Code Blue

A Guide to the M1/M2 Years

Ahhh... one of those bright-eyed, industrious Michigan M1s

A publication of Medical Students and The Office of Student Programs at the University of Michigan Medical School

Preface

In July 1998, the Student Career Development Committee put together a guide that addressed career counseling issues for M3s and M4s. That handbook was written by students for their fellow students. The popularity of the handbook was the impetus for a general student guide for the M3s and M4s, as well as this guide for the M1s and M2s.

The purpose of this guide is to give M1s a better idea of what to expect during the first and second years of medical school, M2s some additional insight into the M2 year, and serve as a guidebook for some of our favorite parts of life in Ann Arbor. This fourth edition has been updated and expanded. We hope that it is helpful, both for school and the time you spend (what little there is! Just kidding.) outside of classes. We hope that your classes will contribute to this project and make the guide even more useful in the future

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Acknowledgements

We would like to thank those who have built the foundation upon which this version of *Code Blue* has been put together. This book could not have been produced without the time, tenacity, and wit of several of our medical school colleagues.
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For the 2000-2001 edition we would like to thank:
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For the 1999-2000 edition would owe great thanks to:
Samir Shah (editor), Emily Hu, Rebecca Dunkailo, Hong Pham, Sudhakar Cherukuri, and Grace Lin.
Doug Franzen from the Class of 2001 helped with the skinny on the boards. Gary Meyer provided the MSTP description. Thanks to the M1s who filled out our survey, and thanks to the M2s for your tips on surviving second year.

The entire project involving the M1/M2 and M3/M4 handbooks would never have gotten this far without the enormous dedication and hours put in by David Wu (Honorary Class of 2000, MD/PhD candidate-creator of the template upon which the book is based for the past four years). Without him, we would all be a little more lost in medical school.

Finally, we want to thank the administration and their staff for their help in gathering the many bits of information scattered around the medical school so that we could provide you with this handbook. Special thanks to Dr. Rachel Glick, Brenda Chism, Neil Noland, Eric Middleton, and Kalindi Trietley for their time and energy in the final stages.

Omar Abbasi, Chung-Han Lee, Danielle Turner, and Monica Prasad
Class of 2005

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The History of the University of Michigan Medical School

The University of Michigan Medical School was the first medical school in the U.S. to own and operate its own hospital, the first major medical school to admit women and the first major medical school to base its instruction on science. The school was also a pioneer in the introduction of the modern medical curriculum and the development of the clinical clerkships.

In the late nineteenth century the UM Medical School embarked on a mission to involve students as active participants rather than passive observers in their education, and to teach students how to acquire and interpret information.

These activities occurred during a period of profound change in medical education. The Medical School had opened its doors in 1850 and charged the first class of medical students $5 a year for two years of education. The curriculum was all lecture, and the second year was a repeat of the first. None of the members in that first class were college graduates, and all were white males. To gain admission, they were required to know some Greek and enough Latin to read and write prescriptions.

In 1870 the UM Medical School accepted its first woman, Amanda Sanford. Ms. Sanford was admitted on somewhat of a technicality in that the UM regents passed a resolution that year allowing any Michigan resident to enroll at the University; the resolution did not mention, and therefore did not exclude, women and African Americans. In 1873, W. Henry Fitzbutler became the first African American medical student to graduate from the Medical School. Mr. Fitzbutler was the son of a slave.

In the late 1870s the UM Medical School increased its annual term from six months to nine, and in 1880 a three year curriculum was adopted, laboratory instruction was introduced, and grades were assigned. In 1899 the clinical clerkship was successfully introduced because the university owned its own hospital whereas other medical schools had largely failed. (Privately owned hospitals would not allow medical students to touch their patients).

At the start of the twentieth century, efforts were led to revise and improve medical curricula, doubling the length of the program for the M.D. degree and integrating clinical rotations into every student's course of study. In the 1950s through the 1960s sweeping changes were made in the UM's medical curriculum, including early student contact with patients and an inter departmental course in the neurosciences. The late 1960s was an era of increased clinical training in the first two (predominantly basic science) years of medical school. The UM, along with many medical schools across the country, adopted an interdepartmental Introduction to Clinical Medicine course that would remain a staple of the first two years for more than 20 years. In this same period, subinternships were introduced in the senior year and remain part of the school's advanced clinical curriculum.

The University of Michigan has 51,000 students and 5,600 faculty on its three campuses. With approximately 170 medical students per class, there are about 680 students at Michigan actively working toward their M.D. degree. More than 17,000 physicians have earned their medical degrees at the University of Michigan Medical School since the first graduating class of six students in 1851.

The year 2000 marks the sesquicentennial anniversary of the school's inception -- 150 years of excellence in teaching, research, and patient care.

Component I

The goal of the first year (Component I) are to provide students with a strong foundation in the biomedical sciences and to present basic science information in a clinically-based context for optimal learning and retention. Beginning early in the year, students "shadow" physicians in their clinics to observe doctor-patient interactions and work with simulated patients (individuals trained to act as real patients [SPIs]) as well as actual patients as they learn to conduct medical interviews and physical examinations. Fall Term courses are Gross Anatomy, Molecular and Cellular Biology, Pathology, Genetics and Introduction to the patient. Winter term courses are Histology, Embryology, Microbiology, Molecular and Cellular Biology, Histopathology, Host Defense, Growth and Development Pharmacology, Physiology and Introduction to the Patient (ITTP). There are weekly quizes that can be taken online as early as Friday afternoon, but must be completed by Monday morning. Grading in Component I is done on a Satisfactory/Fail basis; an overall score of 75% (with a minimum of a 70% on the final) is required for students to pass each course.

Component II

The goals of the second year (Component II) are to provide students with an understanding of how knowledge in basic sciences and clinical medicine is generated and ultimately applied, and to present those aspects of clinical science necessary for students to enter their clinical clerkships. In the Introduction to the Patient course, work with simulated patients continues during this year and students also perform supervised patient histories and physical examinations in a hospital setting. There are 12 interdisciplinary organ-system or disease-based sequences: Infectious Diseases, Hematology/Oncology, Cardiovascular, Respiratory, Renal, and Dermatology in the Fall term; Gastrointestinal, Neuroscience, Endocrine, Reproduction, Special Senses and Musculoskeletal in the Winter term. Grading in Component II is on an Honors, High Pass, Pass and Fail scale; an overall score of 70% is required to pass each sequence.

Component III

The goals of the third year (Component III) are to provide a series of patient-based experiences that emphasize the learning of fundamental skills, knowledge and behaviors in a clinical context, and to provide a coordinated approach to students' education across clerkships and clerkship sites. The third-year schedule is uniform for all students in terms of experiences, however, students may rank their preferences for the order in which they take the clerkships, for their surgical subspecialty rotation, and for different locations within the core hospitals and clinic system. Students meet weekly in whole-class sessions to learn and discuss issues and topics relevant to all clinical services. The grading scale in Component III is Honors, High Pass, Pass and Fail.

Component IV

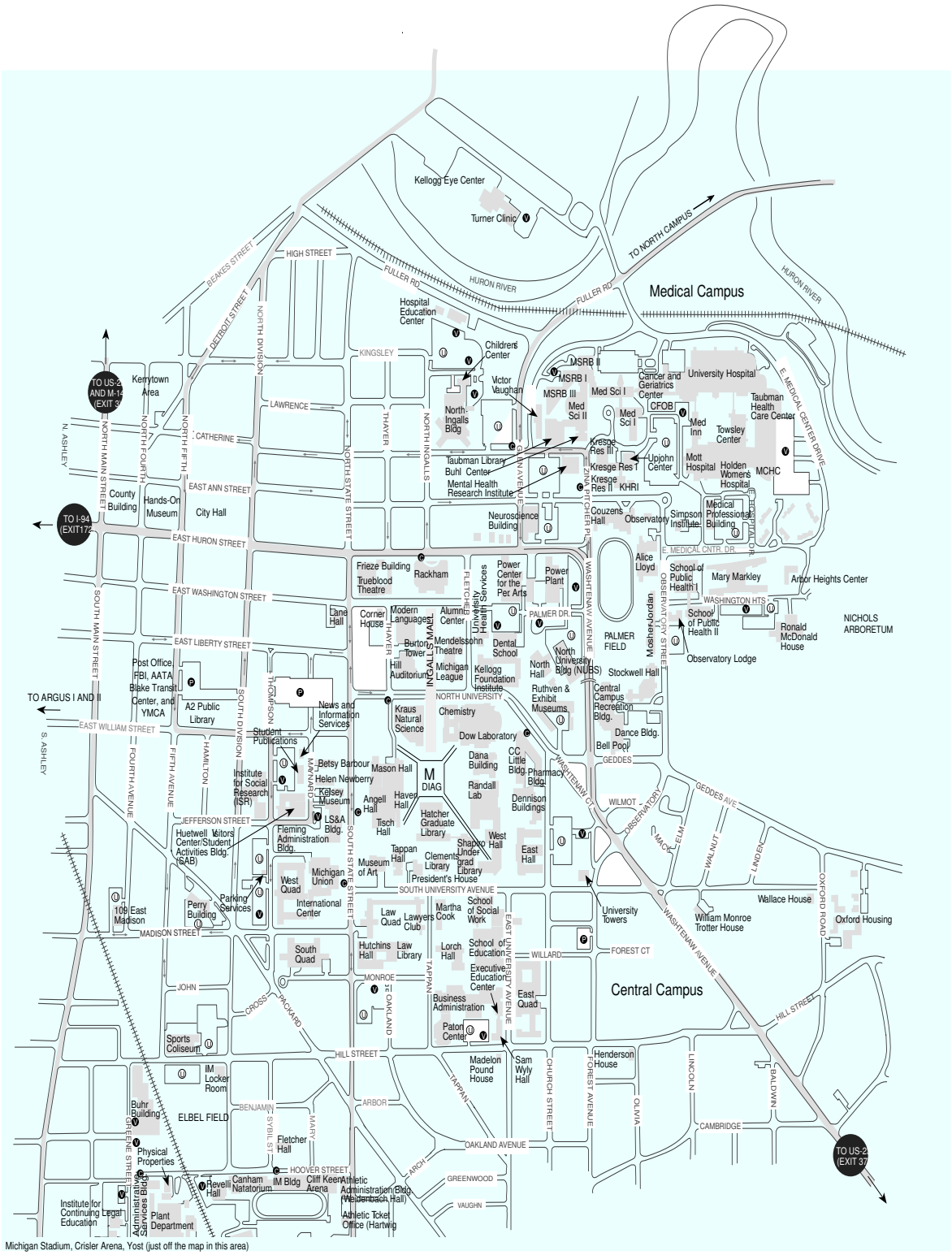
The goals of the senior year (Component IV) are to prepare students for house officer training by providing as much direct responsibility for patient care as possible and to provide students with the opportunity to advance their education through elective clerkships and other clinical and research experiences. Each student must complete at least nine months of clerkships; up to three of these months may be devoted to research experiences. Students also have the opportunity to elect clerkships at hospitals throughout the country and the world. Most off-campus experiences are arranged by students and all require appropriate approvals. Curriculum requirements in the senior year are a two-month subinternship, a one-month Intensive Care Unit experience and a one-month Science in Clinics experience designed to teach basic science content at an advanced level within a clinically-relevant context. The grading scale in Component IV is Honors, High Pass, Pass and Fail.

Professionalism throughout all four years of medical school is key to the success of each student at the University of Michigan Medical School. It is expected that students will act in a professional manner at all times when dealing with faculty, patients, staff, and fellow students.

University Map

M1 M2

Here's a map of the central campus area, the med area, and some of downtown.

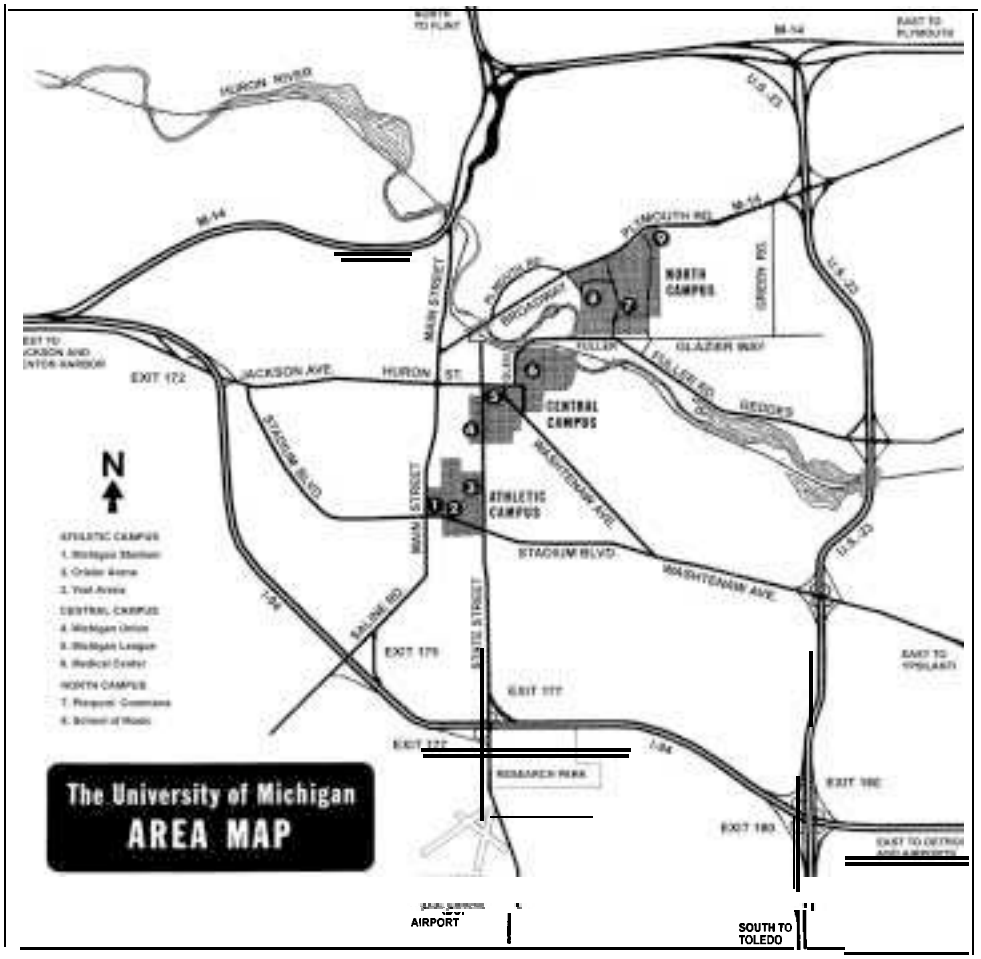


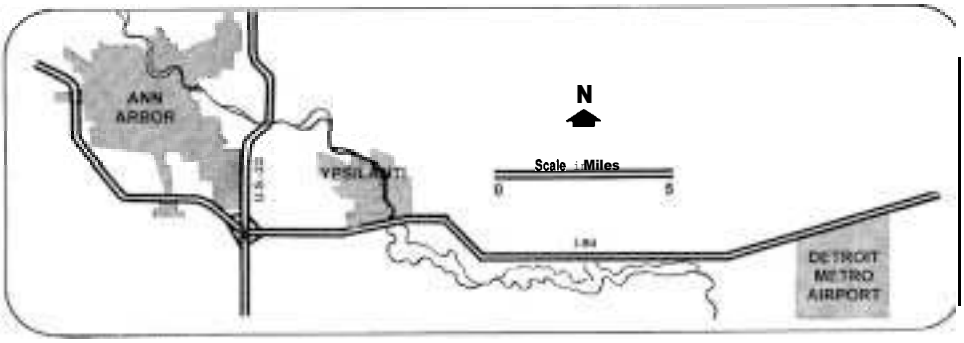
Michigan Stadium, Crisler Arena, Yost (just off the map in this area)

Surrounding Area

And finally, here's one of the surrounding area. You can find these maps online at...

- *from the UM News and Information Service at:* ***www.umich.edu/~newsinfo/mformhom.html***
- *from the UM Parking and Transportation Service (focusing on parking areas) at:* ***www.parking.umich.edu/parking/maps/***
- *and some from the UM health system at* ***www.med.umich.edu/maps/***





M1/M2 Timeline

M1 M2

Aug
- Orientation *mid August*
- White Coat Ceremony *Late August*

Sep
- Begin thinking of summer plans *September*
  - *OSBRP and foundation web sites for fellowship applications*
- Applications available for: *September*
  - *HHMI Fellowship and HHMI/NIH Cloisters Programs*

Oct
- Applications available for: *November*
  - *American Heart Association*
  - *Summer Biomedical Research Program (Poster Presentations and Information Session)*

Nov
- Applications due for: *November*
  - *Medical Scientist Training Program (MSTP)*
  - *Howard Hughes Medical Institute (HHMI) Predoctoral Fellowships*

Dec
- Applications available for: *December*
  - *AOA Ruth 1 Year Research Fellowships*
- Applications due for: *December*
  - *HHMI 1 Year Fellowship Program*

Jan
- Applications due for: *January*
  - *HHMI/NIH Cloisters Program*
  - *Merck/AFAR Research Scholarships*
  - *Sarnoff Fellowship in the Cardiovascular Sciences*

MCAS Career Seminar Series
Sep thru Apr
Wednesdays in WLH (monthly)

Feb
- Applications due for: *February*
  - *AFAR Hartford Medical Student Geriatric Scholars*
  - *Glenn/AFAR Scholarships for Research*
  - *AOA Ruth 1 Year Research Fellowships*
  - *ADA Medical Scholars Award*
  - *ADA Physician-Scientist Training Award*

Mar

Apr
- Decisions notification: *April*
  - *HHMI/NIH Cloisters*
  - *Summer Biomedical Research Program*
  - *ADA Medical Scholars/Physician-Scientist Programs*

May

Jun
- Quite possibly your last summer vacation ever: *June-August*

Jul

Aug

In addition to the dates above for the MCAS Career Seminar Series and the application deadlines (for research fellowships involving a leave of absence before m3 year), there are several dates of interest to m2's listed below.

Sep

Oct

Nov

Dec

Jan
- Junior (M3) Night *end of January*
  - *time to contemplate junior year preferences*

Feb
- M3 scheduling preferences due *mid February*

Mar

Apr
- M3 schedules distributed *mid April*
- USMLE Step I Practice Exam *mid April*

May

USMLE Step I Exam
Apr thru June
1 day, 7 hour exam

Jun

Jul
- M3 year begins *early July*
  - *say goodbye to family, friends, life as you know it...*

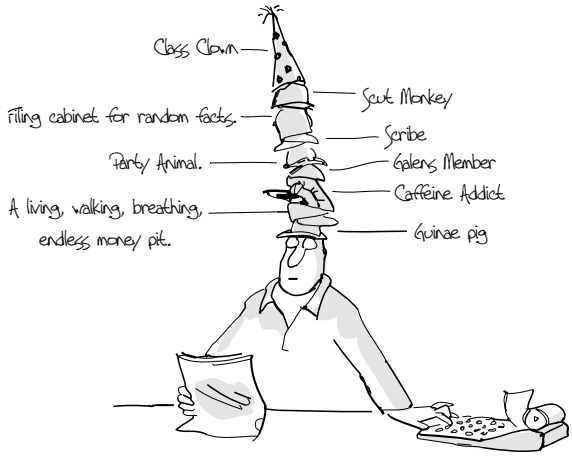
Aug

M1 Academic Calendar

M1 M2

M1

Weekly Quizzes	By Monday AM
Orientaton and Registration Begin	Thursday, 8/15/02
Classes Begin	Tuesday, 8/19/02
Labor Day (Holiday)	Monday 9/2/02
Examinations/Study Period	Saturday - Saturday 10/12 - 10/19/02
Thanksgiving (Holiday)	Thursday - Sunday, 11/28 - 12/1/02
Classes End	Friday, 12/13/02
Examinations/Study Period	Saturday - Saturday, 12/14 - 12/21/02
Winter Break	Sunday - Sunday, 12/22/02 - 1/5/03
Classes Begin	Monday, 1/6/03
Martin Luther King Jr. Birthday (University Symposia, no regular classes)	Monday, 1/20/03
Examination/Study Period	Saturday - Saturday, 2/15 - 2/22/03
Spring Break	Sunday - Sunday, 2/23 - 3/2/03
Classes resume	Monday, 3/3/03
Classes end	Friday, 5/16/03
Examination/Study period	Saturday - Friday, 5/17 - 5/23/03



When you're a Medical Student, you wear many hats.

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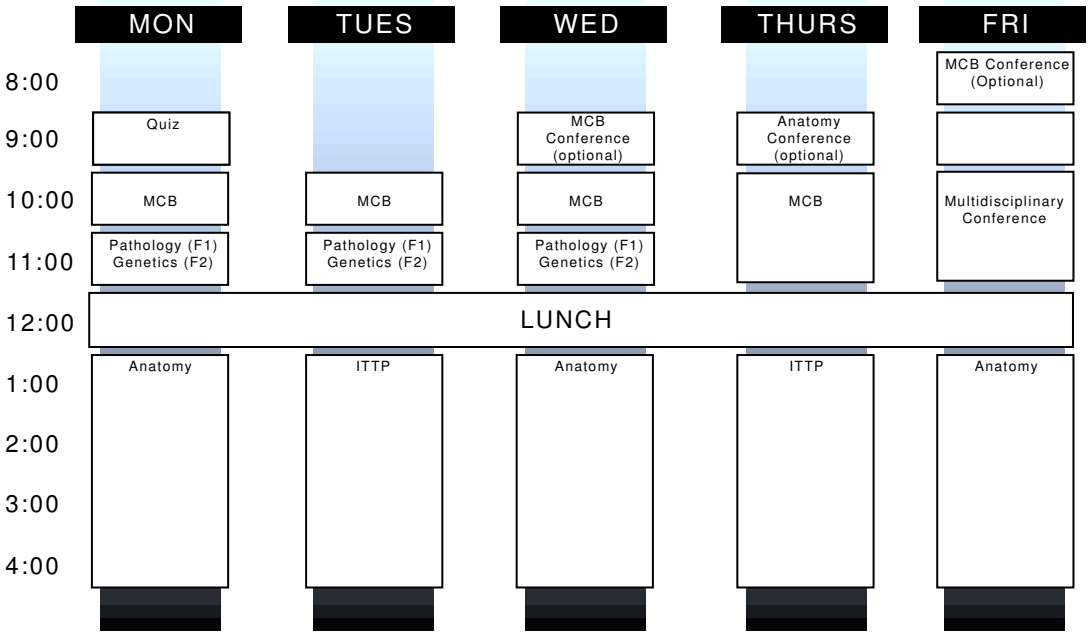
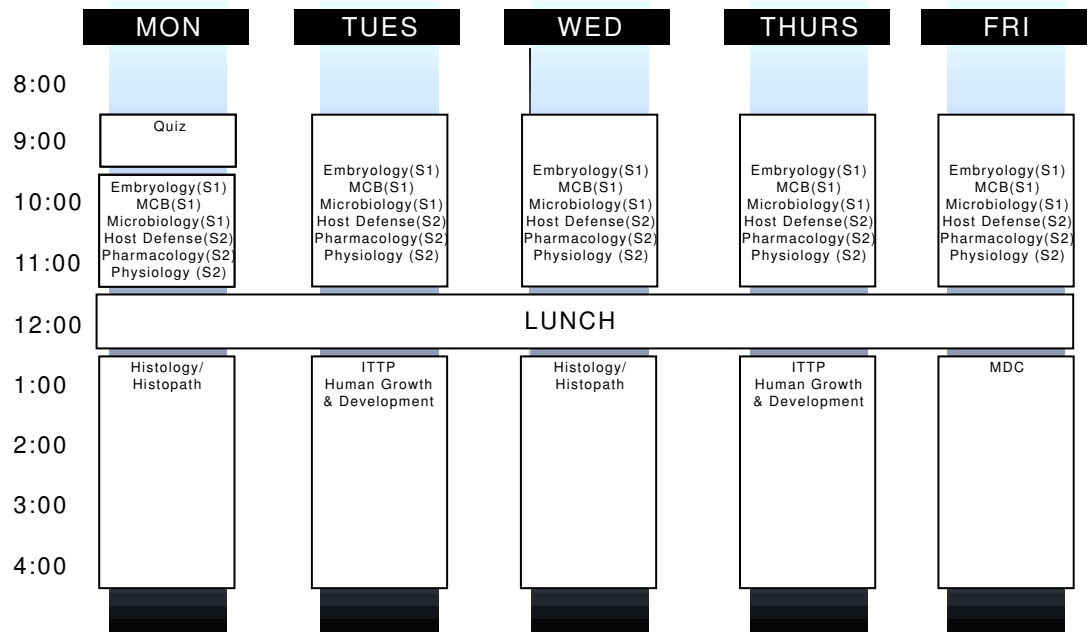
M1 Fall Sample Schedule



M1 Spring Sample Schedule



(F1/S1)=First half of Fall/Spring Semester
(F2/S2)=Second half of Fall/Spring Semester

Component I

M1 M2

Course Directors 2002-2003

http://www.med.umich.edu/lrc/students/M1/faculty.html

Component Director

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Host Defense (Winter)

Wesley Dunnick, Ph.D.
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6743 Med Sci II, Box 0620
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Human Growth and Development (Winter)

Mark Supiano, MD
Assoc. Professor of Internal Medicine
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msupiano@ umich.edu

Multidisciplinary Conferences (MDC)

Robert Lash, M.D.
Ass't Professor of Internal Medicine
3920 Taubman Center; Box 0354
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Fax: 936-9240
rwlash@ umich.edu

Introduction to the Patient (Fall and Winter)

Joyce Rayment
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Microbiology (Winter)

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Pathology (Fall and Winter)

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*=recommended but not required.

