

THE PANACEA

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



Brought to you by the Medical Student Affairs Council

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

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Foreword

To the Class of 2029:

We would like to extend a very 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 your path to becoming a physician, which is something that should be celebrated.

As we all know, this path is not easy. However, here at Mizzou, we want you to know that you are supported, loved, and that 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 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 and relax, as 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 remarkable! 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!**

Blair, Andrew, & Jasmine



Class of 2029 White Coat Ceremony

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Getting Started

Setting Up Your Utilities

Many of your landlords may tell you how to do all this stuff 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**
 - +1 (844) 497-2950
 - 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.
- **Socket**
 - +1 (800) 762-5383
 - This internet service is fiber, and it tends to be one of the pricier options. That being said, it is extremely reliable, and has more favorable reviews than other companies. The website is easy to navigate, just enter your address to see the packages! From personal experience, this company has been wonderful.
- **Brightspeed**
 - +1 (833) 692-7773
 - Brightspeed used to be called Century Link. It is fiber internet, and it is used by some of the apartment complexes. They offer multiple plans with various price points. Check out the website and enter your address to check out the packages!
- **Spectrum**
 - (877) 571-5246
 - This may be another good option, depending on what your preference and needs are. It appears that many of the popular apartment complexes are NOT in their service area. Check out the website and put in your address in the area provided to see what kind of offers they have!

Gas

- [Ameren UE](#) (Union Electric)
 - (800) 552-7583
 - If your home has gas, call and tell them you're moving in. It appears that most of this can also be done on the website. No installation fee or deposit.

Electric/Water/Trash/Sewer

- [City of Columbia](#)
 - (573) 874-2489, 701 E. Broadway
 - You can do the service request online to activate services. 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, because there is a same-day fee. The earlier you set this up the better.

Local Telephone

- Most people just have cell phones, but if you want a landline, Brightspeed (previously called CenturyLink) is probably your best bet. See Brightspeed above.

Parking

If you plan on driving to school, you can buy a parking pass (\$315/semester) for **Tiger Avenue Parking Structure (aka "TAPS")**, located just outside the circle entrance to the PCCLC (near the Emergency Department). This pass will allow you to park on levels 3-6. 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. Most of our books are available!
- 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, and sometimes again at the beginning of each block. 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!

Helpful Third-Party Resources

In our own experience, we have found it helpful to ask some of the upperclassmen about what study resources they have found most helpful. However, please keep in mind that changes are being made, and what worked for us in the past may no longer apply. That being said, if we had to list a few of the most helpful resources for year one off the top of our heads, we 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. **Bootcamp!** – This one's relatively new but has become incredibly popular over the past few years—and for good reason. It's extremely helpful for mastering everything from basic concepts to the most complex topics. If you're a visual learner or someone who learns best through videos, it's an absolute must! If you're trying to decide where to invest your money, I'd recommend Bootcamp a thousand times over. It costs \$399 for two years of access, which will carry you through the pre-clerkship years. However, if you start with the free trial, I believe the price drops to around \$360. You can save even more by splitting the cost with a friend—just keep in mind that there's a 3-device limit, so it's best to share with only one other person.
4. **Boards & Beyond** – the creator, Dr. Jason Ryan, may singlehandedly carry the US medical education system on his back. The videos are THAT good.
5. **Costanzo Physiology** – AKA the Block 2 bible. Solid resource for learning basic physiology.
6. **Clinical Neuroanatomy Made Ridiculously Simple** – useful in block 3. Some love this one, some prefer other sources. We 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, but it's not completely necessary.
- **Resources good for practice problems:** First Aid Cases, First Aid Q&A, BRS (board review series) books, AMBOSS, UMichigan Anatomy

Students who appreciate online videos versus text, love to use Dr. Najeeb, Ninja Nerd, Bootcamp, 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 our class prefer sources completely outside this list. Anyways, these are the resources we found most helpful during M1 year and they worked for us. 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. Our 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, we would not spend the money unless you feel the need to have a home examination kit. We 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
 - <https://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.
- SOM Resource Site
 - <https://mailmissouri.sharepoint.com/sites/SOMStudentResourceSite789-Ogrp/SitePages/Resource-Links.aspx>
 - The SOM Resource Site includes links to the academic calendar, Student Portfolio, Student Health, and more. It serves as a centralized hub for accessing essential services, academic forms, wellness resources, and important updates you'll need throughout medical school.
- MedHub
 - <https://musom.medhub.com/>
 - A guide to using MedHub can be found on the SOM Resource Site, under Resource Links.

