculty. They also promote musical/theatrical/cultural/dance performances around Columbia and hold discussions about topics ranging from law and ethics to philosophy and spirituality. Overall this group is dedicated to forming a community of like-minded healthcare students and faculty, strengthening the meaning of their commitment to humanity and medicine, and regenerating the humanistic aspects of themselves that they don't want to lose during the intense training of medical school.

Intramural Sports

Work hard. Play Hard. RecSports offers a variety of sports for teams and individual competition. In years past, the M1 class formed teams for softball, football, basketball, volleyball, soccer, and ultimate frisbee. We were largely successful and most teams qualified for playoffs. The timing of playoffs is not super for the medical school (the final weeks of each block and sometimes over break weeks), but teams were usually able to get it together and represent. Keep an eye out for sign-ups throughout the year.

Medical Student Affairs Council (MSAC)

MSAC is the overall governing body of the students of the UMC - School of Medicine. Its duty is to deal with matters directly affecting students at this institution, whether curricular or extracurricular. This involves directly advising the Dean's Office and the Office of Medical Education. In addition, MSAC oversees student organizations and allocates funds endowed by the University and Medical School Alumni. It is also responsible for selecting student representatives to certain major committees and organizations such as the Admissions Committee, the Pre-professional Scholars Committee, and the Organizations of Student Representatives. In short, MSAC is a forum in which student issues are brought up and discussed, and actions are taken to bring about the most positive possible outcome.

MSAC's membership consists of its officers, the president and a representative of each class, the president or a representative from each official student organization, the chairperson or representative from MSAC's standing committees, and several at-large members. Meetings are open to all students and regularly attended by non-members, especially to bring issues to MSAC's attention. Standing MSAC committees include: The Curriculum Committee, Republic of Georgia Project, The Professional Conduct Committee, and The Library/Facilities Committee. These committees are open to all MU Medical Students. We strongly invite, encourage, and anticipate your participation.

MedZou

The MedZou Clinic is a student-operated medical clinic that provides free primary healthcare. Their mission is to join with community partners to provide patient care and education for the residents of Columbia without insurance. A multi-disciplinary team of health professional students and faculty, including family medicine doctors, nurses, and social workers, contribute to providing a quality healthcare experience. Every medical student has an opportunity to volunteer for MedZou and to hold a leadership position within the organization

Muslim Medical Association

The Muslim Medical Association (MMA) is an organization dedicated to fostering ties between healthcare professionals of all backgrounds whose practices care for patients embracing the Islamic faith. Additionally, MMA represents Muslim patients and medical professionals in the Columbia area, especially at the University of Missouri. MMA is dedicated to creating a welcoming environment where Muslim medical students may discuss current events, medicine, and their experiences. This organization will allow students to advise incoming members and current medical students on best practices for balancing life with education. This organization provides students with adequate representation at the University of Missouri School of Medicine, including expanded exposure to Islamic culture, practices, and needs. As part of its general meetings, MMA will hold monthly lecture series aimed toward education and spirituality. Additionally, MMA will inform its members and any interested parties about the available Islamic resources at the medical school, hospital, on campus, and in Columbia.

Military Medical Student Association (MMSA)

The Military Medical Student Association is a quad-service non-profit organization that was formed by four medical students in 1987. It is a national organization that is comprised of members of the military medical community and staffed by students both at USUHS (The Uniformed Services University of the Health Sciences) and in the HPSP (Health Professions Scholarship Program). The MMSA's main goals include developing lines of communication among military medical students across the country, serving as an information source for those medical students, and promoting unity and esprit de corps among future military medical officers.

Whether you are a current member of the HPSP or a future applicant, membership in the MMSA is designed for you. As an HPSP Student, it is sometimes easy to forget about your future career in the military. Membership is encouraged for all HPSP students as well as for all of those interested in the military medical student's perspective. Membership in this dynamic and pertinent forum can help you make informed choices about your military career. Participation in the MMSA is a great way to get active in your profession and stay informed.

For student interest group information regarding Military Medicine, visit <http://www.amsa.org/military>. For more comprehensive information about military medicine, visit <http://www.armymedicine.army.mil> (*ARMY*); <https://www.afms.mil> (*AIR FORCE*); <http://navymedicine.med.navy.mil> (*NAVY*).

Organization of Student Representatives (OSR)

The Organization of Student Representatives (OSR) is a medical-student organization that was developed by the Association of American Medical Colleges (AAMC) in 1968 to provide a means for student participation in the affairs of AAMC.

One first-year student is elected in the fall and remains active throughout all four years of medical school. National activities include representing the University of Missouri - Columbia School of Medicine in particular and all medical students in general, at the regional and national meetings of the AAMC. This organization is the only opportunity for students to have a direct voice to the Council of Deans. On a national level, we have input in AMCAS (the medical school application service), ERAS (the residency application service), NRMP (the residency matching service), USMLE (the licensing examinations), and the LCME (the accreditation body for medical schools). In addition, it is an excellent way to network, as members have the opportunity to interact with medical students, admissions staff, and deans from every medical school in the country.

Locally the OSR chapter has been instrumental in developing and maintaining the Careers in Medicine program and the Student Professionalism Committee (SPC). The chapter also nominates one faculty member each year for the national AAMC/Pfizer Humanism in Medicine Award. Aside from these specific duties, OSR is responsible for determining student opinion on various issues of importance. We also gather information about national issues and upcoming changes within each category and share that information with the MU medical school student body.

Psychiatry Interest Group

The Psychiatry Interest Group aims to provide an outside source of exposure to the field of psychiatry for all interested medical students, regardless of their career plans. We further serve as a support structure and resource for all students who are considering a career in psychiatry. The group meets monthly to discuss topics in the field of psychiatry, striving to make presentations accessible and interesting to all students. The group also helps coordinate the *Psychotherapy Interest Group*, which allows students to practice psychoanalysis on each other, and the *Celluloid Couch*, a monthly screening of movies pertinent to the field of psychiatry attended by both students and residents. Twice a year, we send students to the APA conference which serves as an excellent way to meet students and residency coordinators from across the country. Our organization has no dues and encourages students to participate in anything that catches their attention, even if they only come to one event.

Radiology Interest Group

If you think that radiology is nothing more than sitting by yourself in a dark room all day looking at x-rays, the Radiology Interest Group (RIG) may be for you. The primary goal of RIG is to expose interested medical students to the wide variety of careers in this field that is at the forefront of the astounding advances being made in medicine today. Activities include a tour of the hospital's radiology facilities, a panel discussion with radiologists from many fields of radiology, and shadowing and research experiences. For students who may be interested in a career in radiology, a panel discussion with 4th year students and residents provides invaluable advice on how to prepare for a residency in this increasingly competitive field. As a member of RIG, you will have the opportunity to discover just how diverse and dynamic radiology really is,

as well as build valuable relationships with older medical students and radiology faculty. Hope to see you at the first meeting!

Rural Medicine Interest Group

If you are interested in eventually practicing medicine in a rural area, this is the group for you. The Rural Medicine Interest Group (RMIG) enables students to learn more about rural health and the physicians that practice in rural areas. We work closely with MU-AHEC and the rural track program. We also help sponsor the Rural Health Symposium. RMIG also hosts a BBQ within the first few weeks of school for all students. Lifetime dues are five dollars.

Senior Teacher Education Partnership (STEP)

Do you want to make a positive difference in the lives of others? Are you interested in geriatrics, family medicine, or internal medicine? Do you want to become involved in the Columbia community? If you answered yes to any of the above, we have an exciting program that will surely interest you: the Senior Teacher Educator Partnership (STEP). STEP connects students with seniors who live in our community and focuses on their capabilities.

Did you know that 20 years from today, 20% of the US population will be 65 years or older? "With the possible exception of those who become pediatricians, each of our current medical students, regardless of their specialty choice, will care for older people," says Steven Zweig, MD, Professor of Family and Community Medicine and medical director of Care in Aging programs at University Hospital and Clinics. Mizzou's School of Medicine (SOM) is rising to the challenge of preparing physicians who can be leaders in the care of older patients. Under Dr. Zweig and Michael Hosokawa, EdD, Professor, Family and Community Medicine and Assistant Dean for Curriculum, the SOM is enhancing the geriatric focus in the pre-clinical curriculum. STEP is an important part of this focus. Students are partnered with seniors living in the community so that they can understand the health-care system from their partner's perspective. Students and seniors stay in contact with each other and attend STEP events together. For more information, contact [Sharree Rose](mailto:Sharree.Rose@health.missouri.edu) in the Office of Medical Education, rosesn@health.missouri.edu

Student Ambassadors

If you love MU Med School and talking to people about it, Student Ambassadors is the group for you. You get the opportunity to take the students interviewing on a tour, talk about med school and why MU is the best, and calm their fears (who could forget how daunting interview days are?). You also have the opportunity to be the contact person for an accepted student. And as an added bonus you get a free lunch when you give a tour. It doesn't get much better than that.

Student Interest Group in Neurology (SIGN)

The Student Interest Group in Neurology (SIGN) is an organization for those students interested in pursuing and/or developing an interest in the practice of neurology or research in this field. Joining this group is a good way to make connections with neurology residents, to get involved in research, and to establish connections with the attending physicians. Anyone possibly interested in neurology is encouraged to join!

