

[Dis-Orientation Guide]  
2017-2018





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## Dear Members of the WUSM Class of 2021,

Welcome to Washington University School of Medicine.

You were each selected from a highly gifted pool of applicants based on what we believe is your potential to be one of the health care leaders of tomorrow. But just as importantly, you chose us. We are extremely fortunate that you have decided to begin your medical career at our school, where you'll find a medical program designed to support your unique talents and goals.



**David H. Perlmutter, MD**

The school's mission — to conduct groundbreaking research, provide skilled and compassionate patient care and prepare the next generation of leaders in biomedicine — is complex, and its success requires the dedication of the community of scholars of which you are now a part.

As you experience the challenges and rewards of medical school, you'll be surrounded by a diverse group of peers with extraordinary talents and abilities, as well as distinct perspectives. You will learn with them and from them as you form connections that will influence your personal and professional pursuits for years to come.

One of the School of Medicine's greatest strengths is its faculty, whose members have an impact that reaches far beyond our school, into our community and communities around the world. They have chosen Washington University, as well, as the institution where they work to promote the mission of health care by training the next generation of physicians and scientists.

Mentorship is one of the hallmarks of the school, and students consistently cite their interaction with faculty as a highlight of their experience here. As you take your place within our collaborative learning environment, you'll be encouraged to use your talents and time to advance science and serve others.

Like the school itself, the city of St. Louis is rich in culture and history, and it serves as an ideal location for you to gain an understanding of the challenges of modern medicine. Step outside familiar learning spaces and immerse yourself in the city's diverse communities, many affected by disparities in health care.

You have chosen to begin this significant chapter of your life at an institution committed to helping you acquire the knowledge and skills you'll need to achieve your full potential. I first chose the School of Medicine as a faculty member, and now I have returned to lead this exceptional institution. Together, we will shape the future of medicine.

Best Wishes,

**David H. Perlmutter, MD**

*Executive Vice Chancellor for Medical Affairs and Dean*

**Dear Readers,**

Welcome to the *Dis-Orientation Guide*! This annual publication, written almost entirely by Washington University School of Medicine students, provides a unique glimpse into life at Washington University School of Medicine (WUSM). We hope you enjoy what we've put together. Of course, how you may use this book depends on who you are.

If you're an applicant or an accepted student still deciding among schools, then ideally you'll get a better sense of what it means to attend WUSM. Choosing the right medical school, we know, can be tricky, so we've done our best to go above and beyond what you may have gleaned from *U.S. News & World Report*, WUSM's website, Wikipedia or — shudder — Student Doctor Network. Forget about rankings, admissions stats, essays and interviews for a second. We want to show you who we really are as people. We're a diverse bunch with a lot to share! Come pick our brains as we give you our unfiltered experiences as members of both the WUSM and St. Louis communities. Few, if any, schools will give you such an inside perspective.

Or, if you know that you're 100% attending WUSM, this guide becomes even more exciting. Soon, what you're reading about won't just be abstract concepts; they'll be integral pieces of your life. Let these articles be the SparkNotes for your transition to medical school. The stressful part is finally over. You now have a new to-do list, which involves tasks like looking forward to moving to St. Louis, finding the ideal roommate, preparing for a novel academic experience, and shedding any anxiety you have about your next big step. Get amped, because you've made one of the best decisions of your life.

Even if you're not considering medical school, we believe that you can find entertainment in these pages. Think of it like people watching, but in text form.

Personally, we all became involved with the *Dis-O Guide* because it was immensely helpful to us while we were applying to medical school. May it serve you equally well. WUSM is a tremendous place. With any luck, we will have faithfully relayed the myriad reasons why we have come to love this school.

Sincerely,

**Alex Yahanda, Jessica Kuo and Catherine Xu**

*Dis-Orientation Guide* Editors-In-Chief



***Dis-O* Editors-in-Chief:  
Alex Yahanda, Jessica Kuo  
and Catherine Xu**

## From Dean Valerie Ratts

Welcome to Washington University School of Medicine and the *Dis-O Guide*. You may be reading this as an accepted applicant sitting in a crowded airport and facing a big decision, or as a matriculated student moving into your new space and waiting to start the Washington University Medical Plunge (WUMP). Since 1987, the *Dis-O Guide* has been produced to welcome students to our medical school. Being nervous about beginning medical school is normal. Therefore, to ease fears, to make you smile and to help prepare for this exciting time in your career, the *Dis-O Guide* is written to show you what Washington University School of Medicine (WUSM), your fellow students and St. Louis have to offer. The editors this year have worked particularly hard to give you the insider's perspective and show you the diverse opportunities that our school, our students and our city can provide.



**Valerie S. Ratts, MD**

The Washington University School of Medicine mission statement calls for the training of the next leaders in biomedicine. Attracting the very best students — as we have done and are dedicated to continue doing — is a key step in meeting this goal. The next step is to make sure we provide the knowledge, experiences, resources and mentorship to support our students in the journey to an amazing medical career. For those still making a decision, this guide will show the possibilities available here. For those who have made their decision, I like the suggestion that the *Dis-O Guide* will provide the “SparkNotes for the transition” to a great medical school and education.

What advice can I give you? 1) Like you, your classmates are amazing. Get to know them well. Invariably, they will become lifelong friends and colleagues. Their diverse perspectives will enhance your own educational growth. 2) You are starting down a pathway that will require diligence, sacrifice and hard work, but will also bring tremendous reward. Doctors play truly special roles in the lives of people. It is an honor and privilege to help patients process medical information in a way they can understand, trust and follow. Remember that Sir William Osler said, “The good physician treats the disease; the great physician treats the patient who has the disease.” 3) Rely upon the skills and characteristics that have brought you to this point. You were chosen because you have unique, elite attributes that will allow you to contribute to meeting the challenges of health care and biomedical research in the future.

Finally, there are so many people at WUSM who want to see you succeed in every way. We wish to support, teach and mentor. We are so very proud of you and we are here to help you grow into the physician you are meant to be! We hope the *Dis-O Guide* will be one source of information to assist you on your path to an unbelievably satisfying medical career.

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**Valerie S. Ratts, MD**

Associate Dean for Admissions and Professor of Obstetrics and Gynecology

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medical  
school  
experience



## Academics

### Anatomy

You may have heard people say that the study of anatomy through the dissection of the human body is an incredible privilege afforded to very few people, one for which you should be extremely grateful. Having said that, if you currently feel nervous or overwhelmed, know that such feelings are perfectly normal. Most of your classmates feel the same way, and, with the guidance of the wonderful Anatomy faculty, you will help each other through it.

You probably cannot imagine how important your Anatomy table partners will become to you, but know that together you will build a supportive, compassionate and respectful learning environment unlike any you have worked in before. Don't be surprised if your table partners become your best friends, if Anatomy becomes your favorite course, or if you find yourself looking for ways to honor the memory of the donor who made it all possible.