Health Sciences Library

The Health Sciences Library is an excellent spot for both long and short study sessions. It offers a variety of study spaces—whether you prefer working solo in a private, cozy hex-pod or drawing out metabolic pathways with a group on the whiteboards. Plus, it's recently renovated and SO aesthetically pleasing! Medical students currently have 24-hr access to the library, but we must scan out and back in at closing time.

Library hours and available resources may change, so be sure to visit the website for the most up-to-date information: <https://library.muhealth.org/>

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.



https://www.google.com/maps/contrib/109430756794103544670/photos/@38.9398006,-92.3287224,17z/data=!3m1!1e1!4m3!8m2!3m1!1e1?entry=tu&g_cp=EgovMDI1MDgwNi4wIKXMDSoASAFQAw%3D%63D

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 LC217 (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. Nathan Beucke** is the Associate Dean for Student Affairs. He'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 him an email or stop by his office! Dr. Beucke's office is on the second floor of the PCCLC and his email is beucken@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. **Jana Lee or Dr. Whitney LeFevre**. Jana Lee is the Program Director, and Dr. Whitney LeFevre is the Assistant Dean for Rural Health and the Medical Director of the Rural Scholars Program. 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 them quite well. Feel free to email Jana Lee at [\[OBJ\]HYPERLINK "mailto:janalee@health.missouri.edu" janalee@health.missouri.edu\[OBJ\]](mailto:janalee@health.missouri.edu) or Dr. LeFevre at [\[OBJ\]HYPERLINK "mailto:wlbfx3@health.missouri.edu" wlbfx3@health.missouri.edu\[OBJ\]](mailto:wlbfx3@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.

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. We had one scheduled simulation that was case-related around week 5. 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. Especially for Block 4.

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.). You will only be assigned ACE for 2 out of the 3 possible blocks (examples: block 2 and 3 OR block 2 and 4 OR block 3 and 4). 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 should I bring to ACE? 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!

Exams

Exam Soft

ExamSoft 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 such as changing the background of your computer. 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 in section A 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 in section B. 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 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 to **AVOID:**

- Getting 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.
- Getting 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!

- Freaking 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.

Studying For Exam Week

Who should you study with? 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 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.

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. Our 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 and the respective objectives 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, but know that this varies person-to-person.

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 should you study? 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. The AnKing deck is the main anki deck used by most medical students and can be downloaded online (I usually just search reddit for a link).
- **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-tasking** – 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:

- Clinical Reasoning Exams → S (Satisfactory - overall)
- PBL and IPC Facilitator Evaluation → S (Satisfactory)
- Knowledge Based Exams → 65%
- IPC Exams → 70%
- IPC Sim Encounter → S (Satisfactory)

In terms of emotional support, there are student mentors who have been in your shoes that you can be connected to if you wish. Reach out to your class's Health and Wellness representatives or Dr. Bagby-Stone for Dr. Bagby-Stone is always available for meeting with students as well.

If you have any kind of disability that may infringe upon your test taking, studying, etc., please let the OME know as soon as possible so assistance can be provided. It is better to take care of this ahead of time!

So, remember, while this may seem like a terrible thing to happen, **you are not alone**, and you are certainly not the first medical student to go through this. We are all here to help, so please do not try to do it on your own. Each of us have unique struggles and life circumstances that we have to deal with while staying 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, and it's also a marathon. 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 (electronically) 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 without mentioning what you heard/saw/did.

