FIRST YEAR STUDENT SURVIVAL GUIDE

CLASS OF 2019

WRIGHT STATE UNIVERSITY BOONSHOFT SCHOOL OF MEDICINE

WELCOME CLASS OF 2019!

On behalf of the Class of 2018, CONGRATULATIONS!!! This guide, which is a collection of all the necessary advice from our class and years previous, serves to ease your way into your first year of medical school. The supportive culture of Boonshoft is what makes this guide possible. We, the class of 2018, want to make sure you have access to the resources that have been helpful to Boonshoft students over the years. Remember that you were specifically chosen to be a part of the class of 2019 and the same qualities that got you here are the same ones that will help you succeed during medical school.

Disclaimer: this document is long, but don't be overwhelmed. We have simply put together this information to serve as a reference for you.

Good Luck!

Class of 2018- "The Grey Matters"

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Top 10 Things I Should Have Known But Nobody Told Me!

1. Money: Loan checks are almost never in on time, so please plan accordingly!

2. Parking: A parking pass does not equate to a secured parking space. Medical students are not the only ones that park in front of White Hall; arrive before 8:30 am to be safe. PLAN AHEAD ON EXAM DAYS.

3. Tickets: Avoid getting wasteful parking fines; don't park in the yellow spots until ***AFTER*** 4pm and never in reserved/visitor spots.

4. Shhhh: White Hall is not the only building with designated quiet areas – you can also go to Dunbar library, specifically 2nd and 3rd floor Annex areas.

5.* Tardiness**: Driving Dayton gets frustrating; it is a small city, but there is a lot of construction and detours, even around our WSU campus. Beware; these will delay your commute, ***especially on exam days, so arrive at least 1 hour early!

6. Recluse: Do not become studious hermits; give your brain a break. There are many extracurricular activities to explore; there will be many opportunities to do so throughout the year.

7. Flab: If you don't start a regular exercise program and stick with it you might as well call it quits. The courses change and so will your study times – to stay on track try keeping your workouts as scheduled as possible.

8. Superstar: Life's not over if you don't get an A, life's not over if you don't get a B, life's not over if you feel you are sinking. Professors, Bigs, and free-tutors are there to help you out, **JUST ASK**!

9. Electives: Spring and summer electives come sooner than you realize. Talk to your Bigs to learn about their own elective experiences;

start planning early and start saving your money if you decide to travel.

10. Time: Being a medical student is about being responsible - stay on top of your work. **If you get lazy, it will catch up to you!** And remember that what works for one student, does not mean it will work for you – learn your study type and, ABOVE ALL, **learn to manage your time**.

Resources

Office of Student Affairs and Admissions

Office located: White Hall Suite 190. Phone number: 937-775-2934. At the front desk: Dee Wilcox, Insurance Benefits Coordinator, also can be contacted at: 937-775-2934 or dorcas.wilcox@wright.edu.

Scheduling:

Office located: White Hall, Suite 290

If you will have a scheduling conflict due to personal reasons you will need to receive approval from Laura Johnson, M.Ed. 30 days in advance of the mandatory class or event. In case of an emergency call Laura Johnson directly at 775.3392 or email her at laura.johnson@wright.edu

Financial Aid:

Office located: White Hall Suite 190.

Ms. Feichtner is the liaison between the university and the medical school in terms of loans and scholarships. She will go to great lengths to make sure you have all that you need monetarily as well as send out periodic emails about the specialized scholarships that become available.

Michelle Feichtner: 937-775-2934 or michelle.feitchtner@wright.edu

Diversity and Inclusion:

Wright State University SOM was founded in 1973 with the mission "to educate culturally diverse students to become excellent physicians, by focusing on generalist training that is integrated, supported, and strengthened by specialist and research…" As of the class entering in 2015, fifty-four (54) of the medical students are male and fifty-seven (57) students are female. Twenty (20) are traditionally under-epresented in medicine (URM). Our student population is comprised of Asian, Native-American, Hispanic, older students, students, from non-science backgrounds, students with different sexual orientations, and students of various religions. So, Boonshoft offers quite a diverse environment in which to learn and grow into a competent physician. It is also as much as reflection of American society as any other institution in this country.

There is a strong support system here at Wright State that helps minority students to overcome added stresses and difficulties in the form of the Office of Diversity and Inclusion.

This office is located in the Office of Student Affairs/Admissions, 190 White Hall and can serve as a link between minority medical students at Wright State and minority physicians in the community. The Assistant Dean in the Office of

Diversity and Inclusion is Kevin J. Watt, MD. Dr. Watt, a graduate of Wright State University School of Medicine, possesses a wealth of information for all students and he can serve as a link between minority medical students at Wright State and minority physicians in the community. Dr. Watt is a practicing ophthalmologist.

If an appointment needs to be scheduled at a different time or venue, please call the office.

Ms. Lakia Gray, the Medical Student Recruiter in the Office of Student Affairs/Admissions is also an excellent resource and works closely with Dr. Watt.

Ms. Lakia Gray: 937-775-2934 or lakia.gray@wright.edu.

Dr. Kevin Watt: 937-775-4574 or kevin.watt@wright.edu. Mobile number: 937-620-4581.

Office of Student Affairs

Location: 190 White Hall, 937-775-2934

Tutoring:

Laura Johnson, laura.johnson@wright.edu

Office located: Office of Academic Affairs 290 White Hall.

Ms. Johnson is the academic advisor for the medical students. She can set you up with a tutor, counsel you on study skills, and time management. She will also keep track of your academic performance and reach out when she feels you are in need of supplemental assistance.

MedOPS/IDTL:

Tonya Hester, Lab Technologist, 937-775-2986.

Sue Rytel, Administrative Assistant, 937-775-3822

MedOPS works with the students and faculty to provide support during classes and labs. They will also facilitate microscope, locker, and mailbox assignments. As well as access to White Hall and classrooms and reserving classrooms or labs for certain events.

Bigs/Littles

During orientation, you, a MS1 ("Little") will be paired with a MS2 ("Big"). He or she will be charged with guiding you through your first year. The matching system that we use is not perfect so please let us know if things are not working out for you and we will do out best to help you out.

From your "Big" you can expect advice on courses, books, and electives. A Big will pass down details that he or she wished were conveyed during first year. But also be proactive with your Big, and don't be afraid to contact your Big with any issues that concern you. Ask as many questions as possible and keep the lines of communication open so that the Big-Little relationship can be productive as

possible. The system is created to help you acclimate to the curriculum AND to meet other Boonshoft students outside of your class year.

Medical Care

Student Health Services - Located in the Student Union. Hours: 8:30am-5pm (Closed during noon hour) Monday-Friday. The student health nurse is able to help with most common health problems. A nurse practitioner is also available for more serious problems that may require a prescription. There is a fee for all service rendered. To minimize cost, ask to see the nurse unless you feel your problem is more serious. In addition, Student Health Services maintains the basic medical records that are required of you before working in the hospitals. It is very important to comply with the document Health Requirements and Recommendations of Medical Students. This is sent to all students along with orientation and registration information. A copy may be obtained from the Office of Student Affairs/Admissions or the Student Health Office.

BSOM Mental Health Services/WSU Mental Health Services
Contact Dr. Andrew Smith, Medical Student Mental Health Services: Andrew.smith@wright.edu. Dr. Smith or a resident immediately if necessary will see you. Nothing about you or your case is shared with the school's administration. Dr. Smith and the residents will never supervise you in the clinical setting. The first 12 sessions are free. Wright State Counseling and Wellness Services can also be used as a resource. Call: 937-775-3407 for an appointment.

Private Physicians
If you wish to see a physician in a private practice, asking other students, preceptors, or clinical faculty for recommendations is a good way to find one. Also Wright State Physicians, behind the Nutter Center, is an excellent option. Be aware of all the terms and conditions of our student health insurance policy. Also concern yourself with all of the services United HealthCare covers/does not include when you are fulfilling your requirements for medical students. Be sure to get established as a patient early to ensure prompt service when a health related problem does come up.

Student Activity Center…a.k.a. "The Lounge"

Eating out for lunch every day can get expensive, so if you bring lunch from home, you can refrigerate and cook it in the student lounge.
The student lounge is located on the first floor of White Hall. Access is only permitted via your student id card. The student lounge has a pool table, ping pong table, foosball table, flat-screen TV, microwaves, a sink, coffeemaker, a toaster, and two refrigerators. Respect everyone's food, utensils, and dishware. IT IS *EVERYONE'S RESPONSIBILITY TO KEEP IT CLEAN! THIS INCLUDES DISHES IN THE SINK!! Emails will be sent out notifying students when the refrigerator cleaning will take place.*

Academic Resources

Books

For each course there are great many books and texts that can be used. But you want to make sure you focus on the **required and recommended texts in the syllabus and any books your Big recommends to you**. Always try to borrow from your big if possible.

Through the library on campus many textbooks **can be accessed online** forgoing the need to purchase the book. But if you would like to use hard copies below are a few great options:

Check out Dunbar library, you'll be surprised by what they have in stock.

The University Book Store across the street from campus usually has our texts at reduced prices.

Campus Bookstore at the Student Union, prices vary from the University Book Store, so compare them.

Internet (i.e. Amazon, EBay, Alibris, B&N join AMSA for a member discount).

Remember to order early to allow for delivery times, and check for the correct EDITION!

Sign up for Amazon student for free 2 day shipping!