ALL COURSES

Dorland's, Stedman's or Churchill's Medical Dictionary. (Required)

ANATOMY (Fall)

Woodburne & Burkel, Essentials of Anatomy, 9th edition, Oxford. (Required)

Netter, Atlas of Human Anatomy, 2nd edition, 1997. (Required)

* Novelline Squire's Fundamentals of Radiology, 5th edition, Harvard University Press.

HUMAN GENETICS (Fall)

Gelehrter, Collins, and Ginsburg, Principles of Medical Genetics, Williams & Wilkins, 2nd edition 1998. (Required)

INTRODUCTION TO THE PATIENT (Fall and Winter) (not yet finalized)

The following is required for Physical Diagnosis:

Bates, A Guide to Physical Examination, 7th edition, J.B. Lippincott Company.
OR
Seidel, et.al., Mosby's Guide to Physical Examination, 3rd edition, Mosby.

MOLECULAR & CELLULAR BIOLOGY (Fall and Winter)

* Devlin, Biochemistry with Clinical Correlation, 5th edition, Wiley, 2002.

* Alberts, et al., Molecular Biology of the Cell, 3rd edition, Garland Publishing, 1994.

PATHOLOGY (Fall and Winter)

Cotran, Kumar, Collins, Robbins Pathological Basis of Disease, Saunders, 1999, 6th edition.

EMBRYOLOGY (Winter)

B.M. Carlson, Human Embryology and Developmental Biology, 2nd edition Mosby. (Required)

HISTOLOGY (Winter)

Young, Wheater Functional Histology, 4th edition. (Required, no other edition acceptable)

* Junqueira, Carneiro & Kelley, Basic Histology, 9th edition Appleton & Lange.

HOST DEFENSE (Winter)

* Parham, The Immune System. Garland Publishing/Elsevier Science, 1st edition, 2000 or later.

Cotran, Kumar, Collins, Robbins Pathological Basis of Disease, Saunders, 1999, 6th edition.

HUMAN GROWTH AND DEVELOPMENT (Winter)

Morrison, Hark., Medical Nutrition and Disease, Blackwell Science, 2nd edition 1999. (Required)

MICROBIOLOGY (Winter)

* Ryan, Sherris Medical Microbiology: An Introduction to Infectious Diseases, 3rd edition, Appleton Lange, 1994.

* Schaecter, Engleberg, Medoff, Eisenstein Mechanisms of Microbial Disease, 4th edition, Williams and Wilkins, 1999.

* Fields and Knipe, Fundamental Virology, Raven Press, 3rd edition, 1996.

PHARMACOLOGY (Winter)

Craig & Stitzel, Modern Pharmacology, 5th edition, Little, Brown, and Company, 1997. (Required)

PHYSIOLOGY (Winter)

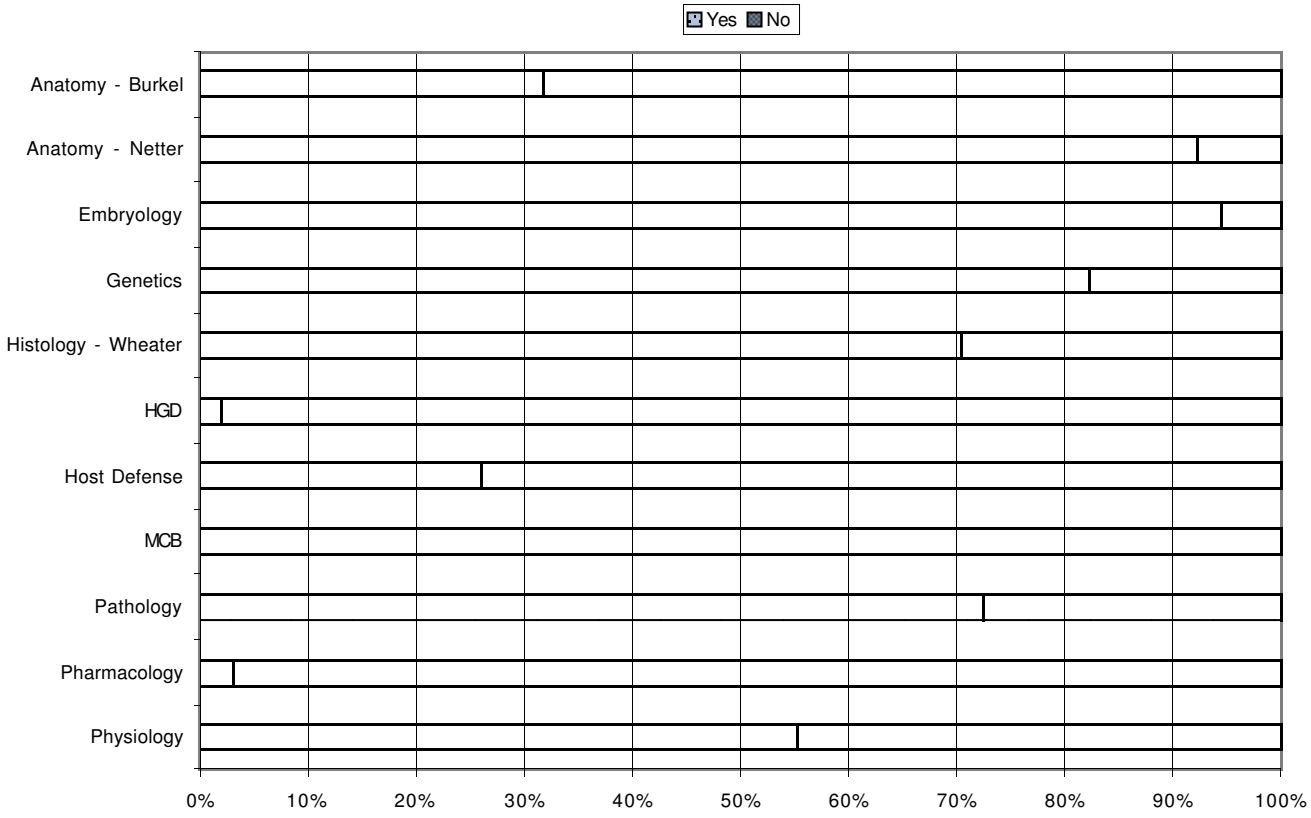
Mohrman and Heller, Cardiovascular Physiology, 5th edition, McGraw-Hill, 2002. (Required)

Koeppen and Stanton, Renal Physiology, Mosby, 3rd edition, 2001. (Required)

Additional recommended textboks will be listed in the coursepack.

M1 Book List

M1 Recommendations on the Purchase of Required Texts



Recommended Books

Anatomy: Moore's Clinical Anatomy, Color Atlas of Anatomy by Rohen and Yokochi

Embryology: No additional recommendations

Genetics: No additional recommendations

Histology: Basic Histology byJunquiera

HGD: No additional recommendations

Host Defense: No additional recommendations

MCB: Any undergraduate text, Lippincott Biochemistry

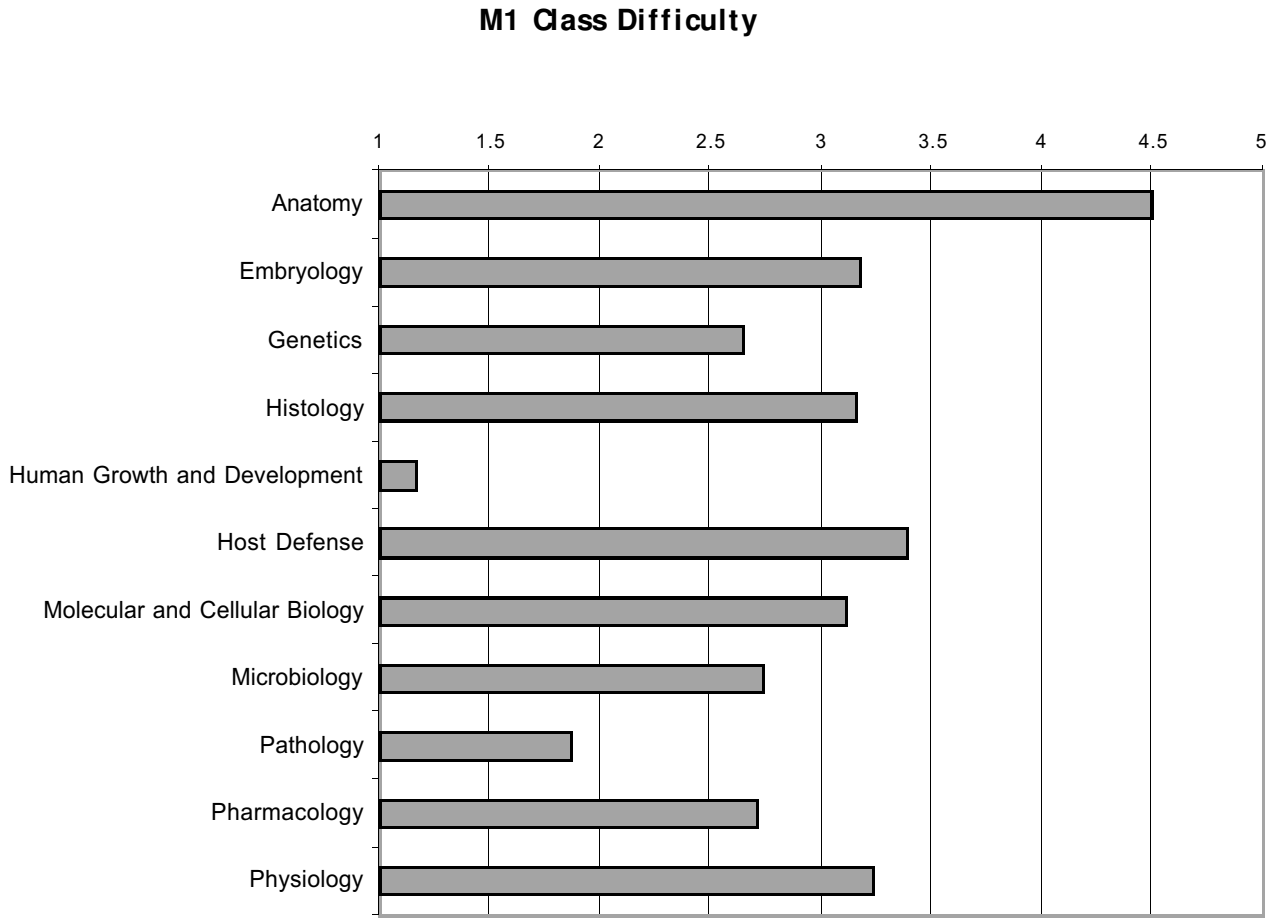
Pathology: No additional recommendations

Pharmacology: No additional recommendations

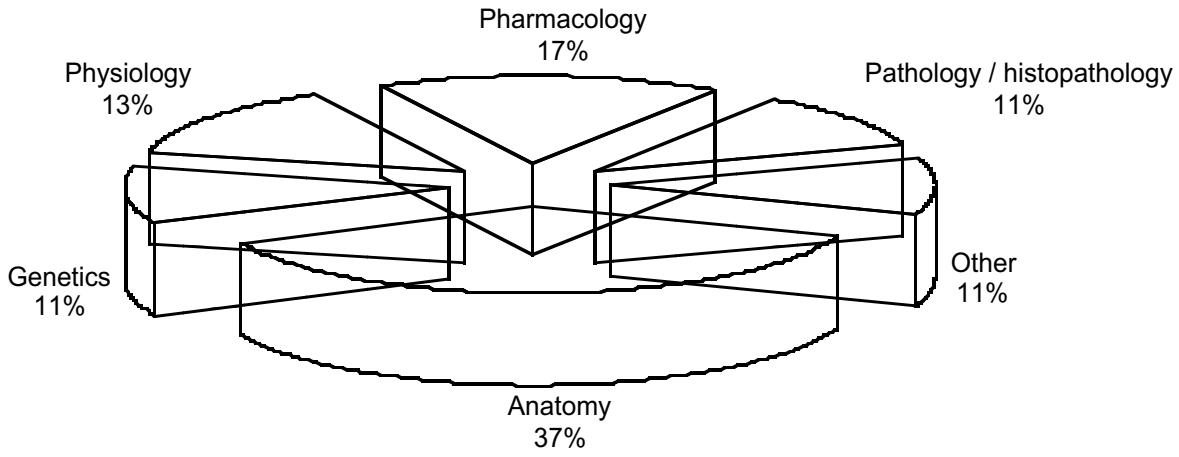
Physiology: No additional recommendations

M1 Class Evaluations

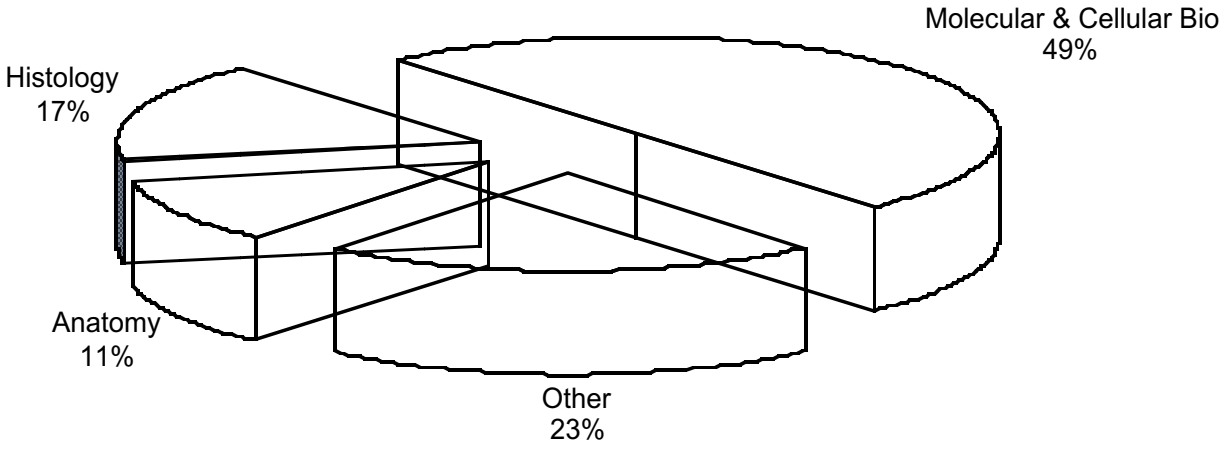
Consulting with peers and upperclassmen is a good way to get ideas on how to best study for any class. The following data was collected from a a survey of last year's M1 class. These surveys represent a sample 100+ M1's. Classes were rated on a scale from 1-5, 1 being very easy and 5 being very difficult.



M1 Most Favorite Class



M1 Least Favorite Class



M1 Helpful Hints

M1 M2

Anatomy

Study hard, use the online resources, do practice quizes
Pay attention to your body...don't just think you saw something...make sure you could find it again later.
Read the dissector answers on the web site.
Get in one of the tutoring groups with a faculty member right away.
Look at other cadavers, not just your own.
Buy a board review book (the NMS series or the Board Review Series, both are very good and you'll end up needing it for later anyways).
Pre-lab REALLY helps.
Make charts/tables of helpful landmarks that help you identify things and relationships.

Embryology

Bring your book to class because the diagrams in the book are the ones used in class, and they don't make any sense without his explanations.
It is very beneficial to attend class.
Use the Phi Chis for text and the book for it's figures.
Do the practice questions at the end of the chapter, they have a habit of showing up again.
Know signalling molecules - memorize & get through it.
Look at old quizzes.

Genetics

Do the practice problems in the back of the book.
Exams and quizzes require more than just basic memorization, so know how to apply stuff.
Go to class and skim the book. The lectures are very well-organized.
Always do the practice quiz problems from previous years.

Histology

Pay attention to the lecture, since many quiz questions come from there rather than lab or the CD.
The CD is pretty useful. Even though lab is helpful, it ok if you skip sometimes.
Lab isn't necessary, but will dramatically ease final worries.
Look at online histo sites for more practice (go to Google and search "histology quiz").
Spent a lot of time with the slides - both at lab and then again before the exams. This made the practicals pretty easy.

HGD

Don't ignore it, but you will do fine if you put in a little effort during class hours and review the material for a few hours before the final.
Go to class. If you do, you will hardly have to study.

Host Defense

Just memorize the Phi Chis. Lots of molecules to remember.
Do old quizzes, condense the handout by printing it 4 pages per sheet and put your notes on your new study guide.
Focus on what is presented in class - make sure you go or read the Phi Chis thououghly.

MCB

Look at the big picture whenever possible- things just make more sense and are easier to remember if you know the big concepts of metabolism, etc.
Just go to class and take notes on the handout -- lots of pictures.
Weekly MCB Conferences were extremely helpful.
Do practice questions before taking any quizzes.

Microbiology

Pay attention to the handouts given in class.
Do old questions, use the review book for unclear information, but mostly stick with lecture notes to learn.
Everything you need is presented in lecture.
Memorize all the handouts and the Phi Chis and you'll do fine.

Pathology

Listen to Dr. Abrams advice. If you learn the basics, you can figure out the quiz and exam questions.
You'll need Robbins later; reading it will get your med school vocab and reading skills ramped up.
DO PRACTICE QUESTIONS!!
Have fun, go to lecture just to hear Dr. Abrams

Physiology

Keep up with the material. Try to answer the lecture objectives on your own. Buy a board review book. it's helpful because it picks out the really important material.
Lecture handouts and Phi Chis are enough for this class.
Beware the physiology multiple choice question--they're not always written as clearly as they could be.
The first half is really easy, but the second half will suprise you.

Pharmacology

Read Shalfer's coursepack handouts, they're very thorough.
Study those autonomics.
Old practice questions are important.
It's a fun class, a very brief intro to drug action.
Just keep up, make a chart of major drugs and actions, you'll do fine.

Some Extra Advice for M1 Year

Find out what works for you in the first few weeks. Try reviewing that day's material every evening, and you'll have a much better weekend. Ignore us when we say "M1 year is so easy!", because it isn't, but know that it definitely gets harder, and so if you have things you want to do (like learning a language, an instrument, traveling, working out, etc), get them started/finished before you start m2. And enjoy, this year is a big change from undergrad, but it definitely is a good time.

Don't waste your money on buying a bunch of books. For the most part, Phi Chis, lecture handouts, and a few essential texts will be more than enough.

Don't study all the time, and don't get too preoccupied with taking quizzes early.

Since it's Pass/Fail, you need to set your own goals for each class. Do not attempt to "compete" with the anonymous scores on the bulletin board - it is a waste of energy. At the end of first semester, KEEP UP with all of the Anatomy labs. If you don't, you will feel a severe beat-down when the final exam rears its ugly head.

Take advantage of the pass/fail and Flex Time systems!!!! This is the last year you can truly RELAX and do some of the fun stuff you always wanted to do. Get involved in things other than schoolwork, and don't let studying get in the way of your education!

Have fun your first year, remember it is all Pass/Fail. Also, after first year, do whatever YOU want to do for your last real summer vacation. Don't feel pressure to do research; do it only if it really interests or excites you!
Another thing-parking sucks, get used to it!

M1 FALL

Clinical Observation

Students spend six 2-hour blocks with a faculty mentor in his/her clinic. Students are assigned to observe a specific aspect of the doctor-patient relationship each day.

Vital Signs

Students spent 1.5 hours with faculty member learning vital signs. The ausculatory technique of indirect blood pressure measurement is presented in a videotape and practiced under faculty supervision.

SPI: Medical Interview

This SPI exercise provides each first year student the opportunity to practice their medical interviewing technique. The communication skills discussed throughout the Medical Interviewing course are the focus of the feedback provided by the SPI at the conclusion of the simulated interview. Students are scheduled for an individual appointment time for this required exercise in ITTP. This instructional session involves 7-8 SPIs each year simulating one of two possible patient case scenarios, (Loss of Independence or IBS).

Physical Diagnosis Laboratories:

Students participate in the labs listed below; with faculty observation and assistance, they perform these portions of the physical exam. Students will examine each other in small groups (3-4 students) to practice technique.

- Fundamentals
- Lungs
- Abdomen
- ENT
- Heart
- Neurologic
- Extremities
- Ophthalmology

M1 WINTER

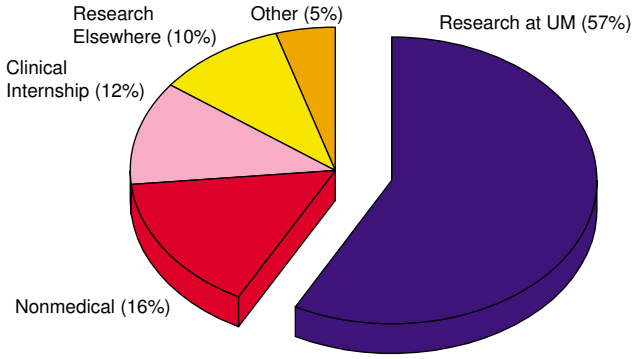
Introduction to History & Physicals

SPI: Breast and Cardiac Examination

This SPI exercise provides each first year student the opportunity to practice their physical examination technique of the breast and cardiac exam and to receive feedback on their performance. Students are paired with a classmate for this activity. Each student performs both a breast and a cardiac examination on a female SPI and receives immediate feedback from the SPI on their technique and interpersonal skills. This required instructional session involves 8-9 SPIs. A faculty member is scheduled on site during each exam session to assist with student questions and any proprietary concerns.

Summer Plans

The summer between your M1 and M2 years will be your last full-length summer in a long time. Here's the breakdown on how last year's M1 class spent their 12 weeks... You can get more specific information from the Office of Student Programs (OSP) and the Office of Biomedical Research.



Other summer options

- Check binder outside Eric Middleton's office for opportunities and applications on a regular basis
  - applications for grants, internships, scholarships, opportunities available year-round
  - watch for other new announcements
- AMSA summer programs in Health Policy, Leadership, etc
- International health internship opportunities
- Travel!
- Work around Ann Arbor – coffee shops, ice cream shops, libraries, etc.
- Work for Kaplan, Princeton Review teaching MCAT
- Set up your own project with faculty members (do it early!)
- Camp counselor
- Something totally and completely non-medically related (we suggest that you get engaged or married since everyone seems to be doing it)

The Office of Student Biomedical Research Programs

The Office of Student Biomedical Research Programs (OSBRP) is housed in the Office of Student Programs. The Director is Dr. Brian Zink. The secretary is Sandy Springer. The OSBRP handles all extracurricular research activities by students. The primary research program is the Summer Biomedical Research Program. This program is offered to students during the summer between the M1 and M2 year. A pool of faculty research mentors volunteers to provide a summer research experience for medical students. Opportunities are available both in basic science and laboratory research, and in clinical research. Students meet with the mentor and develop a research proposal that is submitted to the OSBRP and reviewed by the Committee on Student Biomedical Research. Approved applications are funded and the students receive a stipend of approximately $3,700.00 for a 3-month research experience. Students, as part of this program, develop a research abstract and a poster to present at the Fall Research Forum. The availability of funding for this program varies from year to year, but a high percentage of medical student research proposals have been funded over the past several years. Students receive additional training in research outside of their individual experiments by attending the Summer Research Seminars and other conferences held in their research areas of interest.

The OSBRP also coordinates other research opportunities for medical students. This includes research programs through the American Heart Association, Alpha Omega Alpha Medical Association and the Howard Hughes Medical Institute. Some students elect to take a full year off to pursue research training. There are a number of one-year research scholarships and fellowships available through the NIH Howard Hughes Medical Institute and other governmental agencies and private foundations. The OSBRP assists students with the application for these proposals, and if necessary, help in finding a research mentor. A sprinkling of the many research opportunities available for medical students,all of which have had successful University of Michigan medical school applicants, are outlined on the next page. The OSBRP has information on these, and other potential research opportunities. In addition, the Departments of Anesthesiology and Physical Rehabilitation have put together their own summer preceptorship programs, which may be of interest to students.

In summary, a high percentage of medical students at the University of Michigan are involved in research during their medical school years. In some cases, this leads students to pursue an academic career as a physician-scientist. In other cases, the experience can be a valuable part of understanding how biomedical research relates to the clinical practice of medicine. Whatever the outcome, the University of Michigan Medical School students have almost uniformly found their research experiences to be a positive part of their medical school education.

A Sampling of Sources for Research Funding on the Web

Howard Hughes Medical Institute **www.hhmi.org**

Perhaps best known to medical students for the 1 year fellowships that enable med-studs to pursue research project at any medical school under the direction of any investigator. Also a potential source of funding for those who wish to pursue a PhD outside of the MSTP.

HHMI/NIH Cloisters Program **www.hhmi.org/science/cloister/**

Fellowship for 1 year of research on the NIH campus. Don't let the plain description fool you... this program provides generous funding with far too many perks to list here.

Student Training Opportunities at the NIH **www.training.nih.gov/student/index.asp**

This website lists training opportunities, including but not limited to opportunities for summer research at the NIH, a relatively new clinical research training program, as well as a link to the HHMI/NIH Cloisters Program.

Sarnoff Endowment for Cardiovascular Science **www.sarnoffendowment.org**

Provides a generous fellowship for medical students to pursue a 1 year research project in cardiovascular science away from the student's own medical school.

American Federation of Aging Research **www.afar.org**

Medical students can apply for fellowships lasting for 2-3 months, which support research on aging at the University of Michigan or one of the other National Training Centers of Excellence in Geriatrics. The contact faculty member at the University of Michigan is Mark Supiano MD (msupiano@ umich.edu).