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 Medical 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):

- **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!
- **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.
- **The Grind Coffee House** (4603 John Garry Dr, 2601 Rangeline St., & 1412 Forum Blvd, thecolumbiagrind.com)
 - Featuring three off-campus locations and one on-campus location, 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 is known for its late-night hours (especially the South location on John Garry Dr.). It usually only gets crazy busy around undergrad finals week, when it stays open 24 hours.
- **Health Science Library** (library.muhealth.org)
 - This is the place of choice for people who need a quiet place to study. There is seating at big tables or individual cubicles in addition to separate study rooms that students can check out through the front desk. If necessary for your PBL objectives, you can access hard copy medical journals here.
- **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.
- **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.

- **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.
- **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.
- **At 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.
- **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. 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)
- **Dunn Brothers Coffee** (1412 Forum Blvd)
- **Starbucks** (304 9th St., 2500 Broadway Bluffs Drive, and 2901 W. Broadway)
- **Acola Coffee** (300 N 10th St Suite 100)
- **Sage** (11 N 9th St)

Balancing School & Family

The biggest question surrounding marriage and children is “How does one 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! In previous years, 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](#)
- [Bright Star Learning Center](#)
- [Columbia Montessori School](#)

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 a 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.

Thee following is not a comprehensive list. We have 70+ interest groups and student organizations here at Mizzou Med! Keep in mind they fluctuate throughout the years with student interest and involvement.

- **American Muslim Medical Student Association**
- **American Physician Scientists Association (APSA)**
- **Anesthesia Interest Group**
- **Asian Pacific American Medical Student Association (APAMSA)**
- **Catholic Medical Association**
- **Christian Medical and Dental Association (CMDA)**
- **Critical Care Interest Group**
- **Cultivate Health**
- **Dermatology Interest Group**
- **Emergency Medicine Interest Group**
- **Emerging Medicine and Innovative Technology (EMIT)**
- **Family Medicine Interest Group**
- **Finance for Future Physicians**
- **Gastroenterology and Nutrition Interest Group (GaNG)**
- **Geriatrics Interest Group**
- **Global Health Scholars Program (GHSP)**
- **Infectious Disease Interest Group**
- **Jewish Medical Association**
- **Let's P.L.A.Y. Mizzou**
- **Latino Medical Student Association (LMSA)**
- **Medical Ethics Interest Group**

- **Medical Students for a Sustainable Future**
- **MedZou Community Health Clinic**
- **Mizzou AMA**
- **Mizzou Healthcare Pride Alliance**
- **Mizzou Med Musicians**
- **Mizzou Medals4Mettle**
- **Ob/Gyn Student Interest Group (OGSIG)**
- **Orthopaedic Interest Group**
- **Otolaryngology Interest Group (ENTIG)**
- **Path Interest Group**
- **Pediatric Interest Group**
- **Physical Medicine and Rehabilitation Interest Group**
- **Plastic Surgery Interest Group**
- **Psychiatry Interest Group**
- **Public Health and Medicine (PHaM)**
- **Radiology Interest Group**
- **Rural Medicine Interest Group (RMIG)**
- **SIGN: Student Interest Group in Neurology**
- **Sports Medicine Interest Group**
- **Student National Medical Association (SNMA)**
- **Surgery Interest Group (SIG)**
- **Tennis and Pickleball Interest Group (TPIG)**
- **The Healer's Art**
- **Ultrasound Interest Group**
- **Urology Interest Group**
- **Vascular Surgery Interest Group**
- **Wilderness Medical Society**

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.



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 must raise its own money to pay for graduation, which is somewhere around \$10,000.

Class Representatives

- **Committee for Student Promotion (CSP).** The CSP representative is responsible for attending a four-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. This position has a 4-year term.
- **Curriculum Committee.** 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".
- **MUtion.** The MUtion 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. Two students may be elected from each class.