Course Note Packs*

As of 2014-2015 academic year all course notes will be on-line. Everyone is "going GREEN."

This means that instructors will compile their notes, lecture power points, and handouts and will post these materials on the Pilot page. It is the student's responsibility to access these materials and use them for efficient studying. Many students decide to print out the notes, PDFs, and power points on their own accord. Wright State works with a printing company in the area to offer Boonshoft students a discount. Some students choose to keep the materials online and utilize apps on their laptops or tablets to study effectively. **FIND WHAT WORKS FOR YOU AND STICK WITH IT.** You will discover pretty quickly whether you are a "paper person" or a "computer person".

Study Resources

Once you finally have access to Pilot one of the first links you will see is the BSOM-Student Files. The student files have been compiled over the years to include study guides, concept maps, and charts for all the classes that occur during the first year. Not only are you free to download any of these resources you can also upload your own study aids that you found helpful. Another example of how Boonshoft students are there for each other!!

Academic Records

Each student has a confidential file that includes grades, written evaluations, and class rank. Students are encouraged to update their file with information about their activities

SUGGESTION: keep your own written record of clubs and activities with which you are involved throughout medical school. You will need such a list to put on your résumé when applying for scholarships, residency, etc. Each student is allowed to check their class rank two times per year, in the middle and the end.

Computers

WAIT BEFORE YOU BUY A BUNCH OF SOFTWARE. In the past, popular programs, like Windows XP, Microsoft Office (including Word, Excel, etc.), and Mac OS have been available to students at https://www.wright.edu/information-technology/services/personal-software-purchases. This is a huge savings over buying the Microsoft software from the store.

The computers scattered throughout common areas are all Macs. Use the following link for help with computers, printing, and other services: http://www.wright.edu/information-technology/services/computer-labs.

Passwords:

You will get a total of at least 4 login names and passwords.

One password is used to access:

- the regular university, PC machines (which is run by CaTS – Computing and Telecommunication Service).
- Access to the computers on campus outside BSOM (i.e. computers at the libraries).
- Used to authenticate *your* laptop to access the wireless network on campus.
- Login to your university email.

One password is used to access/login:

- on the BSOM Macs (which are run by the SOM's own computer team lead by John Needles. His office is located in White Hall) – these are the ones in White Hall.
- This same password is also used to access PILOT
- You will also use the same username and password during testing

Additionally, you will be sent another username/password to log into the BSOM evaluation system to complete secure course evaluations.

Lastly, Bookmark these Websites:

https://pilot.wright.edu/ this is Pilot WSU academic web site

Requires login name and password.

You will find links to the

- first year courses and the student files.

- Download lecture material (PowerPoint presentations, practice questions, whatever the professor chooses to post).
- Listen to lecture audio files (ask the Computer Team how to listen to these at high-speed!)
- Course announcements.
- Pilot Discussion forum – use this as a place to post questions to the professor. Although you can post anonymously, please remember to always be professional.

https://webmail.wright.edu to access your University email; many people forward this email account to their Gmail.

http://www.libraries.wright.edu to start medical searches through our libraries, we have incredible access to numerous online journals so you can research your topics from the comfort of your couch!

http://www.wright.edu the Wright State homepage (which also has a people search option helpful for finding professors' and classmates' e-mails).

http://medicine.wright.edu the Boonshoft School of Medicine homepage.

Questions should be directed to John Needles, Multimedia Manager, (john.needles@wright.edu).

Introduction to The Curriculum

The course schedule is set up like this: You always have **one** "**big**" **class** (which meets 4 days a week) **and one** "**small**" **class** (which meets only one or two days a week) Monday-Thursday throughout your first year. The courses are as follows:

- **Patient, Physician, and Society:** meets the first two weeks of school
- **Human Structure**: August to mid-October.
- **Molecular Basis of Medicine (MBM):** mid-October until mid-December.
- **Cellular and Tissue Organ Systems (CaTOS):** January until mid-March.
- **Principles of Disease (POD):** late-March until June – also the LAST BIG CLASS OF THE YEAR!
- **Intro to Clinical Medicine I (ICM 1)**: meets almost every Friday
- **Biostatistics**: Winter Break to Middle of March. Entirely online.

In Addition:

TBLs!

Team Based Learning is a portion of the curriculum that helps to reinforce the importance of working well in groups and the concept of group accountability that is becoming increasingly important in medicine. During orientation week, the entire first year class will be broken up into groups of 5 or 6 students. Each group will be assigned a number and the group will remain together for each TBL for the **entire first year**. A typical TBL consists of a ten question quiz that is taken individually, and then repeated as a group. Following the quiz, professors create an application portion that is completed as a group and discussed at large with the class. The application portion extends the class content into a practical, clinical setting. Also, during the group assignments, the first year class as a whole will decide what the percentage breakdown of each part of the TBL will be worth. Typically the **individual portion** will be 30-40% of the overall TBL grade, **the group portion** will be 50ish%, and **the application** will be worth 5%; if the course director decides to have the application be graded. Each class has varying numbers of TBLs, depending on how each course director breaks down the grade distribution. TBLs are 2-3 hours long.

Active learning/Peer instruction!

Active learning/Peer instruction will always occur during designated lecture time. These sessions are quite similar to TBL except you work with people sitting next to you with the seating arrangement being selected at random. Active learning/Peer instruction will always involve Clickers. Each session focuses on recent material covered in lecture, yet professors must guarantee the students have seen the material for at least twenty four hours prior to the session. Typically the course instructor will present a question and ask you **to click in individually** without using any outside resources. Depending on the percentage of correct responses from the class, the course instructor will **either move on to the next question** or **ask the class to discuss the answers to the question with peers** in the immediate vicinity. After discussion each student will be asked to **click in again** so that it can be determined whether understanding of the topic improved after discussion with peers. If after peer discussion, the class still fails to meet a certain percentage of right answers, the question is thrown out and deemed too difficult or unclear. Peer instructions, as a whole for each class, count for **no more than 5%** of an individual's course grade.

Electives!

By the end your second year you will need to have completed **two elective courses** as well as **sixty hours of service learning**. Electives can be taken beginning in winter semester of your first year. The electives are meant to supplement the core requirements. There are many faculty directed options to choose from for electives, but if you cannot find an elective of interest you can create your own through the student initiated elective program. During orientation there will be an entire session dedicated to helping you to further understand the elective process and your options. But here is some basic information:

School Sponsored: Winter of second semester, spring of second semester, and two-week period following 1st year** are available for catalog electives.

**During the two-week period designated for electives after 1st year, students complete a mini-course in a medically oriented area. A limited number of slots are available for each elective so a random selection process is used to assign them. Students must list the electives in order of preference.

Some electives are offered "longitudinally" once or twice a week in the evenings for several weeks while core courses are going on from January-May. Most people do an elective during the summer between 1st and 2nd years and you can often get credit for certain summer jobs/activities (i.e. AHEC – a family practice externship in which you get paid, traveling abroad as part of a health initiative, etc.).

Student Initiated: It is also possible to design a student-initiated elective (for electives after winter quarter), and you will receive more information on that as well.

Electives are graded on a **pass/no-record basis**. Many electives are taught by local physicians. They are a great opportunity to form contacts in the local medical community and meet positive role models. Talk to 2nd years for info on the good, the bad, and the just plain ugly.

BOTTOM LINE: Speak to your Bigs about electives and skim the B1 elective catalog when you have some time to see what you may be interested in.

Grading Policies!

With the change to a systems-based curriculum, our grades have been changed to pass/fail. You are still responsible for learning everything under the sun, and, along with your pass/fail status, your exam scores are reported, and your record will also show your class rank. >70% has been designated as "passing."

There are also NO "CURVES" – what you see is what you get. So, it doesn't really matter how well or how badly your classmates do – your grade is your grade. The only type of "curving" done is a computer program, which will evaluate the questions on the test. If a large percentage of the class misses that question then it may be thrown out. But this doesn't happen very often – maybe 1 question per exam if that – so don't count on that bringing up your grade.

GRADES… Some of you will continue to achieve the grades you were accustomed to earning during college, *but most will have to make mental adjustments regarding your expectations.* Remember, you are in a class with a bunch of smart people – that's what medical schools accept. So, a B in medical school is certainly a big accomplishment whereas you might have gotten an A in the same undergraduate course. Whatever the case may be, you will probably have to work harder than ever before. It won't be easy, but it's not impossible either.

Pass/fail is also used in fourth year electives and a written narrative evaluation is used by the Dean to write the Medical Student Performance Evaluation. This letter is one of the requirements used to evaluate candidates for residency positions. You will hear more about these letters much later.

A final note: if you ever find yourself in academic trouble, PLEASE, PLEASE, PLEASE talk to your professor, Dr. LeRoy or Ms. Laura Johnson! He/she might be able to re-direct your approach to the subject, help you outside of class, and/or may be able to set you up with a 2nd year tutor. And **ALWAYS ASK QUESTIONS IN CLASS** - that's the way we all learn!

Year 1 Courses

Patient, Physician, and Society

First Two Weeks of Class in August
Course Directors: Dr. Neeley and Dr. Mast

This course is currently "under construction" and will most likely be presented in a different format for this school year .However, you will still be held responsible for the key knowledge from this class in previous years, so here is how you approach that material.

This is basically **developmental psychology** with a little medical ethics and professionalism thrown in. The course allows for an easy transition into medical school; it is not intensive, but it does have a fair amount of reading.