Student National Medical Association (SNMA)

The Student National Medical Association (SNMA) is the nation's oldest and largest organization focused on the needs and concerns of medical students of color. National membership includes nearly 5,000 medical students, residents, and licensed physicians. This organization is designed to serve the health needs of underrepresented communities, educate people about important health matters, and assure that medical education and services are culturally sensitive to the needs of diverse populations. Community service is the heart and soul of the SNMA and eliminating disparities in health care delivery, disease morbidity, and disease mortality are among our highest priorities. Here at the UMC-School of Medicine, we are committed to increasing the number of culturally capable and sensitive physicians as well as dedicated to the academic and clinical success of our medical students and pre-medical students. Through various programs, SNMA members work with youths from elementary school to college introducing them to science and serving as mentors. Also, SNMA works with the Dean's Office to improve minority student recruitment, admission, and retention.

Students Interested in Anesthesiology (SIA)

SIA is an organization intended to foster and cultivate an interest in the practice of anesthesia and preoperative medicine. This field of medicine has recently experienced resurgence with the renewed interest in chronic pain relief and total amnesia during surgery. Many medical students, however, are not exposed to this exciting and innovative field of medicine until later years in medical school. SIA provides opportunities for 1st and 2nd year medical students to explore anesthesia as a possible career, and it gives interested 3rd and 4th year medical students a springboard for residency investigation. Meetings are held once a month and consist of organization business and lectures from faculty anesthesiologists on relevant topics. There will also be opportunities for clinical research and physician shadowing. All students with an interest in anesthesia or surgery as well as those who are uncertain about a career choice are welcome to attend meetings, which will be announced via email and door signs.

Students Interested in Global Health for Tomorrow (SIGHT)

SIGHT is an organization of medical students committed to bringing awareness about global health to local communities. We provide a database of information regarding international rotations, exchanges, or other cultural experiences for students and health professionals who wish to participate in global medicine. SIGHT has proved to be of great benefit to M1s interested in gaining early clinical experience in an international setting during their first (and only!) free summer, as well as to M3s and M4s who wish to complete an international clinical rotation. We attempt to establish ongoing relationships between host communities abroad and Mizzou in order to gain understanding of other cultures and health care systems, broaden our clinical skills in a cross-cultural environment, and use this experience to better attend to the needs of underserved populations in Missouri. We provide a forum for exploration and discussion of global health issues by sponsoring presentations at several meetings each block. Speakers include faculty, students, and experts who have worked or conducted research in an international setting. Finally, we hold a variety of fundraisers in order to provide financial assistance to students who are planning cross-cultural experiences.

Students Interested in Pediatrics (SIP)

The primary purpose of this group is to form an organized source of support for medical students interested in pediatrics. It also seeks to connect its members with the pediatric medicine community so that we may keep current on issues relating to child health. We are connected with the society as a whole through our affiliation with the American Academy of Pediatrics (AAP) to which we elect two representatives. Community relations are strengthened by events to benefit the Children's Hospital and by organizing events that promote child safety through the *SafeKids* program. This last December we delivered presents purchased by our members to children in the hospital. Other activities include going to elementary schools to give CHAMPs presentations, visiting pediatric patients in the hospital, learning how to perform a pediatric physical exam, hearing a case presentation about a pediatric patient, and having the opportunity to shadow a pediatric resident.

Children's Health and Medicine Program (CHAMPs) is sponsored by SIP, although absolutely any med students can participate. It works like this: Elementary teachers in the Columbia public schools sign-up for one of the presentations we offer. There is one on muscles and bones, one on germs, one on the organ systems (Highway of Life), and one on the five senses. Each consists of games and activities to share with the kids for 30 minutes to an hour. The times of the presentations are posted and you sign-up and go have fun. There is a training session during which you will get an outline of the presentation.

Surgery Club

This club provides students with a curiosity about surgery an avenue to pursue that interest. The group meets every month and sponsors speakers and panels on various topics such as surgical specialties, surgical residencies, etc. Besides the intellectually stimulating discussions and opportunities to meet surgeons in influential positions, another bonus is that the Surgery Department provides food and beverage at most of these meetings.

The club also sponsors activities that help members log time in the OR, as well as workshops to begin development of skills (i.e., knot tying, suturing, etc.). Through this club, students with an interest in surgery get early exposure to the field, guidance about how to be competitive for residency spots, and short breaks from the primary care emphasis stressed at this school. If you are at all interested in surgery, this club is a great way to get involved and prepare for your future.

Wilderness Medical Society

WMS is a national non-profit educational organization composed not only of some of the world's foremost academic and field-based authorities on wilderness medical issues, but of health care professionals (physicians, nurses, EMTs, etc.) who advise and treat patients involved in outdoor activities. It is also composed of non-health professional (search and rescue, outing guides, outdoor programmers, outdoor enthusiasts) who want to learn about handling health related issues as they pertain to outdoor or remote settings. Wilderness medicine focuses on medical problems and treatment in remote environments. It includes aspects of physiology, clinical medicine, preventive medicine, and public health. While wilderness medicine shares many interests and methods with other specialties such as sports medicine and emergency medicine, it incorporates a unique spectrum of topics and a distinctive perspective that validate it as an individual field of study. WMS has meetings in great places such as Colorado, Alaska, and Peru, and they offer a 3rd or 4th year rotation that features a week-long hiking/camping trip. Wilderness Medicine at Mizzou has a strong following. We are avid outdoor enthusiasts, interested

in camping, caving, cycling, hiking, rock climbing and anything else we can think of to have an excuse to be outside. We seek to care for people who may become ill or injured while pursuing their favorite activities, and we have career goals to work in such places as Mt. Everest Base Camp, Eco-Challenge, Rocky Mountain Search and Rescue, or even Antarctica! We will have activities and/or lectures during the year...look for one each block. Also, check out the national website:

www.wms.org.

Fun Traditions

Medical School isn't all studying all the time, no matter what your friends and family may think! Besides the end-of-block parties, impromptu handstand practice in the kitchen area or games of volleyball, soccer or flag football on Stankowski field, there are several regularly scheduled events throughout the year. This section lets you in on a few of the more popular...

Orientation Picnic: FAMS traditionally puts on a wonderful picnic at the very beginning of the school year for the new MIs. These parents truly understand how much medical students can eat and put out a great spread. You should definitely attend. It is a great way to relax and meet the new members of your class while starting the great tradition of all medical students: scarfing down as much free food as possible.

Family Day: This event is held in the fall and is a chance for your parents to see that their pride and joy really is in medical school. There is FREE FOOD, and some very nice M2s and M3s will take you and your family on a tour of the hospital, which includes exotic locales like the PBL labs and the Library.

Football Games: Here in Columbia, football games are a big deal. If you do not plan on attending the game, you should avoid all major roads in the campus area that day. Sometimes students will tailgate together instead of just watching the fun from the big windows of PBL labs 2, 3, 12, and 13.

Student Research Day: This is a poster presentation day in the fall for those medical students, graduate students, and some undergrads who have done research. You can win money if you have a great poster, plus have something nifty to put on your curriculum vitae if you participate (especially if you win!).

Terrortoma: This is an all-school costume party sponsored by AMA. The money raised from it goes to MedZou. Always a very good way to celebrate Halloween with your buddies. Make sure to put some thought into your costume.... there is a contest with prizes!

Holiday Party: The Medical School throws an annual "Holiday" Party" with a HUGE tree. MSAC organizes it, and the Dean's Office and the Alumni provide the supplies for us to decorate the tree. It's a great excuse for a study break, and we all get a free dinner out of it.

MedProm: This night is sponsored by the M2 class and is a good excuse to get dressed up. It creates a slight memory of prom, but without the pressure to have the best dress, or the anxiety of showing up without a date. Whether you have a date or come on your own, you're sure to have a good time. It will be held in a banquet hall, and there will be food, adult beverages, and dancing. It is held in the spring semester (around the end of Block 3), so no matter how much you might hate dancing or wearing those uncomfortable dress shoes, the other option of studying for neuro will always be worse.

End of Block and Grade Release Parties: These are really up to you and your class representatives. They are informal get-togethers at various locations (usually downtown) to celebrate completing another milestone on the path to becoming a doctor!

Border Wars Basketball Tournament

MU School of Medicine brought back the MU/KU rivalry in 2016 in the form of a basketball tournament between the medical students. Although beating down KU relentlessly has become one of the tournament goals, the ultimate goal is to raise funds for both MedZou and KU's JayDoc free community health clinics. These clinics, as you will soon know, play a vital role in providing medical care to the uninsured members of the community while allowing medical students a hands-on patient care experience. Medical student involvement with fundraisers is crucial in making these clinics sustainable. Sign up with your team or if you'd like to play and don't have a full squad, let us know and we can find one for you! Whether you'd like to play or come cheer on your friendly neighborhood MedZou basketball team, plan on participating in the Border Wars Tournament this year! MUSOM and KU alternate hosting the event. This coming school year, the tournament will be in Columbia. So, please tell all your friends to come so we can truly have a home court advantage. Let's get ready to have a good time, do some good for our community, and dominant KU in every single way! See you there!

The Dean's Cup

Starting in the Spring of 2022, leaders from three MU professional schools (Medicine, Veterinary, & Law) came together and created a tournament between the three schools. The tournament involves three categories: a trivia night, a creative minds/puzzle night, and various sports events. The school that has the most wins/points at the end is named the winner of the Dean's cup. The medical school won the first Dean's cup in the Spring of 2022, and there is an engraved plaque hanging in the PCCLC to commemorate that. Come next Spring around the start of Block 4, it is important we try to win again so we do not have to give up the plaque to one of the other professional schools!

Student Friendly Places to Eat

Though we will all be living on a limited budget, here are some of the town favorites!