- **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.
- **Committee for Respect and Civility in the Learning Environment (CiRCLE).** Two members of each class serve on the CiRCLE committee. The CiRCLE committee is led by faculty and works to review mistreatment reports that have been submitted by students and decide together how to appropriately respond to these issues with the aim of decreasing mistreatment within our community. The committee also has the charge of educating students, faculty, and staff on mistreatment and the ways in which it can be reported. There is a mandatory meeting for the committee. This position has a 4-year term.
- **MizzouM1GoTo Website Developer.** This position will be responsible for helping oversee the MizzouM1GoTo Website and ensuring that the website remains up-to-date with relevant and recent information. Additionally, this representative will be responsible for consistently evaluating the content of the website and deciding what needs to be added, edited, or improved upon. Those elected will work alongside the president of their

class along with the representatives from each class (M1s - M4s). Two students may be elected from each class.

- **Merchandise/Apparel.** This position will be responsible for designing merchandise and apparel to sell. They will contact vendors to inquire about prices and place orders. Additionally, they will be responsible to pick up the merchandise and pass out to those who ordered. Two students may be elected from each class.

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: This week is filled with loads of important (sometimes overwhelming) information about what to expect in medical school. However, your orientation leaders will plan fun activities after each day to help you unwind and bond with your new classmates. Most nights will include going out to a popular spot in town for food and drinks, so make sure to rally and go to as many events as you can.

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. 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. This did not happen during the 2023-2024 school year, but maybe it will be back. We're not sure!

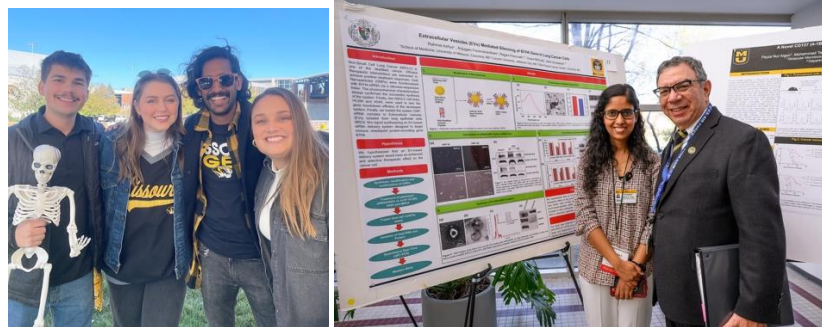
MedProm: This night is sponsored by the M2 class and is a good excuse to get dressed up. It creates a slight memory of prom, but without the pressure to have the best dress, or the anxiety of showing up without a date. Whether you have a date or come on your own, you're sure to have a good time. It will be held in a banquet hall, and there will be food, adult beverages, and dancing. It is held in the spring semester (at the beginning of block 4), 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 KU relentlessly has become one of the tournament's 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 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! This did not take place in the 2024-2025 school year, but who knows, it could come back!

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. This did not take place in the 2024-2025 school year, but who knows, it could come back!



Student-Friendly Places to Eat

*Though we will all be living on a limited budget, here are some of the town favorites! Those in gold font are **must-try spots!***

- **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
- **Bud's Classic BBQ** – Awesome location – right across the street from the quad. Great place to go when the weather is nice, incredible mac and cheese.
 - Location: 304 S 9th St, Columbia, MO
- **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
- **Cafe Poland** – The only true Polish restaurant in Missouri. Authentic pierogis, has been in the same building in Columbia as long as anyone can remember.
 - Location: 807 Locust St, Columbia
- **Como Smoke and Fire** – If you're in the mood for BBQ, this is the best place in town. The original location rivals Joe's in KC and is located in a gas station as well (everyone from KC, feel free to fight me about that).
 - Location: 4600 Paris Road #102 (Original) and 3804 Buttonwood Dr. (South)
- **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)
- **Delia's** - Med Students love Delias. With cheap margs on Thursdays, Delia's is the place to be for Mexican food. Downtown location is smaller and more intimate, while the location by Kelly Farms is great for large parties.
 - Location: 201 N 10th St and 1400 Cinnamon Hill Ln.
- **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
- **Ernie's Café** – Classic college town diner, mainstay in Columbia, will be packed on game day. Two thumbs up for having cheap brunch!
 - Location: 1005 E Walnut Street