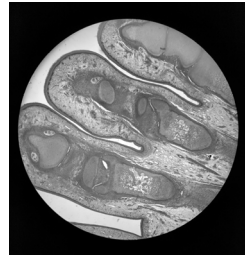


**Anatomy can seem overwhelming, but the TAs and professors are there to provide individual attention to each lab group.**

— Bianca Vannucci, M1

### Histology

Histology is one of the most organized classes in the first year. We have a lab manual written specifically for the course, an expansive digital slide bank and a trove of old exams that mimic the content of the new ones. Although lectures can be dry and somniferous, the lab section of the class, in a way, gives a face to the different cells and tissues that you'll be talking about throughout the rest of medical school. It's kind of like that Magic School Bus episode where they shrink down to the size of a cell and enter Ralphie ... but I digress. Although it may not be as sexy or exotic as Anatomy, Histology is dependable, experienced and can still show you a good time.



**Histology lab is always an interesting experience, even if you don't know what you're looking at.**

— Vincent Peng, M1

### Molecular Foundations of Medicine (MFM)

MFM is almost like an undergrad biochemistry/cell biology course but with a stronger emphasis on the clinically relevant information. In each lecture, you'll first learn about the normal biochemical pathways/cellular machinery

of your cells. Then, you'll delve into what problems can arise when something goes wrong (e.g. if you're missing an enzyme, overproducing some compound, etc.). Unfortunately, MFM starts at 8:30 a.m. and there are only audio recordings (not video recordings) of the lectures. On the bright side, Linda Pike (our esteemed course master) has written a fantastic coursebook that contains almost everything you need to know to succeed — meaning that you can easily pass the class without attending a single lecture. There's a lot of material to master, but the exams also are fairly predictable. All in all, even if you weren't a fan of biochem/cell bio in undergrad, you'll probably find MFM (somewhat) enjoyable.

— Michael Veshkini, M1

## Molecular and Cell Biology (MCB)

If you are an MSTP student, you can choose to take Molecular and Cell Biology (MCB) or Molecular Foundations of Medicine. MCB counts toward your PhD class requirements, as it is offered through the Division of Biology and Biomedical Sciences (DBBS) graduate program, and focuses on introducing numerous cell biology research topics including protein synthesis and sorting, cell signaling, X-ray crystallography and endocytosis. Although some lectures are short 40-minute presentations and others cover more than 150 slides with more information than you could ever possibly memorize, you will be well prepared for the exams with the TA reviews, which outline exactly what will be asked. The class also has small-group journal clubs that meet once a week and require a paper critique and discussion participation. There are a lot of topics covered in a short amount of time, but I enjoyed the class format overall since you can read in detail about the topics that interest you while still getting a basic understanding of the other important research topics through the lectures and journal discussions.



**A group of students trying to look busy in the M1 lounge**

— Hannah Bucklin, M1

## Physiology

What do dead cows, rioting medical students and clams have to do with physiology? You can find out these answers (as well as many more boring but more high-yield ones) in first-year Physiology. In addition to offering some of the most humorous asides and interesting content, Physiology also features very little memorization, which makes it a welcome antidote to the rest of first year. Physiology begins lightly with two hours of lecture a week, but gradually picks



**Physio students learn how to intubate patients on (weirdly) lifelike mannequins.**

up as the year goes on. Dr. Bob Mercer directs the course, with some lectures given by a variety of research and clinical faculty. That means that you'll be exposed to some fascinating clinical applications of physiology, but you will also encounter a few duds. Physiology has undergone a few changes in the past few years and is still experiencing some growing pains, but Dr. Mercer is receptive to student feedback. He and superstar TA Roger Klein have been working to improve the student experience. You will still have to study, but you'll be learning to read ECGs and trying to understand why the heart compensates in the strange ways it does. I would suggest picking up either the textbook or study guide by Linda Costanzo as a reference for the course. Also, don't worry about the quizzes — they merely exist as a weekly reminder that you do actually need to learn the material before the exam.

— Alexa Pohl, M1

## Practice of Medicine (POM)

Practice of Medicine (POM) is a longitudinal course spanning your four years at WUSM, covering the patient encounter and society and medicine. This course teaches you to take a patient history and perform a physical exam and provides ample opportunity to practice these essential skills. As early as two weeks into



**You never forget your first POM small groups, when you learn to hear murmurs and lung sounds with your new stethoscope!**

the first semester, we have the opportunity to enter the hospital, accompanied by fourth-year students who volunteer as our clinical mentors, to interview patients and perform portions of the physical exam. Throughout the first year, you'll have many opportunities to meet patients and practice these skills in a variety of settings, from the emergency department to federally qualified health centers serving those with limited health care access. Additionally, guest speakers with various areas of expertise lecture and lead group discussions on topics ranging from health disparities to medical ethics, providing us with an understanding of social determinants of health and medical humanities that will be essential for our future practice as physicians.

— Zelun Wang, M1

## Second Year

Second year seems like a scary time to all of us. You have the dreaded CPR (that's cardio, pulm, renal) block, expanded roles in the hospital (you need to learn how to present to attending physicians and write assessments and plans for the patients you see), and the looming specter of Step 1 — the first of the three-part medical licensing exam — at the end of it. Don't let that scare you. Every student is well-prepared for second year just by surviving first year. With the new switch to pass/fail, second year is a lot less stressful than it once was. Professors are more engaging, material is more interesting, and class Anki decks are more useful (and faculty approved!). It seems insurmountable at the start, but you'll all make it through. One step at a time.

— Nirbhay Jain, M2

## Third Year

Friends, in all of our lives we remember those moments that herald the start of an entirely new and exciting chapter of life. I would argue that the moment when you get your new pager for third year is one of those moments. That thing was so beautiful! But then it started beeping, and my oh my... And so it is with third year. Sometimes it is a rush, and sometimes a slog. But there are wonderful things to look forward to. You will scrub into and assist with surgery, get to know patients and their stories, and maybe even bring a baby out into the world. This is where it is at, guys.

— Jennifer Farley, M3

## Fourth Year

Fourth year is entirely elective, and the main focus is on interviewing and bracing for the match (when students find out where they will be going for residency training the next 3+ years). Each elective is four weeks, and they can be spent in the hospital, clinics, or even on reading and research rotations. Most students participate in one or more "sub-internships." Expectations are high, as the student acts as a first-year resident (intern) to admit patients, write notes, etc. At the end of the year, WUSM's Capstone Course is a brush up for students to re-learn basic procedures and critical skills. Match day awaits; it will be over soon!

— Colton Gits, M4

## Step 1

The USMLE Step 1 is a rite of passage for every M2 at WUSM. As a first-year, you may see and overhear the M2s stressing over how to study for what seems like a very daunting exam. However, it's over a year away and worrying about it as an M1 is both unnecessary and counterproductive. Focus on getting to know your classmates, figuring out your learning style and enjoying Anatomy. Seriously, you never get to do this again! Leave the Step 1 stress to the M2s, and know that while it's intimidating, the curriculum does an excellent job of preparing WUSM students for success. Remember how difficult the MCAT seemed before you took it? And how much simpler it seems now that you've conquered it? You'll feel the same way after Step. Step 1 will be a challenge that you prepared for and overcame. In the meantime, consider leaving a care package for your M2 big sib. He/she will definitely appreciate it.