- **Flat Branch Brewery** - Not only is Flat Branch the only microbrewery in Columbia, it is an inexpensive place to get great food and even better beer.
 - *Location:* 115 S 5th St in downtown Columbia
- **Addison's** – If you want to feel like a sophisticated medical student, suggest friends meet here for drinks and apps (order the nachos) on a Friday evening. With fantastic food that varies from reasonable to expensive, this is a great place to start a night out or for a date.
 - *Location:* 709 Cherry St in downtown Columbia
- **Las Margaritas** – Some of the best Mexican food in Columbia and excellent margaritas! Be sure to experience the \$2 margarita deals on Thursday at least once in your first year (it will most likely be every Thursday).
 - *Location:* 10 Southampton Drive and now downtown as well! (220 S 8th street)
- **Main Squeeze** – Great for vegetarian, vegans or any health-food lovers. Clean food that is mostly vegetarian with many vegan options, great smoothies, & fresh-squeezed juices.
 - *Location:* 28 S 9th Street in downtown Columbia
- **Cooper's Landing Food Trucks**- This is probably the most obscure, yet fun place on the list. Different trucks are parked at the river Thursday-Saturday– with occasional live folk

music next to the picnic tables. Definitely the place to go and catch up with your buds. Be sure to check their Facebook page before driving out there!

- *Location:* 11505 Smith Hatchery rd (address for the campground store next door)
- **Buckingham's** – If you're in the mood for BBQ, this is the place for you. While indoor seating is limited they have a nice patio and do takeout.
 - *Location:* 3804 Buttonwood Dr.
- **G&D Pizza And Steakhouse** – This Greek Steakhouse located off Stadium is our favorite because the owners are super nice and the restaurant offers a large variety of food ranging from gyros to inexpensive fresh cut steaks, and pasta.
 - *Location:* Steakhouse – 2001 W Worley St; Pizzeria – 2101 W Broadway
- **El Maguey** – If Mexican is your preference, this is probably the most inexpensive short of Taco Bell. The food is typical greasy spoon American/Mexican – really good if you're in that sorta mood, and the salsa is excellent. This place shouldn't cost you much as long as you don't drink 3 buckets of margaritas.
 - *Location:* 901 E Nifong Blvd; 504 Business Loop 70 W; 21 Conley Rd #U
- **Shakespeare's** – While not the cheapest pizza place around, it is arguably the best and has the coolest atmosphere – if you stand behind the glass waving at the pizza man, he'll even throw dough at you. This is one of the few pizza places with a full bar and within walking distance to campus. Although you will get to sample some CoMo pizza at all those meetings during the first month of school, I highly recommend you visit this place in person to sample some original Columbia atmosphere. It's also a good place to head for a quick inexpensive lunch.
 - *Location:* 225 S 9th St; 3304 W Broadway
- **The Heidelberg** – This classic American menu is located just on the edge of campus, so it's a simple walk from the PCCLC while cramming. Although the food is relatively cheap, there is Happy Hour most days of the week with BOGO appetizers!
 - *Location:* 410 S 9th Street
- **Bangkok Gardens-** Authentic Thai food that is a favorite place of the Class of 2022. This is a great place for lab get togethers, drinks with friends, or even a date night.
 - *Location:* 811 Cherry Street.
- **Café Berlin-** a local organic breakfast that serves pancake burritos, biscuits and gravy, and much more. A BRUNCH favorite!
 - *Location:* 220 N. 10th St. Columbia, MO
- **Casa Maria-** This is the latest development to the Mexican restaurant scene in Columbia, Missouri. While the food is about the same in quality that you could get at any Mexican restaurant in central Missouri, they do have a 100 ounce margarita tower that you can get with friends!
 - *Location:* 1305 Grindstone Pkwy Columbia, MO

Places to take a Date/Parents

Classy (read: Expensive, but worth it)

- **44 Stone** – Columbia’s Gastropub. Quality food, fine ales, and good whiskey. 44 Stone is a new favorite among the class. It is a restaurant and bar in the spirit of the comfortable, casual and convivial pubs of the British Isles. The menu is inspired by the food one might find in an English, Irish, Scottish, or Welsh public house, but with Contemporary American insight. Overall, it is a great place to eat, drink, and gather.
 - *Location:* 3910 Peachtree Dr
- **Sycamore** – expensive, but worth the price. With food as beautiful looking as it is tasty, this is a great place to impress that new chick or dude, and is also a wonderful place to take grandma, grandpa, mom or dad (read: whoever is coming to town + footing the bill) as it is snazzy, not crowded, and really darn good.
 - *Location:* 800 E. Broadway in downtown Columbia
- **Murry’s** - With a class atmosphere and a “to die for” menu, Murry’s is a great anniversary/special event place to go. The restaurant often features live jazz with a diverse and wildly-appealing menu (order the fried green peppers).
 - *Location:* 3107 Green Meadows Way
- **Sophia’s** – this is a classic Italian restaurant with a unique menu focusing on Southern European cuisine and a pretty decent wine selection (over 100 choices). The atmosphere is slightly more casual than others listed in this section with an earthy feel to the décor – a great background setting for a first date.
 - *Location:* 3915 S Providence Rd.
- **C.C. City Broiler** - If someone comes in town to take you to dinner and price is no object, head here (unless you are a vegetarian). They have, hands down, the best steaks & seafood in town. Unfortunately, it’s also one of the most expensive places in town. The atmosphere is as classy as it comes.
 - *Location:* 1401 Forum Blvd.
- **Glenn’s Café** – Glenn’s specializes in Southwestern fare with a New Orleans focus – walking on the old tile floor with the wide open dining room really helps the ambience. It also has a great brunch! And yes, they do have an oyster bar.
 - *Location:* 29 S 8th St in downtown Columbia
- **Kampai** – For sushi lovers, this is a great place. Full sushi menu with great cocktails and an awesome patio. Order the Brussels sprouts – they cannot be beat. Great place for a date or for a nicer dinner with friends.
 - *Location:* 907 Alley A in downtown Columbia.
- **Osaka--** This restaurant and hibachi grill is a fun place for birthday parties or get-togethers. They have a wide selection of sushi, noodles or teriyaki dishes and the salad dressing is one of my favorites!
 - *Location:* 120 E Nifong Blvd

Dining Near the Medical School

Picture this: you're in the heat of studying for exams ... those first five weeks of the block flew by, and you have NO time for cooking, cleaning, laundry, pretty much anything outside of studying. What you need is fast, easy, semi-healthy, already prepared by someone other than you, food.

- **The Grille Downstairs** (cafeteria) – open from 6am – 2pm; bring your ID badge for a 10% discount. Great for a fast lunch with decent food.
 - **Location:** bottom (G) floor of the hospital
- **Essentials Café** (hospital lobby) – this is a healthier option and provides you nutritional information on the menu. Bring your ID badge for a 10% discount. As a medical student, you will likely be dining at essentials often!
- **Lakota** – small café open all day in the hospital lobby. Great for a quick coffee break, missed breakfast, or delicious cookies.
 - **Location:** hospital lobby next to the hospital pharmacy
- **MOI Antrum Café** – This is a little bit of a walk since it's across the street from the main hospital but is worth it. They have a lot of variety that is ~quality~ with an online menu that changes every day.
 - **Location:** 1st floor of MOI
- **VA Cafeteria** – open from 6:30 am – 4:30 pm. This is where you go if you want to eat cheaply at the hospital, but you want a little variety. There are different stations, each with a unique food, probably the most popular station has a variety of large sandwiches.
 - **Location:** no idea. Good luck!!!
- **9th Street:** located just 0.5 miles from campus, this street has a variety of restaurants that are quick, affordable, and great for a lunch or dinner off campus.
 - Chipotle, Noodles & Co, , Pickleman's, Subway, Thai Express, Starbucks, Shakespeare's, Dunkin' Donuts, Insomnia Cookies, Fuzzy's Taco Shop
- **MU Student Center** – This is also within walking distance (right across the street from the Rec), but in the main part of campus. Choices include BBQ, Italian, burgers, deli sandwiches, wraps, sushi and smoothies.

Places of Worship in Columbia

Looking for a place of worship in Columbia? This list is not all inclusive as it would be devastating to the forests of the world if we put EVERY place in Columbia and the surrounding area here. However, please know that Columbia is a diverse city captain of providing for the worship needs of just about anyone.

Basic information about each place is provided on the list including service information and, if available, their website.

<http://www.visitcolumbiamo.com/web/welcome/community/worship.php>.