- **Flat Branch Brewery** – Not only is Flat Branch the only microbrewery in Columbia, but it is also an inexpensive place to get great food and even better beer.
 - Location: 115 S 5th St in downtown Columbia
- **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. The Pizzeria has some of the best pizza in Columbia.
 - Location: Steakhouse – 2001 W Worley St; Pizzeria – 2101 W Broadway
- **The Heidelberg** – This is the classic colligate bar in Columbia. It 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
- **Irenes** – Tex Mex meets BBQ. Super cool atmosphere, located in the arcade district close to Logboat. It definitely gets 5 stars from me.
 - Location: 711 N College Avenue, Columbia
- **La Bao Asian Eatery** – Trendy new Asian eatery and Bar. Incredible steamed buns and ramen. Located in the same quonset hut as Acola, this one can't be missed.
 - Location: 1009 Park Avenue, 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 vegetarians, 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
- **Med Mex** – Featuring a separated Mexican Menu and Middle Eastern Menu, Med Mex is a great place to go if you're craving shawarma, fresh hummus, or even a burrito.
 - Location: Location: 2609 E Broadway, Columbia, MO
- **Nourish** – Health focused foods such as bowls, salads, and juices. Delicious, but is on the pricier side.
 - Location - 1201 E Broadway ste b, Columbia, MO 65201
- **Pizza Tree** – This is it – the end all/be all for pizza in Columbia. There is no seating inside, so you have to take it to go. Unique flavors, like mac and cheese pizza, changes daily. Make sure to come around Cinco de Mayo for their elote Pizza, cited by many as a top 20 food to try before you die.
 - Location - 909 Cherry St, Columbia
- **Shakespeare's** – While not the cheapest pizza place around, it is the most famous 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 Syrian Kitchen** – Great new hole-in-the-wall type place for Syrian/Eastern Mediterranean/Middle Eastern Food. Best baba ghanoush I've had in town.
 - Location: 600 Business Loop 70 W, Columbia, MO

Places to take Parents or a Date!

The following are more expensive, but worth it!

- **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.
- **Barred Owl** – Where trendy meets elegance. They have a menu that changes almost daily and a butcher shop on site. A food-lovers paradise, definitely somewhere to go before you leave Columbia.
 - Location: 47 E Broadway
- **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 (seafood flown in daily). Unfortunately, it's also one of the most expensive places in town. The atmosphere is as classy as it comes.
 - Location: 1401 Forum Blvd.
- **Cherry Street Cellar** – CLASSY! Innovative food, great service, good vibe. Great place to go with people that have money to spend and enjoy good food. Reservation recommended.
 - Location: 505 Cherry St, Columbia, MO
- **Endwell Taverna** – Very fun and trendy neo-Italian place downtown. Great for pizzas and pastas and for rubbing shoulders with rich and famous of mid-Missouri.
 - Location: 107 9th Street, Columbia MO
- **Flyover** – Great place for new American small plates to share, as well as innovative cocktails for a special occasion. Fun vibes, good times.
 - Location: 212 Grn Mdws Rd STE 9, Columbia, MO
- **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
- **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.

- **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
- **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.
- **Kinkao** – Newer Thai restaurant, great food. A bit more expensive than other Thai places in Columbia, but worth it. Awesome downtown location.
 - Location: 904 E Broadway suite 101
- **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
- **Tellers** – Located in the heart of downtown, Tellers could go on either section of this restaurant guide. Would be a great place to bring a date, but also well known by med students for Martini Monday - \$5 Martinis on Monday nights after 9PM, featuring a unique and extensive Martini menu.
 - Location: 820 E Broadway, Columbia, MO
- **44 Canteen** – A more sophisticated Mexican experience in Columbia, which some may describe as ‘industrial chic.’ Best street tacos in Columbia, fun and innovative drink menu.
 - Location: 21 N 9th Street, Columbia, MO

Dining Near the Medical School

Picture this: you're in the heat of studying for exams ... those first six 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 Atrium 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!!!
- **Downtown** – 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, Dominoes, Pickleman's, Thai Express, Starbucks, Shakespeare's, Dunkin' Donuts, Insomnia Cookies
- **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 Panda Express, Panera, BBQ, Italian, burgers, deli sandwiches, wraps, sushi, and smoothies.