— Lulu Yu, M4

## Anki

Anki is a great resource to deal with learning the volume of information that medical school is so famous for. Anki is a flashcard program that relies on “spaced repetition” and schedules reviews of your flashcards based on how well you do on them. In other words, if you are doing well on some flashcards, there will be longer gaps between your scheduled reviews of those cards. Conversely, if you are struggling on some flashcards, those cards will show up more frequently for reviews. Anki has garnered quite a bit of fame here at WUSM, since previous classes have labored to develop comprehensive, WUSM-specific Anki decks that have been passed down over the years. I've found that Anki is a great way to keep up with school in an efficient way, leaving me with plenty of time to school my roommate Ryan on the basketball court.



**Anki decks can change your life, and may even inspire your Halloween costumes.**

— Matt Lui, M1

## True Meaning of Pass/Fail

Worrying about grades is not fun. We've all had to do it throughout our undergraduate careers and have proven that we can perform at a high level academically even when placed in stressful testing environments. With the much greater volume of information we need to learn now, medical school has the potential to be even more stressful. Our deans realized this and made

the coolest change of all time in response: they made the first two years completely pass/fail. Pass/fail means that we can be motivated to learn by our own desire to be amazing doctors, rather than just studying for a grade. Pass/fail also means (much) more time for shadowing our world-class physicians, attending salsa dance lessons, cuddling babies in the NICU or doing anything else you like to do (which for me means beating my roommate Matt 11-0 in one-on-one basketball). Imagine medical school minus the stress. That's what we've got here at WUSM.



**Having pass/fail classes means that your classmates will all be collaborative and bring out the best in each other.**

— Ryan Furdock, M1

## MD/MBA Program

Washington University's campus extends beyond the medical school, and the university has a ton to offer. Recently, the school approved dual degrees with the MPH and MPHS programs. Moreover, while not formally a dual degree program, the Olin Business School at Wash U has been incredibly welcoming and supportive of the medical students. You can now complete an MBA alongside your MD in a total of five years by taking a leave of absence after either your second or third year of medical school. As an MBA student or candidate, you'll learn basic tools to make financial and economic decisions and see how those are applied to health care. You'll learn how to work in and lead teams, how to speak the language of business and how to solve complex strategic and operational problems. For more information, contact the business school's admissions department or feel free to reach out to me at [rlalezari@wustl.edu](mailto:rlalezari@wustl.edu).

— Ramin Lalezari, M2

## Top-Rated Selectives

### Why are they called selectives (rather than electives)?

This is a question I've pondered myself from time to time, but never for long enough to muster up the courage to ask someone who might know the answer. WUSM selectives provide ample opportunities for you to explore specific specialties within medicine — to expose yourself to various aspects of the health care system, for example, or to just learn about something you find interesting. Throughout the year, you'll participate in up to six courses of your choice: one in the basic sciences, one in the clinical sciences, one in

humanities and one more in either the basic or clinical sciences category. You also can choose two more selectives in any category if you're feeling especially excited on pit night (the evening during the first week of school when we finalize our selective choices). Upperclassmen have claimed that some selective classes can end up being some of the most memorable and interesting aspects of the first-year curriculum!

— Michael Veshkini, M1

## Cardio Sim

Cardiovascular Simulations was probably the most interesting selective I took this year. I find it very helpful to see how concepts discussed in lecture actually manifest clinically. Short of shadowing cardiologists, this selective was easily the best way to see firsthand how cardiac abnormalities present in a hospital setting. It also was remarkably helpful getting individual guidance from faculty members when examining EKGs. The teaching staff was fun and easy to work with. I also was happy to gain some experience working with the simulation mannequins. They are an important teaching component you otherwise don't get very much practice with during first year.

— Carl Stokes, M1

## Gun Violence as a Public Health Issue

Gun violence is a public health epidemic. Although mass shootings may take up most media coverage, the true scourge of gun violence is found in personal disputes, domestic violence situations and, more than 60 percent of the time, in the frequently neglected topic of suicide. Dr. Ilana Rosman brings together leading experts from a range of disciplines, including public health, social work, surgery and pediatrics, all of whom are invested in reducing the burden of gun violence on American society. Through this seminar, you will learn why you, as a future physician, should care about gun violence, and how you can talk to patients about gun safety. It is an eye-opening course and a very important selective.

— Taylor Dibble, M1

## Intro to Emergency Medicine

Intro to Emergency Medicine provides an overview of the types of cases one is likely to encounter in the Emergency Department, discussing the reasoning for the differential diagnoses and management of these patients. The course consists of six lectures divided into categories such as trauma, cardiovascular, pediatric emergencies and toxicological emergencies. Dr. Wichelman does a great job of incorporating the latest research and statistics into the explanations of case management to illustrate the

advancements in evidence-based emergency medicine. Although not as hands-on as I had originally expected (this is purely a lecture course), the presentations are very engaging and provide a broad overview of emergency medicine. I definitely saw the real-life correlates of the course content while shadowing in the Emergency Department.

— Zelun Wang, M1

## Advanced Medical Spanish

The Advanced Medical Spanish selective is a full year selective (although you can quit halfway through if you decide you'd rather learn about major epidemics in medicine). In the first half (which runs through your first semester), you'll essentially learn how to take a history and physical in Spanish (corresponding to your Practice of Medicine course). Sometimes, a Spanish-speaking physician will teach you firsthand how to perform a specific aspect of the physical exam. In the second half, you'll learn about cross-cultural communication and the human aspect of medicine. If you plan on interacting with Spanish-speaking patients at any point in your career, this class will definitely be a valuable part of your education at WUSM. Don't worry if you're not a seasoned Spanish speaker: The majority of students in the selective took Spanish during high school/college and simply want to improve their skills!

— Michael Veshkini, M1

## Newborn Medicine

This class has been a highlight of my first year so far. We have sessions on the physiological transition from life in utero to life on the outside as well as sessions on ethics, social work and bereavement. In addition to lectures, our class is in the NICU, and we get to go and see patients with the relevant conditions at the end of sessions. The professors are excited to get to know us and give us extra opportunities to pursue interests and experiences with newborn medicine, including shadowing and practicing the newborn exam. I love this class!

— Peppar Cyr, M1

## Olin Grand Rounds (OGR)

Olin Grand Rounds (OGR) meets every Monday night for three hours, which might seem daunting (other selectives might only meet for 10 hours total), but the course masters want to make the workload as lenient as possible so that we can learn about the business aspects of health care environments in a stress-free setting. And the class was 100% stress free. Want to miss a class because that last Anatomy exam rendered you crawling and useless? No problem! Want to turn in word-vomit write-ups? Check plus! Forgot that an



assignment was due? Well that's a shame, but make sure to turn one in next time. Each of the M1s genuinely enjoyed sitting in the three-hour lectures each week because of our amazing speakers (e.g. the CEO of Barnes-Jewish Hospital or physicians specializing in sickle cell disease or HIV) and the concise lectures that allowed us to learn about health care business in lay terms. If you're interested in learning about the business side of health care, don't be deterred from taking this class because of its time commitment and workload! If you're unsure about taking this class, feel free to email me (feliciazhang@wustl.edu), and I'll be happy to answer your questions!