TBLs and other forms of active learning are a new trend in this course, and it will most likely be your first time doing group quizzes. These assessments are usually every 2-3 days, and overall, they are helpful because they require you to stay up to date on the material/readings during these weeks full of orientation and social events.

Ask your Big about the final/assessment for this course. For our class, the course was split between the first two weeks of the school year and weekly afternoon classes for several weeks later in the fall. Our two exams were essay exams both of which were administrated on iPads (as the rest of your tests will be, so get used to that!). The course focuses on integrating the presented material into practical application as a physician. While most of the subsequent course in your future medical education will focus on the science and medicine behind being a physician, this course emphasizes the physician-patient interaction and "bedside" manner components of the profession.

Human Structure:

From Approximately Mid August to First Two Weeks of October

Course Director – Dr. Gary Nieder

ALL LECTURES ARE ONLINE. There will be a list of lectures that students will be expected to complete prior to each TBL. The main purpose of TBLs is to keep students on track with the pace of material. You can expect roughly 1-2 TBLs per week. Aside from these TBL review sessions, clinical correlations, and pre-lab presentations, there will be no live classroom lectures.

Every afternoon, students report to dissection lab. During dissection lab, students will be expected to engage in active learning and peer instruction. Laboratory groups are usually

comprised of **six students**. Two students dissect at a time, so you and your laboratory partner will be dissecting approximately **every third day**. On days that you are not dissecting, you will come in for the last hour and your group members will show you what they have dissected for that day. Each group will typically split the cost to buy a "dirty" Netter's Anatomy Atlas to keep in the lab at all times for reference. Either a pair of scrubs or a lab coat, and goggles are required to enter the lab. Prior to purchasing any, please check for leftover items from our class. Any leftover items will be washed and ready for your use.

Lecture exams are cumulative, building from each block of material. There are a total of 3 blocks throughout the course, and the last exam includes material from all the blocks. Laboratory practical exams are scheduled on the same days as the lecture exams. Please note that you will not be allowed to touch any of the pins and tags or the donors themselves during the exam. Prior to each laboratory practical exam, the class TAs will generally put together a practice laboratory practical exam.

Useful textbooks: **Netter's Anatomy Atlas**, Larsen's Human Embryology, Rohen's Color Atlas of Anatomy, Gray's Basic Anatomy, and Gray's Dissection Guide for Human Anatomy.

☆Keys to Success☆

- It's easy to get behind on your day to dissect and leave those that come in later hanging without teaching them squat – don't let them down, they are counting on you!
- Find **dissection items on several or all of the bodies** and on **both the left & right (if you can)**. The most obvious structure is not necessarily the one that gets tagged for the test!
- **Go to as many review sessions as possible.** The professors will stress what they deem important.
- Memorize Netter's but realize that real life (and your donor) won't always look the same. As they say, Netter is better. Trust us.
- Location, Location, Location! **Learn relationships between structures** - not just what they look like.

Make drawings, sketches, flow-charts – whatever helps you learn it! If you come up with a good summary chart or summary picture, ***share it with the rest of your class*** – after all, they may be *your* doctor one day! Plus, the more you share with other people, the more likely they are to share with you. Anatomy is structured to require teamwork, which provides a great opportunity to get to know classmates and develop strong study relationships. Work together as a class!

Molecular Basis of Medicine (MBM)

Mid-October to mid-December (Winter Break!)

Course Director: Dr. Prochaska

This is a newly designed course with a very understanding and helpful course director, Dr. Prochaska. Many **different professors** will present their own topics, all of which must be integrated into a complete understanding of the biochemical pathways. Adjust to each professor's style of teaching and grasp the concepts they deem essential. Keep on top of the material and try to understand where one professor left off and where another begins along a pathway.

The material on genetic disorders, the Kreb's cycle, glycolysis, carbohydrates, and the like is very challenging! They like you to know the stuff inside and out, but it prepares you well for the boards and is a prime reason why Wright State medical students do very well on the Boards!

ALL EXAMS ARE CUMULATIVE. Learn the material when it is presented, or it will come back and bite you in the butt on all the subsequent exams.

The Team-Based Learning in this course is a little different than Human Structure TBLs. Typically, the TL *(TBL)* topics cover scenarios that may occur from biochemical pathway dysfunction. The TBL sessions are run by Dr. Onady, a med-peds physician from Dayton Childrens. Speak with your bigs or tutors to better understand his style of teaching. In addition to knowing lecture material, you will be tested on the information from the assigned article. These TBLs are your first encounter with the challenge faced by every physician: integrating academic knowledge with patient presentations.

You'll find that this course is the least time consuming in the classroom. Class usually runs from 9am-12pm everyday with the afternoons free to study and review the material. **This is also the only class where you will put to use your math skills, don't be afraid to ask for help!** Put your pride aside and learn the material properly!

☆Keys to Success☆

- Integrate the biochemical pathways – go for the "**Big Picture.**" This will take awhile as you learn each pathway. By the end of the course you will have them all memorized/understood, so try to go back, put them all together, and see how they are interconnected.
- ***Ask yourself if it makes metabolic sense.*** You'll learn why soon enough.
- Study HARD for the carbohydrate exam – they will appear again and again and again (especially on the boards).
- Don't wait until finals to review the "old stuff."
- **DO NOT FALL BEHIND IN THIS CLASS**. It is extremely easy to do given the 3 hrs of lecture each day and the fact that Anatomy has just finished. If you stay on top of things you

will be able to enjoy more of your free time. Many previous MS1's will tell you they procrastinated during this course and wish they put in more effort during MBM.

* The last 2 exams are only a few weeks apart so if you study hard for the 2nd exam it will save you some time come reviewing for the 3rd exam.

Cells, Tissues, & Organ Systems ("CATOS")

January to Mid-March (Spring Break!)

Course Director: Dr. Larry J. Ream

In the first course of second term, Dr. Larry J. Ream covers an INCREDIBLE amount of microanatomy with a healthy dose of physiology. This class moves fast and covers A LOT of material, so you must 1) stay up to date on your workload and 2) be efficient in studying only the necessary information.

A difficult aspect of CaTOs is the number of guest lecturers who cover their specialty areas in only 2-3 lectures per topic. It's a bit of an adjustment to garner the information you need from them. However, they are often available to email or meet with outside of class, and Dr. Ream will usually clarify what the take-aways are.

Course Notes

Dr. Ream's notes, while comprehensive and pretty much the only resource you need, are very long. He will tell you what you should **K-N-O-W**, so when you hear this phrase, mark that line. He often includes notes which may not be on the immediate upcoming test but which will be re-presented in a future lecture so you should mark it anyways. If it is bolded, underlined, or italicized, odds are that it's important so let his fonts help you. **Also, look at the VERY fine print around the pictures** that occasionally pop up in his notes. The information contained in it tends to end up on the tests.

In addition to the Course Note pack, there is a Computer Image Note pack that includes different images from the microscope slides. This is a supportive study tool for the online program you can use to review these pictures. Dr. Ream will spend roughly 1 hour per week reviewing these images with you, so you should annotate your notes in these sessions and review online with these notes on your own. Knowing the computer images can be incredibly helpful on his lecture exams.

* Netter's **Atlas of Histology** is another very helpful resource

Histology Lab

During this course, you will have Histology labs in which you will learn how to use the microscope inside-and-out – everyone is assigned a microscope, so you have the option of taking it home to practice/study. Your third and final set of notes is the Histology Lab Note pack,

which includes sample pictures and questions for personal reference (These questions are not for a grade).

Dr. Ream spends the first part of the microscope lab "driving around" the slides. He points out all of the important structures and it is very helpful, especially if you are unsure of your microscope skills. The labs are **not recorded**. Most students attend the lab, especially if they want to do well on the lab exam (which is 50% of your exam 2 grade). The benefit of going to the Histology labs at the assigned times is that there will be a professor and knowledgeable TA's there to help you identify stuff on the picture slides and also to help you answer the questions on the labs in the course note packet. In order to prepare for the Histology Lab Test, students often use a combination of reviewing the actual slides, often with peers, and the Histology Lab Note pack. Do not take this part of the course lightly, because a lab exam will test your skills attained throughout the course.

Team-Based Learning

For our class, we had 3 TBLs. These Team-Based Learning sessions are more similar to those of MBM (especially if Dr. Gary Onady is the TL-facilitator for both courses).

Suggestions on Board Review Books

Physiology Board Review Series
Cell Biology & Histology Board Review Series

☆Keys to Success☆

- Use the course note packet as your main resource and stay on track.
  - Each professor has written his/her own section this course note packet, which means they have probably tried to put it into a condensed summary of what's important. There is so much information out there, but they will only ask test questions from what they have presented in lecture or in the course notes.
- **K-N-O-W.** Get used to hearing this and remembering them all.
- You're extremely close to Spring Break so use that as motivation come the end of February.

Principles of Disease (POD)

After Spring Break to the End of the Year!

This class deals largely with the study of **Immunology** and **Infectious Disease**, but also with the areas of **Microbiology**, **Virology**, **Parasitology**, **Mycology**, **Toxicology** and even some **Pathology** and **Pharmacology**. Many students report this to be their favorite course of first year because it sets the foundation for the disease pathways studied throughout second year. It is the first course that students begin to learn what can go "wrong" with the human body.