Places of Worship

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 capable 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.

<https://www.visitcolumbiamo.com/section/places-of-worship/>

- **Alive in Christ Lutheran Church**
 - 499-0443, 201 Southampton
- **Broadway Christian Church**
 - 573-445- 5312, 2601 W. Broadway
- **Bnai Brith Hillel Foundation**
 - 573-499-4855, 1107 University Ave
- **Calvary Episcopal Church**
 - 449-3194, 123 S. 9th St.
- **Campus Lutheran**
 - 442-5942, 304 S. College Ave.
- **Centerpoint**
 - 573-256-1229, 1900 N. Providence
- **Christian Fellowship**
 - 573-445-8561, 4600 Christian Fellowship Rd.
- **Columbia Chinese Christian Church**
 - 573-442-3957, 3316 Rock Quarry Rd
- **Columbia First Assembly Church**
 - 573-443-3626, 1100 N. 7th St.
- **Columbia United Church of Christ**
 - 573-445-7931, 3201 I-70 Dr. NW
- **Community of Christ**
 - 573-445-6313, 1111 S. Fairview Rd.
- **Community United Methodist**
 - 445-6131, 3301 W. Broadway
- **Congregation Beth Shalom**
 - 573- 449-4855
- **Eastside Church of Christ**
 - 573-449-7131, 5051 Ponderosa St.
- **Evangelical Free Church**
 - 573-445-7206, 600 Silvey Street
- **Family Worship Center**

- 573-441-1140, 4925 E. Bonne Femme Church
- **First Baptist Church**
 - 573-442-1149, 1112 E. Broadway
- **First Christian Church**
 - 573-449-7265, 101 N. 10th St.
- **First Church of God**
 - 573-449-7159, 1610 N. Garth
- **First Church of Nazarene**
 - 474- 5787, 2601 Blue Ridge Rd.
- **First Presbyterian Church**
 - 442- 1164, 16 Hitt St.
- **Forum Christian Church**
 - 573-443- 3900, 3900 Forum Blvd
- **Grace Bible Church**
 - 573-449-6794, 601 Blue Ridge
- **Healing Rooms of Columbia**
 - 573- 256-4325, 201 W. Broadway
- **Hindu Temple and Community Center (Shanthi Mandir)**
 - 814- 1286, 2006 Holly
- **Islamic Center of Central Missouri**
 - 573- 875-4633, 5th and Locust
- **Jehovah's Witnesses**
 - 573-474-3560, 2207 Holly
- **Korean First Presbyterian Church**
 - 573-442-1164, 16 Hitt
- **Memorial Baptist Church**
 - 573-443-1408, 1634 Paris Rd
- **Missouri United Methodist**
 - 443- 3111, 204 S. 9th St.
- **Newman Center**
 - 573-449-5424, 701 Maryland Ave.
- **Our Lady of Lourdes Catholic Parish**
 - 573-445-7915, 903 Bernadette Dr.
- **Rock Bridge Christian Church**
 - 573-442-4677, 301 W. Green Meadows Rd.
- **Sacred Heart Catholic Church**
 - 573-443-3470, 1115 Locust
- **Second Missionary Baptist Church**
 - 573-449-4703, 407 E. Broadway
- **St. Luke's Greek Orthodox Church**
 - 817-0050, 901 Broadway W.
- **St. Luke United Methodist**
 - 443-5423, 204 E. Ash
- **The Crossing**
 - 573-256-4410, 3615 Southland Drive
- **Trinity Lutheran**
 - 445-2112, 2201 W. Rollins Rd