American Diabetes Association **www.diabetes.org**

Administers the Medical Scholar Award (research fellowship for 1 year) and the Physician-Scientist Training Award (funding for the PhD portion of an MD/PhD degree, up to 3 years) for projects related to diabetes.

UM Division of Research (DRDA) **www.research.umich.edu/research/funding/funding.html**

Website with some suggested search engines to locate other medical student research opportunities.

Anesthesiology

Summer Preceptorship

M1 M2

Several years ago, Dr. Carmen R. Green created a novel approach to enhance the education of the University of Michigan Medical School students. The Department of Anesthesiology under the direction of Dr. Green designed a Summer Preceptorship Program. The accepted applicants receive a stipend for this ten-week program.

This program allows preclinical medical students to interact with Anesthesiology faculty residents, and staff in an operating room setting. The students also participate in a number of research projects throughout the department, spending 8 hours per week in clinical (plus one week doing clinical rotations- see below) and 32 hours per week in clinical and laboratory research settings. There are a series of two-hour lectures presented by faculty weekly for the entire ten-week program. The students are also exposed to every facet of the Department of Anesthesiology during a one-week rotation through different divisions.

Upon completion of the ten-week program, the participants are encouraged to prepare an abstract detailing their research findings. These abstracts will be considered for presentation at the annual Midwest Anesthesia Residents Conference (MARC). At the 2000 conference, two of the medical student preceptors won awards for their presentation.

It is our hope that this program will continue on a yearly basis, helping to enhance the clinical knowledge of future doctors and academic physicians. Interested students should contact Dr. Carmen Green (carmeng@ umich.edu).

M2 Academic Calender

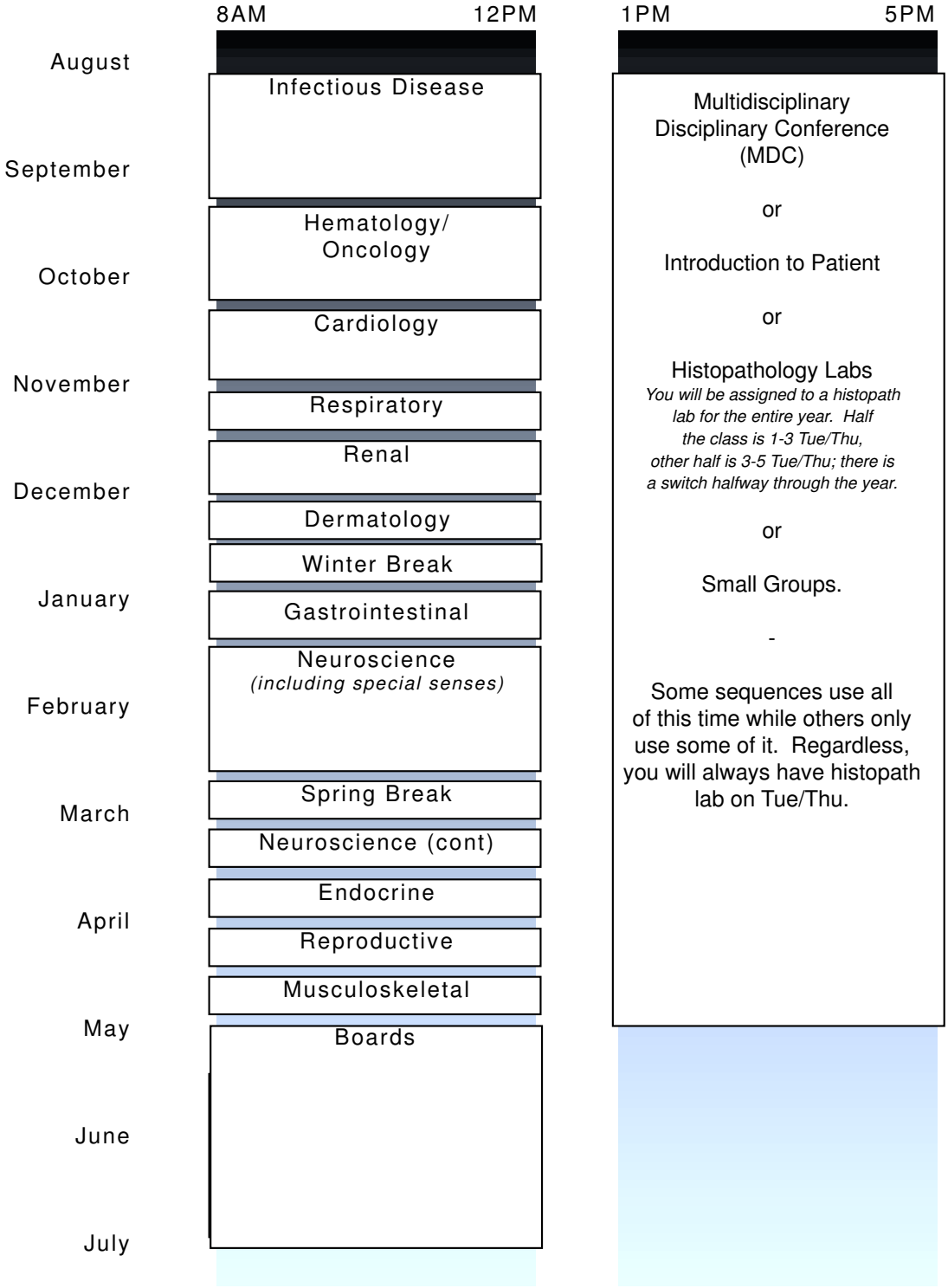
M1 M2

M2

Weekly Quizzes (Lots fewer than M1 year)	Monday AM
Orientation	Monday, 8/19/02
Classes begin	Monday, 8/19/02
Labor Day (Holiday)	Monday, 9/2/02
Thanksgiving (Holiday)	Thursday - Sunday, 11/28 - 12/1/02
Classes/Exams End	Saturday, 12/21/02
Winter Break	Sunday - Sunday, 12/22 - 1/5/03
Classes Begin	Monday, 1/6/03
Martin Luther King Jr. Birthday (University Symposia, no regular classes)	Monday, 1/20/03
Spring Break	Saturday - Sunday, 2/22 - 3/2/03
Classes resume	Monday, 3/3/03
Classes/exams end	Monday, 5/12/03
Study days begin	Tuesday, 5/13/03
Academic Year Ends	Friday, 6/20/03

This calender is subject to change

M2 Schedule


8AM
12PM
1PM
5PM
August
September
October
November
December
January
February
March
April
May
June
July
Infectious Disease
Hematology/ Oncology
Cardiology
Respiratory
Renal
Dermatology
Winter Break
Gastrointestinal
Neuroscience
(including special senses)
Spring Break
Neuroscience (cont)
Endocrine
Reproductive
Musculoskeletal
Boards
Multidisciplinary Disciplinary Conference (MDC)
or
Introduction to Patient
or
Histopathology Labs
You will be assigned to a histopath lab for the entire year. Half the class is 1-3 Tue/Thu, other half is 3-5 Tue/Thu; there is a switch halfway through the year.
or
Small Groups.
-
Some sequences use all of this time while others only use some of it. Regardless, you will always have histopath lab on Tue/Thu.

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Introduction to the Patient

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*Recommended but not required

General Use - Most Sequences

Andreoli, Cecil's Essentials of Medicine, 5th edition, Saunders, 2001 ($39.95)

Cotran, Kumar, Robbins, Robbins Path. Basis of Diseases, Saunders, 1999, 6th edition ($69.45)

Hardman & Limbird, Goodman & Gilman's The Pharmacologic Basis of Therapeutics, 9th edition, McGraw - Hill, 1996.

Recommended but not required

Lange, Ganong, Lingappa, McPhee, Pathophysiology of Disease: An Introduction to Clinical Medicine, Appleton & Lang, 3rd edition

Required by Sequence

Infectious Diseases

Schaecter, Engleberg, Medoff, Eisenstein, Mechanisms of Microbial Diseases, 4th edition, Williams and Wilkins, 1999.

Hardman and Limbird, Goodman & Gilman's The Pharmacologic Basis of Therapeutics, 10th edition, McGraw-Hill, 2001.

Hematology/ Oncology

No additional text beyond those designated above.

Cardiovascular

Lilly, Pathophysiology of Heart Disease, Williams and Wilkins, 2nd edition, 1998 ($32.95).

* Dubin, Rapid Interpretation of EKG's, 5th edition, Cover, 1989 ($28.95).

Craig & Stitzel, Modern Pharmacology, Little, Brown & Co., 5th edition, 1997.

Respiratory

West, Pulmonary Pathophysiology - The Essentials, 5th edition, William and Wilkens, 1998.

Weinberger, Principles of Pulmonary Medicine, 3rd edition, W.B. Saunders, 1998 ($45.00).

Renal

* Shayman, Renal Pathophysiology, J.B. Lippincott, 1995 ($21.95)

* The National Kidney Foundation, Primer on Kidney Diseases, 3rd edition, Academic Press, 2001.

Dermatology

* Fitzpatrick, Color Atlas and Synopsis of Clinical Dermatology, 4th edition, McGraw/Hill, 2000 ($55.00).

Gastrointestinal

Craig and Stitzel, Modern Pharmacology, Little, Brown & Co., 5th edition, 1997.

Neuroscience

Stoudemire, Clinical Psychiatry for Medical Students, 3rd edition, Lippincott-Raven, 1998. ($40.00) (Required. To be used also in 3rd year Psychiatry rotation.)

Gelb, Introduction to Clinical Neurology, 2nd edition, Butterworth-Heinemann, 2000 ($32.50) (Limited use in 2nd year but required in 3rd year Neurology rotation.)

* Trobe, Physician's Guide to Eye Care, 2nd edition, American Academy of Ophthalmology, 2001 (for Special Senses) ($50.00). (Required. Also required in Ophthalmology Elective.)

* Gilman and Newman, Manter and Gatz's Essentials of Clinical Neuroanatomy and Neurophysiology, 9th edition, Davis, 1996 ($26.95)

* Knesper, Riba, Schwenk, Primary Care Psychiatry, 1st edition, W.B. Saunders, 1997. ($40.00) (Limited use in 2nd year, clinically relevant 3rd year.)

* Haines, D.E., Neuroanatomy: An Atlas of Structures, Sections, and Systems, 5th edition, Williams & Wilkins, 2000. ($29.95)

* R. Glover, The Human Brain and Spinal Cord: An Atlas Workbook, Glover, 1988 ($13.00)

* Poirer, Gray, Escourolle, Manual of Basic Neuropathology, 3rd edition, Saunders, 1990 ($38.00)

Endocrine

* Greenspan and Strewler, Basic and Clinical Endocrinology, 6th edition, Appleton & Lange, 2000.

Reproduction

* Tanagho, Smith's General Urology, 15th edition, Lange, 2000.

* Callen, Ultrasonography in Obstetrics and Gynecology, 4th edition, W.B. Saunders, 2000 ($80.00).

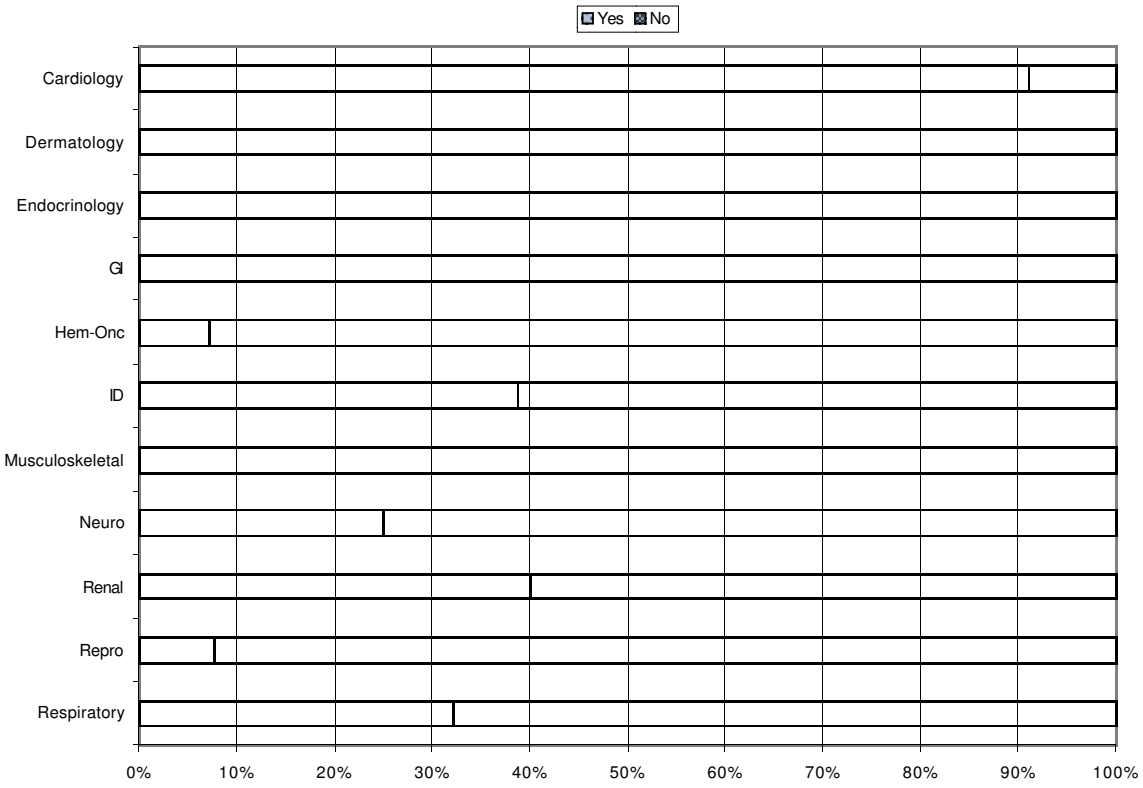
* Hacker & Moore: Essentials of Obstetrics and Gynecology. 3rd edition, Saunders, 1998.

Musculoskeletal

Klippel, A Primer on Rheumatic Diseases, 12th edition. (Will be distributed by the Office of Medical Education)

* C. Helms, Fundamentals of Skeletal Radiology, 2nd edition.

M2 Book Recommendations



Recommended Books

Cardiology: Lilly, Dubin, Lippincott Pharm

Dermatology: No recommendations

Endocrinology: Pathology in Robbins, Lippincott Endocrine Pathophysiology

GI: Cecil's

Hematology: No recommendations

ID: Clinical Micro Made Ridiculously Simple, Schaecter, Lange Microbiology and Immunology

Musculoskeletal: No recommendations

Neuroscience: High yield and made simple series, and a good neuroanatomy atlas

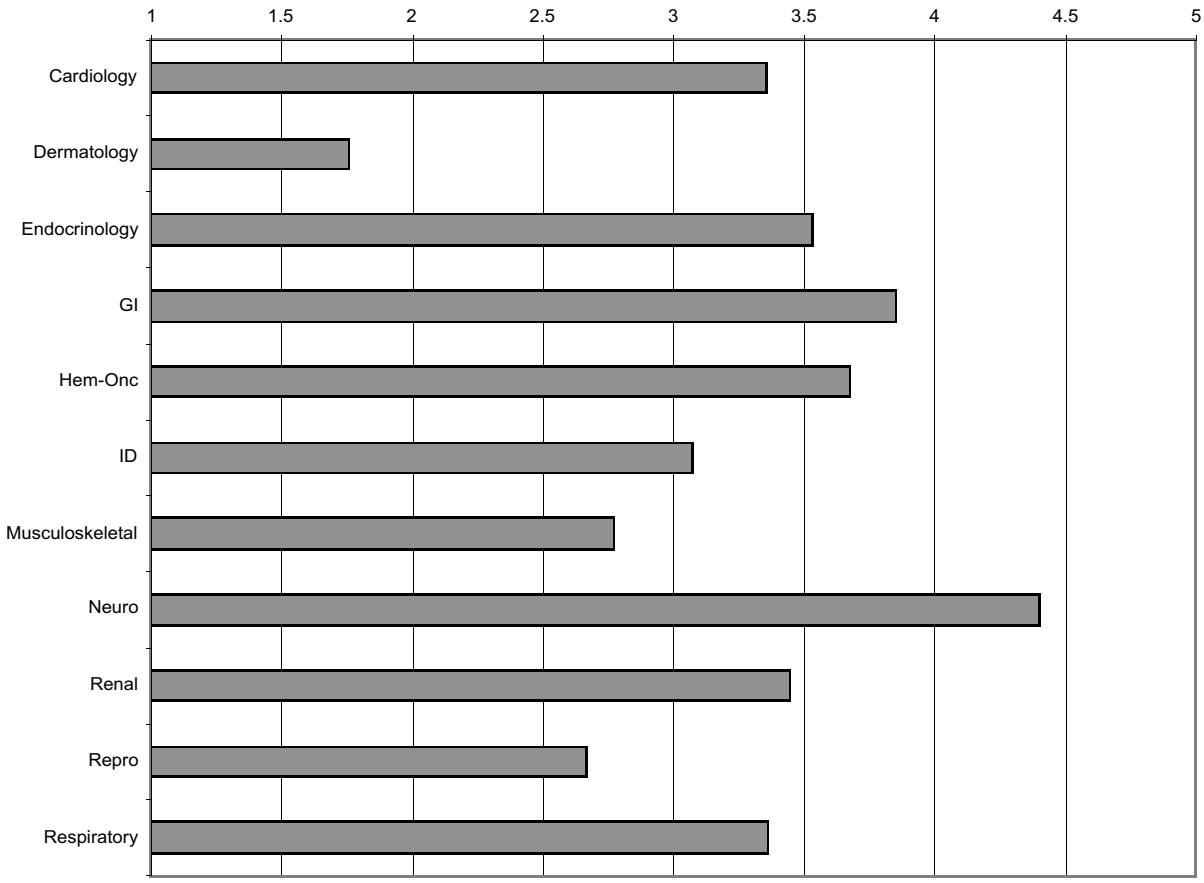
Renal: Shayman

Reproductive: Beckmann

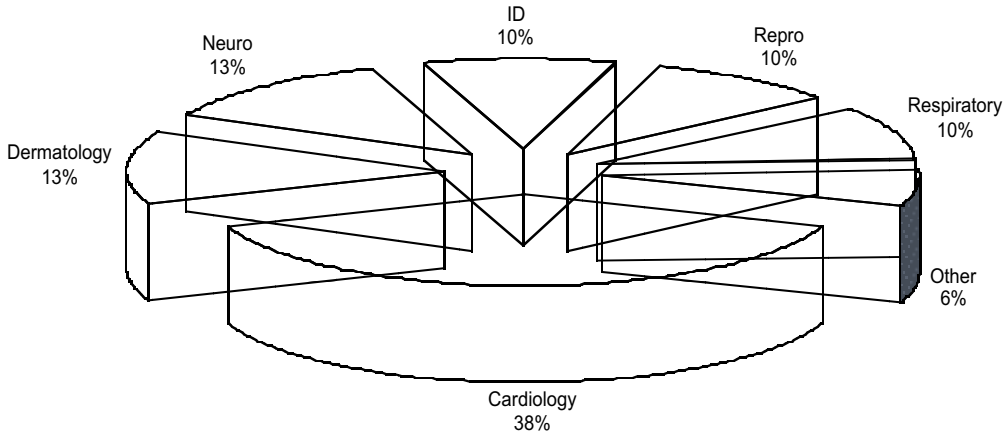
Respiratory: Weinberger

The following data was collected from a randomized sample in last year's M2 class. These surveys represent a random sample of the class (35 M2's). Use this information in context of your own study habits, remembering that what worked for others may or may not work for you! The scales are from 1 to 5, with 1 being very easy and 5 being very difficult.

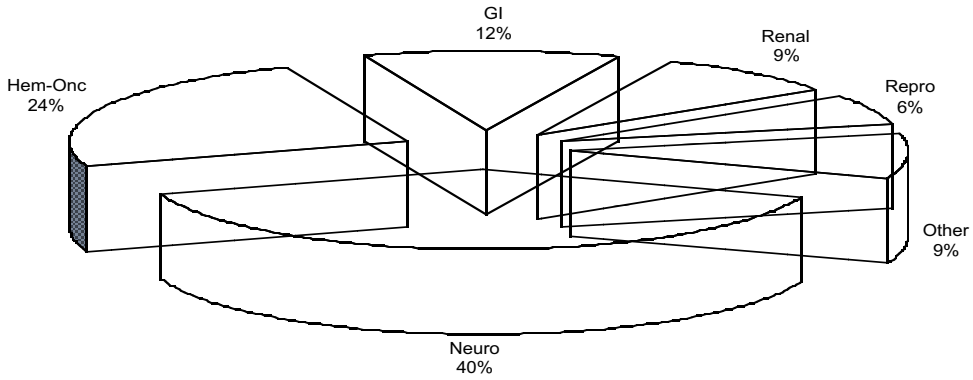
M2 Class Difficulty



M2 Most Favorite Class



M2 Least Favorite Class



Cardiovascular

READ DUBIN--I thought it was dumb at first, but it is truly a well-written book that breaks EKG's down into understandable parts.
Stay on pace, there's a lot of stuff!
Understand the big picture, so you can figure out details instead of just memorizing all of them.
Shlafer has everything very up-to-date on his website including lots of practice questions.
Get a handle on the arrhymias and antiarrhythmic drugs. It's big on the boards and it's tough.

Dermatology

When they tell you something will be on the test, MEMORIZE it.
You should get honors in this sequence!
Professors would toss out answers during the lectures that don't always end up in the phi chi's
Try to stay focused since it is the week before break.
Answer the lecture objectives each night, don't rely on the last day review.
Dermatology is a very visual course...go to lecture!

Endocrine

This class has a reputation of being difficult because the exam has essay style questions. Dr. K is really interested in his students so take advantage of that.
It's a very interesting sequence - learn it well because this is stuff you will always need to know.
I thought this was the fairest exam that we had, even though it was tough.
Do all the sample questions included in the course pack.
Be able to thoroughly answer a question without counting on a list of multiple-choice answers to jog your memory.

Gastrointestinal

This course director does not put up with typical M2-complaining, especially attempts to miss required sessions. Keep that in mind.
Know this material well.
Do all the smallgroup work before you go to the small groups.
Read the parts of the syllabus that they don't cover in class.
The exam is TOUGH, and drop bonuses are scarce.
Tough exam with a lot of clinical questions.

Hematology & Oncology

Go to lab, read the phi chis.
Make charts to classify blood cell disorders.
I thought this was the hardest (and most poorly tested) sequence.
The comprehensive syllabus is nice.
Go to lab and actually look at the slides as it's interesting to see blood smears and they give a lot of questions based on lab info. Keep up with this class -- there are a lot of details that can get overwhelming if you try to catch up too late.

Infectious Diseases

Good way to get started.
Use First-Aid to study, so it isn't all new when boards come.
The book is a good reference, but not essential.
Make your own charts.
Possibly the best organized sequence.
Memorize as much as you can.
Get Micro made ridiculously simple. It has the basics that you'll need to know, plus ways to memorize it all.

Musculoskeletal

Do not start zoning out and ignoring this class studying for the boards or you will get burned.
Prepare yourself for vague questions, most common, least common types.
The test was harder than the material taught, but for the most part, the professors are pretty laid back realizing that boards are in the very near future.
Just try to survive this one.
It's tempting to make Boards a priority in May, but doing so might make your last test a bear.

Neuroscience

Be sure to know the neuroanatomy part cold.
Don't blow off the week before Spring Break.
Go to the neuroanatomy lectures or watch the lecture tapes - phi chis won't cut it for the anatomy stuff.
Get a good atlas for neuroanatomy.
Get high-yield neuroanatomy or something similar so you can start piecing things together from day one.
Anticipate having time to catch up with your studying during the ophthy part of the sequence, when Dr. Bergstrom makes it clear what he wants you to know (knock, knock)
Do NOT get behind.

Renal

The book is better than the lecturer who wrote it.
Go to lab because the profs explain a lot and there are very important path findings you need to see for the boards and so on.
Make sure you know how every single molecule is handled in the kidney.
Understand the physiology.
Shayman's book is not anyone's favorite. Find another book to teach yourself.
A lot of the quiz questions come right from the example problems in the book.
Figure out a strategy for yourself whereby you really understand the fundamentals and then allow the lecturer's materials to build upon that. You won't get the fundamentals from lecture alone.

Reproductive

Don't blow it off to study for the boards.
The obstetrics and gynecology book is a pretty easy read and helps clarify some concepts...plus, you'll need it for 3rd year.
This is a cool, clinically-oriented sequence.
The pathology is exceedingly difficult in this sequence. Be careful.

Respiratory

The book also followed well with the sequence, I did all the chapter questions and was very well prepared for the exam.
Many students get frustrated with the course director because he begins class 30 minutes early with cultural edification. Go to that part and get to know Dr. Bartlett.
Important information and relatively well taught.
Most people are more confused by the physiology than anything else.
Go over Dr. Bartlet's "cultural enrichment" as they appear on the exams as extra credit.

Some Extra Advice for M2 Year

Try to really learn the material first time through. It'll make studying for boards alot easier.

Read extra stuff (textbooks) and not just the phi-chis, because you want to be prepared for boards.

I studied 30 minutes before each exam on path because I went to the path labs and it worked very well. You can easily i.d. people in small groups/lab who attend lecture, they know what's going on. In my opinion: attending class is worth 2-3 more questions per exam. Never get more than 3 days behind looking through lectures (say after an exam), then try to catch up.

Pace yourself. Second year is a marathon. Keep perspective by having outside interests, because it is too easy to get wrapped up in school.

Grab some of these board review books early (esp. Lippincott's pharm and BRS path) and read them with the sequences because they usually give the important information in a very concise format.

USE BOARD REVIEW BOOKS FOR EACH SEQUENCE!!!!! It'll take a bit extra time but the payoff will be huge when studying for the boards.