Many students used **Microbiology Made Ridiculously Simple** to supplement the course note pack, especially if they did not have a strong background in immunology or microbiology.

Each person had their own method of tackling this class. Some used the books and basically independently taught themselves the material, while others used lectures and lecture notes for their primary source of information. If you've never had a microbiology or immunology course, you will probably be overwhelmed at first.

Lectures

The course begins with a crash course in immunology sprinkled with basic info on bacteria, viruses, fungi, and parasites. The rest of the course was mainly focused on all of the particulars of every infectious agent known to man, the clinical presentation of a patient infected with a particular agent, and how to treat them.

Some of the active learning sessions are very similar to TBL, but are not graded. Some of the active learnings are more clicker-question based sessions. Attendance is not required, but the majority of the class showed up. **Do your best to integrate all of the material –** combine the immunology with the microbiology with the pharmacology. It will make remembering a lot of information a little easier.

Like CaTOS, **many different individuals** lecture on an array of topics. In addition, **Clinical Correlations** are presented throughout the course during TBL.

Team-Based Learning

Team-learning accounts for almost 30% of your total course grade. We had 9 of them, roughly once a week. They are run by the course director or guest lecturers and often require an outside article that is included in the course pack. The applications are not graded, but push you to think outside of the box.

Lab

The micro lab component of POD will teach you the basics of how the medical laboratory will take patient specimens and actually perform the tests you order as a doctor (cultures, strep tests, organism identification, etc.) It integrated some of the lecture material with clinical use. There is a lab final at the end of the course. The lab final is open notes, but you still need to prepare. It was also open computer/internet for our class.

Exams

We had four exams. The 4th exam is cumulative and covered 40% older material and 60% new material. They restructure the exams year after year based upon previous class' course reports, so this may change.

Useful Textbooks: Microbiology Made Ridiculously Simple, Lange's Microbiology and Immunology, Abbas Basic Immunology, Robbins- Pathological Basis of Disease and Schaecter's Mechanisms of Microbial Disease.
Seek help from "The Course Director" if you find yourself overwhelmed by the number/similarity of bugs. She has great ways to categorize and group them.

☆Keys to Success☆

Don't slack off just because summer is around the corner. This course is challenging and for most will require more study time than the other courses (and it's a faster pace).

Introduction to Clinical Medicine (ICM1)

All Year

Course Director: Dr. Bruce Binder

For the most part, this course is pretty enjoyable, low stress, and a welcome break from 4 days of intense material. This is the one class that teaches you directly the **skills of interviewing (taking a patient history) and physical exam**. You meet **every Friday** from 8:00 a.m. until 10:30 a.m. throughout the year. During most of August, ICM will run until roughly noon.

The first few months you learn about the patient interview and dress for class is professional. You are assigned an interview group and practice with your group for a few weeks.

The physical exam practice begins later in the fall. The **first hour is a lecture**, usually by a specialist of the organ system/field presented. The **last 90 minutes** are spent **with a small group** (different than your interviewing group) where you will practice the skills taught to you in lecture.

Later on in the year, the class is divided into yet again another small group (usually with 1-3 other students) and you are assigned to a preceptor (usually an internal medicine doc or family practitioner in the Dayton area). The preceptor will help you further practice your physical exam skills. It is common for your group to meet Friday afternoons as there is a block of time set aside for that, but scheduling is between your group and each preceptor. You will also be given competency sheets for your preceptor to sign as you master each physical exam skill.

A word about preceptors – each has a different style of teaching. Some will require you to practice your skills on patients, while others will only allow you to practice on the other group members. The experience will vary for each group.

At the end of the year however, everyone is responsible for demonstrating the physical exam as it is taught in lecture or presented in **Bates' Guide to Physical Examination**. Ask your Big if they have a copy you could borrow. There is also an ipad App for Bates that integrates videos into the text.

Graded Components

Throughout the year, small, written quizzes/exams and practice or graded simulated patient interviews are administered. At the end of the year, there is a **practical exam** (the **OSCE**) -- you will have to perform designated aspects of the **physical exam** that you have learned during your first year, **do a complete patient interview**, and take a **small quiz**. The students usually do very well on this exam.

It is probably a good idea to learn all of this stuff well now because the practical Board Exam is coming in future years and you will have to do them with a board evaluator.

Instruments

Usually sometime in Fall Semester, the American Medical Student Association (AMSA) will sponsor an **instrument sale**, offering the needed instruments at a very reduced rate. You can expect to spend around $100-135 for a **stethoscope**, $400 and up for an **oto-opthalmoscope**, $100 for a sphygmomanometer (BP cuff) and $50+ if you want a cute little bag to carry it all around in (you don't necessarily need a doctor bag - you can use any bag you want and can find reasonable imitations at many stores like Wal-Mart, etc.). This expense was included in your prospective budget sheet, so you have money budgeted for this. However, the money is spread out over the two disbursements so be aware. The instrument fair is an exciting time when you start to finally feel like a "real" doctor (or at least a properly equipped one). Have fun trying out your new stuff!

The required text is Barbara Bates' Guide to Physical Examination and History Taking. Do not buy the condensed version "Baby Bates," since it does not cover enough material to adequately prepare you for the exams. Also, the editions do not change very much over the years and you can buy an "older" one. Dr. Binder even has the corresponding page numbers for the last 4 editions.

Concurrent Courses

Biostatistics and Epidemiology

During Winter Break to Middle of March

Course Director: Dr. Sabrina Neeley

The biostatistics course is quite different from all the other courses occurring during the first year. The course is conducted completely online through PowerPoints, links to helpful websites, and practice problems. The point of the course is to prepare you for the epidemiology components of Principles of Disease that you will encounter during the spring. You will have the **ENTIRETY OF WINTER BREAK** to study the material and work on the practice questions. Upon the end of winter break, you will be given four dates to choose from (that range from early January to mid- March) to take the one and only exam for the course. Many students choose to take the exam as early as possible before CaTOS increase in difficulty. The exam is pass/fail but the numerical score will not appear on your record. If you are unable to pass the exam on your first try **you can take it again without penalty**. The point is just to make sure you understand and can implement statistics and epidemiology when presented with a case.

Administrative

Student Government

Each medical school class elects officers to represent the class in the political bureaucracy. Because the first year class has traditionally taken the primary responsibility for planning and organizing a number of annual medical school events such as the Halloween Party and Spring Talent Show, election to an office involves a significant time commitment.

Class officers are also expected to attend all Medical School Student Council (MSSC) meetings (one meeting per month). Please keep these time commitments in mind when running for office. Elections for the first-year class will be held sometime during the first month of school. The offices and duties are described below. For more details, see an upper class student council officer for a glance at the MSSC Constitution.

2nd years will be in to talk to your class sometime during the beginning of school to coordinate elections and to provide additional information to your class. Once your class officers are elected, 2nd year officers will help your class officers in starting their duties.

Available offices are:

President

Vice-President
Secretary
Treasurer
Class Representatives (3)
Academic Reps (3)
Committee Chairs
Additional positions

Expected Duties for Each Position:

President

Bears primary responsibility for planning and directing class events
Recruits additional help from the members of the class
Represents students' concerns to the faculty and administration
Resolves exam schedule conflicts with academic departments
Announces messages from course directors
Passes class complaints and problems to the appropriate administrator

Vice President

Assists the President in organizing class functions
Makes sure that the delegated tasks are completed
Gives moral support to the President

Secretary

Responsible for keeping the class informed about meetings of the class officers, MSSC issues, political issues, planned events, schedules changes, and other relevant concerns
Publishes class newsletter and supplementary flyers as needed

Treasurer

Keeps the books
Collects class dues (if the class decides to collect them)
Keeps the class updated of its financial situation

Representatives to the MSSC (3 total)

Provide additional input at MSSC meetings and in planning class events
Assume significant responsibility for organizing and executing class functions

Academic Representatives (3 total)

Meets with course directors and BSOM administration at the Biennium I/II Committee meetings to convey academic concerns of the students to the proper authorities (i.e. concerns about unfair exam questions, course structure, etc.)

Also welcomed to attend the Faculty Curriculum Committee (FCC) meetings

Administrative Organizations

Medical School Student Council (MSSC)

- Composed of seven elected officers from each BSOM class
- Serves as a link between the students and the administration to discuss issues of relevance
- Presents ideas to the appropriate administrator or medical school committee for action
- Responsible for coordinating the school's social events: the Holiday Party, Winter Quarter Party, and Spring Fling
- Helps with the organization of community and public activities involving WSUBSOM
  *****Meets the first Sunday of each month and all students are encouraged to attend and offer their input*****

Medical School Administration

Oversees the School of Medicine

Includes the 22 basic science and clinical departments

13 residency-training programs & 10 fellowship programs

31 plus affiliated hospitals & clinics

***During the first two years, students interact almost exclusively with the administrative staff in the Office of Student Affairs/Admissions ***

Committees for Planning and Policy

The responsibility for long range planning and formulation of policy lies with the faculty, operating through committee/student representation***

Honor Code Council

(One student representative from each class, and one alternate student for each class)

Responsible for an investigation, judgment, and recommendation of disciplinary action where appropriate if the ethical or professional conduct of a student should come into question

Student Promotions Committee

(One student per Biennium)

Evaluates the overall performance of each medical student at the termination of each academic year

Recommends promotion or other appropriate action to the Dean

Meets to review the records of students experiencing academic difficulty and recommend appropriate action

Admissions Committee

(3 voting and 8 adjunct members, all from Year II – you will hear more about it in late-Spring)

Responsible for selecting and admitting medical students to WSU-BSOM

Conduct interviews which involves a review of the application prior to the interview, the interview itself, and a written evaluation (in a prescribed format)

The three fully affiliated members:

Conduct applicant interviews

Meet with the full committee to review applicants

Vote on the disposition of applicants

Adjunct members (nonvoting):

Conduct two or three applicant interviews per week

Student members apply at the end of the first year

Research Committee

(one student from any year)

Encourages faculty research and sets BSOM research policies and guidance

Library Committee

(One student from any year)

Responsible for review of library policies

Liaison between students and the Library Administration

University Administration

The University administration is similar in structure to the School of Medicine administration in that the fulltime administrators work in concert with a system of faculty committees to formulate and implement University policy. Students have a high level of representation on these committees. The WSU Student Government appoints representatives to these committees from a pool of applicants each spring. Medical students are eligible to apply for any of the University committees.