— Felicia Zhang, M1

## Public Health

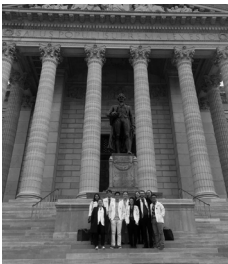
Six sessions aren't enough to get a grasp of public health as a whole, so this year's iteration of this selective focused on corrections medicine. We were lucky to have a set of really interesting speakers ranging from jail physicians to state legislators. Having heard from a wide array of perspectives, the class then visited the Juvenile Detention Center to conduct interviews with the kids there. Those conversations informed a short proposal for a public health intervention. This was an interesting class that helped me learn about an aspect of medicine I had never really thought about. Almost forgot — you get dinner at every session!

— Anand Upadhyaya, M1

## Extracurriculars

### American Medical Association (AMA)

For as long as I can remember, I have enjoyed learning about politics but wanted to pursue a career in science. As a student member of the American



**WUSM students travel to Jefferson City to participate in White Coat Lobby Day**

Medical Association (AMA), I can do both. I was able to attend the interim Medical Student Section (MSS) conference in November immediately after the election. Many students brought up formal concerns about the state of health care in this country, and other controversial resolutions were discussed by the AMA-MSS. Some student resolutions are adopted in the AMA House of Delegates and are then lobbied for in Washington, D.C. Additionally, there are great membership benefits, even if you aren't interested in policy!

— Maren Loe, M1

## American Medical Women's Association (AMWA)

The American Medical Women's Association (AMWA) strives to promote women in medicine and raise awareness for issues that women face in their medical training and future careers. AMWA activities include mentorship with female faculty members, lunch talks, community service outings, awareness weeks and the annual Red Dress Affair, which takes place in the winter and is a fundraiser for the American Heart Association. The event includes a silent auction, a boy band competition, and a casino night! AMWA has been a fantastic way to build professional networks and create community here at WUSM.

— Kate Gerull, M1

## CHOICES

Through CHOICES (Choosing Healthy Options in our Community, Environment, and Schools), I have had the opportunity to discuss safe-sex practices with young men in juvenile detention. Though safe sex is only one of many useful topics tackled by CHOICES, I have already had the chance to see why this program is so important: as we were illustrating how to put a condom on a banana, the 16-year-old sitting next to me leaned over to say that he wished he had known this earlier because he had a one-month-old daughter at home. That same day, another young man was surprised to learn that earwax could not be used to test for STDs. If you are remotely interested in public health or correctional medicine, or if you just like knowing that you are making a very practical difference in people's lives, consider joining CHOICES.

— Bianca Vannucci, M1

## Culinary Medicine

I heard about the Culinary Medicine group from a previous *Dis-O Guide* (I think), and it was a big motivator for me to come to Wash U, so now I'll try to return the favor. I am passionate about nutrition and its importance in preempting disease, and the administration at Wash U provides tons of cooking gear and a nice budget so that we can give interactive classes on healthy cooking. We partner with Kingdom House, a charity organization which is frequented by some really awesome, hardworking people who just don't have much education about fiscally and nutritionally responsible grocery shopping and food preparation. I worked with adults and was blown away by the attendance and enthusiasm. Other members of the class have had a similar experience teaching middle-schoolers. Teaching the class was also a great way to bond with my co-leaders, including a Spanish transla-

tor from my class. (Trust me, if you're working with the adults, you need someone who speaks Spanish.) All in all, it's a super fulfilling program that also sharpens your cooking and communicating skills!

— Andrew Simmerman, M1

## Forum for International Health and Tropical Medicine (FIHTM)

Forum for International Health and Tropical Medicine (FIHTM) is a long-standing organization at Wash U with the goal of increasing interest in and providing support for global health initiatives. Through FIHTM, students can go abroad during the summer after their first year and/or do a one-month international rotation in their fourth year. In addition, there are student-run spring break trips to the Navajo nation and Latin American countries where you can learn about health care in other cultures while also enjoying a trip with your amazing classmates! FIHTM also brings in WUSM faculty to speak about their experiences working abroad, including many major names in global health.

— Kate Douglas, M1

## Medical Student Government (MSG)

Medical Student Government (MSG) is made up of elected student representatives from each class and from the MSTP cohort whose primary function is to represent their classmates and their interests to the university community, the faculty and administration, and to the American Association of Medical Colleges (AAMC). Your MSG is involved in curricular decision-making, including WUSM's recent transition to a fully pass-fail preclinical curriculum, in helping facilitate the formation of other student groups, and in a variety of other important processes. Being a member of MSG can be time-intensive, but it is rewarding to serve your classmates in such an important capacity.

— Katie Goodenberger, M1

## Sling Health (formerly known as IDEA Labs)

As medical students at WUSM, we are surrounded by some of the greatest physicians and scientists in the world, people who are working on fascinating research and clinical problems. Sling Health (formerly known as IDEA Labs) is an incubator for biomedical startups built by Wash U students. Think Y Combinator — just in St. Louis and devoted specifically to helping students from all around our university turn their ideas into products and companies that solve real-world medical problems. It all starts with Problem Day in the fall, where project leaders get a chance to pitch their interests and ideas to potential team members. From here, team selection involves talking with people to see which team and project is right for you. Throughout the year, you get the opportunity to receive advice from incredible physicians,

scientists and entrepreneurs. Finally, you will get the chance to present your product to potential investors at Demo Day in the spring. If you are passionate about solving medical problems, there is no better environment in which to pursue innovation.

— Yan-Yang Feng, M1

## Histones

For those who love to sing (be it in the privacy of your own shower or when spontaneously belting out Queen B in public), fear not. WUSM has its very own a capella group, better known as the Histones! If you are looking to get your “sang on” in a low-stress, supportive environment, then you should definitely check the group out. Histones is welcoming to everyone, from those who have no musical experience to those of you who are absurdly musically gifted. As a group, Histones practices musical pieces from a variety of genres, so there’s something for everyone. The group meets once a week and even has a few performances throughout the year. Histones is made up of students from the MD, PT, OT and PhD programs, which is a great chance to interact with other students in the greater WUSM community. There are no tryouts; so come get your aca-awesome on!