Try to learn for the sake of learning or by January you're going to wish you weren't in medical school.

Maintain some sort of personal hobby, even if it's on a minimal level, or you will go crazy.

Querying system seems very random, seems to be affected by the number of people who get a question right/wrong instead of the actual quality of the question.

Hang in there. It's not bad and you'll cherish the time once it's gone.

M2 FALL

Clinical Skills Instructor (CSI) Experience (fall & winter term)

Students are assigned to a faculty member and required to perform five complete histories and physical examinations on hospitalized patients throughout the year. Students are required to turn in to the CSI a write-up of each H&P plus a problem list and very brief assessment and diagnostic plan for the major problems presented by the patient. A computerized literature search is included as part of the write-up.

STD Risk Assessment Interview with SPI

This SPI exercise provides each second year student the opportunity to practice their medical interviewing technique in a very focused and sensitive area of the medical history, the patient's sexual history. In addition to eliciting a sexual history from the SPI, the student must also assess the patient's risk of exposure to the AIDS virus and recommend HIV testing when appropriate. The communication skills discussed throughout the Medical Interviewing course and outlined in the handout material are the focus of feedback provided by the SPI at the conclusion of the simulated interview. Students are scheduled for an individual appointment time for this required ITTP exercise. This instructional session involves 7-8 SPIs each year simulating one of three possible, at-risk patient case scenarios, (bisexual male, heterosexual male, heterosexual female).

Classic Physical Findings Labs: Cardiac and Pulmonary

Students examine volunteer patients with chronic, stable illness and associated persistent findings on the physical examination. Faculty are present to observe, answer questions, etc.

M2 WINTER

CSI Experience (see fall term)

SPI: Male Genitourinary and Prostate Examination

This SPI exercise provides each second year student the opportunity to practice their physical examination technique of the male genitourinary exam and to receive feedback on their performance. Students are grouped in mixed gender groups of three for this required ITTP exercise. Each student in the group subsequently performs a male GU exam on an SPI and receives immediate feedback on their technique, professional and interpersonal skills. This instructional session involves 3-4 SPIs each year. A faculty member is scheduled on site during each exam session to assist with student questions and any proprietary concerns.

SPI: Abdominal Examination

In this SPI experience which was offered as a pilot to the M2 class in winter, 2000, students perform an abdominal exam on an SPI.

Pelvic Examination

The pelvic exam clinic teaches students the techniques and communication skills necessary to perform a proper pelvic exam. This is not a role playing experience; it is taught by nurse clinicians.

Hospital Information Systems (HIS Labs)

Students learn to access hospital information computer system.

Board Exams

Introduction

You will take Step 1 of the United States Medical Licensing Exam (USMLE), more commonly referred to as "boards", at the end of your second year. This is a standardized exam that all medical students take nationally, and passing is required to be promoted to the third year at Michigan. The exam includes all topics covered during the first two years of medical school. It is like every other standardized exam— SAT, MCAT, etc— in that residency programs use it to compare students from different schools who might have gone through different curricula. Your board scores will play a role in which residency program you end up in. As unfair as it sounds, there are some programs, particularly in competitive fields, which use the Step 1 score as the first cut for their applicants. On the positive side, a good board score can help your application greatly in any field.

Exam Format

In 1999, the board exam was computerized for the first time. For now, the computer version of the exam will be the same as the original paper and pencil version. Eventually the NBME may implement a computer-specific version.

The exam is split into modules. Each module contains approximately 60 questions. The questions range from best answer questions to extended matching. The majority of questions are based on clinical vignettes. There are also x-rays, charts, graphs, and other photos that you will need to interpret and answer questions about. The exam will take about 7 hours over one day. This is an improvement over past years, when the exam was 16 hours over two days.

Preparing for Boards

In general, Michigan students do very well on the board exam. Almost everyone passes, and the class average is usually much above the national average. The classes and exams taken throughout the first two years prepare you well. Depending on when you schedule the exam, you will have up to one month to study for the exam after classes end. Most tend to start studying after finals, although a number of people started reviewing as early as spring break.

As there are many ways to study for tests in school, there are equally as many methods to study for the boards. One good strategy to follow before you start studying is to talk to current third and fourth year students to find out how they studied and what worked and didn't work for them. OSP organizes a panel with upperclassmen in March.

Exam Vocabulary

USMLE : United States Medical Licensing Exam. This is the official name of the boards. There are three steps: you take Step 1 after your second year, Step 2 after your third year, and Step 3 after your internship year. You need to pass all three steps to be licensed to practice in the US.

NBME: The National Board of Medical Examiners, the organization that administers the exam. They are responsible for all three parts of the USMLE.

CBT: Computer Based Testing. Since 1999, they have administered the USMLE on the computer. Eventually, they hope to have computer adapted testing, where the difficulty of questions depend on your answers to previous questions. However, it will be several years before they fully implement this plan.

U of M requirements: You need to take the board exam before starting third year. You must pass both Step 1 and Step 2 to graduate. If you fail, you may be given the opportunity to take the test again if the Academic Review Board approves it.

Upperclassmen are also a good resource to find out which review books are useful. Here are some general tips about studying from students who have taken the exam:

*Set up a schedule and stick to it. Set aside specific blocks of time to study each subject and a specific goal (e.g. get through one board review book for each subject). For example, you may allot two days for biochemistry, two days for anatomy, three days for pharmacology, etc. When that time is up, no matter what you have not finished, move on to the next subject. Otherwise, you may run out of time at the end and not have reviewed some subjects adequately.

*Most students study about 8-12 hours per day, with breaks for eating, sleeping, and exercising. It may also be helpful to schedule a day or two where you don't study so that you don't burn out.

*You may want to leave a couple days at the end to do some general review, rememorize First Aid for the Boards, and do practice tests.

*In general, practice exams are very useful. They are generally in the same format as USMLE questions and can pinpoint your weaknesses. The retired NBME questions are very helpful to do.

*Many people studied in groups and found this very helpful for motivation. One suggestion is to study with people who don't make you more stressed than you already are.

*Pick books that are manageable. For example, if you allotted three days to review infectious disease topics, pick a book you can get through in three days in reasonable detail.

*Breaks are very important! You can't study all the time!

Board Review Books

As you can imagine, there are literally dozens of board review books on the market. We've listed a few good ones to start with, but the best advice we can give is for you to spend some time at the bookstore looking at each book and determining which book is best for you. Ulrich's and Michigan Book and Supply have extensive selections of review books. Third and fourth year students can also help with this. A good place to buy books is at the AMSA used book sale in September. One caveat about used books: make sure they aren't outdated. Some subjects like anatomy and biochemistry don't change much, so an older book is probably no big deal. Other subjects such as genetics and immunology may change so fast that even books a year old are out of date.

Suggestions:

- *First Aid for the USMLE Step I*. A good resource for quick facts and mnemonics to learn for the boards. It is written by medical students and is updated every year. The new edition usually comes out in late January. It also offer tips on exam preparation and a review of other basic science review books. Many students recommend memorizing it front to back... but that's your choice! Free online at **medschool.com**.
- *Crashing the Boards*. Another general review book that is fairly short and gives high-yield information. Good for last minute cramming. Also has a review of other board review books. Written by medical students.
- Board Review Series (BRS). The text is mostly in outline form with charts complementing the text. Review questions have explanations, which are extremely helpful. BRS Pathology is generally recognized as an excellent book to use both during class and board review. BRS Physiology also gives a fairly thorough review, hits the major points, and is well written.

- Appleton and Lange review books. Popular books include a microbiology and immunology review (Levinson) and a pharmacology review book (by Katzung).
- Lippincott's series. Many students like this series, particularly the review books for biochemistry and pharmacology.
- High Yield Series. *High Yield Neuro*, *Gross Anatomy*, *Embryo*, *Histo*, *Behavioral Science* are good and are probably more than what you need to know for the exam.
- *Ridiculously Simple Series*. Many students prefer the explanations in this series of books, especially for neuroanatomy.
- *Underground Clinical Vignettes*. Also by the writers of First Aid. A good quick way to quiz each other or yourself although they tend to be pretty stereotypical case presentations. Useful for biochemistry, anatomy, pharmacology, behavioral science. Selected vignettes are free at **medschool.com**.
- *Step I Recall: Buzzwords for the boards*. Good for quick quizzing and somewhat detailed. A bit expensive, but probably good for using with class. Recall series of books mostly for rotations, not basic science.
- *Clinical Microbiology Review*. A concise micro review book that is well organized and has a page er bug. Recommended for use with class.
- *Robbins Path Review*. A good (and a bit difficult) question book (about 1200 questions) with pictures. Good for use with class.
- *NMS: USMLE Review Step I*. Q&A book with about 1100 questions and answers. Questions in old board format (Type K questions, etc). Very difficult.
- *Step-Up*. Another general review book; good for pathology, systems based review. Not complete enough, can use as a skeleton or for quick review. First edition had 3-5 errors/chapter. Info is in table/chart format.
- *Board Simulator Series*. Comprehensive and difficult questions for all M2/Step I Content. There are 5 volumes: general principles, normal and abnormal processes, body system review 1 (heme/onc, resp, cardio), body system review 2 (gi, renal, repro, endocrine), body system review 3 (nervous, skin, ct, musculoskeletal)

Advice from an M3

(obviously he survived)

In case no-one has clued you in yet, board review books are KEY for regular course study during the M2 year. Frequently I would find myself following the lecture in BRS Pathology instead of the handout, marking a few key points and hardly needing to write ANYTHING. Board review books are also excellent for getting the "big picture" of a lecture or whole sequence

Other resources

- Retired USMLE Step I questions. The Office of Academic Enrichment passes out this packet each year. You can buy an answer guide at the bookstore if you want explanations.
- Kaplan's Q-Bank. A must have *if* you can spare $79 for a month or $129 for 3 months. Kaplan offers 2000 board style questions on-line with good explanations, good feedback and customizable tests (by subject or system). Most people say the questions are harder than the real questions, but the format is dead on the format of the real exam. Kaplan also offers a comprehensive review package at a discount.
- **Medschool.com** is a site developed by the people who did First Aid. It offers a 4 or 6 week study schedule that you can print off the computer. You can even download and print an entire copy of First Aid for free! (If you have enough paper left in your semester allocation.)
- Pharm cards. A good resource overall. Newer drugs may be missing (since 1995) but you can make your own to fill in the gaps. Students recommend studying a few drugs a day throughout the year. Flash card format also recommended for **micro bugs**!

Additional study tips:

- The first two years at this med school is a better preparation for boards than you might think. Between what you learned your M1 and M2 years combined with the First Aid for Boards high yield facts is probably 200 of

the 300 points possible out of the boards. That stuff is kind of like the foundation, because the chances of it being on the boards is very high. Know your foundation, and then study the extra stuff to bump your score past 200… but don't emphasize the random facts that make up the last 60-70 points of your score at the cost of reviewing the foundation that forms the basis of most of your score.

- Try not to give yourself more than a month to study. You'll burn out.
- Choose the April/ May/ June block for your exam (if you plan to take it in June). If you book the next block (May/ June/ July), your exam may get moved to fit in the April-June block of people (they have priority over you).
- Be realistic about what you can accomplish in a month.
- Some students recommend First Aid and all of the A-rated books (in first aid). If a particular book is too long, go to the next one.
- Use the *figures* in the Lippincott's book.

The Importance of Board Scores for Residency

This subject has been addressed above, but it is worth clarifying. There is no doubt that your board score is an important part of your application for residency programs. However, remember that it is not the only thing residency directors look at. In fact, most residency directors say that your third year clerkship grades and recommendations are more important than board scores. In fact, after you match into a residency program, it's safe to say that no one will ask you how you did on boards. But realistically, a good score can certainly enhance an application, and in some very competitive fields (in general, surgical fields), a good score is necessary to successfully match in certain programs. Just keep things in perspective. Study hard and good luck!

USMLE Step 1 Details

- Class attendance and performance is ***the*** preparation for Step 1.
- The Office of Academic Enrichment will make a presentation on the application process.
- During the winter term M3s will talk about their Step 1 experience.
- Applications will be available from early November, 2002.
- Applications should be submitted no *earlier* than six months before the date of administration.
- Applications should be submitted no *later* than six weeks prior to the date of administration.
- Step I is required for progression through the third year and for graduation.
- Three-four weeks should be allotted for review at the end of the academic year.
- Some professors offer informal review sessions at the end of the academic year.

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Also check out the **OSP Student Reference Guide**: **www.med.umich.edu/ osp/ refguide**

Career Development M1 M2

INTRODUCTION

Medical student career development, as defined by the American Association of Medical Colleges (AAMC), is a four-year process of self-assessment, career exploration, career decision-making and implementation. The University of Michigan Medical School has a long history of placing graduating medical students into residency training programs that match their career interests and needs. Our medical students are highly regarded and sought after as residency candidates.

The objective for career development at the University of Michigan Medical School is *to provide medical students with the information and experiences necessary to make good career decisions, and to be successful in the residency matching process*

The program is listed below in rough chronological order, as experienced by a UM medical student.

MEDICAL STUDENT CAREER DEVELOPMENT PROGRAM

ADMINISTRATIVE STRUCTURE – The Assistant Dean for Medical School Career Development, Dr. Zink, heads the Career Development Committee, consisting of Dr. Glick, Associate Dean for Student Programs, at least three medical school faculty members from different departments, Dean Emeritus Giles Bole, M.D., Susan Hayward, Eric Middleton, Kalindi Trietley, and at least eight medical student members (minimum of two from each of the 4 medical school classes). This committee formulates the program and all activities needed to carry out the plan.

CAREER DEVELOPMENT COUNSELING APPOINTMENT (M1 & M2) – An introduction to career development is given at M1 Orientation. Starting around November of the M1 year, students are asked to set up a half-hour career counseling appointment with the counselor assigned to their class (Eric Middleton, MA, PhD, or Kalindi Trietley, EdS, LPC). During this appointment, students review their background and interests in medicine, skills, and lifestyle issues. They have the opportunity to use self-assessment tools from the AAMC MedCareers program, or the Glaxo-Wellcome Pathways program. They are asked about plans for the M1-M2 summer, and a tentative plan for gaining career information and experiences is developed. Students who desire additional career counseling from an experienced physician schedule a meeting with Dr. Brian Zink, Assistant Dean for Medical Student Career Development. A 2nd career counseling appointment is held midway through the M2 year, with format similar to the M1 meeting. The student reviews his/her experiences and impressions related to career choice, and has the opportunity to use the tools described above.

CAREER SEMINAR SERIES (M1 & M2 YEARS) - This is a longstanding program of one hour Wednesday luncheon sessions that introduces M1 and M2 students to the medical disciplines. Chairs, faculty, community physicians and resident physicians are invited to describe their specialty and then answer questions from the students. Sessions on Women in Medicine and Alternative Physician Careers have recently been created. The Career Seminar Series has been an effective way to disseminate basic information about medical careers to pre-clinical medical students. Input is solicited from students and the Career Development Committee on ways to enhance the program each year.

MENTORING AND SHADOWING EXPERIENCES (M1 & M2 YEARS) – Mentoring and shadowing experiences, as well as being invigorating as clinical exposure, are a valuable part of career exploration. First, to better define these entities, shadowing is an opportunity for a medical student to observe a physician as he/she practices – to understand what a "typical day" is in that discipline. A shadowing experience may be a one time or continuous experience, but the expectation for the physician does not necessarily include mentoring or an ongoing relationship with the student. Mentoring is a more involved process where a physician develops a relationship with the medical student through repeated meetings, and provides an opportunity for career exploration and some amount of career counseling. Currently, a number of opportunities exist for medical students to have shadowing and mentoring experiences. Select departments will offer shadowing experiences and the OSP sponsors an M2/M4 shadow program. Contact your counselors for details.

OSP-SPONSORED CAREER DEVELOPMENT SESSIONS (M1 & M2 YEARS) - In order to address general areas of interest in career planning that may not be covered in the Career Seminar Series, OSP offers a number of sessions for M1 and M2 students. These informal sessions include: "Medical Career Information" (a session to introduce M1 students to the Career Resource website); "What Will I Do Next Summer? (explore options for work, research, other career exploration opportunities); "Will I Be Able to Get a Job When I'm Done?" (physician workforce estimates and career planning); "Show Me the Money" (financial planning, debt management, physician salary information); and "How Will I Practice?" (exploration of various practice settings and arrangements – academic, HMO-based, physician group practices, contract physicians, etc.).

STUDENT/FACULTY MEDICAL SPECIALTY ORGANIZATIONS (M1 – M4 YEARS) – A number of departments at UM Medical School sponsor medical student interest groups, which serve as excellent forums for career exploration. Some of these groups attract mainly M3 and M4 students. M1 and M2 student involvement is variable. See student organizations section for more details.

FACULTY MEDICAL CAREER ADVISOR PROGRAM (M3 & M4 YEARS) – Faculty advisors play an important role for most medical students in career decision-making. Medical school faculty are solicited to serve as Faculty Career Advisors (FCAs) and are assigned to students midway through the M3 year based on the students' best guess as to their career specialty at that point. FCAs provide in depth career advising specific to their discipline and are often the student's most valuable resource during residency application.

OSP-SPONSORED CAREER COUNSELING ACTIVITIES (M3 & M4 YEARS) – Students in the M3 and M4 years will have the opportunity to set up an appointment with their Counselor (Kalindi Trietley, or Eric Middleton) to use standardized tools as part of their career decision-making process. This includes the "skills, interests, values, critical factors" worksheets and other tools that are part of the MedCareers program. Most of these materials are web-based, and will be included in the Career Resources Website.

OSP also sponsors the following didactic or small group sessions for M3 and M4 students:

1.) Senior Kick Off Day - general overview of residency matching process.
2.) Preparing for the Residency Match Process – an M3 Seminars in Medicine Session
3.) How to Write a CV and Personal Statement – currently is given as part of the Seminars in Medicine.
4.) Career Chat for the Undecided – informal session held at the very end of M3 or beginning of M4 year. Students who are having difficulty making a career choice have the chance to discuss this with the medical school faculty who also struggled with career choices.
5.) Interviewing Skills Sessions – held during the fall of M4 year as small group sessions for students interested in improving their interviewing skills. Students have the opportunity to go through a mock residency interview with a medical school faculty member, and then be provided feedback.
6.) Preparing Your Residency Match List – held in December of M4 year. A general session on the elements that go into making the final list.

CAREER COUNSELING FOR AT RISK STUDENTS AND SCRAMBLE DAY PROCESS (M4 YEAR) – The Assistant Dean and Counselors provide special assistance to those M4 students who may be at risk for not matching, either because of academic performance, personal problems, or the competitiveness of the specialty. The goal is to identify students early enough to make back-up plans and to provide counseling to enhance their chances for a successful match.

For students who do not match and must enter the Scramble in order to secure a residency position, OSP provides communication equipment (phone lines, FAX, computers), secretarial support, on-site counseling, and ensures that a Faculty Advisor is available to assist the student. Each department commits at least one faculty member in advance who will be free on Scramble Day to assist students.

MATCH DAY FESTIVITIES (M4 YEAR) – The culmination of the M4 residency matching process is held at a local hotel ballroom and includes remarks and presentations by students and faculty and the reading of the match results.

The **Medical Center Alumni Society (MCAS)** was organized in 1960 through cooperative efforts of the leadership of the Health System and the Alumni Association of the University of Michigan. It has become the model for such school or college alumni societies on the Michigan campus.

The membership of MCAS, which is currently over 16,000, is comprised of graduates of the Medical School, those who have trained in one of the specialty or doctoral programs, current and emeritus faculty members of the Medical School, and those who have demonstrated an interest in the University of Michigan Health System. Membership is granted automatically without dues. Among the established purposes of MCAS is to promote a sense of community among all Health System constituencies, including medical school students.

MCAS sponsors a number of programs in support of UM medical students.

- MCAS information is presented to the incoming class at Orientation.
- The White Coat Ceremony in August as the culmination of Orientation week.
- MCAS Sponsors the Big Sib/Little Sib kickoff picnic.
- A congratulatory, end of the year picnic is sponsored by MCAS.
- MCAS provides M2s with a $20 voucher to purchase First Aid for the USMLE Step 1.
- MCAS also cosponsors lunches for the Career Counseling Seminars arranged by the Office of Student Programs. These seminars have expanded to a full two-semester program. Information about this program is available in the Office of Student Programs.
- MCAS gives a $2,000 award annually to an M3 who has demonstrated good scholarship and a commitment to the community. M3's are notified about the application process late in the fall. The check and a certificate are presented to the recipient at the Medical School Honors Convocation.
- MCAS also sponsors the "Academic Achievement Award". This award is presented to the graduating M4 with the highest academic grade point average. A check in the amount of $1,000 and a certificate are presented at the Medical School Honors Convocation.
- MCAS has also begun a program providing "care" packages to M3's and new residents as they enter their clinical and hospital training.
- MCAS cosponsors the Match Day luncheon and Graduation Luncheon for senior medical students. Senior medical students also receive MCAS mementos as a symbol of their entry into the Society.

The presidents of the Student Council, Graduate Students, and House Officers Association serve as student representatives to the MCAS Board. Together these three comprise a student advisory committee for the MCAS Board. These students are encouraged to offer their perspectives regarding the student experience and to suggest opportunities for Board services that can enhance student life. More information may be found at the alumni website... **www.med.umich.edu/medschool/mcado**.

Class Counselors

M1 M2

Two professional counselors direct Student Support Services within the Office of Student Programs. The counselors for the 2002-2003 academic year are Kalindi Trietley (M1's and M3's) and Eric Middleton (M2's and M4's). It is important for students to realize that class counselors are here for more than granting quiz deferrals (although they do that, too). The counselors' primary responsibilities are to be the students' advocate and to help them with **ANY** problems that may arise during the year, whether those problems be academic or personal. All information that is shared with the counselors can be made confidential simply at the request of a student, although it is often in the students' best interest for counselors to be able to speak to others on their behalf. Much of what they do is purely practical and involves communicating with other offices, deans, faculty, or staff. In general, the Office of Student Programs is here to help as much as possible and appreciates when a student makes the effort to seek help and advice.

Remember, lots of medical students have some kind of difficulty at one time or another during their four years of training, and usually the best place to start looking for help is with one of the counselors.

Philosophy

Student Support Services (**SSS**) is directed by the Class Counselors. They view every incoming student to the University of Michigan Medical school as having satisfied rigorous standards of admission, and of possessing the talent and temperament necessary for success in a demanding curriculum. What the **SSS** cannot measure is the extent to which admitted students possess a complement of factors not reflected in grades or test scores: discipline, study skills, time management, ability to prioritize, and self-motivation. For some, this may mean supplementing or supporting their lab, lectures and study time with the services of the **SSS**. This strategy is supportive, not remedial! With this awareness, the **SSS** can assist students in two major areas: 1) a solid basic science preparation; and 2) progression into advanced phases of medical school curriculum and passage of all qualifying exams for licensure.

Purpose of the Office

The purpose of the **SSS** is to support the efforts of students progressing through the curriculum by providing complementary academic services.

Study Groups

While the lecture format remains the preferred means of teaching in medical schools, collaborative learning has achieved prominence in recent years. The findings of the Harvard Assessment Seminars (1991-1992) and extensive research conducted at the University of Missouri at Kansas City (the birthplace of the small group approach called Supplemental Instruction) suggest that a well-planned study group results in excellent learning and development. The **SSS** promotes this style of learning since its efficacy has been demonstrated and because it is built into the curriculum. Tutorials take the form of small groups led by a facilitator who functions as a content expert, not to lecture but to challenge and guide thinking, expressing confidence and expecting success at all times.

Study Tips

- Attend all classes
- Talk to professors
- Occasionally study with colleagues
- Keep up with the reading
- Do not simply study facts: study relationships
- Follow a study schedule
- Use available resources
- Study to understand, not just pass!
- Take time to for self-renewal

Participation

Students may join a group in one of several ways: 1) self-referral, 2) referral by a course director, dean or counselor, and 3) direct invitation from the academic counselor in the **SSS**. As a rule, priority is given to those students whose performance suggests the need for greater mastery of the fundamental principles of a course. The process by which a student is assigned a study group follows below.

A. A student requests admission to a study group
B. Counselor discusses request with student
C. Student completes a request form
D. Student is then assigned and given e-mail and telephone numbers of facilitator and student leader.
E. Counselor follows up with e-mail to student
F. An assignment will be made within one week of the request
G. If the group does not "fit" the student may be reassigned

In some urgent cases a student may be given an assignment over the phone but must follow up soon thereafter with an office visit to discuss the request at greater length and to complete the request form. Students seeking admission to a study group must apply through the **SSS**. "Crashing" a study group is unacceptable even if the facilitator voices no objections. Group members should not invite their friends at will to the sessions.

Criteria for Participation

While academic support cannot be forced on a student, participation will be urged upon those who fail two consecutive quizzes or who, after two or three quizzes, are borderline. The same approach will be taken toward students completing the first year in two years, and with M1s whose application profile suggest the need for pro-active support.

Group Size

For the group to function effectively the number of students generally should not exceed 7. For Anatomy and Histology, every effort will be made to restrict the group to five. Exceptions may be made in cases of urgent need or on occasions when the facilitator and the group members agree to an enlargement of the group size.

Attendance

A student may be dropped from the group for two consecutive unexcused absences.

- the facilitator will keep an attendance record (anecdotal report)
- he/she will submit anecdotals along with timesheet
- **SSS** will inform the student by letter and e-mail that he/she has been dropped from group participation
- student must meet with **SSS** counselor to be reinstated
- a facilitator cannot reinstate a student who has been dropped
- meeting times will be agreed upon by the majority

The facilitator and students will agree on a fixed time and place for the sessions. This will eliminate confusion, promote personal organization and greatly reduce misunderstandings.