The Student Government consists of a chair elected from the student body at large and eight representatives -- one from each of the eight University colleges and schools. Elections are held in the spring. The **School of Medicine representative** has traditionally been elected from the first year class to serve during the second year, simply because the responsibilities of the office are most compatible with the second year curriculum. The representative receives a stipend of approximately $600 per quarter, but the time requirements of this representative are stringent.

The Student Government meets weekly to discuss items of interest to the students. Informal recommendations and formal resolutions are passed to the appropriate University administrator or committee. In addition, representatives hold positions on the most powerful committees, such as Academic Council and the University Budget Review Committee. Representatives are also required to hold regular office hours to be available to their constituents.

Clubs & Activities

At the Boonshoft School of Medicine clubs are **diverse** in their goals, personalities, and visibility on campus. Getting involved in a club is a great way to **meet people** and **share common interests**. Meetings are excellent, no-guilt study breaks after all, they are medically related. Announcements are emailed out, as well as posted throughout the building. Most meetings are held at lunchtime or in the early evening, often with snacks or a full lunch/dinner provided (most of the time pizza, but on occasion, Olive Garden, or some other real food). Never hesitate to attend a meeting, even if it is not necessarily what you are primarily interested in. Meetings are great sources of information and opportunities to talk with physicians and/or MS II's. You may be wondering how in the world you will have time for any of these clubs. Don't fret – despite our busy schedule, most students find time to be a part of at least one club.

During **orientation week**, there will be an **activities fair** where you can learn more about each club and look into becoming a member.

So, since there are many clubs and organizations at WSU-BSOM what we have done is compiled a complete list that can be found at http://medicine.wright.edu/student-life/student-organizations. The list contains the name of every club and the current contact person. The clubs listed on the web will also be the clubs that you will learn about during the activities fair. So peruse the list, contact the MS1s and MS2s with any questions you have and take note of the activities fair date and time when you receive your orientation schedule.

Lifestyles

Advice on Maintaining the Balance Between Family, Friends, and Medical School.

Academics

First, the goal of medical school is to provide you with the knowledge and means to become the best possible physician. **Therefore, it is imperative that you set aside quality time for effective studying.** Medical school forces students to "sink or swim" in learning the tremendous amount of material in the first two years. Find a place to study that is most suitable for your habits. Some common areas where students set up camp includes their homes, Dunbar Library, Student Union, or a room in White Hall – there should be plenty of space there now! The trick is to find an atmosphere that puts you in the right frame of mind to study and not to socialize (too much).

Many students find it helpful to establish and take part in study groups. Groups offer the opportunity to learn from and motivate each other. They also allow you to quiz and share important information with each other. But beware - although groups may be beneficial, they can also be detrimental. Pick study partners who have compatible hours, habits, and study pace. Being continually stressed out because of conflicts in style would overshadow any benefits of having a quizzing partner.

Don't forget about the library! There are wonderful references and learning materials hidden away. Just ask the front desk for help. Before you buy a board review book, think about checking it out from the library first. The way the new curriculum works, you may only be in a certain subject for two weeks. Borrowing can save you some money until you know which review books work best for you. Also, since we don't have a textbook per se, the library can provide some additional reading material (as if you didn't already have enough) if there is a topic that is more difficult for you.

Finally, be prepared to re-negotiate your study schedule every class. This will require flexibility since course time and materials change every quarter. Once you find a schedule or routine, stick with it! Organization and time management are the keys to success!

Maintaining Your Mental Health

One key ingredient in keeping your sanity is establishing a **support group** outside of medical school. Of course, you can also develop friendships through your work or hobbies. This provides a chance to put the books aside and keep in touch with those things you enjoyed before starting medical school. Another key to keeping your sanity is to continually remind yourself of the big picture: the goal is to become a physician. It is much too easy to get caught up in the details of school. Don't let it happen to you! Many find a night at Reach Out to really help remind them of why they are going through it all.

Relaxation

Most people feel completely overwhelmed soon after starting medical school. The volume of new information, a full time class load, studying, and just keeping up can drain everything out of you. Therefore, it is imperative that you set aside time for yourself. This not only provides personal enjoyment, but also increases your efficiency in studying. So something you really enjoy - anything - just make sure that you do something outside of school.

Exercise

After hours studying, your rear end and eyes will need a break. Building the important habit of an exercise routine now will protect you from the years of hell in residency. Check out the Recreation section in Campus Life of this manual. This year might be the opportune time to try yoga. Stretching and deep breathing does wonders for a stiff neck and fried mind. And don't forget your eyes! After hours of reading, relax by seeing a movie and allow your eyes to focus on something farther away than an arm's reach.

Now all of this advice is well and good but if you are looking for first hand accounts of what first year is like we have exactly what you are looking for; Medical Student Blogs!

Click this link: http://medicine.wright.edu/student-life/blog and you will be taken to blogs written by our own students from every year. Our bloggers share their perspectives on medical school and will also take your questions.

Campus Life

As a Wright State student, you are entitled to all of the things that WSU provides in terms of food, recreation, and the arts. For those adventurous souls interested in exploring beyond the two buildings we call home, listed below you will find many other things WSU has to offer.

Food & Drink On Campus

Student Union Market

Located in the Student Union on the second floor, this brand new facility has everything from yogurt to burgers to vegetarian fare, including breakfast.

The Hangar

Located in the building in front of Allyn Hall, Millet Hall, and right next to the Quad. Offers a wide variety of foods including Taco Bell, Pizza Hut, sandwiches, a salad bar and various other snacking items. Be on the lookout for big changes to the Hangar in the near future. WSU has announced major additions in the upcoming year, so be sure to check them out.

Coffee Shops

A perfect source of caffeine in a variety of forms. These locations are the most popular and convenient among medical students:

- Café Wright (Dunbar Library 1st floor)
- The Wright Cup (Student Union next to cafeteria)

Other Options…

Vending Machines

Located in many areas around the campus, including the White Hall. In the basements of Fawcett, Millett, and Union there are cappuccino machines - thumbs up from the coffee addicts!

Bring Your Own

A microwave and refrigerator are available in the student activity center of White Hall for your convenience. Most people choose this option because food on campus/eating out tends to get rather expensive. Be sure to only use the refrigerators for one-day use!

Just Across the Street

Arby's, Bob Evans, El Rancho Grande, First Watch (Breakfast and Lunch Only), Flying Pizza, Frisch's Big Boy, Hot Head Burritos, Hardee's, McDonald's, Starbucks, Penn Station Subs, Quizno's, Tik's Thai Express, Tsao's Cuisine, Tropical Smoothie, Taco Bell/Pizza Hut, and Wendy's

Recreational Activities

A common need of humans, including med students, is exercise. Even though you may feel as if you have no time to exercise, running a couple of laps or a basketball game can be a great stress reliever. Remember, a healthy body promotes a healthy mind. Luckily, WSU has a lot to offer all interests.

Intramural Sports

Med students can be competitive on the courts & fields, too!

Flag football, basketball, volleyball, co-rec softball, tennis, and soccer are just a few of the possibilities. There are also many club sports available for skiing, karate, sailing, ultimate frisbee, and fencing. To join a team, contact your IM representative. The second year IM reps will help the first years organize at the beginning of the year. This is also a great way to meet new people.

Remember:

Don't skip games because you have a test the next day.

Have enough people on your roster when people wimp out to study anyway.

Individual Sports

Tennis, racquetball, swimming, and running are among the possibilities. There are facilities and tournaments sponsored each quarter by the intramural department.

The Nutter Center has an indoor track on the third floor. It's located on the backside, next to the pond, by the lower level, poorly lit gravel, parking area.

The best place to work out is at the **Recreation Center** located in the **Student Union**. This facility has weight lifting facilities, treadmills, bicycles, stair masters, a pool, racquetball courts, and a gym for basketball and volleyball. Campus Rec. also offers yoga, Pilates, belly dancing, spinning etc. Check at the Rec. Services Desk or http://www.wright.edu/campus-recreation for more information and a current schedule. There is also a LA Fitness on N. Fairfield for those who prefer a larger gym.

Campus Art & Theatre

For those who need a break, the campus **Art Galleries** could be your place. This atmosphere is a welcome change from the library. Shows change monthly, so go often. Find out more at: http://liberal-arts.wright.edu/art-galleries.