— Greg Wong, M1

## MedMusical

Do you love to sing? Dance? Have fun? If you answered yes to any of those questions, the musical is your calling. Each year, Washington University puts on the MedMusical, a collaborative effort among students in the medicine, occupational therapy, physical therapy programs and the Division of Biology and Biomedical Sciences. It’s a great way to meet people outside of the medical school. This year’s musical is *Beauty and the Beast*, and the best part is that EVERYONE who auditions is cast. Whether you are a professional opera singer or a shower singer like me, the musical is a guaranteed fun time with a completely manageable schedule. And if you’ve never been in a musical, this is the perfect chance to dive in and be a star!

— Shahroz Fatima, M1

## NICU Cuddle Babies

As one mother warned me, the most challenging aspect about volunteering as a cuddler in the neonatal intensive care unit (NICU) at St. Louis Children’s Hospital is not falling asleep with a warm, cute baby in your arms! During each two-hour shift, I get to feel like I’m on call in the NICU (carrying the cuddler phone). However, when I get called to a baby, it’s not to make decisions regarding medical care (not yet, at least); it’s to use the skills we’ve learned about supporting proper infant development to rock and hold the babies. Cuddling is a great way to de-stress from school while making a difference!

— Peppar Cyr, M1

## Pediatric Lifesavers

Pediatric Lifesavers empowers parents to save their baby's life. Every Tuesday and Thursday, medical students head over to St. Louis Children's Hospital (SLCH) to teach infant CPR. We teach classes for parents and grandparents of babies under one year old who are being treated at SLCH. They learn how to do "pushes" and breaths and how to handle choking. By the end of the one-hour class they have seen what they need to do, practiced it several times with our (somewhat robotic-looking) mannequins and hopefully are prepared to use what they've learned. That's what makes teaching Pediatric Lifesavers a meaningful activity.

— Peppar Cyr, M1

## Schnucks Health Screenings

In between clinical mentoring sessions and the inevitably awkward viewings of your Standardized Patient encounters, you will probably realize that you need as much practice interacting with patients and exercising your clinical techniques as you can get. One great way to practice these clinical skills and give back to the St. Louis community at the same time is to participate in Schnucks health screenings! Each Saturday we set up in one of three Schnucks grocery store locations in St. Louis and offer free blood pressure, blood glucose and BMI tests to shoppers. We offer suggestions for diet and wellness and provide contact and location info for clinics and federally qualified health centers where people can find necessary health care services. Each week is productive (we see between 30 and 50 patients!), interesting and low-stress, so join us and watch your blood-pressure-taking skills and ability to navigate uncomfortable interactions improve!



**An eager student volunteers to give blood pressure and blood sugar screenings at a local grocery store.**

— Ioana Florea, M1

## Saturday Neighborhood Health Clinic

The root of why most of us chose to go into medicine is to help those who cannot help themselves. The Saturday Neighborhood Health Clinic (SNHC) is a unique opportunity to work toward this goal as early as first year. It is a free clinic run by Washington University students and physicians and aims to provide health care services to those who lack health insurance. As a current coordinator of this clinic, I truly feel that this has been one of my most rewarding medical school experiences. Volunteering at the SNHC serves as a constant reminder of what our future holds and reinvigorates me to push through the challenges of medical school. If you wish to be a coordinator

as well as a volunteer, I highly recommend enrolling in the selective that places you once a week during the fall. Beyond learning about how to run a free clinic, we delve into topics of health insurance and interprofessional care that apply to medicine no matter where or what you plan to practice.

— **Shahroz Fatima, M1**

## The Student National Medical Association

The Student National Medical Association (SNMA) is a national student-run organization that is committed to supporting underrepresented minority medical students, addressing the needs of underserved communities, and increasing the number of clinically excellent, culturally competent and socially conscious physicians. Community service is the heart and soul of the SNMA, so it's not surprising that the WUSM chapter provides many ways to get involved. Initiatives include regular health screenings at Schnucks grocery stores; the HPREP Program, which exposes high-school students to careers in the health professions; and mentorship programs with high-schoolers at the Collegiate School of Medicine and Bioscience and undergraduates through our relationship with Minority Association of Pre-med Students. The SNMA also provides opportunities to get involved on a regional and national level through its annual conferences. If you're interested in diversity awareness and community service, you should definitely get involved in the SNMA.

— **Amal Taylor, M1**

## Latino Medical Student Association

In just the first three months of this year, the Latino Medical Student Association (LMSA) celebrated Hispanic Heritage Month and attended the Hispanic Heritage Festival, shared delicious Latin food at a potluck with residents, and ate way too many pastries at meetings. It's not all fun and food, though; we do doctor stuff too! We're a young organization at WUSM, but we're already getting involved with community organizations to ameliorate Latino health disparities on a local and national level, attending regional and national conferences, and organizing and participating in health fairs and screenings directed toward the Latino population. Our Education Committee is working hard this year to build the school's medical Spanish program to include greater depth and duration of study for different levels, standardized patient sessions conducted in Spanish, clinical rotations in Spanish-language hospitals and a certification process to work in the hospital in Spanish. Non-Latinos are welcome, too, even if you're only in it for the fun and food!

— **Jenny Tobat, M2**

## Yoga Club

Do you love to flow through vinyasas? Hold warrior II pose? Relax in sevasana? Whether you are already doing headstands or just curious about starting a yoga practice, Yoga Club is the place for you. Every week, we host hour-long yoga classes taught by a variety of professional instructors. All classes are



Practice your work-life balance with a game of basketball, a jog through Forest Park or a spontaneous yoga session.

held on campus next to the study carrels, so they are the perfect break after a long day in anatomy lab. Best of all, the membership fee is only \$20 per year (less than a single yoga class at some studios!). In my personal experience, yoga is a "high yield" stress reliever. It is a chance to flow, sweat, relax, breathe and just say "ommmmm."

— Rebecca Brenner, M1

## Young Scientist Program (YSP)

Are you interested in science education, community outreach, or just doing fun science demonstrations? Consider joining YSP! Founded in 1991 by two WUSM Medical Scientist Training Program (MSTP) students, YSP aims to get young people from disadvantaged backgrounds excited about careers in STEM. Through visits to local schools and demonstrations at the science center or the medical school, YSP provides a hands-on curriculum to increase science literacy among local middle- and high-school students. YSP also offers the opportunity to mentor local high-school students, following them from freshman year and ultimately helping them apply to college.

— Luke Diorio-Toth, M1

# Only at Wash U

## Advisors and Societies

You get sorted into one of three societies on your first day of orientation, which is a good way to get to know one-third of your classmates rather quickly. Some of my best friends now are those I met during a society meet-and-greet. However, beyond orientation, societies don't really play a large role in your social routine (and unfortunately there isn't any sort of Harry Potter-esque competition between societies). Societies are most beneficial for the advisors that come with them. Each society has an advisory dean or two who will support you throughout medical school. You can meet with them for help with your transition into school, career counseling or other advice you may need. It really is reassuring to have that longitudinal relationship with a faculty member to guide you toward residency.