First Assembly of God 443-3626,
1100 N. 7th St.
www.columbiafirstassembly.com

Wood Crest Chapel
445-1131, 2201 W. Nifong
www.woodcrest.org

First Baptist Church 442-1149,
1112 E. Broadway <http://www.fbc-columbia.org/>

Grace Bible Church 449-6794,
601 Blue Ridge www.gracebiblecolumbia.org

Victory Baptist Church 886-7834,
9401 E. I-70 Dr. www.vbccolumbia.com

Second Missionary Baptist Church 449-4703,
407 E. Broadway <http://2ndbc.com>

Memorial Baptist Church 443- 1408,
1634 Paris Rd www.memorialbaptist.org

Our Lady of Lourdes Catholic Parish
445-7915, 903 Bernadette Dr.
www.ourladyoflourdes.org

Columbia Chinese Christian Church 442-3957,
3316 Rock Quarry Rd
www.cccmo.org

Newman Center 449-5424,
701 Maryland Ave.
www.newmancentercolumbia.org

Rock Bridge Christian Church 442-4677,
301 W. Green Meadows Rd.
www.rockbridgecc.org

Sacred Heart Catholic Church 443-3470,
1115 Locust
www.sacredheart-church.org

Jehovah's Witnesses
573-474-3560,
2207 Holly

First Christian Church 449-7265,
101 N. 10th St.
www.firstchristian.org

The Crossing 573-256-4410,
3615 Southland Drive
www.thecrossingchurch.com

Columbia United Church of Christ 445-7931,
3201 I-70 Dr. NW
columbiaucc.com

Eastside Church of Christ 449- 7131,
5051 Ponderosa St.
www.eastsidechurchofchrist.net

Community of Christ
445-6313, 1111 S. Fairview Rd.
<http://www.cofchrist.org/>

Broadway Christian Church 445- 5312,
2601 W. Broadway
www.broadwaychristian.net

First Church of God
449-7159, 1610 N. Garth

Christian Fellowship 445-8561,
4600 Christian Fellowship Rd.
www.christianfellowship.com

Family Worship Center 441-1140,
4925 E. Bonne Femme Church
www.familywvc.org

Centerpoint 256-1229,
1900 N. Providence
www.cp-church.com

Victory Christian Church 499-9087
212 Portland
www.victorychristianchurch.info

Evangelical Free Church 445-7206,
600 Silvey Street
www.efreecolumbia.com

Trinity Presbyterian 445-4469,
1600 W. Rollins Rd.

Islamic Center of Central Missouri 573- 875-4633,
5th and Locust
www.theiccm.org/

St. Luke's Greek Orthodox Church 817-0050,
901 Broadway W.
www.saintlukecolumbia.org

Campus Lutheran
442-5942, 304 S. College Ave.
www.campuslutheran.org

Healing Rooms of Columbia 573- 256-4325, 201
W. Broadway www.healingroomsofcolumbia.org

Community United Methodist 445-6131, 3301 W.
Broadway www.communityumc.net/
First Church of Nazarene 474- 5787, 2601 Blue
Ridge Rd. www.columbianazarene.org

Hindu Temple and Community Center (Shanthi
Mandir) 814- 1286, 2006 Holly
<http://shandthimandir.missouri.org/>

Forum Christian Church 573-443- 3900, 3900
Forum Blvd <http://forumchristian.org/>

First Presbyterian Church 442- 1164,
16 Hitt St.
www.fpccolumbia.org

Korean First Presbyterian Church 573-442-1164,
16 Hitt

Calvary Episcopal Church 449-3194,
123 S. 9th St. www.calvaryonninth.org

Trinity Lutheran 445-2112, 2201
W. Rollins Rd www.trinity-lcms.org

Alive in Christ Lutheran Church 499-0443, 201
Southampton www.aic.org

Missouri United Methodist 443- 3111, 204 S. 9th
St. www.moumc.org

St. Luke United Methodist
443-5423, 204 E. Ash
United Pentecostal Church 573-442-4121, 211
Benton www.columbiaupc.org

Bnai Brith Hillel Foundation
573-499-4855, 1107 University Ave

Congregation Beth Shalom 573- 449-4855
<https://cbsmo.org/>

RECREATIONAL TIME

Staying in Shape

Medical school is stressful, but exercise can ease this tension from an intense pain to a mere dull ache. Columbia has several options for you:

The first is the **Student Rec Center** (already paid for via mandatory student fees). It is just a few hundred yards north of the library down the big double sidewalk leading from the medical school. Whether you are into lifting, cardio, climbing or aerobics they've got something for everyone. The facility boasts free weight rooms, machines, and a cardio theater setup and track. There are 13 full-length indoor basketball courts. Other areas of interest include numerous racquetball courts, a climbing wall (lessons are required before attempting), a mat room for sparing, and Tiger grotto (pool area) for everyone's enjoyment. Intramural sports (for a fee), which you can participate in once classes begin, are coordinated through the SRC as well.

Since you are paying for it, you might as well try it out. I will warn you, however, that it does get pretty crowded (so get there before the undergrads get back in town). Although there are a ridiculous amount of activities to participate in, many of them have moderately priced fees, including the popular TigerX aerobics classes. Just contact the front desk and check out the Rec Services website for more complete information: <http://www.mizzourec.com/>

If the crowds or clientele at the Rec get on your nerves, as they sometimes do around test time, there are several other viable alternatives located throughout Columbia. **Planet Fitness** and **Wilson's Fitness** are both good choices for the student who doesn't mind paying a few extra bucks each month. If you like to swim, and are not really hard core into free weights, Wilson's might be the place for you. There are also a few CrossFit gyms that students have enjoyed. Those memberships are slightly more expensive. Lastly, Columbia has an Orange Theory for anyone looking for an intense workout session involving treadmills, rowing machines and weight exercises.

- Crossfit COMO
 - 3605 S Providence Rd. #1
 - 573-289-1581
- Crossfit Fringe
 - 901 Old 63 N
 - 573-228-2233
- Crossfit Aggregate
 - 609 Big Bear Blvd #1
 - 512-426-9199
- Orange Theory
 - 3103 W Broadway #115
 - 573-381-0388
- Wilson's Fitness
 - 111 Orr St. 573-777-6700
 - 2601 Rangeline 573-443-4242
 - 2901 Forum Blvd. 573-446-3232
- Planet Fitness
 - 205 E Nifong Blvd #100 573-303-9192
 - 2101 W. Broadway 573-355-5858

Golf

Here's a quick overview of what Columbia has to offer for golf.

- **Midway Golf & Games:** This has the biggest driving range in the Columbia area and is the only one where you have the option of hitting off real grass. There's also a very short par 3 course that is good for beginners as well as miniature golf, batting cages, and go-karts. It's located about 5 minutes west of Columbia on I-70. Ph: 573-445-8100.
- **A.L. Gustin:** This is the University course and very close to the medical school (about 1/2 mile west on Stadium). It's the best public course inside city limits, but it's also the toughest. It's very hilly and has some tight fairways. Ph: 573-882-6016.
- **Lake of the Woods & LA Nickell:** These two courses are in great shape for being community owned public courses. They are both flatter and more open than Gustin. L.A. Nickell has no sand to deal with, but a few holes where you have to carry the water.
 - Lake of the Woods is a little more challenging especially on the back nine. Tee times for both courses call 573-447-4166.
- **Eagle Knoll:** We're lucky to have such a great course so close to Columbia. It's about 15-20 minutes south on 63 and was named 3rd best value in the nation and best rural course in Missouri by reader's digest. The views are picturesque and the golf is amazing! Ph: 573-761-4653.
- Private courses: Old Hawthorne and Columbia Country Club- there's no need to think about these courses now...maybe in about ten years.

Other Sports

Oftentimes, there will be a game of soccer or touch football on Stankowksi; there will be sand volleyball right outside the Rec; and inside, there will be basketball, racquetball, and/or volleyball games. Seeing it from the PCCLC windows when the weather's nice should make you want to go out there and join the fun!

Be sure to check with the Rec Center (www.mizzourec.com/programs/recsports) for their long list of intramural sports that take place throughout the year. This year, there were several groups of M1s that participated in various intramural sports, including: indoor volleyball, basketball, sand volleyball, soccer, and ultimate Frisbee.

If you like to get a little more serious about your sports, check out Mizzou's Club Sports information (www.mizzourec.com/programs/club_sports). Mizzou is home to an incredible array of Club sports—including all your mainstays plus archery, boating, badminton, ping pong, ultimate Frisbee, water polo, roller hockey, triathlons, dancing, martial arts, fencing, lacrosse, rugby, and many others (I'm a member of the Mizzou Running Club).

Medical school will be one of the busiest times of your life (I'm sure you have figured that out by now), but there is no reason that you should not still do the things you love! I encourage everyone to take this recreational section seriously. If playing sports is not your thing, maybe going to the movies is.

Movies and Plays

Due to the wonder of PBL and under 20 hour weeks, you actually have time to take a break from studying and relax a smidge. A great way to get away from studying includes taking

in a movie at Forum 8 Cinemas or Hollywood Stadium 14 Theaters. These have all the latest movies, and both offer student discounts with a valid student I. D.

For a more unique movie experience, check out the RagTag theater on 10th street. This theatre shows anything from foreign films to documentaries to movies that never made it to the major box office. The atmosphere is great—the seating is old couches and a crazily energetic guy announces each film. They even have intermission, in which you can refresh your cup of coffee, get a cold beer, or even a glass of wine.

If classical music or ballet is more your style, the University Concert Series provides numerous opportunities to enjoy such performances. Events are held in Jesse Auditorium, and tickets can be purchased through the Concert Series Ticket Center in 409 Jesse 8-5 M-F (882-3781) or at the MSA/GPC ticket window in the MU Student Center. You can also enjoy fine theatrical performances presented either at the **Rhynsburger Theater** located in the Fine Arts Building or at the Corner Playhouse located in the Fine Arts Annex. Both are found at the corner of Hitt and University, and performances are held biweekly throughout the academic year. You can even take part in the productions, for the entire student body is eligible to audition. Tickets for the plays can be reserved in advance by calling 882-PLAY or by going to the Rhynsburger Theater Box Office in 124 Fine Arts Building (hours 2:30-5:30 M-F).

Any other events that come up during the school year can usually be found in the Maneater or on fliers posted on campus, in MU Student Center, or around town.