Wright State has a great theatre department. It is recognized as one of the finest in this region of the country. Check out the latest productions at: **http://www.wright.edu/theatre-dance-and-motion-pictures**

Special Events

The campus at Wright State University is always a flurry of activity during the school year – something is always going on. Keep your eye on the university calendar so you don't miss out on any events! **http://www.wright.edu/calendar/**

The Nutter Center!

- Lots of concerts and events go on here from basketball games to AC/DC and Barenaked Ladies and everything in between. Keep your eye on the board at the North Fairfield and Colonel Glenn intersection or http://www.nuttercenter.com/

Dayton & Beyond

Take the opportunity to discover Greater Dayton, that cosmopolitan metropolis and home of the first brothers in flight, Orville and Wilbur Wright. Or, for the more adventurous types, try Yellow Springs, Xenia, or even Columbus or Cincinnati.

Tempt Your Taste Buds

Beware! This list is not comprehensive, nor can we guarantee that these are all in existence. Restaurants close and new ones open all the time, so be sure to call before you go! Also, we encourage you to go out there and explore -- don't get stuck eating at all the chain restaurants by campus! Dayton has a variety of good eats out there waiting to be discovered!

$: $5-10 per person
$$: $10-15 per person
$$$: $15-20 per person

Close to School and in Fairborn:

The area around the university has recently experienced significant development - so much is to be found on Fairfield Road. A few standards are Chili's, Max & Erma's, Red Lobster, Olive Garden, Boston Market, TGI Friday's, and Steak 'n' Shake (open 24 hours for that late night pick-me-up - not to mention the best coffee milkshakes!).

Akashi ($$)
Hands down best sushi in Dayton. Call for hours of operation.
2020 Harshman Road
937-233-8005

El Rancho Grande ($$)
Mexican Food- Reasonable Prices, good happy hour prices
Across from WSU - 3070 Col. Glenn Highway

Greek Isle Deli ($)
5524 Airway Road
781-9201

Happy Palace Oriental Restaurant ($$)
Good Thai, Hunan, Szechwan, Mandarin, and Cantonese Cuisine.
4203 Linden Ave. at the corner of Woodman.
256-3030

Joe's Pizzeria ($)
Good tasting pizza plus your usual Italian suspects, pasta, salads, etc. Down Airway at the Smithville intersection.
4313 Airway Rd
(937) 253-8154

Panera Bread ($-$$)
Great sandwiches, soup, salads, pastries, bagels, and coffee. Not your typical deli.
In front of Fairfield Mall

Quaker Steak and Lube ($)
Known for their Atomic wings, good appetizers, and Friday night Karaoke.
3725 Presidential Drive
(937) 427-0500

Taco Loco ($)
Hands down the most ORIGINAL of all surrounding Mexican joints. Everything is authentic, they are mainly known for the tacos that can easily be taken to go – they also have with weekend specials such as Menudo and Pozole… for those who dare!
5392 Burkhardt Rd
(937) 254-6645

Timmy's Wok- Chinese Restaurant ($)
Reasonable Lunch Buffet
Near school, next to Kinko's - Col. Glenn Highway

Tsao's Cuisine ($)
Chinese Food…best in the local area, lunch buffet, eat in or take out, and they deliver to the school! Front of Waffle House and Hardy's, a couple of blocks from school.
3989 B Colonel Glenn Hwy
(937) 429-5899

Tickets Pub and Eatery ($)
Downtown Fairborn
Pub style food and Greek plates
7 West Main St.

(937) 878-9022

Giovanni's Pizzeria é Ristorante Italiano ($)
Downtown Fairborn
Homestyle Italian food and pizzeria
215 W Main St.
(937) 878-1611

Downtown Dayton Area!

Ben & Jerry's Ice Cream ($)
1934 Brown St.
461-1888
BW-3's Grill and Pub ($)
Home of the "Real Wing"
across from Fairfield Commons
OR
1900 Brown St. (by University of Dayton)
222-9464
OR
2776 Centre Dr. (Beavercreek)
431-8555

Century Bar ($)
American Food. Intimate bar and grill known for hamburgers and homemade pies. One of Dayton's oldest and most charming gathering spots.
10 S. Jefferson St.
223-3382

Dublin Pub ($)
Irish food and bar. Friday night live bands. Big party scene during St. Patty's.
300 Wayne Ave
(937) 224-7822

Jay's Restaurant ($$$)
Full menu offering steaks, ribs, and seafood specialties. Beautiful hardwood bar and semiformal atmosphere.
225 E. Sixth St. (Oregon District)
222-2892

Milano's Pizzeria ($)
2260 N. Fairfield Rd Suite A
427-7827
OR
1834 Brown St.
222-7072

Pacchia **($$)**
Gourmet pizza, excellent latte.
Oregon District
341-5050

The Pine Club **($$$)**
Known throughout the vicinity for superb steaks. No reservations accepted.
Must pay with cash, personal check, or Pine Club credit card.
1926 Brown St.
228-7463

The Spaghetti Warehouse **($$)**
Italian food. Known for over-stuffed lasagna. Fun atmosphere decorated with antiques and historic advertisements.
36 W. Fifth St.
461-3913

Thai 9 **($$)**
Serves the best Thai & sushi in the area.
11 Brown Street
222-3227

The Wine Gallery & Café **($)**
A new eatery & wine bar in the Webster Station District of Downtown. Serves affordable sandwiches, delicious hamburgers, beside an interesting wine list.
224-9463

W.G. Grinder's **($)**
Wonderful deli sandwiches and subs.
Behind the Town & Country Shopping Center (close to Kettering and Oakwood).
4100 E. Town & Country Rd.
294-3663

North Dayton!

Caffe Anticoli **($$$)**
Italian food. A Dayton classic. Offers delicious seafood, steaks, lamb, and soups.
8268 N. Main Street
890-0300

The Barnsider Restaurant **($$)**
Steaks, chops, seafood. Semiformal atmosphere.

5202 N. Main St.
277-1332

Buckhorn Tavern **($$)**
American cuisine featuring ribs, steak, seafood.
8800 Meeker Rd.
890-3261

Grub Steak, Inc. **($$)**
Acclaimed "baby back" ribs and steaks. Closed Sunday.
1410 N. Main St.
276-4193

Old Hickory **($$)**
Renowned for ribs and steaks. Friendly, casual atmosphere with bar. Closed Monday.
4029 N. Main St.
276-2002

The Stockyards Inn **($$$)**
American cuisine. One of Dayton's oldest restaurants.
1065 Springfield St.
254-3576

South Dayton Area (Near the Dayton Mall)!

PF Chang's China Bistro **($$)**
Right in front of the Dayton Mall-2626 Miamisburg-
Centerville Rd., Dayton, OH 45459

El Meson **($$)**
Spanish & Latin American food, but above all there Paella rocks!
903 E. Dixie Dr.
(937)859-8229

Elsa's Mexican Restaurant **($$)**
Typical Mexican food, but really known for there "Bad Juans"…curious, go check it out!
6318 Far Hills Ave. (937) 439-3897
Or
3618 Linden Ave (937) 252-9635

J Alexander's Restaurant **($$$)**
Excellent ribs and steaks.
Two miles east of the Dayton Mall off Rte 725
7970 Washington Village Dr.

435-4441

L'Auberge **($$$$)**
Great for a fancy date!
4120 Far Hills Avenue
299-5536
Check out the following link for similar restaurants – independents around Dayton!
http://media.coxohiopublishing.com/DaytonIndependents/

Las Piramides **($)**
Excellent Mexican! 12 oz. Margaritas! What else do you need?
101 W. Franklin
291-0900

Marion's Pizza **($)**
Dayton's finest pizza!
Multiple locations around town (Dayton Mall area & Far Hills Ave, too)
435-3300

Max & Erma's **($$)**
8901 Kingsridge Drive (behind the Dayton Mall) or near Fairfield Mall.
433-6200

Olive Garden Italian restaurant **($$)**
Across from the Dayton Mall - 2789 Miamisburg-Centerville Rd. (Rte 725), also by Fairfield Mall. (937) 435-0885

Paragon Club **($$)**
Choice steak and fine seafood.
Three miles east of the Dayton Mall - 797 Miamisburg-Centerville Rd. (Rte 725)
433-1234

Ruby Tuesday's **($$)**
Inside the Dayton Mall
438-8080

T.G.I. Friday's **($$)**
One mile east of the Mall - 2022 Miamisburg-Centerville Rd. (Rte 725), also by Fairfield Mall. (937) 439-3744

Check out all the Good Eats at The Greene, Dayton's newest Lifestyle Community à www.thegreene.com
The Cheesecake Factory
Mimi's Café
BDs Mongolian BBQ

Fleming's Steakhouse
Cold Stone Creamery
Many more!
Located right off 675 S at Exit 10

Coffee Shops

Not an inclusive list. Don't forget about the cafe in Barnes & Noble Bookstore - it provides a quiet atmosphere for study, too!

Starbucks
Colonel Glen by Meyers
North Fairfield by The Shops at Fairfield Commons

Peets Coffee & Tea
@ The Greene
Exit 10 off 675

Kava House
2495 Commons Blvd Suite, Beavercreek
Up North Fairfield in Shopping Center just past the mall
Free Wi-Fi

Joe Muggs'
Located inside Books & Co. @ The Greene
Must pay for Wi-Fi

Night & Day Café
1822 Brown St down by UD

Nightclubs and Bars

Again, all of Dayton's finest establishments are not listed. Go out and be adventuresome! To learn more about Downtown Dayton, please visit **www.downtowndayton.org**. **(Starred classmates favorites)**

Adobe Gila's ****
The Greene
Great place for Happy Hour!