— Alex Yahanda, M1

## Big Sib/Lil Sib

The Big Sib/Little Sib program is an easy way for new M1s to meet older students at WUSM. I was introduced to my big sib on the first day of orientation when she was featured in Dean Moscoso's PowerPoint presentation for having played varsity basketball on Wash U's Danforth Campus throughout her M1 year and having won an AOA National Honor Medical Society research fellowship, so she has obviously been my no. 1 resource when it comes to figuring out how to balance classes and the rest of your life outside of school. The M2s understand exactly what you are going through and help you get through it, whether that be through supportive lunches or through a gooey butter cake (a St. Louis special!) left in your mailbox after the first Anatomy exam. They are great sources of advice and encouragement, and, like so many others you will meet at WUSM, they also are just great people!

— Trisha Bhat, M1

## Lunch Talks

Lunch talks are what they sound like: Multiple times per week, speakers hold presentations or discussions after morning classes, and those in attendance get free food. The food (which ends up becoming a nontrivial part of an M1's diet) is actually more of an afterthought since the topics are so appealing. You get to hear from physicians, researchers, student leaders or community health activists. You learn to better navigate all of the opportunities present at WUSM. Most importantly, you gain information that could be practical and important to your medical career. Want to learn more about a particular health demographic? Unsure what specialty interests you? Attend all the lunch talks you can, and have these and many other questions answered in spades.

— Alex Yahanda, M1

## Post-Exam Parties

Tick-tock, tick-tock. You're in the middle of an Anatomy exam, with the pungent scent of the embalming fluid slowly intertwining itself in every strand of your hair. A bead of sweat drips down your brow as you carefully examine the pin on the cadaver, hoping that the answer you scribbled down



**Dancing away your sorrows with your classmates at a post-Anatomy exam party is ideal for mental health.**

was correct. BZZZZ! Two minutes is up and you quickly shuffle over to the next station. Finally, after 60 grueling minutes, it's over. You throw up your hands in celebration, knowing that your reward for your sleepless nights is just hours away. It's 9 p.m. You strut towards Shell Cafe, the thump of the bass growing ever louder as you make your way to the post-exam party. The social chairs have spent the day gathering the



finest spirits (both non-alcoholic and alcoholic) and delicious snacks to celebrate your triumph over the intricacies of the human body (free of charge). Your comrades in limbs are all there, bonding over your shared triumph. High fives all around. The clock strikes midnight. The festivities are winding down, but you know the night is young and there is more merriment to be had in St. Louis' finest establishments. As you make your way to the Uber awaiting you, you peer back at the cafe doors, a wave of anticipation washing over your body. Only a few weeks and another exam stands between you, your friends, and another much-needed Shell party.

— Will Tzeng, M1

## Study Abroad

Studying abroad during the summer between first and second year was one of the best choices I made so far in medical school (besides my original decision to go to WUSM of course), as it was a nice reminder that medicine exists outside of the WUSM bubble. I went to Malawi. Other classmates went to Uganda, Germany, Italy, Tanzania, Guatemala and Singapore. Almost all the things that you can do here in St. Louis, you can do abroad: You can do clinical work in Africa, seeing extremely sick patients while experiencing different cultures and the impact of poverty on health care; you can do research and get publications in Europe while learning a new language and taking awesome weekend trips; or you can pretty much go anywhere you want to do anything medically related. To spend the summer abroad, you need to start planning early, and it is a little more work, but it is well worth it.

— Tasha Evanoff, M2

## WUSM Facilities

### Becker Medical Library

Of all the study spaces available on the medical campus, my favorite is the Becker Medical Library. Why, you ask? Well, I like to think it has a little something for everyone. You want a dead-silent cubicle in a slightly-too-cold room with no chance of seeing any sign of human life? Look no further than the fourth floor of Becker. Is group study in a well lit, comfortably furnished room more your style? Then the second floor has just what you need. Are you sick and tired of reading the same, easy-to-find anatomy books that just about anyone can get their hands on? Sounds like the seventh floor collection of rare anatomy texts is the place for you. Finally,



**Becker's seven floors (plus basement stacks) provide a wide variety of study spaces that will satisfy even the most intense gunners.**

if you're a fan of natural light, there is an area of the second floor where both the wall and the ceiling (which is six stories overhead) are totally glass! It's awesome. All in all, Becker is a great place to go if you need to knock out a few hours of studying in a comfortable place on campus.

— Ryan Furdock, M1

## Study Carrels

In the main School of Medicine building, every student is assigned a carrel, which includes a desk with cabinets and a drawer, two outlets, a light above your desk, and your very own section of a bulletin board. The carrels are a



**The carrels are the perfect venue for on-campus studying, group work or hanging out with classmates.**

convenient place to study and store your stuff on campus whenever you need them. Personally, I love the carrels. They're a great place to buckle down and get work done if you're looking to be productive; on the other hand, there's also a social aspect not available when you study alone in your room. My brilliant and friendly classmates are around if I have a question or need a distraction. I'd argue I've made some of my best friends in the carrels. The carrels aren't always the quietest of study spots, but the collaboration with my classmates there has resulted in the highest-yield studying I've ever done.

— Allie Rubin, M1

## Danforth Campus

Danforth Campus, most commonly referred to as the "undergrad campus," is indeed home to many graduate school departments as well. (I completed a lab rotation at Danforth this past summer!) The campus is beautiful and looks like a massive castle. The library is great if you are looking for a spot to study off campus, and you can get class materials printed at a steep discount at the campus print store. Also, an incredible new campus gym recently opened! Delmar Loop, home to awesome restaurants, a bowling alley, movie theatre and much more, is nearby as well. The only downside is that parking is impossible on the campus, so I would recommend taking the MetroLink lightrail.

— Hannah Bucklin, M1

## Room 100

There aren't many things better than all-you-can-drink free coffee. Being from Seattle, I have a certain fondness for caffeine, so I was delighted to hear that WUSM offers free coffee and tea in Room 100! Even better, you get to

chat with prospective applicants while you are filling up your cup of joe. On a good day, you might even be able to snag some candy other than a grape Jolly Rancher (it's the least popular Jolly Rancher by far). I really enjoy talking with applicants between classes and sharing all the things I love about WUSM. Room 100 is a great study break and a fantastic way to stay caffeinated during exam weeks. They even offer herbal teas if you're like me and need to caffeine-detox every once in a while.

— Kate Gerull, M1

## Medical and Research Opportunities

### Hospital Conferences and Grand Rounds

Being based at a big academic medical center means that there are plenty of conferences, presentations and journal clubs to attend. This can be a great way to explore possible specialties and research interests. Most weeks, I attend the pediatric neurology journal club. This has allowed me to learn about progress in the field and get to know the residents and faculty in this specialty. One-off talks and conferences also are frequent. There always are posters up telling you about upcoming talks on a variety of subjects related to medicine, from social issues to molecular biology. I've even been able to go to two talks by my own former mentors! No matter what you're interested in, there are opportunities to learn more about it.