Movie Theaters

Regal Columbia & RPX	2800 Goodwin Pointe Dr.	817-0770
Forum 8	1209 Forum Katy Pkwy	445-7469
Ragtag Cinemacafe	10 Hitt St.	443-4359

Columbia Bars

Even though you are a medical student, don't forget that you have to take time off in order to maintain your sanity. For those of you so inclined, Columbia has a bar or two for everyone. If you feel like hanging out and tossing a few down, taking a hot date out, dancing the night away, or even getting sloshed, Columbia is the place to be. All drink specials are subject to change at the bars' discretion. As always, the place to be is where the drinks are cheap.

- **Addison's** – Around Cherry & 7th, this is not only a great restaurant but also a great bar. One of the bartenders, Dave, is full of personality and also painted all of the paintings in the establishment. This is also a great place to take a date. They have happy hour every evening after 10pm with 1/2 price appetizers and \$2 pints on draft beer (and they have really good beer – think New Belgium - on tap!)
- **Campus Bar and Grill (Big 12)** – corner of Elm and 9th. The great drink specials here make this a great place to go any night of the week, and the multi-TV environment is ideal for the sports connoisseur. With a double-level patio and a Cheers-like bar, it's an original bar for Columbia.
- **The Blue Note** – 17 N. Ninth St. A great venue for all sorts of live music.

- **Broadway Brewery** – 816 E Broadway. A great place to relax and enjoy a locally brewed beer. They also have a full line of domestics and drink specials throughout the week. The owners get their ingredients locally and the food is great.
- **Buffalo Wild Wings** - As the name implies, they have wings here. Not a bad place to watch a game with their huge TV and multiple spawn of smaller TVs. Located next to the Hy-Vee at 505 E. Nifong.
- **The Deuce** – Can you say fun in a nutshell? With sand volleyball, washers, great drink specials each night, and no cover if you show up before 8 pm...how can you really go wrong? Location: behind 3700 Monterey Dr.
- **Fieldhouse/Willie's** – 1105 E. Broadway- Fieldhouse is more bar-like in the front and more club-like in the back. The dance club is usually wall-to-wall with underclassmen. \$1 bottles on Tuesdays and \$10 bottomless cup Fridays are longtime specials. Owned and operated by the same group as Willie's next door, they open the doors between the two bars at midnight every night so everyone can mingle! The air conditioning sucks though, which makes it pretty hot.
- **Flat Branch Pub and Brewing** – Columbia's microbrewery! Excellent variety of microbrew beer and scotches. Good patio and good food. Patio fills up quickly when it's sunny. Great place to go if you want a laid back night. 115 S. Fifth St.
- **Harpo's** – 29 S. 10th St. Probably Columbia's best-known landmark after The Columns, Harpo's is full of Mizzou sports memories as well as occasional former athletes. It's a favorite spot for returning alumni, especially before and after Mizzou sporting events. Thursday night is quarter draw night at Harpo's, which transforms Harpo's into a wall-to-wall party. The deck upstairs is a great spot to enjoy a sunny afternoon. If you want a piece of the goalpost after a big football victory, the cops block off the street outside Harpo's until it's hacked up for the fans.
- **The Heidelberg** – The Berg is a longtime favorite of undergraduates at Mizzou. The Berg is a restaurant that doubles as a bar at night, complete with an upstairs patio that is wonderful in the evenings. This is the place to go if you're looking for a chill night.
- **McNally's** – Columbia's only "Irish Pub". It's probably the best spot in town if you're a Guinness drinker. Located on the north side of Broadway, on 6th Street, next door to Tropical Liquors.
- **On The Rocks** – On the Rocks is one of the newer bars in Columbia and is located at 10th and Broadway. Hang out in one of their booths or in the cozy couch area while enjoying a beer or the martini specials.
- **Gunterhäns** – A German-inspired pub with an amazing beer, whiskey, and wine selection + the BEST pretzels. They have happy hour deals every night and a great patio + vibe overall. Located on Hitt St by Uprise Bakery/Ragtag theater.
- **The Social Room** – 220 N 8th St, Columbia, MO. If you like to go out and dance then we definitely recommend this place! It is a popular place with a college bar atmosphere. Not to mention, after you are done dancing, you can make your way to their kitchen and order some pretty sub-par food up until about 1 am.
- **Rooftop Bar at The Broadway** – 1111 E. Broadway. Located atop The Broadway hotel, this place has great views of the Columbia skyline. Recently opened, many are still eager to check this place out. As expected, it can get pretty busy in good weather.

- **Shiloh** – This is the place to be Friday and Saturday nights during football weekends. Alumni flock back to this place like the swallows of Capistrano. Everywhere you turn you'll find long tubs of iced-down Budweiser long necks, and if the temperature has taken a turn for the worse they'll break out the heated tents for your comfort and convenience. During the winter months the popularity of this bar wanes a little, but with the return of summer the patio and the lure of live music once again make it a popular spot. Located on 6th Street, just north of campus. You can't miss it.
- **Logboat Brewing Company** – Logboat brewery was one of the go-to spots for the class of 2024. We even had a St. Baldrick's fundraiser here this past year! Overall, they have great beer and an even better atmosphere. The seating can be a little limited sometimes, which is the only downside to this brewery. Also, there are typically food trucks outside.
- **Teller's** – This is more of a "nice outfit" type of bar, so no, you can't wear your scrubs fresh from anatomy lab. They do martinis, wine, beer, and alcohol, with nice chill music in the background and art on the walls. It's a nice place to take a date for a cocktail and the food is pretty good, too. At the corner of 9th and Broadway.
- **Tropical Liqueurs** - Now this isn't really a bar, but this is the place for that kid in you who could never get enough of QuikTrip's slushee quarts. Of course these slushee drinks have a little kick to them. I think they have fifteen to twenty different drinks ranging from your typical frozen piña colada to their very own 57 Chevy. Unfortunately the drinks are expensive, but every once in a while they're worth it. Located at the corner of Broadway and Third Street Trops on Providence and Nifong.
- **The Winery Le Bourgeois** – One of the most loved drinking spots in Columbia (although it's not really in Columbia, but rather fifteen minutes away in beautiful Rocheport). The A-frame sits along the bluffs of the Missouri river, giving you a spectacular view. It is the perfect place to go on a sunny afternoon. Sit back, relax, have a basket of cheese and sausage, and drink a lot of wine after your hard day of ...studying?? This is one place you will come to love and cherish.

Columbia by Foot

If you are a runner, Columbia is a great place to be. As a city, Columbia is both safe and runner friendly. Few roads are without sidewalks, and there is an even distribution of hills and flat land. If you prefer road running, I suggest starting on the MU campus and making your way downtown as you get to know the area better.

If you prefer trail running, the KATY TRAIL STATE PARK is a 200-mile fine gravel trail that runs through Columbia. It is flat and well marked (every 1/2 mile) with entrances at Providence Rd., Forum Blvd., and Scott Blvd. If it is nature you crave during a short run, there is a small nature area (2 mile loop) located next to the Katy Trail at its Forum entrance. Most of the trails are dog friendly, and even have doggy bags located at the entrance for you to clean up after your pet. Also at the Forum entrance to the Katy Trail (about 1/2 mile to the left of the parking lot at Forum) there is a leash free park that runs along the side of a small lake – my dog always has a blast meeting new friends and scaring the turtles back into the lake. For a more difficult trail run with rough terrain and plenty of hills, try ROCK BRIDGE MEMORIAL STATE PARK. This is located 7 miles south of Columbia on MO highway 163 (for more info, call 573- 442-2249).

For you racers out there, the Columbia Track Club (CTC) (874-2407) is one of many organizations that sponsor runs throughout the year. If you want to become a member, the cost is \$15/year. As a member, you receive a monthly newsletter, a race calendar, and registration forms for upcoming events.

Last, but not least...running apparel. The best store in town is TRIATHLETICS, which is located off of Forum Blvd. on Chapel Hill Rd. They have the best selection of shoes and running gear as well as bikes and cycling equipment. In addition, they have current race information and registration forms available at all times (the owner is also the president of the CTC, I think).

Columbia's Best Kept Secrets

One of the best places to start out in your search for some peace and quiet is at **Rock Bridge State Park**. Take Providence Rd. south past Nifong until you reach Hwy 163. At the stoplight, turn left and continue for a few miles. Eventually, you will see two exits for the park. The first exit has access to BBQ pits, a small playground, and a few trails. The second exit is the main access to all the trails where you can walk or bike. The most well-traveled and well-marked trail is inaccessible to bikes. It provides access, oddly enough, to a natural rock bridge as well as a rather dubious sounding cave by the name of the Devil's Icebox. During the fall, you can receive guided tours of the cave, but be prepared to get muddy. This is a good place to go during the week, but on the weekends it might be a little crowded if privacy is your main concern.

Another place just outside of town is called the Pinnacles. It is a privately-owned, but publicly-accessible park containing several trails and some picnic areas. The centerpiece to this little beauty is a series of rock formations bearing the name of the park. This is quite possibly the best place to view a sunset in the Columbia area - make sure to take a camera. The Pinnacles are a ways out, but well worth the trip. Take 63 about 15 miles north of Columbia past the I-70 interchange. Eventually, you will come to the top of a hill and see a sign for Silver Meadows Girl Scout Camp. Make a right here and continue on as the road bends to the right; it will take you straight into the park.

Equally as famous among locals is the Big Tree. Take Providence south, 10 miles after you pass the Rock Bridge stoplight and burn through the bustling berg of McBaine, MO, you will see a large oak tree on the right side of the road. It is pretty distinct, as there is a large painted rock in front of it and a gravel loop where you can drive around it. The Katy trail also passes right by so it makes for a fun bike ride on the weekend!