Bar Louie
The Greene
$1 burgers on Tuesdays

Canal St. Tavern
Great Live Music Venue
308 E. First St.

Dublin Pub ****
Live music on the weekends and lots of imported beer!
300 Wayne Ave.

Close to the Oregon District

Fieldhouse
UD College Bar
1126 Brown St.

Joker's Comedy Café
@ The Funny Bone Comedy Club
8900 Kingsridge Rd.
The Greene

Newcombs (dance club)
418 E. Fifth St.

Nite Owl – Jazz
430 E. Fifth St.
Oregon District

Sloopy's
Cadillac Jacks ****
1156 Kauffman Ave.
Fairborn, OH 45324

613 E. Fifth St.

Tanks Bar & Grill
Great neighborhood bar with delicious burgers!
2033 Wayne Ave

Therapy Café ****
452 E. Third St.
Great chill locale for drinks and Thursday-night killer karaoke

Wiley's Comedy Club
101 Pine St.
Oregon District

W.O. Wrights
3979 Col. Glenn near school

Road Trips

Cincinnati is only about 50 minutes away. You can catch a Red's baseball, Bengal's football, The Stuffs basketball, or Cyclones/Mighty Ducks hockey games, have a drink in the turn-of-the-century atmosphere of the taverns on Mount Adam's, eat on the river on one of many floating restaurants, visit the Cincinnati Zoo, bet on horses at River Downs, play at Coney Island, party at the many bars near the University of Cincinnati, or just enjoy Cincinnati's big city feeling.

Columbus is about 70 minutes away. You can catch plays at the Ohio Theater, check out OSU football, or hit the bars on High street. The Columbus Zoo is outstanding under the influence of Jack Hannah. The Center of Science and Industry (COSI), the Franklin County Conservatory, and the Ohio Historical Museum & Ohio Village are great ideas for road trips. It's a big place with tons to do! For more info, call 1-800-354-2657.

West Liberty is about 60 minutes away, north of Springfield and Urbana on Rte 68. In the heart of the Mennonite community, this quaint old farming town is home to a restored 17 room pioneer cabin that was a stop on the underground railroad. Abram S. Piatt and his brother Donn, who grew up in the log cabin built the Piatt Castles on the original estate. These beautiful mansions are filled with rare tapestries, art objects, and antique furniture and are open to the public. Admission to each of the castles is $4. West Liberty is also the home of the Ohio Caverns, featuring colorful crystal formations including stalactites and stalagmites. This peaceful countryside offers a great look back in history and a chance to get away from the books and city. Your sugar tooth will also appreciate a stop at Marie's Candies or the Ice Cream Parlor.

Yellow Springs is the home to Antioch College. Antioch College and the Little Art Theatre have a long tradition of liberalism and social activism. The Village has a diverse and integrated population of 4,000 and is home to many artists and writers. Yellow Springs is also known for its interesting shops that sell exotic gifts and original arts and crafts, including Afrocentric and Native American clothing and gifts. Dave Chappelle is often spotted at the local hangouts in Yellow Springs. There are a number of fun places to eat:

Sunrise Café – Organic, local good food.

Ye Olde Trail Tavern & Restaurant - Restaurant and bar in the first building in Yellow Springs, a log cabin built in the early 1800's. Outdoor patio and indoor pub atmosphere. Regular fare includes hamburgers, chicken wings, salads, pasta, and especially tasty potato skins. Good selection of local and imported brews. 767-7448

Ha Ha Pizza - Sit down or carry out. Excellent home-made pizza on white or whole wheat crust with a wide range of expected and exotic toppings, such as banana peppers, eggplant, cauliflower, falafel, tempeh, artichoke hearts, and smoked oysters. Delicious calzones (pizza pockets) and sub sandwiches also available. (Ask how they got their name!)

The Winds Café & Bakery - Well-known in the area for its good food and classy atmosphere. Not cheap. Good bakery on premises, outstanding desserts.

☺ **Young's Jersey Dairy** - Located just north of town on Rte 68. Open late. Great place to take a late night study break and get some good, homemade ice cream! Locally made bread, flour, natural cheese and fresh milk with the cream on top also sold here. Hamburgers, grilled cheese, fries, etc. available. When you are done with the eats, you can walk over to the petting zoo, driving range, put-put course, or the batting cages.

To get to Yellow Springs from N. Fairfield Rd., take I-675 north one exit to Dayton-Yellow Springs Rd. Turn right off the ramp. Yellow Springs is about six miles.

Shopping

There are three big malls within 30 minutes of WSU. They all contain large department stores, specialty shops, boutiques, food courts, and movie theaters. Usually you'll find exhibits going on in the malls such as antique shows, car shows, or arts and craft shows.

Dayton Mall

- A large mall that is easy to get to from WSU. Take I-675 south to Rte 725 (Miamisburg-Centerville Rd. Exit), turn right onto Rte 725. A long stretch of shops and restaurants are located on both sides of Rte 725, and the Dayton Mall is located on your left at the intersection of Rte 725 and Rte 741.

Fairfield Commons

- Located on N. Fairfield Rd. less than one mile from WSU, this mall prides itself as having an "uncommon collection" of stores. In addition, a number of shopping centers are springing up all around this mall.

The Greene

- This newly constructed outdoor mall/lifestyle community has a town center design much like Easton in Columbus and Newport on the Levee in Cincinnati. It boasts new stores and nightlife. Take 675 S to Dorothy Lane Exit.

Factory Outlet Shops

- If you don't mind a little drive, the Factory Outlet Shops of Ohio and Jeffersonville Outlet Mall are only 45 minutes away. Follow Rte 35 east to I-71 for the Factory Shops, or turn left off Rte 35 to Rte 734 (just east of Jamestown) to Jeffersonville. Just follow all of the signs along the way leading you to the savings. There are newer outlets on I-75 S about 20 minutes South of I-675.

The Great Outdoors

Spend some time in Dayton's Five Rivers MetroParks. Learn more at http://www.metroparks.org

Hiking

- There are three beautiful hiking areas in the Yellow Springs area (and others in the Greater Dayton area). Glenn Helen in Yellow Springs is a nature preserve owned by Antioch College that is open to the public. John Bryan State Park provides several miles of hiking trails along the Little Miami River. Clifton Gorge shares trails with John Bryan and has some fabulous cliffs. To get to Glenn Helen, take Rte 68 north through Yellow Springs and turn right onto Corry St. (at the Subway). To get to John Bryan, continue north on Rte 68 and turn right on Rte 343. Follow signs about 2 miles out of town. Still further down Rte 343 is Clifton Gorge, a wonderful little river gorge that is a real surprise for such a flat region. These areas are worth visiting many times through the year because the changing foliage and flowers make each trip a new experience. The Dayton area hosts numerous reserves and parks. A favorite hiking area south of town is Caesar's Creek (741 S. to 73 E.).

Rock Climbing

- Clifton Gorge has a limited rock climbing and rappelling area. On nice weekends, it gets a little crowded. If you like falling off cliffs, this is the place for you.
- There is also an indoor rock climbing gym in Dayton's Historic District. Check out http://www.urbankrag.com

Canoeing/Kayaking

- Spend an afternoon on a sparkling blue river. You can rent a canoe from Morgan's Canoe Livery (882-6925) for a trip down the Mad River or down the Little Miami (932-7658) at Caesar's Creek (741 S. to 73 E.). Boating, swimming, and picnicking are only 50 minutes from WSU. River's Edge, on St. Rte. 42 near Waynesville, rents canoes and kayaks for trips on the Little Miami River.
- Kayaking opportunities abound! Check out Dayton's Whitewater Warehouse for information about Wednesday Night Paddling down the Mad River into Downtown. http://www.kayakdayton.com

Camping

- John Bryan State Park has a beautiful campground. About 50 miles to the west, Houston Woods State Park offers boating and canoeing facilities. Caesar's Creek is also an option.

Biking & Rollerblading

- The River Corridor is a bike and running trail that follows the Great Miami River to Miamisburg. It is possible to take a 40-mile trip with very little interference from auto traffic. A good place to start is at Island Park on Helena Street. Yellow Springs also offers a paved bike trail on the old Columbus-Cincinnati railroad bed. It runs 10 miles between

Yellow Springs and Xenia. The bike path in Yellow Springs extends south to Cincinnati. It follows the national scenic Little Miami through beautiful woods and charming villages. The closest trail is Creekside Trail that runs from Riverview downtown all the way to Xenia. The majority of this path runs parallel to 35 along the length of Beavercreek. Parking for the trail can be accessed at the junction of 675 and 35 via Dayton-Xenia Road. Take N Fairfield to Dayton-Xenia and turn Right. It is about 4 miles down on your left.

Golf

- Many public courses are close by. Jamaica Run (8781 Jamaica Rd.), City of Miamisburg (610 Mound Rd. In Miamisburg), River Bend (5567 Upper River Rd. in Miami Township), and Rollandia Golfing Center (4900 Wilmington Pike). The closest is Beavercreek Golf Club located on New Germany Trebein Rd. which is about 5 minutes from school. Check out the Spare Change Range for a cheap ($3 for a bucket) driving range at 3580 S. Dayton Lakeview Road.