- **Trinity Presbyterian**
 - 445-4469, 1600 W. Rollins Rd.
- **United Pentecostal Church**
 - 573-442-4121, 211 Benton
- **Victory Baptist Church**
 - 573-886-7834, 9401 E. I-70 Dr.
- **Victory Christian Church**
 - 573-499-9087, 212 Portland
- **Wood Crest Chapel**
 - 573-445-1131, 2201 W. Nifong

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:

Mizzou Rec (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). In recent years, they even made small, instructor-led classes called TigerX free (though you do need to make a reservation for these ahead of time)! Categories to choose from include cardio, cycling, dance, Pilates, strength, and yoga. 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. The closest option to the school that seems to be popular with students is **Crunch Fitness**. **Planet Fitness** and **Wilson's Fitness** are also 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. If you're into a private fitness classes, a great option is Simple Solutions Fitness run by Steven Mack. 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 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**
 - 2601 Rangeline, 573-443-4242
 - 2902 Forum Blvd., 573-446-3232
- **Simple Solutions Fitness**
 - 3930 S Providence Rd Suite B, Columbia, MO 65203, 573-443-1495
- **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

- **Bowling at [AMF Town and Country Lanes](#).** Step into the classic charm of AMF Town & Country Lanes, the ultimate entertainment destination for classic, family-friendly bowling in Columbia, MO. With 32 polished lanes, they welcome guests of all ages and skill levels to enjoy an authentic bowling experience.
- **Soccer or touch football.** 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 in the fun!
- **Rec Intramural Sports.** Be sure to check with the Rec Center (<https://mizzourec.missouri.edu/intramural-sports/>) 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.
- **Mizzou Club Sports.** If you like to get a little more serious about your sports, check out Mizzou's Club Sports information (<https://mizzourec.missouri.edu/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 still not 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.

Running

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 the outskirts of Columbia. It is connected to Columbia by the flat and well-marked (every 1/2 mile) MKT trail 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 MKT 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 MKT (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 \(CTC\)](#) is one of many organizations that sponsor runs throughout the year. If you want to become a member, the cost is \$20/year. As a member, you receive a monthly newsletter, a race calendar, and registration forms for upcoming events.

As for *running apparel*, there are several great options in town.

- [Dryers](#) is located downtown. Great place to purchase shoes!
- [Tryarthletics](#) located off Forum Blvd. on Chapel Hill Rd has the best selection of shoes and running gear as well as bikes and cycling equipment. In addition, they always have current race information and registration forms available (the owner is also the president of the CTC, I think).
- [Dick's Sporting Goods](#) is located in the Stadium Shoppes shopping center near the mall.
- [Academy Sports + Outdoors](#) is located in Broadway Marketplace.

Movies & Plays

Believe it or not, as a med student you actually DO 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 Regal Columbia & RPX. 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 the Missouri Theater, 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 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.

- [Regal Columbia](#)
 - 2800 Goodwin Pointe Dr., (844) 462-7342
- [GQT Forum 8](#)
 - 1209 Forum Katy Pkwy, 573-446-3223
- [Ragtag Cinema](#)
 - 10 Hitt St., 573-441-8504

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. Be sure to check their website for upcoming shows and events. Also where Med Prom has taken place!
- [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 Pub & Pit** – 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!
- **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 Bar & Grill** – 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.
- **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.
- **Gunter Häns** – 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.
- **The Roof** – 1111 E. Broadway. Located atop The Broadway Hotel, this place has great views of the Columbia skyline. A good place to hit the dancefloor. As expected, it can get pretty busy in good weather.
- **Shiloh** – This is the place to be on 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 Gallery and Bar** – This is more of a "nice outfit" type of bar, so no, you can't wear your scrubs fresh from the 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 slushie quarts. Of course, these slushie 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.
- **Uprise Bakery** – 10 Hitt Street. In the same building as the Rag Tag theater, Bakery/Lunch spot by day and Bar by night. Awesome patio, great place for a chill night or to get some work done. Open late every night, so a great place to go if you need to blow off some steam late at night or in the summer.