Facilitators

Facilitators are very carefully chosen from among senior medical students, MSTP fellows, doctoral science candidates, and house officers.

- Counselor interviews prospective facilitator
- in the absence of teaching experience, training will be arranged

One-To-One-Tutoring

In an effort to make the resources as widely available as possible, one-to-one-tutoring is offered only in cases where the circumstances warrant this approach.

- **SSS** counselor discusses request with student
- student states why one-to-one is necessary
- student may be referred to class counselor before a decision is made
- student may be asked to try the group approach first

Addendum

Because resources are finite, the OAE may, on rare occasions, be unable to fulfill all requests in the manner requested, e.g., one-to-one tutoring. In such cases, the office will provide a list of facilitators whom students may hire privately.

Quiz Deferrals

M1 M2

Someday, you may feel the need to defer a quiz or exam. Your reason for deferral will likely fall under one of the following three categories...

EMERGENCY

EMERGENCY

Reasons:

1. Illness
2. Death of a family member or close friend
3. Family emergencies
4. Births
5. Personal emergencies or trauma

Notes:

1. Notify your class counselor as soon as possible, but no later than 5PM the day of the quiz. If the counselor is unavailable, leave a message explaining the situation and stating that you need a deferral on the Counselor's voice mail or with the secretary at 936-1513.
2. If the emergency arises at night, over a weekend, or on a holiday, send an email to your counselor or leave a voicemail message. Explain the situation and include the information on how to contact you.
3. If the situation is a delicate one, and you're leaving a message or speaking with someone other than a counselor, simply classify your situation as a personal emergency, family emergency, illness, etc. A counselor will contact you for more details.
4. There are no limits to legitimate emergency deferrals.

PRE-APPROVED

PRE-APPROVED

Reasons:

1. Conference
2. MSTP activities
3. Religious holidays and obligations
4. Major personal events (weddings, family reunions, etc.)

Notes:

1. Submit a deferral request form well in advance, the latest being the Friday before a quiz or one week before an exam. Speak with your counselor if there are any unusual circumstances or if your average in a class or sequence is below passing.
2. A counselor may contact you if you haven't spoken with him or her directly.
3. There is a limit to non-emergency pre-approved deferrals, determined on a case-by-case basis.

UNACCEPTABLE

UNACCEPTABLE

Reasons:

1. Oversleeping
2. Unpreparedness
3. Flights unknowingly being booked on days of the quiz (ie when you book a ticket on priceline.com, don't enter a range of dates that includes a quiz!)

Notes:

1. Figure 1 ->

(not an acceptable reason for deferral)

Student Participation in Admissions

Medical students can participate in the Admissions process in several ways— as a member of the Admissions Committee, as a tour guide/ host, or as a housing volunteer.

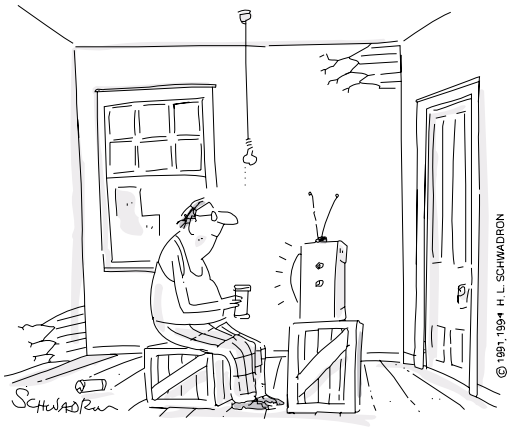
Student members of the Admissions Committee have full voting responsibility as a committee member and interviewer. Each member is expected to contribute at least five days of their time during the admissions season (September through March) to interview applicants and to participate in Committee meetings. Typically, interviews are held on Friday mornings and the Admissions Committee meets the same Friday afternoon. M1 students can participate in a membership selection process at the end of the M1 year. Students who are selected begin serving at the beginning of their M2 year and continue until they graduate. In the past, three Admissions Committee student members will be chosen from the M1 class at large, and additional members are added to represent several of the student organizations.

Students who greet applicants and give tours on Interview Days are extremely important to our recruiting efforts. The impression that they give of the school and its student body may be the single most important ingredient in the applicant's decision to select Michigan for medical training. Tour guides are invited to lunch with the applicants, answer questions and share information, and then lead a tour group of 5 to 10 people through medical school and hospital facilities. Interview Days are always on Fridays. Each year one student serves as the tour guide coordinator, making sure that there are enough student volunteers to give tours.

Students are also needed to offer overnight housing stays for applicants who request this. This may mean a one- or two-night visit. Housing volunteers are another very important part of the applicant's impression of the school. They serve as a school ambassador and information source.

Forms requesting students to volunteer as tour guides and housing hosts are distributed to mailboxes at the beginning of the academic year. Contact any member of the Admissions Office staff for more information (764-6317).

The faculty always say, "Don't worry, you're a MICHIGAN medical student." Ever wonder what happens to those med studs from the "lesser" schools?



"Are you a victim of a poor credit rating?"

What is Financial Aid?

Financial Aid is scholarships, grants, loan and work opportunities which assist students in meeting their medical school expenses.

Two common classifications of student financial aid are:

1. Gift Assistance: *Scholarships and Grants*, which do not have to be repaid.
2. Self-Help: *Loans*, which must be repaid, though in many cases not until the student has finished medical school.

Factors in the Determination of Financial Need

Budget: The guideline budget represents a reasonable estimate of a student's average total of educational costs at UM, including tuition and fees; room and board; books and supplies; and personal/ miscellaneous expenses. Your actual costs may vary, so you should calculate your own estimated expenses to help you better manage your budget for the academic year.

Parental Contribution: The parental contribution is calculated with a formula developed by the U.S. Congress called Federal Methodology. This formula considers factors such as parental financial resources (income, savings, and other assets), family size, and number of family members in college, using information that has been supplied on the Free Application for Federal Student Aid (FAFSA) form. Allowances for family living expenses and retirement income are built into the formula.

Student Contribution: Your contribution toward your educational costs is calculated using Federal Methodology, and includes a review of the income and assets you (and your spouse, if married) reported on FAFSA.

Eligibility for Assistance: The formula used to determine whether you are eligible for need-based aid is ***Budget - Family Contribution = Eligibility for Assistance.***

For institutional funds, the University of Michigan Medical School adheres to the traditional premise that the family bears the first responsibility to contribute toward college expenses to the extent that it is able to do so.

How and When Do I Apply for Financial Aid

Medical students seeking any type of financial aid assistance must file the FAFSA or the Renewal Application for Federal Student Aid. Deadlines vary from year to year, but generally fall somewhere between the end of February to mid-March. Continuing students will be notified when applications are available for the upcoming year. Students must reapply each academic year. Aid is awarded based on the new financial information submitted.

When Are Financial Aid Applicants Notified?

Financial Aid Notification of Awards are mailed to students beginning in May and are ongoing throughout the summer. Complete, on-time applications will be processed first, and the remaining in the order in which they are received and completed.

WHEN ARE FINANCIAL AID DISBURSEMENTS MADE?

Financial Aid disbursements are generally made at the beginning of the fall semester and again at the beginning of the winter semester. For those students whose applications were submitted and/ or completed after the deadline, the disbursement date may be somewhat later. You will be notified when you receive your award notification as to the approximate time of disbursement.

Budgeting

Managing your financial resources and expenses carefully can help you reduce costs. Planning ahead and establishing a budget is an effective way to help you spend your money wisely. The standard student budgets reflect a modest, but adequate standard of living. You may be able to cut costs significantly through careful planning. Possible areas of the budget to examine for cost reduction include room and board and personal expenses (recreation, clothing, laundry, transportation and miscellaneous expenses). Achieving lower costs is possible if you room with more people, live in a co-op, buy used books, and avoid non-essential purchases.

Financial Aid Appeals

If you have questions or concerns regarding a financial aid policy or decision, or you wish to present special circumstances in your case, you may present the appeal to a financial aid officer in writing. If the situation cannot be resolved, it will be referred to the Financial Aid Director. If you are questioning a financial aid policy and there are no unusual circumstances or you are dissatisfied with a policy, the Director will consult with the Associate Dean for Student Programs for appropriate action.

Refunds and Repayments

Medical students who withdraw or drop credits will have their tuition charges adjusted and may have to refund/repay financial aid dollars to the appropriate student aid sources, as required by federal law.

Medical School policy dictates that all financial aid recipients must meet with a financial aid officer before leaving the school for an approved Leave of Absence (LOA), withdrawal or dismissal. Students anticipating a need to leave medical school may meet with a financial aid officer to review their specific refund/repayment calculations to determine the appropriate refund/repayment amount.

Satisfactory Academic Progress

All students receiving federal student financial aid must adhere to the *Policies and Procedures for Medical Student Evaluation, Advancement and Graduation* as amended and approved by the Medical School Executive Committee.

Address all inquiries to:

The University of Michigan Medical School
Financial Aid Office
5124 Medical Science Building I, Wing C
1301 Catherine
Ann Arbor, MI 48109-0611
phone: (734) 763-4147
fax: (734) 936-3510
medfinad@umich.edu
www.umich.edu/medschool

Financial Aid

2002-2003 Estimated Budget

M1 M2

The following is the estimated guideline budget representing expenses for the student only. Spouses are not covered in the budget. An allowance for dependent children may be included depending on the results of the federal need analysis formula.

	M1 10mo	M2 11mo	M3 12mo	M4 11mo
Rent -heating per month (assumes double occupancy)	600	600	600	600
Electricity/ month	25	25	25	25
Telephone/ month	80	80	80	80
Food/ month	260	260	285	305
Laundry/ month	50	50	50	50
Recreation-Personal/ month	125	125	125	125
Travel-Transportation/ month	275	275	410	410
Life Insurance/ month	25	25	25	25
Clothing/ annual (2) (3)	725	650	1100	725
Uninsured medical/ dental (per academic year)	350	350	400	350
Books and journals (per academic year)	1370	1165	690	500
Instruments and supplies (per academic year)	625	110	110	110
Stafford Origination fees	127	127	127	127
USMLE	0	425	425	0
Total Resident	**17597**	**18667**	**22052**	**19632**
Total Non-Resident	**18297**	**19367**	**22752**	**20332**
Resident tuition and fees*	**19895**	**19895**	**19895**	**19895**
Non-resident tuition and fees	**30565**	**30565**	**30565**	**30565**
Total Resident (inc. tuition)	**37492**	**38562**	**41947**	**39527**
Total Non-Resident (inc. tuition)	**48862**	**49932**	**53317**	**50897**

(annual figures vary according to length of academic year)

Mandatory heatlh insurance costs are not included in this budget. Health insurance costs may be funded through outside sourcs pon request.

* Includes estimated 3% tuition increase for residents and on-residents over 01-02 rates. Actual tuition will be set by the Regent of the University of Michigan in July 2002. If tuition is less, the budget will be adjusted to reflect the decrease. Financial aid monies will be reduced from the second disbursement (Winter 2003) of financial aid.

(1) Guideline budget includes additional $700 transportation allowance or non-residents.
(2) M1 guideline budget includes additional funds for white coats.
(3) M3 guideline budget includes additional funds for clothing for residency interviewing.

This budget is subject to change.

The following is the estimated guideline budget representing expenses for the student only. Spouses are not covered in the budget. An allowance for dependent children may be included depending on the results of the federal need analysis formula.

2002-2003 Resident

	M1 10mo	M2 11mo	M3 12mo	M4 11mo
Room and Board	9650	10615	11880	11110
Transportation	2750	3025	4920	4510
Books/ Instruments	1995	1275	800	610
Misc	3202	3752	4452	3402
Tuition and Fees	19895	19895	19895	19895
Total	**37492**	**38562**	**41947**	**39527**

2002-2003 Non-Resident

	M1 10mo	M2 11mo	M3 12mo	M4 11mo
Room and Board	9650	10615	11880	11110
Transportation	3450	3725	5620	5210
Books/ Instruments	1995	1275	800	610
Misc	3202	3752	4452	3402
Tuition and Fees	30565	30565	30565	30565
Total	**48862**	**49932**	**53317**	**50897**

(annual figures vary according to length of academic year)

Budget supplements:

Health Insurance: $2128 (maximum) per year

Department of Education Web Sites for Students

FAFSA on the Web www.fafsa.ed.gov
Students can use this online form to file a Free Application for Federal Student Aid (FAFSA)

Think College www.ed.gov/thinkcollege
This site helps students, parents, and educators prepare students to enter or return to college. Sections on starting early, getting ready while in high school, financial aid, and returning to college are included.

Student Financial Assistance www.ed.gov/studentaid
Contains many links to help students and non-students with every stage of the financial aid process.

Toll-Free Information Phone Numbers www.ed.gov/tollfree.html
A list of toll free phone numbers that help students and educators with a wide range of information.

Direct Loan Servicing dlservicer.ed.gov
Provides online access to information on your existing Direct Loan(s). You may access your account information, view your loan balance, change your address, download deferment, forbearance, and Electronic Debit forms, and complete the On-Line Exit Counseling Session. Enhancements effective April 2000 will include the ability to view your payment history, change your payment due date and to select a different repayment plan using our new repayment estimator that provides payment amounts using your actual Direct Loan balances in our system.

Direct Consolidation Loans loanconsolidation.ed.gov
Provides helpful information about Direct Consolidation Loans and how to obtain one. An online application is included.

SFA Ombudsman sfahelp.ed.gov
The Student Financial Assistance Ombudsman site can help borrowers informally resolve loan disputes. Problems with Direct Loans, Perkins loans, Guaranteed Student loans, and others are covered.

Personal Identification Number Registration pin.ed.gov
Request a PIN to access online renewal FAFSA's, Direct Loan servicing, and other information.

Federal School Codes www.ed.gov/offices/OSFAP/Students/apply/search.html
Search for federal codes used for schools to add to your FAFSA form

Other Financial Aid and Related World Wide Web Site Addresses

The World Wide Web (WWW) sites featured below provide financial aid information and sources of assistance. The medical school provided these websites, and wishes to add that this disclaimer: The University of Michigan Medical School prepares this listing for reference purposes only. We do not prepare, maintain, update, endorse, or guarantee the information contained in any of these sites. As you know, web site addresses change daily. They also warn you that these addresses were valid as of 12/1/99.

Association of American Medical Colleges
http://www.aamc.org

US Department of Education
http://www.ed.gov

Student Guide Web Page
http://www.ed.gov/prog_info/SFA/StudentGuide/

Financial Aid Information Page
http://www.finaid.org

Medical School Resources
http://www.finaid.org/finaid/focus/medical.html

Financial Aid FAQ
http://www.finaid.org/finaid/faqs.html

Financial Aid Estimation Form
http://www.finaid.org/finaid/calculators/estimate.html

Graduate and Professional Study
http://www.finaid.org/finaid/focus/grad.html

FastWeb Search
www.fastweb.com

Minority Scholarships and Fellowships
http://www.nd.edu/gem

Chronicle of Higher Education
http://www.chronicle.merit.edu

Sallie Mae Home Page
http://www.salliemae.com

U.S. Army
http://www.goarmy.com

U.S. Navy
http://www.navy.com

U.S. Air Force
http://www.airforce.com

Free Scholarship Search
http://www.plato.org/search.htm

Health Care

University Health Service/GradCare

If you're lucky, you might have insurance through your parents or a private insurance company. But if not, there are still several options for you on campus. However, all medical students must have health care insurance coverage.

One of the many things paid for in your huge tuition bill is a health service fee, which funds the **University Health Service (UHS)**, relatively close to the medical campus (Fletcher Street) Central Campus. As long as you are a currently enrolled UM student, you, as well as spouses, domestic partners, and dependents (10 years or older) are eligible for services at UHS. If you are NOT currently enrolled, you can still be seen at UHS on a fee-for-service basis.

When appropriate, UHS will bill a student's health insurance company for diagnostic tests and procedures. Most services provided at UHS that are not covered by a student's private health insurance will be covered or partially subsidized by the health service fee. Some services that are **free** for students include the gynecology clinic, health promotion and community relations, lab test, medical clinic (appointment or urgent care), physical therapy (with UHS clinician referral), X-Ray, specialty clinics. Other services or departments like allergy, immunization, and travel health clinic or the eye care clinic and optical shop will charge for their services. Certain procedures or diagnostic tests may also be billed.

For more complete information, please go to UHS or check out their website at **www.uhs.umich.edu/uhs/**.

Grad Care is a comprehensive health insurance program that includes coverage for office visits, emergency services, inpatient care, and other medical benefits. Dental care is NOT provided through GradCare. Premiums can be included in your Medical School Financial Aid budget through funds from external loan sources by submitting your request to the Financial Aid Office. For the 2000-2001 school year, single coverage will cost $1711/year and increases with the number of people covered. For your convenience, premium payments will be coordinated by the UM Student Accounts Office on Central Campus.

Services may be covered in full or may require a $10-$25 copayment. A brochure from the Financial Aid Office highlights some of the coverage GradCare provides or a complete listing will be found in the GradCare Member Handbook, available from M-Care. Web site: *www.mcare.org*

Dental services are not covered by GradCare. One option for cheaper dental care is to utilize the **Dental School** (on Central Campus) but understand that students and residents will probably be your caregivers. Service from the Dental School has gotten mixed reviews. M-DENT is an optional, prepaid dental plan which emphasizes preventive care. There are no co-payments, deductibles, yearly maximums or claim forms. The plan is available to all undergraduate and graduate, full and part-time students at the University of Michigan. Spouses and dependents are also invited to

Useful health-related phone numbers:

• **Fire or Police emergencies**	call 9-1-1
• **Poison Control**	313-745-5711
	800-POISON1
	800-764-7661
• **UM Hospital Emergency Room**	734-936-6666
• **National Domestic Violence Hotline**	800-799-7233
• **Washtenaw County Protective Services (Adult/Children Abuse and Neglect)**	734-481-9110
• **Suicide, Emotional Crisis Intervention**	734-996-4747
• **Department of Public Safety**	763-1131
	or phones in red boxes on campus
• **Sexual Assault Prevention and Awareness Center (SAPAAC; 24 hour)**	734-996-3333
• **UM Hospital Psychiatric Emergency (24 hour)**	734-996-4747
• **S.O.S. Community Crisis Line (24 hour)**	745-485-3222
• **UHS on-call MF 8AM-10PM, Sa/Su noon-10PM (Sep to April)**	734-763-4511 734-662-5674
• **UM Hospital Information Line**	734-936-4000
• **S.A.F.E. House 24 hour crisis line**	734 – 995-5444
• see local phone book for more numbers	

become members when the student enrolls. To participate in the plan you must register for it each year. The enrollment period is from July 1, 1999 to September 30, 1999 for a full-year membership. The registration fee for 1999-00 is $130 per person.

When you subscribe to the M-DENT Dental Plan you will be treated at the School of Dentistry by staff or highly trained students ("'student' dentists" in med stud lingo) under the supervision of licensed faculty dentists. The plan has the benefit of offering dental care at a lower cost than in most private offices but will require a greater time commitment on the part of the patient. Services are provided by student dentists and faculty dentists at the School of Dentistry located on the Central Campus (1011 N. University) in Ann Arbor. Services covered during the membership period include: two cleanings and regular oral examinations; fluoride treatment and sealants (as needed); oral hygiene instruction and follow-up; X-rays, as needed, for services provided by the plan; three routine silver fillings (amalgams) or tooth-colored fillings (composites); emergency treatment for pain relief; emergency temporary fillings.

Medical School Mental Health Consultation Service

Services Provided

This program provides students with prompt psychiatric evaluation, brief treatment, and assistance in finding additional treatment resources if necessary.

Staff

Dr. Bonnie Fauman is Director of the Medical School Mental Health Consultation Service. She is a Board Certified University of Michigan faculty psychiatrist whose usual responsibilities involve relatively little contact with medical students. Other Department of Psychiatry faculty/ staff may also see students, either to provide an initial assessment or to provide ongoing treatment.

How to contact the program

MSMHCS appointments can be arranged by calling 936-0240, between the hours of 8-5, Monday-Friday, and identifying yourself as a student of the Medical School. For emergencies at other times, please call the Psychiatry ER at 936-5900. During the initial phone call, staff will ask about the basic nature of the problem and about your medical insurance. They will then schedule an initial appointment. Most initial assessments will take place at the Student Health Services. Follow-up appointments may be at the Riverview clinic or University Health Service.

Costs

The services of this program are available to all Medical school students. Initial evaluations can be provided without cost to students who have no insurance coverage for psychiatric services. Students who have insurance that covers these services will be asked to provide information so the program can submit appropriate requests for reimbursement.

Confidentiality

All contact with this service is confidential. This program does not conduct psychiatric evaluations required by the Dean's office and does not provide information to the Dean's office except upon written request by a student (with the exception of certain critical or life-threatening situations). While records of evaluation and treatment become part of your medical record, all medical records in the UM Health System are confidential.

Disability

UMMS enrolls you in a disability plan, the **Disability Income Insurance Program**, that will pay you a monthly benefit in the event that you become disabled. The plan also gives you important options when you complete medical school. For more complete information, please go to **www.med.umich.edu/ref.guide/insurance.html**.

Joseph C Fantone M.D.
Associate Dean for Medical Education
Phone: 763-3265
Email: *jfantone@ umich.edu*

Clinical Skills Instruction Program

Cindy Baker
Coordinator of Clinical Subjects
Coordinate and recruit Clinical Skills Instructors (CSIs) and patients for M2 History & Physicals (H&P's), and for CCA fixed findings stations.
Phone: 763-1465
Email: *bakerc@ umich.edu*

Components I/II & ITTP

Joyce Rayment
Student Services Associate
Support faculty and students in Components I and II. Support and oversee ITTP course and SPI programs. Coordinate Clinical Comprehensive Assessment (CCA) activities
Phone: 763-0168/ 936-2178
Email: *jrayment@ umich.edu*

Components I & II Quizzes and Exams

Cynthia Sharp
Student Services Associate
Exam administrator
Phone: 936-1472
Email: *cmsharp@ umich.edu*

Components I/II

Karen Revill
Academic Services Secretary III
Support to Components I-IV.
Phone: 763-0168
Email: *krevill@ umich.edu*

ITTP

Sybil Koh
Academic Services Secretary III
Support to ITTP
Phone: 763-0169
Email: *skoh@ umich.edu*

LRC & Computer Consulting

Casey White, Assistant Dean
Director of the Learning Reousrce Center and Academic Services
Phone: 763-6770
Email: *bcwhite@ umich.edu*

Marc Stephens
Computer Consultant I
Assist patrons in the use of computers as well as maintenance of computers in the LRC computer clusters, CAI Lab, and FSSC. Administer unique names to Medical Center students, faculty and staff.
Phone: 936-2241
Email: *marque@ umich.edu*

Chris Chapman
Assistant Manager of Media
Consult with faculty to design and produce multimedia material for CD, Ethernet, or the web. Provide consultation on the use of multimedia software for students, faculty and staff.
Phone: 936-2903
Email: chapmanc@ umich.edu

Standardized Patient Instructor Program

Kelly Poszywak
Staff Development Coordinator
Phone: 615-2993
Email: *kellypos@ umich.edu*

Brenda Wheeler
Administrative Assistant
Support to the Standardized Patient Program.
Phone: 615-2992
Email: *wheelerb@ umich.edu*

Combined Degrees

M1 M2

MD/MPH, MD/MBA, MD/Oral & Maxillofacial

There is flexibility for students who wish to combine medical school with a degree program in fields such as public health, business, oral & maxillofacial surgery, and the biomedical sciences.

MD/MPH

The School of Public Health at Michigan is rated one of the best in the country and each year a number of students choose to pursue the Master of Public Health degree. Programs of study include Biostatistics, Environmental and Industrial Health, Epidemiology, Health Behavior and Health Education and Health Management and Policy. Typically, medical students apply to the School of Public Health after they have arrived in Ann Arbor and begun medical studies. They usually take a leave of absence from medical school after the second year, enrolling for a year of public health courses. They return for the final two years of clinical work in medicine, and generally complete all requirements for the Master of Public Health degree and the MD degree within five years.

Inquiries can be addressed to:

Office of Academic Affairs: School of Public Health
109 Observatory St., 3537 SPH I/Box 2029
or e-mail: ***sph.inquiries@umich.edu*** or via the Web at **www.sph/umich.edu/**

MD/MBA

The MD/MBA Program is designed to allow students to explore and integrate complementary interests in medicine and business, and to develop physician managers capable of innovations as business and management issues are becoming increasingly important to the practice of medicine. The University of Michigan MD/MBA Program is a five-year integrated combined degree program, in which students must be apply and be accepted to both the medical and business schools. Prospective applicants to the program may express their interest either prior to matriculating to the medical school or between the M2 and M3 years. Students spend their first three years in Medical School, completing the M1, M2, and M3 requirements. Students must be endorsed formally in the M3 year by the Medical School. This requires a Board Review Process. After a summer spent completing fourth year electives, they then enter the Business School to complete the first year MBA courses (fourth year of program). There is a very specific schedule that must be followed. Please ask for more details.