Relaxation close to campus

- Huffman Dam is a few miles from campus just off Rte 4, north of Rte 444. This park is a great place to relax, hike, or go fishing. The Wright Memorial is just off of Kauffman Rd. near Rte 444. The Wright State Biology Preserve is a great place for a relaxing walk if you only have 20 minutes or so (for the hurry up and relax crowd).

The Museum Circuit

Dayton Art Institute

- The museum's collection includes pre-Columbian, European, Oriental, and modern pieces. Often a traveling show will be on exhibit. The museum store has fascinating and unique gifts available.

Carillon Park

- A 65-acre museum park containing preserved inventions primarily pertaining to transportation. Includes life-sized replicas of the Wright Cycle Shop and a railroad Station. 293-2841

Dayton Museum of National History

- Recently remodeled. Exhibits small mammals and reptiles, Indian artifacts, and other natural specimens. The museum also contains a planetarium that offers regular showings. If you like stargazing, the museum offers the Apollo Observatory. 276-9156

Air Force Museum

- World's oldest and largest military aircraft museum. Exhibits include Apollo series space capsules, atomic bomb displays, and 150 aircraft. A new IMAX theater was added recently - call 253-IMAX for ticket info and show times. General admission is free! 255-3284

Other Culture Clubs

Theaters

- Dayton has two clusters of movie theaters that show first-run movies. The Dayton Mall area has 40 screens in a five-mile radius, and the Beavercreek area (behind the Fairfield Mall) has 15 cinemas. The Little Art Theater in Yellow Springs and the Neon Movies (130 E. Fifth St) in downtown Dayton show artsy, documentary, foreign, bizarre, and off-the-wall flicks at cheaper prices. The Greene Towne Center has a movie theater. Take 675S to Dorothy Lane exit.

Contemporary Music

- Popular musicians play at the University of Dayton (UD) Arena, Hara Arena, and the Nutter Center. Live local groups can be seen at the Canal Street Tavern, Wolfie's, The Trolley Stop, or the Oregon Express and others. Consult the Dayton newspaper for dates and groups.

Amusements Parks

- King's Island is a 100-acre amusement park located on I-71 towards Cincinnati (about a 40-minute drive). The park has roller coasters, a water park, live shows, a main street full of boutiques, an assortment of stomach-twisting rides, and a fireworks display every night. Open early spring to early fall, admission is about $40 (special promotions and group rates lower the price to about $30). The Beach and Surf Cincinnati are two water parks that are each within a 50-minute drive of WSU. Cedar Point is one of the most popular amusement parks in the country with exceptional roller coasters. Cedar Point is located in Sandusky, Ohio on Lake Erie.

The Arts

- Dayton's performing arts include the **Philharmonic Orchestra** (224-9000), **Opera** (228-7464), **Ballet** (449-5060), and the **Dayton Contemporary Dance Company** (228-3232). In addition to community and University productions, traveling theater groups perform at Memorial Hall and the Victoria Theater. "The Victoria Theater Association provides the highest quality theatrical programming to the broadest possible audience, including those traditionally underserved and allows for the effective management, preservation and widest use of the historic Victoria Theater and associated facilities." The Victoria Theater is located at 138 N. Main St. (at First St.) in downtown Dayton. Call 228-3630 for reservations and ticket information. Students, with a school ID, may buy tickets one half hour before any performance and receive half off the regular price of any available ticket. Sign interpretation and audio description are available at the second Saturday matinee.

Festivals

- Dayton had several festivals throughout the year. These include Oktoberfest (Fall - Dayton Art Institute), Greek Festival (Fall - Greek Orthodox Church), Dayton River Festival (Memorial Day weekend - Island Park), International World Affair (Spring - Dayton Convention Center), U.S. International Air and Trade Show (Summer - Airport), and Kettering's Holiday-at-Home (Labor Day weekend). Surrounding communities (Xenia, Bellbrook, Yellow Springs, Clifton, etc.) have interesting annual or semi-annual special events (special Midwestern festivals include Spring Valley's Potato Festival, Fairborn's Sweet Corn Festival, and the biggest – Waynesville's Sauerkraut Festival!).

Haven't found what you need? Phone numbers above no longer in service? Want more specifics? No problem:

- The Dayton City Paper, a weekly guide to entertainment, events, and opinions in Dayton is available on Thursdays for free on campus and in the College Bookstore across the street. Another good guide for entertainment in the Miami Valley is the GO! section in the Friday edition of the Dayton Daily News. Check out the BSOM Dayton web page at http://medicine.wright.edu/about/visiting-dayton, the Dayton.com website at http://www.dayton.com/, or http://www.citysearch.com/guide/dayton-oh-metro, for more listings and happenings in Dayton.

Just a Few More Details

Parking

Office of Parking and Transportation
Phone: 937-775-5690
Location: 224 Medical Sciences Building

When you arrive during orientation, you will be taken by a group leader to get your parking permit. This permit is to be displayed on your rear-view mirror and is good for the whole year. Parking Services will bill your account and once your loans or tuition payment hit, this should take care of the once yearly parking fee.

Just because you have a parking pass, it doesn't guarantee that you will have a space to park. Remember that your pass will be a "C" permit, meaning that the white lined spaces are for you. You will get a ticket if you park in the yellow lined spaces during restricted hours. These tickets will cost you a minimum of $50 per violation. ***The longer you wait in the day the harder it will be to find a spot***. If you have a class that begins at 9:00am, try to get there by at least 8:45 or you may wind up in Lot 4. So, if you're rushing to class for a test or an exam and all the lots are filled up, your best bet might be to park across the street at Wendy's or some other place, hope they don't catch you, and literally run to class.

After 4:00pm, if you have a parking pass, you can park in the faculty lots. You may never park in restricted parking spaces or visitor parking spaces. This may change from year to year so be sure to ask when you buy your pass. Remember, WSU is a commuter school, and the 18,000 undergraduate students are your archenemies when it comes to parking spaces.

If you happen to forget to put your parking pass in your windshield, you will also get a ticket. However, if you vote during the university's student elections, one of these violations will be removed from your record.

Campus Ministry

Just because you're going to spend the next few years in medical school doesn't mean that you haven't got a prayer. The WSU Campus Ministry Center provides opportunities for worship and prayer, programs of spiritual and human enrichment, and personal counseling with referral as needed.

The Center is also open to students who just want to drop in to relax and enjoy a quiet atmosphere or interesting conversation. Maintained in the Center are a borrowing library, a collection of periodicals, and articles on religious and social topics.
In addition to a Bible study class and Christian fellowship, the Campus Ministry offers a Catholic Mass every Sunday at 10:00 AM and on Thursdays and holy days at 12:15 PM. The Campus Ministry is located across the parking lots from Allyn and Rike Halls. For information and a schedule of interdenominational prayer studies, call 937-4261836. Also, see the section on Christian Medical Association in the Clubs and Activities section of the manual.

A complete list of area places of worship can be found in your local telephone directory and online. Please note that the Dayton area also has facilities for a wide range of minority denominations, such as Judaism, Hinduism, and Islam.

Another good way to find a place of worship is to talk to your classmates. Students who are from the Dayton area may have some good suggestions.

Tunnels

As you are probably already aware, most of the buildings at WSU are connected by a basement level series of tunnels. Designed to make the campus wheelchair accessible, they are also convenient for getting around on cold or rainy days. Signs direct you towards your destinations. Although you may feel a bit like a mouse in a giant maze, at least it's a labeled maze. Unfortunately, White Hall is not part of the tunnel system.

Lockers

During the first week of school, IDTL will assign each student a private locker. Students must provide their own locks and comic strips. Most people get two locks with the same combination (available at Wal-Mart) – one to put on their regular locker and one to put on their Anatomy Lab locker.

Mailboxes

During orientation, MedOps will also assign each student a mailbox in the lobby of White Hall. This is your communication lifeline with the University and it is where you can find the following:
All kinds of information from the BSOM
Messages from other students & meeting announcements
Announcements from off campus offices via interdepartmental mail

Student ID's

In many of the area hospitals, students are required to wear a WSU SOM photo ID, which you will receive during orientation. This ID will remain with you for your entire four years of medical school, so wear clothing you like for the picture and smile! ID's provide you with 24hour access to White Hall and computer labs, and acts as your library card (required to check out materials, videos, and study rooms). Is also works as your vending machine "debit card" – you can load it with money and use it at most vending machines. The photo will be taken during your Campus tour on the Friday before Convocation or the Monday after Convocation.
Here is a link to managing your Wright One flex money:
https://www.wright.edu/wright1-card

Banking Services

Students who are enrolled by WSU are eligible to join the Wright-Patt Credit Union, which has an office in the Student Union. Also located there (and near the entrance of Allyn Hall) is an ATM for convenient access to quick cash without a surcharge fee. Although Wright-Patt Credit Union is conveniently located in the Student Union, there are many other banks in the area so shop around and find the one that best suits your needs. If you shop for groceries at Kroger, 5/3 banks are located in Kroger stores and offer free checking

One Final Note:

We hope that this survival guide has been helpful and that you will continue the tradition for the Class of 2020. If there is anything in here that is unclear or does not cover what you are looking for please do not hesitate to ask any of us. We really want to make your transition into the first year as smooth as possible.

Enjoy medical school! You have worked hard to come here! Congratulations!