— Peppar Cyr, M1

### Medical Specialty Interest Groups

"I want to be a cardiologist; I've always wanted to be a cardiologist! ... But wait, Anatomy is easily the coolest course, and the doctor who gave that peripheral nerve lecture was incredible. Maybe I want to be a surgeon! ... Then again, I'd forgotten how much I love kids. Peds it is then! ... Wait what does a radiation oncologist even DO?!" For many students it can be overwhelming to start medical school and realize we will soon have to decide which of the many medical specialties we will choose for the rest of our lives. For others, that choice was solidified years ago and the only question remaining is how to become more involved with it during the preclinical years. Luckily, wherever you are on this spectrum, the specialty interest groups at WUSM offer many opportunities to explore your interests and make new discoveries. These interest groups organize possibilities for preclinical students to shadow, network with physicians, seek out research possibilities and generally learn more about the different specialties. I would recommend engaging with as many of their opportunities as you can and getting exposure to many

different fields, even those in which you're not really sure you have a future professional interest. Whether you're participating in suturing workshops, watching your first C-section while shadowing in labor and delivery, attending afternoon case conferences with neurosurgeons or coming into the cadaver lab on the weekend to learn and practice actual procedures alongside ortho residents, specialty interest groups offer an amazing range of experiences in virtually any medical field you can conceive. No guarantee it'll make it any easier for you to decide, though!

— Ioana Florea, M1

## Shadowing

Want to listen to a newborn's lungs in the NICU? Watch an orthopedic surgeon consult in the Emergency Department? Experience the miracle of life (for real) on Labor and Delivery? Shadowing is a great way to gain exposure to different specialties' "vibes." I love shadowing at WUSM because physicians are invested in mentoring and have enhanced my medical knowledge. WUSM makes it extremely easy to shadow. There are several interest groups that arrange shadowing opportunities by contacting physicians, scheduling time blocks, and sending you the location, dress code, etc. All you have to do is sign-up! If there is no interest group for your desired specialty, you can easily email physicians directly. In my experience, all the physicians were more than willing to let me shadow them.

— Rebecca Brenner, M1

## Summer Research Before First Year

I conducted research on campus this past summer, and it was a fantastic experience! Since classes and orientation hadn't started, I had uninterrupted time to focus on lab work during the day and free time on evenings and weekends. Working in the lab allowed me to learn about the research environment of the medical school, see the collaboration between labs, experience research talks and seminars, and interact with upperclassmen doing research too. There were about 12 of my classmates here over the summer as well, and we had tons of fun taking weekend hiking trips, exploring new restaurants, seeing the zoo, swimming, attending Shakespeare in the Park, etc. Also, I really enjoyed having time to get settled into the city before medical school began!

— Hannah Bucklin, M1

## Research During M1

Getting involved in research at WUSM gives you the unique opportunity to work with some of the world's most renowned clinicians and scientists. Although most students do research the summer after first year, you can also choose to work during the academic year, or even the summer before starting medical school. Why would anyone not do research here, when our students

publish at twice the national rate, and have plenty of funding sources available to them? Many students work in labs during the first semester of school, and they don't have any issues balancing schoolwork, especially since first year is pass/fail! If you're interested in doing research, definitely email Associate Dean for Medical Student Research Dr. Koong-Nah Chung, who will give you the resources you need to find a mentor and get funding for your project. One unique thing about WUSM is the overwhelming support of the faculty, who will genuinely do their best to help you succeed in doing the things you love. And if you happen to love research, you are most certainly in the right place.

— Farah Musharbash, M2

## Taking Time Off for a One-Year Master's Degree

If you are into research and you decide that you want to take time off to complete a project, WUSM offers several programs that may interest you. Additionally, there are plenty of ways to get funded! I am taking a research year between my second and third years of medical school and I am enrolled in the MA/MD program, which is fully funded. There are no required classes for the MA degree, and the program allows you to focus on your research full-time. I took a research year because I had a great summer project that I wanted to finish and wouldn't have had time during my third year to do so. I am also interested in a competitive specialty, so I am working on several publications to boost my résumé. I highly recommend looking into research opportunities at the School of Medicine as there are plenty of remarkable projects in every field!

— Elaine Otchere, M2

## Medical Scientist Training Program (MSTP) Years

The first of many transitions in your MD/PhD career, going from a pre-clinical medical student to a full-time graduate student is an interesting one. Depending on your PhD program, you may still have one or two more classes left to take. You also have to TA a first-year medical school course, which does occupy some time. You're also trying to get your research up and running, which, as you might expect, can be slow and frustrating at times. The great thing about our MSTP, however, is that less than one year into your PhD program, you have pretty much satisfied most or all of your graduate school requirements. From then on, your time is largely your own, free to shape as you will. In a sense, the graduate years are what you truly signed up for when you accepted the offer to enroll in the program. This is your opportunity to practice the art of science, hone your craft, and become an expert in a field. The best part is that the MSTP staff, your PhD program and your 20+ MSTP classmates will be there to support you along the way.

— Taka Ohara, M2



## On Dating Someone Else in Your Class

When I started medical school, I was focused on making friends in an unfamiliar city and not fainting during Anatomy lab. Dating a classmate was



**Rebecca Brenner and Brian Brady, M1s, before the Heart4Heart fundraiser for congenital heart defects**

not on the top of my to-do list. In a class filled with talented, passionate people, however, it was hard not to notice my attractive classmate fearlessly traversing the City Museum and begging for sheep in a game of Settlers of Catan. While dating another M1 carries a risk of awkwardness and gossip, it is definitely worth it (in my experience). You'll always have someone who understands why you're freaking out over an embryology lecture or who can help you distinguish one cell type from another on a histology slide. Your significant other can even give you feedback on your physical exam skills! Plus, you'll have free time during the same weekends and be able to plan dates to the symphony around Anatomy exams. If you find yourself falling for a classmate, don't be afraid to throw caution to the wind and couple up.

— Rebecca Brenner (with fearless input from Brian Brady), M1s

## On Dating Someone In a Different Class

Although much less common than dating within one's class, dating someone outside of your class has all the perks of dating a fellow medical student with none of the downsides! Dating outside of your class introduces you to a social network of older medical students while allowing you to maintain friends in your own class. Having different schedules every day means that you and your significant other can lead independent lives but still share significant common ground. As a first year, dating a second- (or third- or fourth- year) provides a unique opportunity to get insight and advice to survive your transition to medical school. Dating another medical student also means that they'll be fully aware of your responsibilities, and while normal couples have "date nights" multiple times per week, you can have the ever-so-romantic "study night" every day!

— Kevin Cohen, M2

## On the Turkey Drop

The "Turkey Drop" is an unfortunate and insensitive term that refers to the fact that, for many students who were in a romantic relationship at the start of medical school, their relationship ends around the time of Thanksgiving. This is something I never thought would happen to me. I was wrong. It's also not necessarily as swift or decisive as the name suggests — I suspect that many people who break up might end up reconnecting someday. Still, moving to

Wash U from far away and entering the intense world of medical training is bound to put a strain on any relationship. Sometimes the even bigger strain is reuniting with your significant other and realizing that you've grown apart in the months you've been apart. Thanksgiving break is often the first time you see your partner after months apart. Thus the term, "Turkey Drop." It can certainly come as a shock that the rest of the world changes and moves on while you've been fully immersed in your medical studies. Your mental image of how things used to be stops matching up with the new reality. Whatever happens, just keep in mind that the person you had a relationship with was an important part of your life and try to stay friends if possible. Who knows what the future may bring? A person can never have too many friends.