Inquiries can be addressed to:

Kalindi Trietley
C5106 Medical Science I
or by phone: (734) 936-1513

MD/ORAL AND MAXILLOFACIAL SURGERY RESIDENCY PROGRAM

Maxillofacial residency programs nation-wide are moving toward more formal training in medicine since this provides the maxillofacial surgeon with a broader educational base in preparation for providing optimum patient care. A maximum of two students (with the DDS or DMD degree) is admitted to the program each year. The integrated medical degree and oral and maxillofacial surgery program (MD/OMFSP) is six full calendar years long and includes medical school course work and a general surgery internship. Residents also under take additional rotations in internal medicine, anesthesia, trauma surgery, plastic surgery, and pediatrics. The Doctor of Medicine degree is awarded upon successful completion of all medical school requirements, which usually occurs in June of the fourth year. Certification in Oral and Maxillofacial Surgery is awarded upon successful completion of two additional years of training in the residency program.

Inquiries can be addressed to:

Joseph I. Helman, DMD, Director of Oncologic Oral and Maxillofacial and Head and Neck Surgery
B1-B204 University Hospital, Box 0018
(734)763-5963; ***jihelman@umich.edu***

Combined Degrees

M1 MD/PhD M2

The **Medical Scientist Training Program or MSTP**) is a dual degree program that allows students to earn both an MD and PhD degree concurrently in an average of 7-8 years. At the University of Michigan, the MD/PhD program is handled cooperatively by the Medical School and the Horace H. Rackham School of Graduate Studies. Students commonly earn PhD's in fields relevant to medicine, including Biological Chemistry, Biophysics, Cell & Developmental Biology, Cellular & Molecular Biology, Chemical Biology, Human Genetics, Medicinal Chemistry, Microbiology & Immunology, Neuroscience, Pathology, Pharmacology, and Physiology. Other degrees are also possible.

The application deadline is November 15th for fellowships beginning the following July. Applicants can apply to the MSTP during the first and second years of medical school. You must contact the MSTP office in fall for applications. You need not resubmit your AMCAS application, but you may choose to submit GRE scores if they haven't submitted the scores to the MSTP office in a previous application cycle. [the GRE is required for students who intend to pursue the PhD in biomedical engineering, the school of public health, or a department within the College of Literature, Sciences, and the Arts]. The application and letters of recommendation are usually due in late fall. Interviews are scheduled during the fall and winter months. An interview day will include interviews with members of the MSTP operating committee, as well as interviews with faculty the student requests to meet. The decision process usually begins in March and final offers are made by the end of April. Over the past 5 years, the average number of new fellowship awards per year has been nine.

MSTP students typically complete the first two years of medical school, take the USMLE step 1, then take one year of grad school courses before taking a prelim-exam administered by the graduate department that the student is enrolled in. The next 2-3 years are dedicated to full time thesis research. After successfully defending the thesis, the student may enter the M3 year at the beginning of any rotation period that begins between July and January. The M4 year is truncated to about half the usual duration, with some required rotations (e.g., a sub-internship.)

Students who enter the MSTP prior to M1 year have a summer research rotation before classes begin, and then take a few graduate school courses that fit with the M1 daily schedule. For those entering during the M1 or M2 year, there is ample time to complete the required graduate school coursework during the first year of the PhD component. Students must decide which graduate program they wish to join after the M2 year. Most students choose a thesis mentor by this time as well. A thesis mentor must be chosen by the end of the pre-candidate year. Thus, many of the decisions regarding the graduate portion of MSTP training are made during the M1 and M2 years. If you are trying to enter the program during the M1 or M2 years, attending seminars in the departments of interest and talking to faculty and students in these departments will help with the decision. It may also be helpful (both to the student's success as an applicant and to the decisions about thesis work) to do summer research projects the summer before med school begins and the summer after the M1 year; these may qualify as rotations once accepted to the MSTP. If accepted into MSTP, research rotations will be required during the summers following the M1 and M2 years, and during the pre-candidate year if a thesis mentor has not been selected yet.

Full tuition and stipend support are provided by the MSTP for the med school years, and by your graduate program/thesis mentor during the research years, and cover only the years for which the student is actually in the program. To find out more about the program, visit the MSTP website at **www.med.umich.edu/medschool/mstp/**, send an email to ***mstp@umich.edu***, or ask your fellow MSTP classmates!

A small number of students have successfully completed an MD/PhD degree outside the MSTP program. This involves direct application to the graduate school(s) of your choice (you are not limited to programs within the Univesrity of Michigan). Funding for the PhD component (assuming it is in a scientific field) is generally available at major academic institutions, and PhD programs are receptive to medical student applicants. Plan on taking the GRE in advance. If you are considering this option, discuss your plans ahead of time with the counselors. These leaves are not always approved. The preferred time for such a leave of absence is before your clinical obligations (M3 year) begin, although there have been cases where this has been done between the m3 and m4 years.

Uniqname and Password

Your uniqname is good for the entire time you are at UM. Your uniqname is equivalent to your login name for just about everything. Occasionally you will have to sign in as *uniqname@ umich.edu* but mostly you can just use your uniqname.

- You are initially assigned a password that you must change to one of your own choosing. It is recommended that you change your password fairly often and make it hard to guess. See below for an easy way to change your password.
- Servers are the numerous machines UM uses to run its computer system. Many of them are named after video games like battlestar, qix, and centipede. Engineering servers are named after colors but we don't have access to those anyway. That was just a fun tidbit.
- Your uniqname and password is your access point to the resources of the **Basic Computing Package**, which includes an IMAP email account with 20mb storage space for your messages, access to university computers at ITD computing sites, 400 pages of printing per term, 10 mb of storage on the university network (IFS; institutional file space), and 100 hours peak-time dial-in access per term. If you exceed the allocations for the semester, your university account will automatically be charged (ie it will show up in your next tuition bill). You can check your current usage by using a telnet client and telneting to **umce.itd.umich.edu**, logging in with your uniqname and password, and choosing BCP status. As a member of the university community, you also have access to marginally discounted hardware and steeply discounted (**occasionally free**) software (see below).

Dial-In

You may dial into the University network from home (see the "configuring your computer" box for more details). The University gives you 100 hours peak-time access (3PM to midnight). After you exceed 100 hours access, your university account will automatically be charged. There is no limit to dial-in usage from midnight to 3PM. ITD modems are capable of accepting V.90 (56K) modems. Note that if you happen to be rich and are looking for a way to spend $40 a month, you might want to opt for much faster internet access via cable modem through Media One or ADSL through Ameritech (it is likely that before you graduate, UM will offer ADSL to off-campus students [the program is currently expensive and only available on a small scale to UM faculty and staff within 2 miles of Ameritech service centers]). Otherwise, you'll just have to brave the winter cold to come on campus and use the ethernet connections.

Email

The University's computer people (ITD, Information Technology Division) provide you with an IMAP email account along with your uniqname and several mail clients which support the high-security Kerberos authentication system (a good reason not to try to check your email with a non-Kerberos enabled browser such as netscape). Both Mac and Windows offer the option of using a telnet program (logging into a UNIX workstation from a remote location [the mac or win computer that you are sitting at]... on the Mac side, the program used is typically **NCSA Telnet** or **NiftyTelnet** (often under the icon of ITD login) whereas on the Windows side the **Hummingbord Explorer** terminal emulation program is used. Once logged into a workstation through telnet, type `pine` at the unix prompt (the % followed by the name of the workstation [e.g. `defender%`] is the UNIX prompt). Pine is a very quick and handy UNIX IMAP email client. Also available on both platforms is the IMAP client Mulberry. These first two options are nice for public computers in that the email is not saved to the hard drive, but rather, remains on the network. If you are trying to receive attachments, however, it is much easier to use Mulberry. At the university, the computers

are automatically configured upon login for access to the IMAP mail system. The University has also licensed these programs for the entire university community, which means that you can put a copy on your own computer at home (see software section later to find out where to get it and how to configure it). As a medical student, you are also eligible for a Groupwise account (through the medical center's Novell system), although this mail system is often rather unreliable.

IFS (Institutional File Space)

IFS is a system providing you with 10 megabytes of storage which may be accessed from anywhere on the university network. Because it is maintained and backed-up by the university, it is a relatively safe place to store files... not to mention the convenience of never having to "forget your disk." On a mac, it can be accessed either by double-clicking the "home via netatalk" folder (the one with the "M" on the desktop) or by going to the **chooser** (in the apple menu), choosing "AppleShare," and then scrolling through the appletalk zones for umich-IFS. This will show a list of file servers - click any one of them, click OK, choose Kerberos authentication, login with your uniqname and password, and then after a momentary pause select the item on the list that is your uniqname. A new icon will appear on your desktop, which you can treat as another disk drive. Just remember to put it away (click it and drag it to the trash) when you're done with it. It is advisable to save files to the hard disk and then drag a copy to the IFS directory, rather than saving directly to the IFS directory. The chooser also allows you to access med applications (such as ATLAS) which reside on the MED-ATHENA server. Instead of choosing umich-IFS, choose umich-med-LRC, choose the MED-ATHENA server, and log in as med_student, password: med.

On windows machines, there is typically a shortcut icon which will take you to your IFS directory on the desktop.

On either type of machine you may also access your IFS directory with either a browser or an FTP client (such as Fetch for the Mac or WsFTP for Windows). Simply chose ftp.ifs.umich.edu (leave the directory blank) and login with your uniqname and password.

Your IFS space also serves as the directory in which **your personal home page** (should you choose to create one) resides... specifically within the /Public folder of your IFS directory. You will have to make some modifications (some from the UNIX command line interface accessible through a telnet client) to allow others to view your webpage... more details are available at **www.umich.edu/~websvcs/umweb/how-to-homepage.html**.

Software and Hardware Discounts

The campus has plenty of computers, but also plenty of med students... and then there are those pesky undergrads. If you have a computer at home, you should be aware of the benefits of being at one of the largest computer installations in the country. Highlights include...

Internet Access Kit

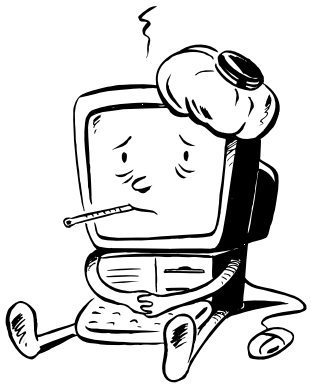
- If you're new to the University, go to **www.itd.umich.edu/kits/** to download for free all the software you will need to authenticate into the university's network from home. It is also available on a CD-ROM, which can be purchased at the UM Computer Showcase (734) 764-SALES in the Michigan Union for the cost of the CD (about $13).

Antiviral Software

- The University has licensed Virex for Mac and VirusScan for Windows for the university community. This means it may be downloaded for free (after authentication) from **www.itd.umich.edu/virusbusters/**.

Microsoft Software

- In an attempt to assimilate all computer users and move closer to its goal of world domination (what kind of computer do you think I use?), Microsoft has made both Mac and Windows versions of



Microsoft Office available to students for only $33.

Other Software

- Academic software pricing from many companies is at a steep discount (often half price or at an even larger discount to what it would cost retail.) Go to **www.itd.umich.edu/help/software/** and **www.itd.umich.edu/sales/** for a list. Software can typically be purchased at the UM Computer Showcase.

Hardware

- If you decide to buy a new computer, UM Computer Showcase also offers academic pricing on Mac and Windows machines, as well as certain upgrades (such as RAM), Palm products, and peripherals (such as printers and zip drives). Academic pricing will typically save you $100-200 dollars on a computer. In late August/early September, certain configurations are offered with slightly steeper discounts as part of a "Computer Kickoff event." The website for UM Computer Showcase is **www.itd.umich.edu/sales/**.

Stupid Telnet Tricks

Everyone figures out that once you log into a workstation via a telnet session, you can type "pine" at the unix prompt (the server name plus a % (e.g. `defender%`) is the unix prompt). But did you know you could also do a bunch of other things such as...

Change your password

1 Type `passwd` at the unix prompt.
2 Type in your old password.
3 Type in your new password.
4 Type in your new password again to reconfirm.

Finger

- You can find out if someone has also telneted to a unix workstation, and if so, which workstation they are logged into by typing `finger uniqname` at the Unix prompt. But what good is that, you ask? Why, you can...

Ytalk/Chat a friend...

- If you find out a friend is on-line, you can virtually chat with them.

1 First, find out the name of the server your friend is on with the `finger` command.
2 Then, type `ytalk uniqname@server` (where sever is the name of the workstation [e.g. defender.rs.itd.umich.edu] and hit return.
3 Your friend (or you, if you get ytalked) will respond by typing ytalk `uniqname@server`. Of course they have to be off of pine or quit from pine to do this.
4 You're connected! Multiple people can talk through ytalk although it gets rather confusing beyond 3 people. Of course, maybe you don't know the uniqname of a friend, in which case you will need to...

Search the University Directory...

- You can always access the University directory through the web at **directory.umich.edu**. But did you know you can also access it through the UNIX Prompt?

1. Type `ud` at the Unix prompt

- You will know you are in the User Directory because the prompt changes to an asterisk (*)
- You can use ud to **find phone numbers, e-mail or real addresses, or webpages or people**.
- You can also use ud to **modify information** that appears when someone fingers you by typing `change uniqname` (where `uniqname` is the uniqname for the user or group whose info you want to change).
- The user directory is also the place to **create group email lists**... for example, if you were (only hypothetically speaking of course) running the Smoker pit orchestra, you might want to create a list with all the members so that you wouldn't have to type all 30 names in every time you wanted to send a message. In the user directory, you would type `create groupname` (eg `create smokerpit99`), where `groupname` was the name of the list you wanted to create. Then you

could use the change command to add people to the list.

Find out how much more space you have for email...

- To see whether you are close to exceeding your IMAP quota (the 20 mb of network space given to you for saving emails, different from IFS space), type imapstatus at the UNIX prompt. Another way you find out is when you go over the quota and you get a nasty email from the ITD server saying that you are over quota and will receive no new email until you delete some of your old messages!

Surf the web...

- Sometimes, especially if you're on an old computer and/or a slow modem connection, surfing the web is slow. By typing lynx at the UNIX prompt, you will launch a fast, text-only web browser (fast not only because it's text-only, but because you are in essence using the UNIX workstation to browse the web). Lynx hints... Left arrow takes you back, Right arrow takes you forward (selects a hyperlink), up and down arrows move up and down, g allows you to type a url, ? brings up a help menu, q quits, control G cancels an attempt to connect to a website...

Other random stuff...

- To see all the folders in your directory, type "ls" at the Unix Prompt.
- To see your IFS Home Directory quota, type "fs lq" at the Unix prompt.
- Fun stuff: type "calendar" or "fortune" at the Unix prompt. See what happens!

These are only a few of the things you can do on campus computers. ITD produces a number of handouts that explain all the different things you can do....you can find hard copies at any of their sites (e.g. in Angell Hall) or their website.

Configuring Your Home Computer

DIALING IN...

Dial-in number: (734)-489-2222

The University has local numbers in most areas of the state of Michigan (so that dial-in will be the cost of a local call - free). The University also has local dial-in numbers in New York City and Washington D.C. Check **www.itcom.itd.umich.edu/dialin** for details. Tihs page also lists your options (costs $$) to dial into the UM network from out of state (if you need to do this, it is preferable to find a local isp whose internet connection can then be used to access UM resources.)

Name/UserID: *uniqname*@ umich.edu

(yes, this is one of those instances where you will need to add the umich.edu)

TCP/IP...

IP Address: Set to obtain from server.

Domain Name Servers (DNS):

141.211.144.17

141.211.125.17

Domain Suffix Search Order:

umich.edu

itd.umich.edu

rs.itd.umich.edu

HOSTS...

Telnet Email: login.itd.umich.edu

Incoming: #.imap.itd.umich.edu (where # is the first letter of your uniqname).

Mail Server: smtp.itd.umich.edu

IFS: ftp.ifs.umich.edu

Useful UM Websites

- **www.med.umich.edu/lrc/student** (the lrc coursepages)
- **www.groupwise.med.umich.edu** (if you use the groupwise email system [ed comment: *don't convert, it doesn't work!*]
- **wolverinaccess.umich.edu** (page from which you can check your student account information, financial aid disbursements, etc)
- **www.umich.edu** (the university of michigan gateway)
- **www.umich.edu/~info** (the campus information sites, with information about UM and Ann Arbor)

Medically Related Sites

- **medschool.com** (the publishers of first aid for the boards... fafb online for free!)
- **www.medsite.com** (books)
- **www.imc.gsm.com**
- **endeavor.med.nyu.edu/courses/histology/courseware** (user name: student password: nyumed)
- **www.kumc.edu/instruction/medicine/anatomy/histoweb/index.htm** (the great University of Kansas histology website)

Summer Programs for Med Students

- **www.usa-ihp.org** (usa international health program... potential summer internships)
- **www.amsa.org** (summer programs)

Medical Software

- **www.webcom.com/~wooming/mededuc.html** (rreviews of medical software)
- **www.handheldmed.com** (for you Palm fanatics)
- **healthypalmpilot.hypermart.net**

Ethics

www.virtualmentor.org

Books

www.ecampus.com
www.ebooks.com
there are others

Other

www.aamc.org (american association of medical colleges)

During medical school, you'll have the opportunity to participate in a myriad of organizations. The following organizations have provided the information below, hoping that you'll join them this year and get involved!

Alexander Borodin Society

www.umich.edu/~borodin* & *borodin@umich.edu

Named in honor of the distinguished Russian chemist, physician-scientist and composer Alexander Borodin (1833-1887), the Society is comprised of talented University of Michigan medical students who celebrate his example of practicing medicine and music. Musicians perform regular recitals within the University Hospitals in conjunction with the medical center's *Gifts of Art* Program; in addition, students organize off-campus performances. The Society provides the organizational framework for medical student instrumentalists and vocalists to meet other musicians from all preclinical, clinical, and research years, identify piano accompanists for solos, and find fellow collaborators for ensembles.

American Holistic Medical Association (AHMA)

jmflynn@umich.edu

The AHMA was founded in 1998 to enhance interest among medical students in complementary and alternative care. The group supports the study of serious alternatives to mainstream biomedical care primarily because of increased patient interest in such therapies. Furthermore, the group's goals include the understanding of natural remedies and traditional methods that have proven to be effective, yet typically been discounted. Activities include sharing knowledge and resources among members through student lectures, book suggestions, seminars, and brown bags that focus on integrative medicine. Curriculum developments exposing students to accepted and proven alternatives are also encouraged.

American Medical Association (AMA-MSS)

www.umich.edu/~amamss/* & *mojgan@umich.edu

The AMA is one of the most prestigious and powerful voices for change in national public health. The national organization is composed of both established physicians and hardworking medical students. Medical students can initiate change both within the organization and in the making of national health policies. For instance, the current no smoking policy on airplanes was started by the AMA medical student section. Other AMA projects and opportunities include clothing/book sales, monthly journal meetings, sign language for doctors, AMA canned food drive, technology in medicine field trips, annual conference, JAMA/AMAnews, distinguished speakers, and much more!

American Medical Student Association (AMSA)

www.umich.edu/~amsa/ & smontas@umich.edu

The American Medical Student Association is the largest student organization at the University of Michigan Medical School with participation of a large proportion of the student body. The national motto, "It takes more than medical school to make a physician," shows through the diversity of the organization. AMSA is comprised of 25 task forces with activities ranging from volunteering at local homeless shelters to educating high school students about AIDS. There are also several social activities, a used book sale, an annual residency fair, intramural sports, and a medical instrument sale. The many faces of AMSA ensure that the medical school experience will involve more than just the classroom and provide students with the opportunity to become better physicians.

American Medical Women's Association (AMWA)

www.umich.edu/~amwa & kebates@umich.edu

The American Medical Women's Association has two goals: to improve the well-being of women in the medical profession and to increase the general quality and awareness of women's health and health issues. Projects include expanding the first and second year curricula to include women's health issues, establishing mentorship programs, and participating in educational panels, community service events, and fundraisers that benefit local shelters and clinics. AMWA also organizes many social activities that include monthly book club meetings and film nights that are particularly relevant to women. All in all AMWA provides a fun, supportive, and educative environment for those interested in women's issues and women's health.

Black Medical Association (BMA)

dspearma@umich.edu

The Black Medical Association is a student organization that serves the needs of African American medical students. The BMA has four goals: first, to increase matriculation of accepted minority applicants to this school; second, provide applicants with the chance to experience the unity amongst the African-American medical community at the University and the medical school; third, to disseminate information regarding distinguished African-American alumni; fourth, provide applicants and matriculants with insight that will foster a fruitful medical education.

Christian Medical Association (CMA)

www.umich.edu/~umcmds/ & jdykstra@umich.edu

The Christian Medical Association, with medical students, residents, and faculty, has a two-fold purpose. First, we seek to provide support for Christian medical students at UM, helping them to grow in their faith as well as equipping them to become dedicated Christian physicians. Secondly, we seek to represent Jesus Christ in the university and surrounding community. We feel a responsibility to educate our fellow medical colleagues about the impact the Judeo-Christian faith has had and will have on all of our future medical practices. To achieve our goals, we sponsor speakers, mentorship opportunities, small group Bible studies, social events, community service outreach, and regional and national conferences. We welcome students from diverse faith backgrounds to join us for our mutual benefit and development.

Galens

www.umich.edu/~galens

Galens is the oldest medical student group at the University of Michigan as its inception dates back to 1914. The group sponsors many social and charitable activities throughout the year. The highlights include the annual Tag Days Drive, in which all members patrol the streets of Ann Arbor collecting thousands of dollars for Mott Hospital and other local children's groups. In addition, Galens produces the Smoker, an annual Spring-time comedy and musical about life in the medical school that is written by and stars only medical students. Both Tag Days and the Smoker have been traditions for decades. Other activities include a monthly social outing, volunteer work, and an initiation banquet. You will find that many of the faculty members are Galens alumni.

Jewish Medical Students Association (JeMSA)

Jewish Medical Students Association (JeMSA) is an informal group of medical students interested in social gatherings and occasional discussions of Jewish issues. Events include potluck dinners, participation in the Holiday Diversity Celebration, sponsorship of speakers, and the annual Hanukkah party and grab bag. Everyone is welcome to join.

LANAMA

www.umich.edu/~lanama & mmontema@umich.edu, kdanek@umich.edu

LANAMA was founded in 1985 to provide a more welcoming environment for our Native American and Latino/a medical students. Beyond nurturing an atmosphere of *la familia*, LANAMA is committed to increasing the enrollment and success of Latino/a and Native medical students through outreach and other service efforts. Additional activities include raising awareness on Latino/a health issues, inviting guest lecturers, locating international elective rotations, and addressing migrant farmworker health.

Medical Students for Choice (MSFC)

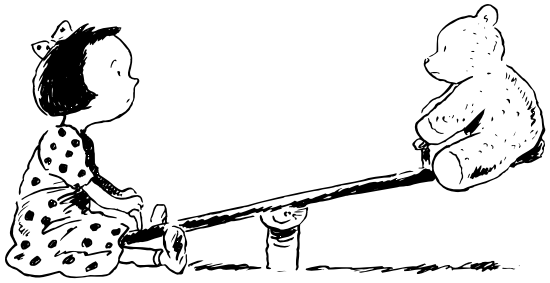
www.umich.edu/~msfc/ & awoodrow@umich.edu, jfieldsz@umich.edu

Medical Students for Choice is a national organization comprised of medical students from over 100 medical schools. It is committed to educating medical students about reproductive health issues and increasing student access to clinical opportunities in reproductive health. As a local chapter, a number of distinct speakers are invited throughout the year and engage in monthly discussions about related current events. In addition, students are provided with the opportunity to shadow abortion providers and MSFC also sponsors a number of other events on both the undergraduate and medical campuses.

Medstart

www.umich.edu/~medstart/

Formed in 1991, Medstart was conceived by a group of medical students concerned about the lack of content in the formal educational curricula on children and families during the first years of medical school. Still rooted in the Medical School, Medstart coalition members hail from graduate and professional schools across the campus--medicine, public health, law, nursing, education, and social work--and work through volunteerism, activism, and advocacy to promote self-initiated education among young professionals about the myriad of issues affecting children. One of the major goals of Medstart is to expose current and future professionals to children's issues early in their careers. Medstart conducts its work through six different programs, providing both volunteer and educational opportunities throughout the year. Medstart also hosts an annual children's conference.



Michigan Medical Journal

www.umich.edu/~michmedj/ & mmjeditor@umich.edu

The Michigan Medical Journal is a peer-reveiwed publication that provides a forum for the publication of student research. Contents of this journal include full-length research articles, abstracts, as well as various articles, interviews, and creative writing concerning medically-related topics. Medical students are particularly encouraged to submit the results of research conducted over summers or during the school year. Submission information, ways to get involved, and sample issues are available at the Michigan Medical Journal's website, and/or by contacting the editors.

Muslim Health Association

muslimhealth@umich.edu

Assalaamu Alaikum (May Peace be with you). This new exciting organization is the UM chapter of the Islamic Medical Association. It includes members from the Medical School as well as faculty, staff, and students from Nursing, Dental, Social Work, Public Health, Pharmacy and other allied health fields. We work to educate the University community on issues related to Islam and health such as the care of Muslim patients and Islamic medical ethics. In addition, we are planning on providing health services to underserved segments of the population and on working closely with the University in providing optimal care to Muslim patients. For the incoming medical school class, we hope to provide a welcoming social atmosphere to help ease the transition to medical school and to provide opportunities for networking, research, and mentoring. A number of other ideas and projects have proposed and we hope that you will join us in shaping the future of this new group!

Physicians for Social Responsibility (PSR)

mgoodin@umich.edu

The national organization Physicians for Social Responsibility (PSR) is a group dedicated to improving environmental health throughout the world and ending nuclear arms proliferation, for which it won the Nobel Peace Prize in 1985. Through lunch seminars and group activities, the student chapter of PSR at the University of Michigan hopes to follow in the footsteps of the national organization, in addition to taking initiatives to expand the group's role at the medical school and the surrounding community. We hope to do this by focusing medical student interest and effort on such difficult and pressing issues as youth and gun violence, challenging ourselves with the struggles facing the uninsured, and raising awareness regarding human rights violations. By doing this, we hope to provide a certain level of insight and awareness that will be pertinent to our medical school education and relevant the world in which we will practice medicine.