Within the city limits, Capen and Grindstone Park provide areas for hiking, rappelling, and mountain biking. The parks are less than a mile from campus and access to both can be found about 1/4 mile south on Rock Quarry past Stadium.

If fishing or swimming is your game, Twin Lakes offers a great opportunity to do both within the city limits. Located just off of Chapel Hill Blvd., one lake is fully staffed and fenced off for swimming, while the other is stocked with fish & turtles, and also has a boat launch for small craft.

Located on the northernmost edge of Campus you will find **Peace Park**. This area was dedicated after the Kent State shooting in the 60's. Within its boundaries there are plenty of trees and some nice bench views.

Last, but certainly not least, are the **Columns**. I'll give you the freshman tour version first; "the Columns were part of the original Academic Hall which burned down in 1898 and all that is left standing of the original structure..." Tour guide mentality aside, they are one of the most beautiful and popular places on campus.

THE NEXT FOUR YEARS

A Four-year Overview

You are embarking on the long road which, in four short years will culminate in a 40-foot walk across a stage to receive the coveted medical degree. Like most students, you may be wondering what important dates stand out amongst the vast amount of “stuff” that is going to be crammed into your brain. This section will provide an overview of what the next four years will bring. Academic calendars can be accessed at: <https://medicine.missouri.edu/student-resources>

First Year

Your life will revolve in ten-week chunks of time called “blocks.” There are 4 blocks per year, and each block consists of eight weeks of class, one week of tests, and one week of rest.

July 25 - September 23	Orientation + Block 1
September 26 - September 30	Block 1 Exams
October 3 - 7	Block Break
October 10 - December 2	Block 2
December 5 - 9	Block 2 Exams
December 12 - 16	Block 1 Remediation
December 19 - January 1	Winter Break
January 2 - February 24	Block 3
February 27 - March 3	Block 3 Exams
March 6 - 10	Block Break
March 13 - May 5	Block 4
March 28 - April 1	Block 2 Remediation/Spring Break
May 8 - May 12	Block 4 Exams

Orientation: Orientation is great, not only because you will be getting to know the people who you will be spending the next four years with, but also because the M2s will be putting together events in an effort to get to know you. Take some time this week to enjoy yourself because school will start in full swing. Make sure you have all the little things in order such as establishing bank accounts and finding your grocery store, and it will make your transition a whole lot easier. Remember that during this week you will also be meeting a lot of M2s. If you have any questions ask the M2s!

First day of school: You are sitting with seven other nervous people in PBL generating learning issues and coming up with differentials such as, “I think he has an infection”. Don’t stress too much. Everyone is just as nervous and you are going to be GREAT!

January – April: Time to apply for summer research opportunities and clinical externships. The deadlines for many of these programs are surprisingly early. Some may even be in

December, so make sure to check your email for some of these opportunities. The Dean's Office provides the listing for summer research projects. *Don't worry about research during Block 1, focus on studying and passing before moving toward extracurricular.*

Second Year

Your life continues to move in ten-week chunks; there are only four more blocks to go! You've returned from a summer of bliss or research, and hopefully you have not forgotten all the knowledge you so painstakingly stuffed into your brain.

Step 1 was recently made pass/fail, so we aren't sure how this will change the timeline. Below is the timeline that students stuck to in the past when there was a score associated with the test, but this may change. I have heard that some students recommend taking the test earlier, but overall, I am unsure what this will look like. I would suggest asking some M2s about what they plan to do in the Spring of 2022 so that you have the most up-to-date knowledge!

February: Bring your checkbook – it's time to register for Step I of the boards! The test is \$645.

The test is divided up into 7 one-hour testing blocks with an allotted 45-minute break.

This is also when you will be informed of the rotation lottery.

Late May/Early June: The USMLE Step 1!!! Results come back in 4-6 weeks. Between year two and year three you have 4 weeks off. You have this time to take the boards, so choose if you want more study time or more vacation time before rotations.

Third Year

Blocks are now 8 weeks (instead of 10). You no longer have a week of exams, but you also do not have a week worth of vacation in between rotations.

Again, this may change with Step 1 becoming P/F. Step 2 is going to have an elevated level of importance since it will be one of the only objective measures of your ability. Stay tuned for more updates as the class of 2024 navigates the new system.

Late April or early May: During this time, you will register for the USMLE Step 2 and register for your senior electives. USMLE Step 2 is a clinical knowledge exam (Step 2 CK). The test is divided up into 8 one-hour testing blocks with an allotted 45-minute break. This test is expensive (\$975) so plan accordingly. You will also be told about the Dean's Letter and the Electronic Residency Application Service (similar to AMCAS).

Fourth Year

Well, you have finally made it! You are a little wiser and your white coat is a lot dirtier. Unlike your third year, you can actually schedule vacations during your fourth year. You are only required to take eight months of rotations, although most students take as many as they can.

June - July: Contact the people from whom you want letters of recommendation, begin thinking about starting your MSPE (Medical Student Performance Evaluation, aka Dean's letter), and consider places you want to apply to for residency. If you're not familiar with FREIDA, now would be a good time to start.

June – November: USMLE Step 2 CK

Late summer/fall to mid-December: Residency applications

Mid - September: Finish MSPE Dean's letter

October 1: Uniform release date of the MPSE/Dean's letter. Keep in mind that you should apply to programs before this date. Most places will accept a cover letter informing them that your dean's letter will follow.

November 30: National Resident Matching Program Applicant registration deadline

Late November – January: It's interview time!!!

December: Military Match Released

Late February: Rank order lists are due from candidates and programs. If you are doing a couple's match, make sure to discuss this by October as this gets rather confusing.

Mid-March: Match results released. A little later that same day: BIG PARTY!!! For those students who do not have a Match, there is a Supplemental Offer and Acceptance Program (SOAP) which assists students in obtaining a Match in an unfilled program.

Mid-March to mid-April: Programs/applicants mail and receive letters of appointment.

May: You graduate!!!

(Note: You will receive another guide before third/fourth year explaining this in more detail.)

Year 1: Block by Block

BLOCK 1

Block one is your introduction to the medical basic sciences. Courses include biochemistry, cell biology, molecular genetics, histology, and gross anatomy. You will also be learning how to empathetically take a patient's history in Introduction to Patient Care (IPC). You may want to save some cash on books by picking up what you need at the Orientation Book Sale during orientation/the first week of school. If you have no idea which books to buy, ask an M2 or check out the Books and Supplies section.

Block one will probably be your first experience with the proactive style of Patient Based Learning (PBL). Efficiently learning from this style may be a constant struggle throughout the year. There are vastly different opinions about the PBL process and what makes a successful PBL student. A common opinion is "you get out what you put in." You may think that this is trite advice, but if you master the knowledge required by the learning objective, your group will be able to intelligently discuss the testable learning issues and the facilitator will be more likely to add valuable insight to the conversation.

While not mandatory, try to attend a few of the various interest group introductory meetings. They will educate you about potential extracurricular activities with peers and they're a great way to score a free lunch.

Ideas on studying

If objectives are listed on lecturer's handout, know them. That is a good way to measure if you know the material. If you can get in the habit early, look over lecture material the same day you had the lecture. Then by the end of the block when you really start studying, you will have been over it already. If lecturers provide/recommend practice questions it is usually a good idea to take a look at them. Also, don't be afraid to contact professors if you are having trouble with something. Most of them are more than happy to be asked for help. For PBL, make sure you

understand the faculty objectives. Each weekend try to go over the case and objectives, especially with someone not in the same group as you.

Anatomy

For anatomy, you must know not only where things are located but also specifics like blood supply and innervation. On the bright side, they don't make you memorize little details like insertion points and origins. Labs and lectures don't start until a few weeks in, but start studying early and save yourself some pain later. Instead of everyone looking up all these secondary points, split it up among your group. Have each person take a week of anatomy and type a handout with the information needed for that week and share amongst your group. Lectures help you understand material, but you don't have to know all the extras they throw in. Just know what is listed on the handout and the secondary points mentioned on the syllabus. You can also go into anatomy lab on your own time to study. Be sure and look at several donors since there are individual variations and you must be able to recognize structures on donors other than your own for the exam.

Histology

Every exam starts out with 20 histology questions from 8-9a. The exam will have questions from lecture as well as pictures from the atlas that Dr. Duff will give you. He also provides you with videos from Dr. Kraus, which are quite helpful. Watch the videos (1.5 or double time will make the time pass a little faster) and maybe some kind souls in your class will make PowerPoints or quizzes to help you study. Remember you won't be tested on the pathology presented – only normal appearances. Overall, if you study the material he gives you, you will do well on this portion of the exam.

Biochemistry

Know the pathways and important regulatory enzymes. **Practice writing out the different pathways and their enzymes.** Know in which steps ATP is produced or used and know the effects of insulin and glucagon on different steps. You don't have to know many structures, but try to know the groups that have similar side chains and examples of each. It is probably a good idea to know the structure of basic sugars. Understand key concepts like K_m and V_{max} . For specific diseases mentioned in lecture or PBL, know which enzyme doesn't function properly, the genetics involved, and which problems can be expected as a result.

Pharmacology

Know the specific mechanisms of action discussed in lecture or PBL and general concepts like therapeutic index, first pass effect, potency, efficacy, etc. You do not have to know every individual drug or the exact manner in which drugs are approved.