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 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 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.

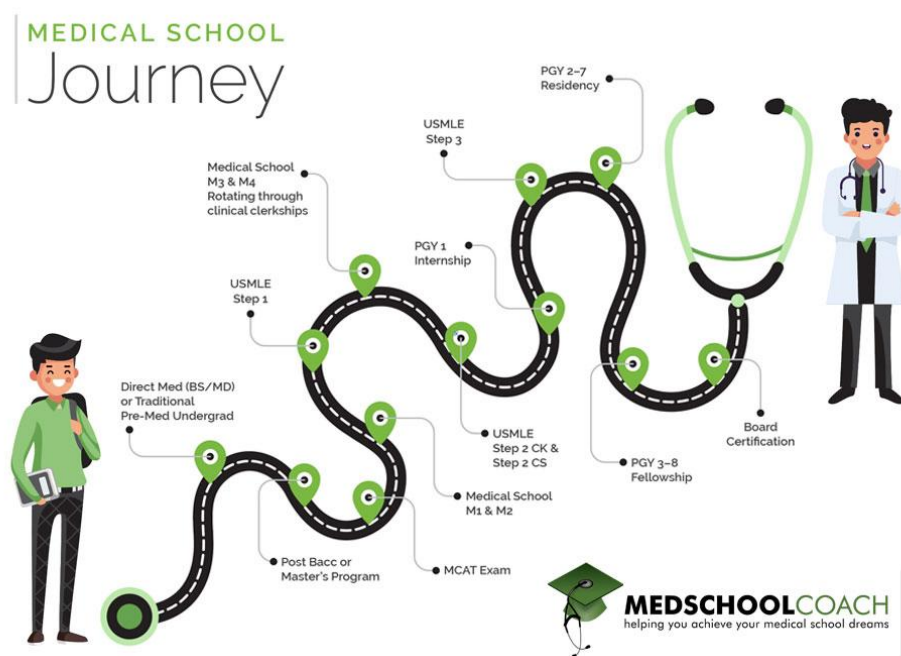
If fishing or swimming is your game, **Twin Lakes** offers a great opportunity to do both within the city limits. Located just off of Chapel Hill Blvd., one lake is fully staffed and fenced off for swimming, while the other is stocked with fish & turtles, and also has a boat launch for small craft.

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: An 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 [the Student Resources Page on the MUSOM website linked here](#).



<https://www.medschoolcoach.com/the-med-school-journey-definitions-to-become-a-doctor/>

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. An example schedule can be found by scrolling to “Academic calendars” at [the Student Resources Page on the MUSOM website linked here](#).

- **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 or eight 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!
 - **Summer opportunities!** 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? Some options include:
 - Research (clinical or basic science)
 - 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)
 - Mini Med school counselor (2-3 weeks)
 - Orientation Week Leader (2 weeks)
 - More information at: <https://medicine.missouri.edu/education/medical-education-curriculum/learning-experiences/summer> . You will also have a meeting during M1 year going over all of the opportunities, so don’t sweat it too much too early on!
 - 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.

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. [USMLE Step 1](#) is pass/fail and is

required to be taken before M3 year. Studying for the exam (normally taken towards the end of M2 year) will occupy much of your time!

Third Year

Third year starts in June and is the beginning of “clerkships” which are a series of rotations that take place in the clinic or hospital setting. Finally! You’ll also take [USMLE Step 2 CK](#) (this test is expensive, so plan accordingly).

Fourth Year

Well, you’ve 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. This is the year when you’ll be putting the finishing touches on your application, applying to residency programs, and preparing for the match! Graduation is each year in May.



<https://medicine.missouri.edu/commencement23>

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.

Closing

Hopefully, you've found this document helpful and will continue to use it as a resource as you adjust to medical school. Remember, you have hundreds of people who have gone before you who are ready to help. Reach out to your orientation leaders, a trusted upperclassman, or alumni anytime you need advice or guidance. You've got this!