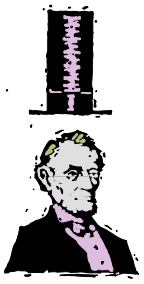
United Asian-American Medical Student Association (UAAMSA)

www.umich.edu/~uaamsa/ & adoshi@umich.edu

The United Asian-American Medical Student Association has several goals. UAAMSA seeks to promote interaction as well as address the needs of Asian-Americans at the University of Michigan Medical School. In addition, UAAMSA is devoted to expanding awareness of Asian health issues in our community and on a more general level. UAAMSA welcomes all students who are interested in student leadership and service to participate in a variety of programs including the oldest faculty-student mentorship program at UMMS, community service opportunities, and language and cultural education.

Victor Vaughan Society

Dr. R. Bartlett - rbartlet@umich.edu



The Victor Vaughan Society is a student group devoted to the history and philosophy of medicine. The Society meets monthly for presentation of papers and discussion. Some of the meetings are devoted to medicine in literature and feature discussion of books or movies. Meetings are held in faculty homes, as well as the in the Observatory, the Clements Library, and the Rare Book Room of the Taubman Medical Library. The group has an annual field trip to a location rich in medical history, often in Europe. All students are welcome to the meetings.

Student Alliance

Student Alliance is a forum for medical student groups to compoare scheduled events' dates and times, cosponsor events, address any other issues relevant to the student group body, provide an opportunity for students to address all student groups collectively, and allow group leaders to share ideas and learn from each other. This year, we have opened student alliance to any students interested in initiating change within the medical school curriculum and dialogue between student organizations.

Student Roundtable

A forum for discussion between faculty and students during which universal concerns regarding the medical school are addressed. Various student representatives, interested students, and the administration work together to improve aspects of the medical school that do not necessarily fall under one position. Examples of previous Roundtable activity include the creation of this student handbook, improving facilities, and addressing professionalism issues.

Medical Specialty Interest Groups

Each medical specialty has its own interest group that meets to hear speakers or have discussions about issues within that particular specialty. The groups are a great way to meet faculty in your area of interest who like to meet students and answer questions they may have. Some groups are run by students and have faculty advisors while others are run through the department. Some interest groups with known contacts for the 2002-2003 year include Obstetrics/Gynecology (Pam Gibb, *pgibb@ umich.edu*) and Pediatrics(Monica Prasad, *prasadm@ umich.edu*). There is also a surgery forum, family practice dinners, and other events. The best way to find about a specialty interest group not listed here is to contact the department directly and ask for more information.

In addition to medical school organizations, there are over 600 other registered organizations across campus that students can get involved in. The Office for Student Activities and Leadership (SAL), located in the Michigan Union, is a terrific resource for students and student groups interested in getting involved on and off campus organizing activities. SAL publishes Synergy, the ultimate guide to all registered student organizations on campus. Hard copies may be picked up at the SAL office or the information may be accessed through the web at **www.umich.edu/~maizepgs**. The UM website also has a partial listing of groups at **www.umich.edu/UM-Clubs.html.**

Class Advocates/ Medical Student Council (5)

www.umich.edu/~umedstud/ & medical.student.council@umich.edu

The University of Michigan Medical School Student Council serves as an important link between the student body and the administration. Each year, five advocates are elected from each class. These students attend monthly council meetings to discuss issues like facilities, parking, student wellness, social events, and mentoring. Responsibilities include planning annual social events, addressing student concerns, holding fundraisers, and providing input on school policies. Importantly, advocates attend monthly Dean's Lunches with key administrators. These meetings serve as a sounding board for student and administrative concerns. Most of all, the student council seeks to effectively represent the concerns of classmates by serving as advocates. (1 year term)

Component Representatives (2)

Component Representative act as liaisons between their class and the component and course directors. Issues of academic policy, educational environment, and scheduling of exams are considered during periodic meetings with administration. The component representative should be receptive to classmates' concerns and be able to effectively communicate those concerns to administration. (1 year term)

Honor Council Representatives (2)

As a member of the honor council, you are a representative to the Basic Science Academic Review Board (BSARB), which is comprised of students, faculty and administration. The honor council handles all issues that involve students who have possibly violated the honor code. As a member on the BSARB, you act as advocates for your classmates who are in academic jeopardy. This requires you to respect students' privacy. One honor council member is on the University-wide Panel for Student Conflict Resolution. This is another way to be involved in university affairs by being a student panelist to participate in arbitrations in which students are charged with violating the University's Student Code of Conduct. (1 year term)

Curriculum Representative (1)

Involves attendance and voting at curriculum policy meetings that include deans, component directors, and faculty to discuss and implement curriculum changes. Overall medical education, academic medicine, and the current status of U of M's curriculum are some of the major topics for discussion. Part of this role also includes attendance at the AAMC National Conference and the AAMC OSR Regional Meeting. (M1 is a 1 year term, M2-4 is a 3 year term)

ITTP Representative (1)

Primary responsibilities include increasing and maintaining the communication between the class and the ITTP course directors and advisory board. Since the ITTP course was completely revamped for the 1998-1999 year and will continue to change, feedback, comments and concerns of the class are very important. The ITTP advisory board consists of the course directors, the Dean of Medical Education, the M1 and M2 representatives and the support staff of the ITTP office. The advisory board holds monthly meetings during lunch to hear student feedback and to discuss changes and scheduling. (1 year term)

There are many things to do in Ann Arbor...

One place to find the most current information about concerts, movies, etc. is at the following URL address **aa.mlive.com/ultraguide**. Other places include the *Ann Arbor Observer* (**www.arborweb.com**), a $2 monthly magazine with articles on life in Ann Arbor and a detailed calender of things to do. *Current* (**www.ecurrent.com**), is a free monthly magazine, that has listings of films, clubs, concerts, and events. In addition, checkout **www.mibars.com** for a local listing of places to go! We highly recommend using the Ann Arbor Visitor's Guide and checking out the Ann Arbor Area Convention and Visitors Bureau at their website: **www.annarbor.org**.

Brief highlights of things to do are included in the following section:

Eats and Drinks

Ann Arbor is full of eateries providing a wide variety of cuisine. One place to look for a restaurant that can suit your needs is **www.arborfood.com**. This site is great for those new to the area because the extensive list of local eateries can be searched through by price, cuisine, and location. Sometimes ratings and reviews are also available. For your convenience, we have included some student favorites in the following pages. Then you can order it on **www.annarbormenu.com** or through Food by Phone (**branch.com:1080/phonfood/phonfood.htm**). *Current*, the *Ann Arbor Observer*, and *The Michigan Daily* (**www.themichigandaily.com**), all put out extensive annual restaurant guides at the beginning of the fall term. Ask M3's and M4's for cool places to eat in Metro Detroit (if they've done a Detroit rotation).

On The Town

Guide to Eats and Drinks

Ann Arbor boasts a variety of excellent restaurants for your eating pleasure. From high-class, high-price Italian ristorantes to greasy spoon breakfast fare, you can find anything you desire in this small town. Ann Arbor in the summer is a center of activity, all based around the various restaurants of the area. Those restaurants on South Main street usually offer outdoor seating for maximum people-watching ability. This is a list of the most popular restaurants in Ann Arbor, those that shouldn't be missed by any self-respecting Ann Arborite.

✔ = Ann Arbor classic, can't be missed!

High Price Tags... The following are restaurants with distinctive styles, wonderful food, and usually high price tags. They are all essential eateries for residents of Ann Arbor, but you might want to wait for the family to visit so you can save a little cash for tuition.

BD's Mongolian Barbeque
all-you-can-eat stir fry
200 S. Main Street
(734) 913-0999

Blue Nile
Ethiopian fare
221 E. Washington
(734) 998-4746

The Earle ✔
most romantic restaurant in Ann Arbor, can't miss!
121 W. Washington
(734) 994-0211

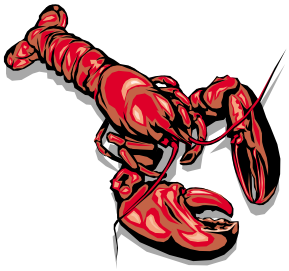
Gandy Dancer ✔
EXPENSIVE seafood extravaganza in a historic train station
401 Depot
(734) 769-0592

Gratzi ✔
wonderful Italian food
326 S. Main Street
(734) 663-5555

Miki Japanese Restaurant
great authentic sushi
106 S. First Street
(734) 665-8226

Danielle's on Liberty
in a restored Victorian house
326 W. Liberty
(734) 663-3278

Palio
Tuscan-Italian, outdoor seating
347 S. Main Street
(734) 930-6100



Real Seafood Company
like the name says
341 S. Main Street
(734) 769-5960

Seva ✔
award winning vegetarian cuisine
314 W. Liberty
(734) 662-1111

Weber's Restaurant ✔
Ann Arbor classic featuring prime rib
3050 Jackson Road in Weber's Inn
(734) 665-3636

West End Grill
candlelit new American cuisine
120 W. Liberty
(734) 747-6260

Zingerman's ✔
deli, imported cheeses, specialty breads
422 Detroit Street
(734) 663-3354

Watering Holes...The true Ann Arborite knows where to go to sip a pint of the finest of import and local brewed beer (as well as where to go to blow off some post-quiz Monday night steam). Ann Arbor is filled with bars and breweries. The following is a list of the most popular watering holes.

(734) 663-DELI

Casa Dominick's ✔
sangria-serving outdoor bar, the place to be in the summer, your home away from home
812 Monroe
(734) 662-5414

Grizzly Peak Brewing Company
hand-crafted beer in a bistro atmosphere, try the cheddar and ale soup!
120 W. Washington
(734) 741-7325

Ashley's ✔
over 65 beers on tap, a great place to be on cold winter nights
338 S. State
(734) 996-9191

Red Hawk Bar & Grill
Ashley's neighbor, non-smoking traditional bar and restaurant (great sandwiches too)
316 S. State
(734) 994-4004

Conor O'Neill's
Irish pub, go early on St. Patrick's Day!
318 S. Main Street
(734) 665-2968

Arbor Brewing Company
award-winning local brewery
114 E. Washington
(734) 213-1393

Scorekeepers ✔
the ultimate undergraduate meat market on Thursday nights; sports bar with loads of TV's
310 Maynard
(734) 995-0100

Mitch's Place
upper level bar, lots of drink specials
1301 S. University
(734) 665-2650

Leopold Brothers Beer Garden
eco-friendly beer, traditional Bavarian style bench seating
529 S. Main Street
(734) 747-9806

Good Time Charley's
popular student hangout, good drink specials, outdoor seating in the summer
1140 S. University
(734) 668-8411

Rick's
similar to Scorekeepers in frat boy percentages, hosts local bands
611 Church
(734) 996-2747

Touchdown Café
dollar pitchers on Wednesday nights!
1220 S. University
(734) 665-7777

Breakfast Spots... the most important meal of the day.

Angelo's ✔
you can't miss this superb breakfast spot right next to the medical school, go early on weekends or skip your Monday 10am class for a post-quiz treat!
1100 Catherine
(734) 761-8996

Fleetwood Diner ✔
Ann Arbor's favorite greasy spoon, 24 hours
300 S. Ashley
(734) 995-5502

Northside Grill
close to the med school, all day breakfast
1015 Broadway
(734) 995-0965

Cafe Marie
Breakfast and lunch fare, good omelets
1759 Plymouth (Courtyard Shops)
(734) 662-2272

Café Zola
crepes, omelets, gourmet coffees, Belgian waffles
112 W. Washington
(734) 769-2020

Broken Egg
good cheap eats, everything made fresh
223 N. Main
(734) 665-5340

Java... Sometimes Ann Arbor seems to be one enormous coffee shop; there are more of them than there are bars! All of them serve good java, but some more than others are study havens for caffeine-addicted med students.

Sweetwaters Café
popular medical student hangout, Asian teas
123 W. Washington
(734) 769-2331

Starbuck's
Washtenaw at Arborland Mall
Across from State Theater
On South University

Amer's Mediterranean Deli
great coffee, sandwiches & salads by-the-pound
312 S. State
(734) 761-6000
300 S. Main
(734) 668-1500

Espresso Royale Caffe
324 S. State
(734) 662-2770
214 S. Main
(734) 668-1838

Cava Java
1101 S. University
(734) 741-5282

Cafe Felix
awesome place for crepes, tapas, brunch, dessert... cool atmosphere
204 S. Main
(734) 662-8650

Cheap eats... very important to the medical student – who has extra cash once the tuition bills arrive? Luckily, Ann Arbor can satisfy every hunger on a limited budget.

Blimpy Burger ✔
an Ann Arbor classic – surly waitstaff serving up burgers in every variety known to man, know what you want or expect to be insulted!
551 S. Division
(734) 663-4590

Brown Jug ✔
late night hangout – head around the corner to the Back Room for 2am after-bar pizza slices!
1204 S. University
(734) 761-3355

Jerusalem Garden
excellent Middle Eastern cuisine, large portions – cheap prices
307 Fifth Ave.
(734) 995-5060

Steve's Lunch
creatively named Korean spot, a great lunch locale if you enjoy a vigorous walk or own a car
1313 S. University
(734) 769-2288

West Lecture Hall ✔
free lunch meetings – you can't beat the price, not to mention you won't have to give up your coveted front-and-center seat for anatomy lecture!

Jimmy John's
good subs within walking distance
929 E. Ann (and central campus locations)
(734) 913-9200

Panchero's
"Home of the 2 pound burrito" pretty much sums it up
1208 S. University
(734) 996-9580

Tios
Mexican fare with a wide variety of spicy salsas to tempt your taste buds
333 E. Huron
(734) 761-6650

Dinersty
Chinese – eat-in to get the biggest portions
241 E. Liberty
(734) 998-0008

The Others...Some miscellaneous ones we just can't leave out.

Stucchi's and **Ben & Jerry's ✔**
State Street near the arcade

Maize and Blue Deli
come hungry, leave full after the hour it takes to get your sandwich
1329 S. University
(734) 996-0009

Kilwin's Ice Cream Parlor ✔
David had to find an ice cream store to plug, since everyone else was doing it.
109 E. Liberty, just off Main Street
(734) 769-7759

Mr. Spot's
cheese steaks and hot wings galore
810 S. State
(734) 747-7768

Washtenaw Dairy ✔
Alice's favorite ice cream place...
the best ice cream and biggest cones
(and she'll beat you up over it)
602 S Ashley (Ashley and Madison)
(734) 662-3244

On The Town

Guide to Eats and Drinks

Where would an M1 be without free pizza? Well, here's a list of local joints to get your fix if the extracurricular club meeting of the day doesn't do the trick.

Bell's Pizza
700 Packard
(734) 995-0232

Cottage Inn ✔
this classic Ann Arbor restaurant serves the best pizza in the world along with tons of other Italian options
512 E William (Original Restaurant)
(734) 663-3379
927 Maiden Lane (carryout)
(734) 995-9101

Domino's
Several locations including:
1031 East Ann
(734) 761-1111

Jet's Pizza
1166 Broadway
(734) 662-5387

Mancino's Grinders & Pizza ✔
Pizza and subs... their grinders sandwiches are popular
5060 Jackson
(734) 994-9151

Nikko's Pizza
1141 Broadway
(734) 741-0075

NYPD Pizza
605 E William
(734) 669-6973

Pizza Bob's
also has grinders, chipatis and killer shakes
814 S. State
(734) 665-4517

Pizza House ✔
newly refurbished sit-down restaurant is great; take-out is just as tasty; open til' 4 AM
624 Church
(734) 995-5095

Movie Theaters

Michigan Theater
The "historic" Michigan Theater downtown, where you can see artsy and previously released films... also silent films with a real organ player.
603 E. Liberty
(734) 668-8480
Adults: $8.00, Children/Seniors: $6.25

AMC Livonia 20
19500 Haggerty Rd
Livonnia, MI
(734) 542-9909
Adults: $8.00, With student ID/kids/seniors: $6.00

The Village Theater
cheap tickets!
375 N. Maple
(734) 327-1962
Everyone: Mon.-Thurs. $2.00, Fri.-Sun. $2.50

Quality 16
3686 Jackson Road
(734) 827-2837
Adults $8.50. Children/seniors $5.50
With student ID $6.50

Star Southfield Entertainment Centre
If you're an audiophile with the urge for THX the next time you see Star Wars you'llhave to head to this new Megaplex (about 45 minutes away).
2533 W. 12 Mile Rd.
Southfield, MI
(248) 372-2222
Adults: $8.50, Children/Seniors: $5.50

State Theater
233 S. State
(734) 761-8667
Adults: $8.00, student ID Children/Seniors: $6.25

ShowCase Cinemas [National Amusements]
Carpenter Road (in Ypsilanti)
(734) 973-8380
Adults: $8.25, Children/Seniors: $5.50
Multiplex

Clubs

The Ark (folk, bluegrass, international)
316 S. Main St.
761-1451

Bird of Paradise (jazz)
312 S. Main St.
662-8310

Firefly Club - (jazz)
207 S. Ashley St.
(734) 665-9090

The Blind Pig
208 S. First St.
996-8555

The Cavern Club
210 S. First St
332-9900
(The Millenium Club can be found upstairs from The Cavern Club)

The Club Above the Heidelberg
215 N. Main St.
663-7758

Rick's American Cafe
611 Church St.
996-2747

Shopping

Arborland Mall

Located at junction of Washtenaw and US 23
This newly renovated strip mall has great new shops including Borders, Bed Bath & Beyond, Circuit City, Michael's Arts & Crafts, Toys 'R Us, Office Max, Best Buy, Hiller's Grocery Market and Old Navy!

Briarwood Mall and Adjacent Area

From campus, head south on State St.
In addition to the Briarwood mall itself (which is anchored by stores such as Hudson's, JCPenney, Jacobson's, and Sears), the surrounding area has a number of chain stores (eg Target, Office Max, Linen's n' Things, Office Depot, Best Buy, CompUSA, Computer Renaissance [used computer store], Pier 1 Imports, Art Van Furniture, and Meijers just to name a few.) It also has Ann Arbor's largest concentration of national franchise restaurants (McDonald's, Applebee's, Outback, etc etc).

Carpenter Road Area

Looking to fix up your apartment or house? Home Depot and Lowe's are located practically side by side on Carpenter Road. Meijer's and Target are also here. Finally, the only Walmart around is right around the corner (it's true, there are no Walmarts in Ann Arbor...)

Kerrytown

Contains a number of local restaurants and shops as well as the Kerrytown Concerthouse and the Kerrytown Chimes. You will find the amazing Zingerman's Deli (best corned beef outside of NYC). A farmer's market (761-1078 for more info) is held on Saturday's year-round. Fresh produce from local growers and locally made handicrafts available.

Main Street Area

Lots of local shops including many that sell original arts and crafts. Most of these stores are out of the average med student's budget, but are a great place to window shop (or take Mom and Dad when they are feeling generous). Also, be sure to check out Generations Toy Store if you are looking for great gifts for kids.

Plymouth Road

There is an Arbor Drugs behind Med Center Court, but those of you living in the white coat ghetto (Med Ctr Court and Island Drive Apts) will probably find yourself heading up Plymouth Road. Across from the North Campus entrance, there is a plaza with a Hollywood Video, tanning salon, Asian Grocery, and Bagel Store. Further up Plymouth, across from Parke-Davis is a Blockbuster, Kroger Grocery store, petstore, and Wholefoods Grocery (best for bread, fresh produce, and wine).

South University

Oriented toward the university communty, large stores include Tower Records, Ulrich's Bookstore, coffee shops, bars and Stucchi's Ice Cream.

State and Liberty

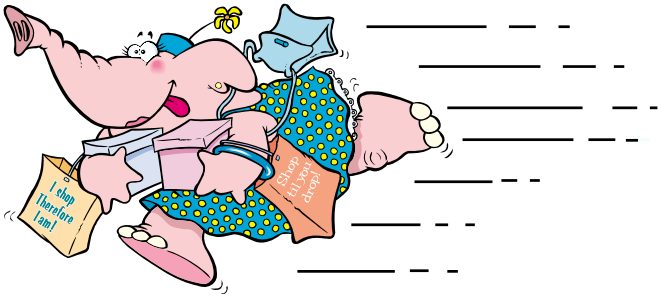
Michigan Book and Supply, and Border's Books and Music (just down the street from the location of the original Border's) Eastern Mountain Sports, Urban Outfitters, Harry's (an army surplus store), the Michigan Theater (see movies), various bars, delis and coffee shops, Stucchi's and Ben & Jerry's.

Birch Run
With over 170 outlet stores, 50% discounts, and less than a 1.5 hr drive straight up US 23 exit 136. Decent fried chicken nearby (Frankenmuth). Great sales around the holidays. There's a similar outlet in **Howell (Kensington Valley)** and **Auburn Hills (Great Lakes Crossing)**, but Birch Run is the king of the hill and the factory outlet-store shopper's paradise.

Somerset
You probably can't afford it, but it's fun to window shop. Ritzy two-part mall (Somerset Botiques and Somerset North) in Troy. M-14 to I-696 East to I-75 North, get off at Big Beaver.

Twelve Oaks Mall and Adjacent Area
2 story mall in Novi, Michigan. Affordable. Better and bigger than Briarwood, but not as expensive as Somerset. US 23 to I-96, get out at Exit 162. Some nice restaurants and a bunch of adjacent stip mall/ retail developments can be found in the same area as well. In case you were wondering, both Briarwood and Twelve Oaks malls are owned by **A. Alfred Taubman**, the same person who donated the money for our Taubman Center in the hospital and the Taubman Medical Library. Just in case it makes you feel less guilty to go shopping there!

Twelve Oaks
2 story mall in Novi, Michigan. Affordable. Better and bigger than Briarwood, but not as expensive as Somerset. US 23 to I-96, get out at Exit 162.



Local Museums & Libraries

Kelsey Museum of Archaeology
434 S. State
764-9304
www.umich.edu/~kelseydb

UM Museum of Natural History and Planetarium
1109 Geddes
Ruthven Museums Building
(by bus shelter)
764-0478

Towsley Sports Museum
1200 S. State
763-4422

Other UM museums worth checking out:
Gerald R. Ford Presidential Library (on North Campus), Clements Library (on South U), Bentley Historical Library (North Campus), Stearns Collection of Musical Instruments (North Campus).

UM Museum of Art
525 S State
764-0395
10-5 Tues-Sat; 10-9 Thurs; 12-5 Sun
www.umich.edu/~umma

The Detroit Institute of Arts (DIA)
excellent museum; worth the drive
5200 Woodward Avenue
Detroit, MI 48202
(313) 833-7900
www.dia.org

The Ann Arbor Hands-On Musuem
219 E. Huron
995-KIDS
Just opened an extended wing with the help of benefactors including the Galens Medical Society.
www.aahom.org

The Ann Arbor Public Library
343 S. Fifth St
994-2333
excellent city library
www.aadl.org/

The University Scene

The University Musical Society (UMS)
Burton Memorial Tower
881 N. University Ave.
764-2538
The best performances by world-class artists (such as Yo-Yo Ma, Wynton Marsalis, Cecilia Bartoli, the Alvin Ailey American Dance Theatre, and the San Francisco Symphony with Michael Tilson Thomas). The Choral Union's presentation of Handel's Messiah in December is an Ann Arbor tradition.
www.ums.org

Note: UMS tickets can be expensive, but Rush Tickets ($10) are often available in the Michigan Union Ticket Office 9-5 and the North Campus Commons 11-1 the day of a performance or Friday for weekend performances. UMS also has a 1/2 price student ticket sale at the beginning of each semester (but get in line early... meaning, 3-4 hours before).

The UM School of Music
1000 S. State St.
764-0247
Concerts by UM's own talented students. Very good and often free. Exceptions are nominal admission charges for special events such as the always fun Haloween Concert in the acoustically perfect Hill Auditorium (with spooky special effects) and the January Collage Concert.
www.music.umich.edu

University Productions
Drama, dance, opera, and musical theatre productions by UM music students. Also has information on renting the University's performance facilities.
www.theatre.music.umich.edu/uprod/uprod.html

The UM Department of Theater & Drama
Information on upcoming theatrical productions.
www.theatre.music.umich.edu/Productions.html

The musical society also a useful web site (**www.ums.org/tickets/links.htm**) with links to a number of performing arts events in the state of Michigan, including the Ann Arbor Summer Festival, the Ann Arbor Symphony, Detroit Symphony Orchestra, and the Detroit Opera House/Michigan Opera Theater.

Ann Arbor and the Greater Detroit Area...

The Detroit Opera House/Michigan Opera Theatre
Downtown Detroit
313-237-7464 (box office)
The recently restored Detroit Opera House (with the largest stage outside of New York) is the home of the Michigan Opera Theatre.
www.motopera.org/welcome.html

The Detroit Symphony Orchestra
The Detroit Symphony Orchestra, under the direction of Neeme Järvi, plays in Orchestra Hall (an acoustically perfect venue) in Detroit.
Downtown Detroit
313-576-5120
www.detroitsymphony.com

Ann Arbor Symphony Orchestra
The Michigan Theatre
764-0247
Ann Arbor's own symphony
www.wwnet.net/~a2so/

Purple Rose Theatre
get close to the stars in Chelsea. Jeff Daniels of Dumb, and Dumber fame opened this theatre to showcases midwestern culture. It's most famous example is Escanaba in the Moonlight. See website for directions and ticket information.
www.purplerosetheatre.org/index.htm

Also look for big acts at **Hill Auditorium, Crisler Arena and The Power Center.**

Ann Arbor is known as a Mecca of culture and the arts. While we know it definitely has a nightlife, most find it surprising that the sport/exercise fanatic can also find his or her fill of both indoor and outdoor activities in and around Ann Arbor. So, let's take a look at some of the activities and the rest can be left up to your imagination, the yellow pages and of course web research; this, however, should definitely give you a good start.