Molecular Biology and Genetics

Know the complexes involved in steps of protein synthesis, transcription, and translation. Know how phosphorylation affects enzymes, properties of DNA structure, and basics of molecular techniques such as RFLP and PCR. You need to know specifics on replication proteins, what they do, different polymerases for prokaryotes and eukaryotes, as well as concepts like recombination and specific differences between prokaryote and eukaryote RNA. For transcription factors and tumor-suppressor genes, know the important ones emphasized in lecture. Understand inter/intracellular signaling and major differences between receptors.

IPC

You will spend lots of time role playing and practicing your interviewing skills. Basically, ask open-ended questions, follow up on what patients say, listen, summarize, facilitate with body language. Most lectures follow the book and emphasize common sense. Understand the biopsychosocial model, know differences to consider for geriatric, adolescent, pediatric patients. Understand confidentiality, ethical considerations, and ethics definitions. Know how to ask about health habits in a non-confrontational and non-judgmental way. If you are lucky, someone in your class will make a study guide and/or Anki deck for all of this information. This makes life much easier for exam week.

You will also have a standardized patient you will have to interview during exam week. This is graded satisfactory/unsatisfactory.

Clinical Reasoning exams (CRE) – Monday

Clinical Reasoning exams may be terrifying the first time you take them, and that's ok. Everyone is terrified, so you are not alone. It may be helpful to go over the old PBL cases, specifically history, physical and labs, as well as the objectives that focused on differentials and lab/diagnostic test findings.

During the exam, synthesize the information given, display logical reasoning, support your thinking and you will probably do better than you think, even if you miss the diagnosis. Most people finish the block one CRE feeling that they failed. You will be stressed, but it will be ok!

Every student always plans on studying right after this exam is over because it is on Monday and you have two more large exams ahead of you, but you are going to be exhausted. So, give yourself a small break and then try to study again.

IPC exam – Wednesday

It is not difficult to study for IPC and most of it is common sense. You should study the lectures because many of their main points are covered. Make sure to practice taking a patient history until you are comfortable so that the standardized patient portion of the exam is straight forward.

Knowledge based exam (KBE) – Friday

This is a multiple-choice exam based on everything from PBL and lecture. You do have to apply your knowledge for the questions, but most of the questions for block 1 are still pretty straightforward – this will not be the case for the other blocks, but we can talk more about this another time. Anatomy practical makes up 15% (30 questions) of the 200-point exam and histology about 10% (20 questions).

BLOCK 2

You survived block one! Congrats! But now is not the time to start getting “comfortable.” Unlike block one there is not one main topic, but FOUR: **pulmonary, cardiac, renal, and GI physiology** -- do not wait until week six to start studying. It is a pain to start right away, but with the amount of material in this block it is important to keep up with the lectures and the cases.

You also need to know that this block is a little different than last block in that instead of just memorizing things, you actually have to understand and apply the information. It may be useful to study the information by yourself first and then meet with a small group of people to

talk about it. This may help you remember everything a little better. Gross anatomy may take up a bit more of your time this block. Know the cross sections, too. As far as histology goes, watch the videos just like in block 1.

In terms of resources, the textbook entitled *Physiology* by Costanza, should be your best friend. It has sections on each of the four main topics, and it will help a great deal with the exam.

IPC

IPC this block is much more fun. It is up to you to buy an otoscope/ophthalmoscope set, but it is really not necessary. You do not need it for the test, and you will have access to them in all the clinics. It may be a good idea to get a Mosby's Guide to the Physical Examination if you don't already have it. At the end of the block, in addition to the IPC exam you will have a practical IPC test which you perform on a standardized patient.

ACE

This block you are introduced to **ACE** where you will get dressed up in your crisp white coat and work with a doctor for three sessions (three hours each). It is a great time to practice your interviewing skills and try the physical exam. Don't be afraid to jump in and to have fun!

BLOCK 3

Block three emphasizes neuroscience and neuroanatomy. At first, the information seems very overwhelming but as the block progresses, the pieces of the puzzle will start fitting together. In this block, make sure to also pay attention to the neuro section of First Aid.

Anatomy

The anatomy for this block includes gross anatomy (brain sections are provided), overheads and histology slides. The presentation of anatomy this block will seem disjointed and jumbled, but the key is that there are pathways linking everything together. **Make note of these pathways and study them from the start.** Use a brain atlas, make your own drawings, or make flashcards, whichever method works best for you, but start memorizing the pathways early. You will also learn the functions of and how to test cranial nerves, and what happens when there is a lesion. It is critical to memorize the cranial nerves, their functions, and how to test each one.

IPC

For IPC, you will learn more interviewing skills, but these will focus on topics such as delivering bad news, alcohol abuse, physical abuse, child abuse, and other sensitive topics. This IPC block is emotionally taxing and is hard for some to get through. There will be more role- playing and standardized patient exercises. Relax, by now you've figured out how (or how not) to study for IPC. The exam will consist of a multiple-choice test and a standardized interview.

BLOCK 4

Here comes immunology, endocrine, and reproductive systems with some microbiology mixed throughout. There are going to be lectures including a lot of each. Don't worry, anatomy and histology will still be there as familiar questions.

Anatomy

The anatomy for this block focuses on the lower leg and pelvis, including reproductive organs. The pelvis is the most difficult part and should be a large focus in your anatomy studies. You may find that YouTube videos or anatomy apps are helpful in visualizing this information, though you should be cautious of misinformation that these may provide.

IPC

IPC has switched from talking about sexual tendencies (third block) to doing statistics and learning epidemiology...a rough trade.

As the last few weeks of this block can get pretty hectic, start planning for your LAST summer early. Trying stuff like international study/work is definitely worth doing, and funding can be found if you start early on. Also, consider running for an office in a club for the upcoming year; most clubs seem to be run by M2s.

Summer Vacation

The long and arduous journey known as the first year of medical school is over and never has the letter “S” meant so much to you. Since this summer will probably be the last summer that you are in complete control, do whatever you want to do. In the early spring there will be a meeting describing all the programs available. So what to do, you ask? Options include:

- Research (clinical or basic science) (8 weeks)
- Family Medicine Summer Experience (4 weeks)
- Department of Medicine Summer Externship (4 weeks)
- Springfield Summer Clinical Experience (4 weeks)
- Rural Track Internship (6-8 weeks)
- The annual SIGHT trip (2 weeks)
- Mini Med school counselor (2-3 weeks)
- Orientation Week Leader (2-3 weeks)

*****Each of these, except for the SIGHT trip, is funded. If you need money for the summer, or to get in-state tuition, these are great options to look into.**

More information at: <https://medicine.missouri.edu/education/medical-education-curriculum/learning-experiences/summer>

Also, do not be afraid to look into programs at other schools. Other students have done internships at places like Washington University in St. Louis and the NIH. Ask around to see what other students have done with their time.

While this is technically your last free summer, students are encouraged to do something productive with their time. This is especially important since Step 1 has been made P/F. Another great benefit in doing something in the field you are interested in would be to get to know faculty in that field. It is never too early to get your name or at least your face recognized by the people who will eventually write you a letter of recommendation for a residency position. If you are unsure of a career choice after M1 year, as a lot of students are, use this summer as an opportunity to explore different fields. Some students decide to take the summer off, but it never hurts to continue your education any chance you get.

Clinical and Basic Science Research

The general approach to obtaining a clinical research project utilizes the resources of the OME and your ability to independently seek out interesting projects. The OME offers summer programs similar to those offered for basic sciences. The basic rule is to examine the list of professors offering summer opportunities (generated by the OME through redcap), pick a few topics which spark your interest, and contact the appropriate professors. You can seek out projects independently outside of the OME by speaking with professors who may be interested in sponsoring you off of their own grants. As always, the earlier you start the better.

The rewards of clinical research are many. One of the biggest rewards is in establishing a relationship with a mentor. This mentor can be vitally helpful during the next three years of your medical education. The other reward is that you have advanced the scientific study of medicine (possibly even through a publication).

Basic science research is another option. Really, basic science research is about using the knowledge that you gained over the last several months to solve problems or understand the way things work. A summer of basic science research is an opportunity to let humanity get some good out of the vast scientific knowledge that you have accumulated, and it is a chance for you to explore your ability to think outside the box. Just give basic science a chance: read through the list of possible mentors and projects and see if anything interests you, and then enjoy a summer of using that scientific knowledge you always thought was useless.

AHEC Sponsored Programs

In 1995, the University of Missouri-Columbia School of Medicine began a long-term effort to increase the supply of physicians for rural Missouri. Known collectively as the Rural Track, the effort includes 1) **The Bryant Scholars Pre-Admission Program**; 2) a two-month **Summer Community Program**; and 3) a six-month program of **Rural Clinical Rotations** during third-year. While Bryant Scholars are given first preference, anyone is eligible to participate in the Summer Community Program and Rural Clinical Rotations. Preference is also given towards those students expressing interest in rural practice.

These programs are great for getting some real hands-on experience and have been increasingly popular each year. The Summer Community Program takes place the summer between your first and second years and allows students to live in a rural community for six or eight weeks (summer break is usually 12 weeks long). A typical student can expect to see about 750 patients, with involvement varying from observation to independently taking histories and physicals and then reporting to your preceptor. The Rural Clinical Rotations allow 3rd year students to complete half of their core clinical rotations in a rural setting. By alleviating the Attending physician-Fellow-Resident-M4-M3 totem pole, the program allows for more autonomy, a more diverse patient population, and greater one-on-one teaching from an experienced practitioner than is possible in rotations at the UMC campus.