Professional, Semiprofessional, and College Sports

We might as well start with an easy one. The University itself offers an array of athletic events from the highly touted football team, to swimming, hockey, basketball, soccer, tennis, wrestling, field-hockey, and a myriad of other intercollegiate and intramural team and individual sports. For tickets to the intercollegiate events call **764-0247** or **647-2583** for more information. You can also check out the web site at **www.mgoblue.com** for more complete information on ticket sales and schedules.

If college sports isn't your thing, don't forget about Detroit's teams. Only 45 minutes away, Detroit offers professional football, basketball, hockey, and baseball as well as soccer. Also, a semiprofessional hockey team, the Vipers, play in Detroit as well. For more information contact the Michigan Union Ticket Office at **763-8597** or Ticket Master at **645-6666**.

Auto Racing

For those of you who enjoy high-speed car racing, two area raceways offer auto racing.

Milan Dragway
10860 Plank Road
Milan
439-7368

Michigan Speedway
US12 Brooklyn
(517) 592-6672

You may also want to check out Detroit Grand Prix every summer in Detroit:
www.imgmotorsports.com/det/default.htm.

Bowling

Need a bowling fix? Well, Ann Arbor has many area lanes to choose from:

Belmark Lanes
3530 Jackson, Ann Arbor
994-8433

Colonial Lanes
1950 S Industrial Hwy, Ann Arbor
665-4474

Maplewood Lanes
830 Woodland Dr, Saline
429-5457

Ypsi-Arbor Lanes
2985 Washtenaw, Ypsilanti
434-1110

Cycling

Information on mountain-biking can be found at **www.mmba.org**. Also of interest to bikers may be the city's bike-locker program (allowing you to ride to a location and then lock your bike in a locker before boarding a bus or car) [see the Ann Arbor Parks website mentioned in the parks section for more info], and the Ann Arbor Transport Association's bike-and-ride program, where you can bike to a buststop, put your bicycle on the bus, and then ride the bus (your bike rides free... see the AATA's website in the transportation section for more info). Mountain biking information can be found at **www.mmba.org**. In addition, we've listed several bike stores where you can get your bike maintained and purchase accessories.

Campus Bike and Toy
514 E. William
662-0035

Great Lakes Cycling & Fitness
564 S. Main St.
668-6484
TEAMXL@ AOL.COM

Two Wheel Tango
great mechanics!
3162 Packard at Platt
528-3030

Golf Courses

If you know and love this game, here is a list of local indoor and outdoor courses. If you've never played before, it might be a good time to start learning :)

Brookside: par 72
6451 Ann Arbor-Saline Rd, Saline
429-4276

Eagle Crest Golf Club: par 72
1275 S Huron St, Ypsilanti
487-2441

Green Oaks: par 71
1775 Clark Rd, Ypsilanti
485-0881

Hickory Sticks: par 70
8753 Pleasant Lake Rd, Ann Arbor
913-8040

Arbor Dome
Morgan Rd, Ann Arbor
434-DOME

Hudson Mills: par 71
4800 Dexter-Pickney Rd, Dexter
1-800-477-3191

Huron Mills: par 70
3465 E Huron River Dr, Ann Arbor
971-6840

Leslie Park: par 72
2120 Traver Rd, Ann Arbor
994-1163

Miles of Golf: Practice Facility
3113 Carpenter, Ypsilanti
973-9004

University of Michigan Golf Course
500 East Stadium Boulevard
Ann Arbor, MI 48104
(734) 615-GOLF
www.mgoblue.com/campusinfo/golf-infoguide.html

Gyms, Fitness Centers, and Organized Sports

Before or after hitting the books it is always a good idea to hit the gym to workout. The University's recreation buildings CCRB (Central Campus Recreation Building), NCRB (North Campus Recreation Building), and IMSB (Intramural Sports Building) each have gyms with free weights, exercise bikes, treadmills, and weight machines.

You may wish to call one of the centers up for directions... CCRB (Central Campus, closest to the medical school) 763-3084, NCRB (North Campus) 763-4560, IMSB (South/Athletic Campus) 763-3562.

More information about these centers as well as information on the University's **intramural sports program** can be found at **www.recsports.umich.edu**. The med school intramural football team has apparently won its share of championships. Another popular organized sport is the ultimate frisbee league (**http://www.umich.edu/~ultimate/**).

Here's a list of some local gyms and fitness clubs...

Ann Arbor YMCA
350 S Fifth Ave
663-0536

Bally Total Fitness
615 Briarwood Circle
769-6600

Champions Gym
2243 Ellsworth, Ypsilanti
572-8500

County Recreation Center
2960 Washtenaw Ave, Ann Arbor
971-6337

One on One Athletic Club
2875 Boardwalk
761-4440

Powerhouse Gym
5757 Whitmore Lake Rd, Brighton
810-220-5438

If you haven't noticed, you certainly will by the time you leave... Michigan is rather flat. There is a beautiful mountain range (the Porcupines) but they are in the western upper peninsula, which is a long excursion in itself. If you have the urge to climb, there happens to be an indoor climbing gym. It is a bit pricey, but can be fun for the novice and expert climber alike.

Planet Rock
336 S State
665-3308

Ice Skating and Roller Skating

The University offers facilities for Ice Skating year-round at the Yost Ice Arena. For information call **764-4600**. Below, we've listed some other places in the surrounding area where you can go roller skating or ice skating. Many of these places offer skating and roller hockey. If interested, call theMichigan Ticket Office, join a league or a drop-in game.

Ann Arbor Ice Cube
2121 Oak Valley Drive, Ann Arbor
213-1600

Buhr Park Ice Rink and Pool
2751 Packard, Ann Arbor
971-3228

J.D. Jeffrey Arena (in-line skating/hockey)
3990 Jackson Road, Ann Arbor
997-RINK

Veterans Memorial Park Ice Rink
2150 Jackson, Ann Arbor
761-7240

Xanadu Roller Skating Center
2041 Ecorse, Ypsilanti
474-0118

Parks and places for hiking, camping, jogging, canoeing, etc

The City of Ann Arbor has a great park system with facilities such as swimming pools, ice rinks, golf courses, a science center for the kids, canoe liveries, and programs such as cross-country skiiing and instruction on bicycle care. The web site (from which you can select city divisions for the Department of Parks and Recreation) is: **www.ci.ann-arbor.mi.us**. Their direct link, wihch may not function in all browsers, is **www.ci.ann-arbor.mi.us/framed/parks/index.html**. Incidentally, the city's website is also the contact site for **how to dispute Parking Violations via email**, in case you ever want to contest one of the many parking tickets you're likely to accumulate if you live in Ann Arbor long enough.

The University also maintains two specialized areas for relaxation outdoors. The **Matthaei Botanical Gardens** (**http://www.lsa.umich.edu/mbg/**) is located approximately 3 miles east of Domino's Farms [take Plymouth Road East and then a right at Dixboro road). Admissions is $3.00, but free for University students with your university ID card. The gardens offer a number of educational events about plants as well as entertainment (movies at dusk) programs. The **Nichols Arboretum** (**http://www.umich.edu/~snrewww/arb/**) is located east of the Medical Center on the Huron River. It is a nice place to go and relax or jog, and unlike the Botanical Gardens, permits picnics. One can also go sledding/traying in the winter (that is, of course, against arboretum regulations.

In the region, there are 13 metroparks... large areas along the Huron and Clinton rivers in the greater Detroit metropolitan area set aside for recreational use. They offer areas for biking, water sports, winter sports (such as toboganing and cross-country skiing), hiking,nature study, biking, etc... some also have facilities such as golf courses. You can visit the metroparks' web page for more information... **www.metroparks.com**.

For **hiking/camping information** in the State of Michigan's Park system, visit **www.dnr.state.mius/Index.asp**.

For backpacking, you can go to **www.gorp.com** and search for trails in Michigan... or checkout the premier Michigan trail, the North Country Trail (800 miles of its 4000 mile course runs through Michigan) at **www.northcountrytrail.org**.

If you have the desire, but not the equipment, you can rent equipment and set up trips through the NCRB's Outdoors Adventures Program **www.recsports.umich.edu/outdooradv/index.html**.

Parks continued...

For canoe maniacs, call up Gallup Park (below), check out the Ann Arbor City Parks website, or call one of these two places...

Argo Livery
1055 Longsohre Dr, Ann Arbor
668-7411

Skip's Huron River Canoe Livery
3780 W. Dehli Rd
769-8686

We have included a list of some favorite local parks and their phone numbers for your convenience. It is a good idea to call the parks before you go to make sure they have the trails or facilities you are looking for.

Buhr Park
2751 Packard
971-3228

Fuller Park
1519 Fuller
994-4263

Gallup Park
nice place to go biking
3000 Fuller Road
662-9319

Veterans Memorial Park
2150 Jackson
761-7240

Pinckney Recreation Area
8555 Sliver Hill, Pinckney
426-4913

Waterloo Recreation Area
16345 McClure Road, Chelsea
475-3170

Maybury State Park
20145 Beck Road, Northville
(248) 349-8390

Brighton Recreatonal Area
6360 Chilson Road, Howell
(810) 229-6566

Independence Lake
3200 Jennings Road, Whitmore Lake
449-4437/961-6337

Park Lyndon
N Territorial Road, Lyndon Township
971-6337

North Bay Park
1033 S Huron, Ypsilanti
544-3800

Recreation Park
1017 Congress, Ypsilanti
483-7272

Island Lake Recreational Area
12950 E Grand River, Brighton
810-229-7067

Sky Diving

Yes, you can go sky diving if you travel out to nearby Tecmseh...

Sky Dive Tecumseh
(517) 423-7720

Ski Centers

The big resorts are all up in the northern lower peninsula and the upper peninsula (**www.michiweb.com/ski/**), but here are some hills that are closer...

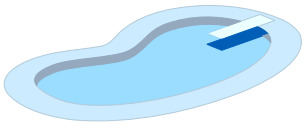
Alpine Valley
887-4183

Huron Hills
971-6840

Mount Brighton
Not the largest ski hill, but very close (25 minutes north on US 23). It was the hill featured in the movie Aspen Extreme (you know, the hill the protagonists subsequently ditched to go to Colorado?)
(810) 229-9851

Swimming

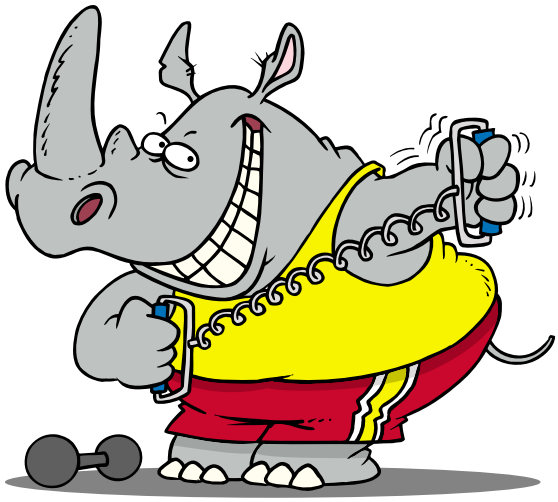
The University of Micihgan offers pools at the CCRB, NCRB, and IMSB. Hours are posted at **www.recsports.umich.edu/facilities/poolhours.html**.



There are also a number of pools in the community... both at neighborhood parks (check out the Ann Arbor city parks website in the Parks section) or at the YMCA (listed in the Gyms section).

Tennis

The University has outdoor tennis courts availalbe for drop-in use at Palmer Field, the grassy expanse between the medical school and the CCRB (ths is also a good area for jogging and playing football/rugby/soccer during the warm months). The University also has a new indoor varsity tennis facility that is available for a fee (detalis at **www.mgoblue.com/campusinfo/tennis-center.html**). Since the Palmer Field courts are often popular, an alternative is to use the courts at Huron or Pioneer High Schools (ask an ann arborite).



Things to do in Ann Arbor during the summer:

- Go canoeing
- BBQ in one of many Ann Arbor parks
- Walk down Main Street on a warm summer evening
- Kerrytown shops
- Depot Town
- Check out community performance groups
- Frog Island Jazz Festival, Ypsilanti (late June)
- Hang out at Dominick's – any night, every night!
- Check out free music and movies at Top of the Park
  - top of Fletcher Parking structure late June through early July
  - summer concert series at the Power Center runs concurrently with Top of the Park
- Listen to a carillon concert
- Ann Arbor Art Fairs (Third week in July)
  - 4 days where you will NOT want to (or even be able to!) drive anywhere around State Street down to Main Street.
- Enjoy a quiet, green campus when all the undergrads are gone.
- Go to Gallup Park for the Blues and Jazz Festival (Labor Day Weekend)
- Hang out in the Arboretum or the Matthaei Botanical Gardens
- Head to Washtenaw Dairy for the best ice cream in Ann Arbor!
- Catch some good jazz at clubs around downtown like the Bird of Paradise

Things to do in the metro Detroit during the summer (check phone book for addresses):

- Go hang out at the new Comerica Park and see a Tigers game (Warning: Beers are very expensive!)
- Concerts – indoor and outdoor – everywhere: Pine Knob, Palace of Auburn Hills, Meadowbrook, State Theater, Fisher Theater
- International Freedom Festival (between Detroit and Windsor) – around 4th of July weekend
- Historical sites around metro Detroit – Henry Ford Museum and Greenfield Village, Sharon Mills Winery (Manchester)

Things to do around Ann Arbor and Detroit in general:

- North American International Auto Show – January, Cobo Hall
- Ann Arbor Antiques Market
- Domino Farms Lights Display (late November through New Year's Eve)
- Ann Arbor Film Festival
- Apple picking and hay rides
- Check out Jeff Daniels' Purple Rose Theater in Chelsea
- Wings hockey games at the Joe (Joe Louis Arena), Pistons basketball games at the Palace (Palace of Auburn Hills), Lions games at the Silverdome (Pontiac Silverdome), Tigers games at Comerica (Comerica Park)
- Ice skating

Ann Arbor Housing

Where to Live...

M1 M2

There are many options to consider when you move to Ann Arbor. Traditional dorms, off-campus apartments, fraternity houses, and the list goes on and on. The housing market in Ann Arbor can seem daunting, but hopefully you will find the following an informative and helpful list of different options. Housing is easier to find (but not necessarily cheaper) if you choose to live closer to the medical center than to central campus. Plus, you'll save on parking costs (finding affordable parking in Ann Arbor is virtually impossible!) and get a little exercise trudging up the hill to good old West Lecture Hall.

There are many helpful **websites** out there to assist you. You can start with the U of M housing web site (directly from the U of M Gateway [direct link: **www.housing.umich.edu**]), or click on any national chain realty web-site to begin the search.

Apartments are the most popular choice for incoming medical students. The area surrounding the medical center is full of apartment complexes where many of your future classmates will choose to reside. Most apartments come unfurnished, so expect to bring a moving van or visit local furniture stores! Most complexes will include heat, water, and cooking gas (if applicable) in your rent, but expect to pay for electric, phone, and cable. Leases typically begin in August and last until the following August although this is sometimes negotiable.

The following two apartment complexes are known collectively as the "**med school ghetto**." Don't let the name fool you! These complexes offer clean, large apartments within walking distance of the school for reasonable rent prices. You will never feel alone if you choose to live at either complex and if you want to make friends fast, live here! Many of your classmates will soon be your neighbors.

Medical Center Court Apartments
1005 Maiden Lane, Ann Arbor, MI 48105
(734) 662-2950

Island Drive Apartments
1009 Maiden Lane, Ann Arbor, MI 48105
(734) 665-4331

Here is a list of other aparment complexes near the medical center:

Medical Center View Apartments
1028 Fuller Road, Ann Arbor, MI 48105
(734) 663-7444

Kingsley Post Apartments
809 E. Kingsley, Ann Arbor, MI
(734) 668-2913

Bradford House Apartments
1010 Catherine, Ann Arbor, MI
(734)662-5500

Fuller Apartments
800-802 Fuller Road
(734)769-7520

Huron Towers Apartments
2200 Fuller Court
(734) 665-9161

Huron River Plaza Apartments
2232 Fuller Court #101
(734)995-4992

The Crossings of Michigan
560 Kellogg
(734) 761-8481

Shoreview Apartments
420 Kellogg
(734) 761-3404

Brookside Apartments
1516 Plymouth Road
(734) 668-8367

Arbor Valley Apartments
1550 Plymouth Road
(734) 668-6686

If you have a car, like buses or enjoy a brisk walk through a blizzard in mid-January, you can choose to live in apartments that are farther away from the medical center. Apartments closer to central campus tend to be smaller, more expensive, and more "lived-in" from years of undergraduate abuse. Kerry town, a northwest disctrict of Ann Arbor, offers many apartment options for graduate students as well as a wonderful marketplace and trendy shops and restaurants. Village Green, a large complex that is off the beaten path, offers spacious, well-maintained apartments within a gated community. Many new apartments are being built in areas around Briarwood Mall near I-94. Here is a list of apartment companies in the Ann Arbor area and some more complexes in surrounding areas:

Ann Arbor Apartment Association
179 Little Lake Drive
(734) 663-1200

Village Green of Ann Arbor
459 Village Green
(734)995-9111

Geddes Lake Townhouses
300 Lakehaven Drive
(734) 663-1530

Lake Village of Ann Arbor
101 Lake Village
(734) 662-6440

Woodland Meadows Apartments and Townhouses
275 Fieldcrest
(734)995-1000

Briar Cove
650 Waymarket
(734) 747-9050

Valley Ranch Apartments (near I-94)
1315 Oak Valley
(734) 747-9050

Ann Arbor Realty, Inc.
616 Church Street
(734) 663-7444
Fax: (734) 663-7477

Arbor Properties
PO. Box 7967, Ann Arbor, MI, 48107
(734) 994-3157
Fax: (734) 994-1513

Broadview Apartments
1723 Broadview Lane #306, Ann Arbor, MI, 48105
(734) 665-6107
Fax: (734) 665-9114

Cappo Management
1653 High Hollow Drive, Ann Arbor, MI, 48103
(734) 668-2817
Fax: (734) 668-0235

CMB Property Management
1700 Geddes Ave., Ann Arbor, MI, 48104
(734) 741-9300
Fax: (734) 741-1259

Grey House Properties
P.O. Box 3739, Ann Arbor, MI, 48106
(734) 994-5284
Fax: (734) 994-0983

Keystone Properties, Inc.
608 Packard, Ann Arbor, MI, 48104
(734) 663-2284
Fax: (734) 662-2521

Michigan Realty Management
1155 Rosewood, Suite B, Ann Arbor, MI, 48104
(734) 662-5500
Fax: (734) 662-1241

Oakland Management
416 E. Huron, Suite #1, Ann Arbor, MI, 48104
(734) 761-7491
Fax: (734) 761-1534

Medical school fraternities are another popular option for living arrangements. These houses offer affordable, cooperative living with other medical students (most are co-ed). You can contact each fraternity for their special requirements and housing options. For instance, the Phi Chi fraternity is in charge of providing a note-taking service to all first and second year students (an essential purchase so make sure to budget ~$200 per semester for this!).

Nu Sigma Nu
1912 Geddes
(734) 663-9447

Phi Rho Sigma
220 N. Ingalls Street
(734) 761-6515

Phi Chi
2250 Fuller Road
(734) 761-8353

For those of you more mature students with spouses and families, you might be interested in renting or purchasing a **house or condominium** in the Ann Arbor area. Ann Arbor is chock full of historic old homes as well as many up-and-coming new developments! You couldnít pick a more picturesque community to make your home, and your kiddies will appreciate the wonderful Ann Arbor public school system. Many areas of Ann Arbor have sought-after homes, such as those near Kerrytown or Burns Park.

Reinhart Realtors North Office
2200 Green Road, Ann Arbor, MI 48105
(734) 747-7777
Fax: (734) 747-7789

Edward Surovell Realtors Ann Arbor - Arlington Square
3260 Washtenaw Ave., Ann Arbor, Michigan 48104
(734) 971-3333

Real Estate One, Inc.
555 Briarwood Circle, Suite 100
(734) 662-8600

Re/Max Community Associates
2699 Oak Valley Drive
(734) 741-1000

This is a list of the phone numbers of the local **utility companies** that you will need to assure your moving runs smoothly. Also, we've included several other administration-type numbers.

Ameritech (phone service)
1-800-244-4444

Comcast (cable service)
2505 S. Industrial Hwy., Ann Arbor, MI, 48104
(734) 973-2266

Detroit Edison (electric service)
425 S. Main Street
1-800-477-4747

MichCon (gas service)
4641 Washtenaw
(734) 663-8531

Ann Arbor Utilities Department (water service)
(734) 994-2666

Ann Arbor Tenants Union
4156 Michigan Union
(734) 763-6876

Student Legal Services
2304 Michigan Union
(734) 763-9920

Ann Arbor Building Dpt. Housing Inspection Bureau
P.O. Box 8647, 100 N. Fifth Ave.
(734) 994-2678

Ann Arbor Public Schools
2555 S. State Road
(734) 994-2200

Ann Arbor Transportation Authority (buses)
2700 S. Industrial
(734) 973-1617

University of Michigan Parking Services
508 Thompson
(734) 764-8291

Transportation

To get around in Ann Arbor one has a number of options: walking, biking, car, University transportation, Public Transit, and cabs. The first few won't be delved into, but the last ones are important to take note of.

The U of M bus system criss-crosses the campus and makes long walks in between distant destinations unnecessary. To find out more concerning the routes of the bus system and other important info like hours of operation go to: ***www.plantops.umich.edu/transport/Bus_Routes***.

U of M also offers late night transportation called "Night Ride" and also another called "Ride Home." These two services are offered through the AATA (night ride) and the University (ride home) and are discounted, flat-rate cab services (~ 2 bucks per person fixed for night ride and free for the University service). See the web site: **www.umich.edu/~info/transport.html** for more information.

The AATA offers bus service throughout the Ann Arbor area. The best way to find the route that you require is to go to their website and check the route-map and planner: **www.theride.org/home.html** .

Some of the cab companies in the area are listed below with their numbers. These companies also offer airport service:

Ann Arbor Taxi - 741-9000

Blue Cab - 547-2222 (30 dollars one way to airport)

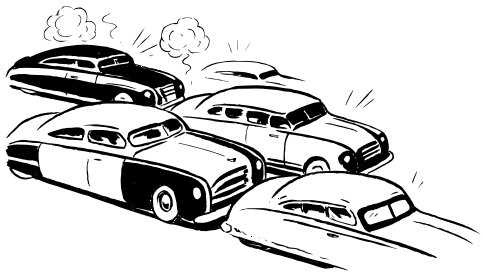
Veterans Cab - 485-7797 or 662-4477

Yellow Cab - 663-3355

For parking options, please see the UM website at **www.parking.umich.edu/parking2000-2001_Students.html.** Parking is relatively limited at the University lots and expensive, but listed on that site are some cheaper options offered via the city. You can also look at the medical school's website on parking options as **ww.med.umich.edu/ref.guide/parking.html**.

Parking tickets

You're gonna get one... or more. Expired meter tickets are only $5 if you pay them within 24 hours at City Hall. If you get a ticket and would like to appeal, you may do so in person, by phone, or by email. Check the City of Ann Arbor website for more info: **www.ci.ann-arbor.mi.us/framed/f-index.htm**.



Preview of M3/M4 handbook

Don't think we're going to leave you to flounder after the M2 year! The M3/M4 handbook is an excellent resource that all 3*rd and 4th years receive at the beginning of the clinical years in July*.

From the preface: "The purpose of this book is to give incoming M3s a better idea of what to expect during the third and fourth years of medical school to help make the transition from the classroom to the wards as smooth as possible. This is not intended to be the ultimate guide to M3 and M4 years. Instead, it is designed to give a general idea of what to expect on the wards, in particular pointing out the "quirks" of the U of M medical system. We hope that this will serve as a starting point for success during your M3 and M4 years."

The M3/M4 handbook contains basic info on expectations of students, logistics, lists of useful stuff, tips on succeeding, evaluations, and grades. More importantly, it gives a good overview, with a fair amount of detail, of what happens after you put on your white coat. It describes each rotation and what a typical day might look like at the U, the VA, or other common hospitals that students rotate through during the clinical years.

There is also information on your medical school like off the wards, such as doing away rotations during 4th year, residency applications and interviews, Boards Step 2, the Comprehensive Clinical Assessment (CCA), Match Day, Graduation, and many other things.

And Finally...

The first handbook written by UMMS medical students for UMMS medical students was published in 1998 specifically for m3's and m4's. It was 6 pages and assembled by 3 students in just a tad over 2 evenings. As you can see, the handbook project has grown tremendously over the last 2 years. The m3/m4 handbook has grown to 52 pages chock-full of helpful tips, while during the last 4 years m1's and m2's have spawned their own monstrosity - this year's version of the handbook weighs in at 100 pages... assembled by a team of medical students working over several months! Despite our ever expanding scope and reach, however, we always seem to forget someone or something and there are always a few mistakes here and there. If you see something missing that you think should be in the handbook - whether it's your extracurricular group, or that must-visit Ann Arbor eatery - send an email to the handbook editors. Information will be passed on to next year's handbook team. And when they send that annual email asking for information, don't ignore them!

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