Year 2

So, you finished your first year of medical school. By now you are a pro at PBL and have mastered the art of objectives. Second year is pretty much the same, but with a few changes:

- PBL is now only two afternoons a week, Tuesday, and Thursday from 1-5PM (though you may often finish early), leaving plenty of time in the mornings to get that objective done, run some errands—or sleep
- Pathology labs will be added to the mix. More information on these as you approach second year.
- In terms of testing, the KBE will now only be 180 questions.
- IPC will focus more on radiology (CT, ultrasound, etc.) and reading ECGs - make sure you keep up with the material!

Second year is a great time to get involved in activities—you'll notice during your first year that those second years seem to be everywhere—running meetings, organizing events, eating your PBL breakfast. There is a lot of opportunity to participate in numerous different groups and events if you are interested.

Year two also brings a bit of concern as the boards approach. Things may get somewhat stressful while you are studying, but keep in mind that judging from Mizzou scores, our school prepares us pretty well for the boards. To ease the stress and anxiety of getting ready for boards, spend some time talking to M3s and M4s about their choices and above all don't get too frustrated. Flexibility is the key!

Overall, second year is great. You know your way around (although it's amazing how many shortcuts you'll still find), you know your classmates a little more (for better or for worse...), and you are more familiar with the routine.

Year 3

This is it. A taste of the big time! You've spent two years cracking books, researching medical problems, sitting through lectures, and teaching each other in the patient-based curriculum. Now it's time to put that knowledge to work. You get to play doctor!

Nothing can totally prepare you for the start of your third year. But, you will have the basic fundamentals behind you and First Aid for the Wards with you. You just have to apply your knowledge and remember that learning is a life-long process. If you knew everything already, you wouldn't be here. That attitude will make you feel a lot better the first time some overworked, stressed out resident yells at you for something you didn't really know you were supposed to do. Let it roll off your back.

Third year is really exciting. The first day you walk on the wards is terrifying because you just don't know the system. You'll probably open up the door to the broom closet at least once, thinking it's your patient's room. But within one week, all of that is old hat and you'll be quite the professional at obtaining information. You'll soon be able to concentrate on learning about your patients' diseases and personal problems. And no patient history is complete without asking about personal problems.

Some basic information to get you started. Your routine everyday for the most part will be to come in to see the patients assigned to you and look up their labs, x-rays, etc. This is called pre-rounding. You will then present this information to your residents and decide on a plan for the day for the patient. This is work rounds. Generally, you will then have a lecture and then attending rounds where you present your patient to the faculty doctor. Attending rounds are an

excellent opportunity to learn because they can teach you things you can't find in books. Your call schedule will vary from rotation to rotation, but the residents don't bother you for every call they get from the nurses, and they generally try to make sure you get as much sleep as possible. Also, do not forget to eat during those long hours on call. You do not want to be that medical student that passes out in surgery, hits their head on the instrument tray, and ends up getting 10 stitches.

Inevitably at some point during your third year you will begin to think about doing rotations away from MU. There really is not a good or bad time to start looking into programs, and most places do not have a set time during which you have to apply. The competitiveness of the program usually determines how far in advance you need to schedule a slot. Talk to people who may have done away rotations to get a feel for when to apply. If you know where you want to go for residency, do a rotation there and make a good impression.

Year 4, Interviews, and The Match

This is the fun year: your one and only chance to actually have some say over the electives you are going to take. You also can do almost your entire fourth year anywhere in the country (as long as you're approved by an accredited medical school and by our Dean's office). Hopefully, by the time you've finished your third year, you have some idea about what specialty you want to pursue for residency. Most people choose to take their Sub-I's (sub-internship) early in their fourth year. A Sub-I basically means you're supposed to act like an intern, but nobody will take your orders without getting them cosigned by a physician. Some people do their Sub-I's in different areas of the country in the hopes that it will help them when it comes time to apply for residency. This is the time to start asking for letters of recommendation for ERAS.

I'm sure you're wondering, what is ERAS? It's the electronic database into which you enter your letters of recommendation, personal statement, and application information. and you C.V. (i.e. a resume). Basically, ERAS is a database that holds all the information you need to apply for residency. The system does cost money, and the more schools to which you apply, the more money it costs. After your application is submitted, you will be contacted for interviews.

Most people interview in December or January. You usually end up taking one of these months off, and taking an easy elective the other month so you can travel. You will spend lots of money during the interview process, especially if you are trying to get one of the more competitive specialties (derm, plastics, urology, etc.).

In February, you turn in your rank list of all the schools which you would consider going to for residency. Obviously, you rank them in the order you would like to go to their program. The programs also rank the people they interview. If you rank a program, and that same program ranks you, you go there. They start with your number one choice and work down the list. This is a highly simplistic explanation; you can read the details on the website when the time comes.

The Dean's office finds out on a Monday in mid-March if you "matched." If you did not match, you can use the SOAP program to obtain a position and have two days to get into a program with an open spot. Letters go out on Friday (Match Day!) telling everyone where they matched and in what specialty. You're allowed four months off total your third and fourth year.

The Boards

Throughout your first year you will undoubtedly hear the M2s making several comments about their impending doom. And the "gunners" in your class will most likely be worrying about boards by week two, buying every board review book in sight. What are boards? Well, officially "the Boards" are a three-step process of becoming licensed to practice medicine. You'll hear about Step 1 and 2 during medical school, then later on in residency you'll discover Step 3. Boards are put together by the USMLE (U.S. Medical Licensing Exam).

Step 1 is taken in June after your second year, just before your M3 year begins. It used to be a big, hairy, all-day exam that supposedly covered everything from your first two years. As of 2022, it switched to a pass/fail exam; you will get a score yourself so you know how well you did, but the only thing that will be reported to residency programs is P/F. The test is computer formatted and takes seven hours (one day). A passing score (185) equals somewhere between 55-65%. Everyone always gets worked up over boards, and somehow your entire class will disappear from the face of the earth between the end of M2 exams and boards. A study showed that 70% of students come out of boards thinking they failed. Luckily the real numbers are only around 4-5%. Historically, MU has done fairly well on boards, with less than 2-3 students failing each year.

Step 2 of boards is taken during your M4 year. The content of this exam focuses on your M3 year clinical core curriculum. It seems that the M4s don't worry nearly as much about Step 2 as they did about Step 1, since they've already been grilled on it day in and day out for nearly 365 days straight by attendings and residents. This may change though with Step 1 going P/F. Step 2 will be the only objective measure that residency programs have, so it will be much more important to well on Step 2 compared to before.

There is now only one part to Step 2: The Clinical Knowledge portion – Clinical Skills has since been removed. Clinical Knowledge is similar in format and scoring to Step 1—it is computer based and can be taken locally. Step 3 isn't really even worth mentioning here, since it is taken during residency.

So how should you prepare? Relax. You're an M1. Don't stress about it, and enjoy life! It wouldn't hurt to buy a few Board Review books to glance through every once in a while during your first year, but definitely don't cancel your weekend plans for a 48 hour study session. The M2s have an annual book sale near the beginning of the year, where you can pick up a few cheap books and some helpful hints. If you really think you need to start now, get a copy of First Aid for the Boards—everyone gets it.

And what if you fail? There is no limit on the number of times you can take boards. You don't get kicked out of med school for it. However, **you must pass Step I before you enter your M4 year, and you must pass both Step II exams before you graduate.** And if you fail either one more than 3 times, the Missouri Board of Healing Arts won't let you practice in Missouri. Make-up exams are offered year-round for both Steps 1 and 2. There are plenty of study courses you can take if you are really having problems—you know, Kaplan and the like. Good Luck!!!

Step 1

After taking Step 1 you'll realize that it's not really as scary as you thought it would be. Our medical school does an incredible job of preparing us for the type of questions that will be asked. My best advice is to check out the list of highly rated review books in **First Aid for Step 1**. For second year it's always good to review the normal physiology of something while you are

learning the pathology. You really don't need a lot of extensive review material. One or two of the review books listed in *First Aid* is fine. I personally like the High Yield series for most things. The BRS books are better block companion books and are a little too long for quick board review, but good to have around if you need to re-learn something. Other students like the style of Underground Clinical Vignettes and the Ridiculously Simple series. Take a look through some of the books at the bookstore and decide which style you think will work for you. Most importantly don't try to review too in-depth. It is NOT necessary to review every lecture and objective you've had in the last two years. Concentrate on the "Key Facts" section of the First Aid book and you will be fine. When you start studying depends on your style and how well you would like to do. Three weeks of hard-core studying is sufficient. If you don't want to put in 8-12 hour days for three weeks then take a little longer. It is NOT necessary to defer a block to study for boards unless you have extenuating circumstances that keep you from going hard core. The best advice I can give you is to relax. Our entire curriculum is built around board preparation. Very few of our students fail the boards. A former lecturer once said, "Smart people who study will pass." You are all smart people, so study...you'll pass. Oh, and smart people who go to the book sale save money!

Step 2

Step 2 needs to be taken sometime in your fourth year. Your scores need to be back, and you need to pass it to get your diploma. Most of the information that you need to know is based on your third-year core clerkships. When to take it is entirely up to you. Some people take it early in their fourth year when the clerkships are still "fresh" and to get it over with, while other people procrastinate and take it in March. Just take it before you match, because once you match do you really want to study for this?

Closing

Hopefully, you will remember to look at this compendium when you have questions or are starting to become anxious about exams. The hardest part about medical school is just getting into the flow of things. Once you get the hang of it, you will be fine!