— Casey Drubin, M1

## On Going to Class

I attend most classes, some mandatory and some optional. On average, this totals around 23 to 25 hours a week and includes lectures, labs and small groups. I find attendance at lectures useful because when it comes time to study for exams, I have been exposed to the material at least once already. I retain a lot of information from some lectures and very little from others. Although I have to review some lectures again because it was hard to pay attention in class or the concept was hard to grasp the first time, I find this method more efficient than skipping all lectures and watching the video recordings. (Side note: My habits in medical school are drastically different from those I developed in college. I used to skip all recorded lectures and watched them on my own time, so it's definitely possible to change from a class skipper to a class go-er!)

— Louisa Bai, M1

## On Skipping Class

Has it been more than six months since you have awoken up before 10 a.m.? Are you the type of person who likes to set your own learning pace? Did you major in philosophy? Don't worry. The School of Medicine boasts plenty of opportunities for you to stick it to the system! Besides first semester (with its frightening, mandatory Anatomy labs scheduled at 9:30 a.m. every Monday, Wednesday and Friday), you will have a considerable amount of freedom in electing whether or not to attend class. I started skipping class from day one (I have yet to attend a single Molecular Foundations of Medicine lecture), and I turned out just fine (though some would argue otherwise). Don't underestimate how productive you can be while watching lectures at two times normal speed, with the ability to pause at your leisure. And when classes ARE mandatory, it usually indicates you're learning something useful. Don't quote me on that.

— Michael Veshkini, M1



## On Being an MSTP

So you've decided to join the No. 1 Medical Scientist Training Program (MSTP) community in the country? Congratulations on making one of the best decisions of your life! The program here offers a large and diverse class, a wealth of experienced faculty mentors and an immensely supportive administration (shout out to Brian Sullivan). You will quickly realize that there are no limits to your goals here; the school will fully support your interests in medicine, science and anything outside of your studies. At WUSM, MSTPs are hybrids who are truly valued for their different perspectives on medical and graduate training. About 20 percent of our class is in the MSTP program, and although we do have many MSTP-specific activities, we are still very well integrated with our MD classmates. Last but not least, get ready to enjoy countless free meals while hearing about exciting opportunities for research at our monthly seminars! Not enough, you say? Look no further than the weekly MSTP meetings and M1-exclusive journal clubs.

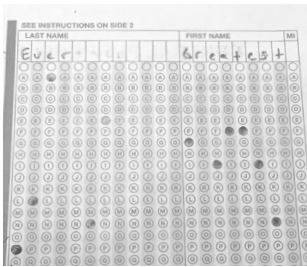


**WUSM MSTP boasts a large class, experienced mentors, and Executive Director/Resident Apiarist Brian Sullivan**

— Jad Belle, M1

## On Being Highly Focused on Academics

In medical school, there are only two years worth of students (M1s and M2s) participating in student groups. This means that the executive boards of the clubs turn over every year, and first-year students are asked to fill leadership roles as soon as they arrive on campus. Most of my classmates were thrilled about the opportunities. I, instead, got overwhelmed. I'm the kind of person who studies really slowly and thoroughly, and I know it takes me some time



**Med school is a lot of information, and there's no shame in fully throwing yourself into your studies.**

to settle into a new routine. I opted not to sign up for anything at all. I put my name on dozens of listservs and attended events when they appealed to me, but I did not commit myself to any long-term responsibilities. That worked for me. I came here for the academics, so that's my focus. I'm still involved and I very much still feel like part of the WUSM community. Now, I have a better sense of what I do want to get involved in and how much time I can really offer.

— Stephanie Tin, M1

## On Heavy Involvement in Student Activities

As you may have heard some people say, medical school is like drinking water from a fire hose. I don't think this phrase is entirely accurate. To me, that implies that students will inevitably become overwhelmed by the demands of classwork. Medical school is challenging, but it is by no means impossible — which is fortunate, because joining extracurricular activities in your free time will supplement your education and provide key outlets for self-cultivation. Indeed, WUSM offers so many interesting opportunities for research, shadowing, community service, activism and other non-medical passions that deciding what not to join can be quite difficult. Don't be afraid to throw yourself into different groups. Simultaneously serve, for instance, as a volunteer for the Saturday Neighborhood Health Clinic, a leader for IDEA Labs, an editor for the *Dis-Orientation Guide* and an intramural team member. Just understand your time-management skills. Choose commitments wisely, and you will no doubt find the proper equilibrium between school, life and other pastimes.

— Alex Yahanda, M1

## On Being A Man

Being a man in medical school is basically like being a man in general — awesome. Except now when you meet people you can impress them by saying you're in medical school! The only problem is that most of the people you meet are also in medical school, so they aren't quite as impressed. In fact, the only not so great part so far has been cutting into a pair of certain



**Med school is daunting, but a lot more manageable with great friends.**

some things in anatomy lab ... you'll see what I mean. Another thing: Even before you start class, people will ask for advice because they know you're going to medical school. But, I only knew the name of like three bones and only because they're the ones that my star fantasy football players kept breaking! So my best advice was to get a front loaded contract with a lot of guaranteed money. Anyway, I guess what I am trying to say is that I've noticed there's no real increased pressure or burden that comes with being a man when you're in medical school. In fact, sometimes it feels like we get a lot of respect and trust before we've necessarily earned it. But, you'll begin to see that's a fortunate experience that not everyone shares. It's important not to take that for granted, but to strive to earn respect and live up to that responsibility.

— Griffin Plattner, M1

## On Being a Woman

Being a woman in medicine introduces a unique set of challenges that add to the complexity of navigating womanhood. Washington University School of Medicine allows us to explore these issues, seek resources for guidance, and take comfort in the support of an amazing community. For example, the school's American Medical Women's Association (AMWA) organizes talks,



**Women of WUSM support each other through the challenges of med school.**

mentorship and networking events to promote diverse voices of women in medicine and to discuss key issues such as salary, leadership and work-life balance. In addition, we have the privilege of being surrounded by advisors, professors and fellow students who are wonderful examples of wise, empowered women.

I encourage you, as future female physicians, educators and researchers, to freely construct your medical experience around one of the most essential parts of your identity. In your own path to success, you might just find yourself making the field of medicine — and the world in general — a better place for women.

— Jane Wang, M1

## On Being LGBTQIA+

As a queer woman, I definitely felt some trepidation about attending medical school in the Midwest. However, I have felt nothing but acceptance for my sexuality from the WUSM community since getting here. Our school's LGBTQ med group is easy to get involved with, open to everyone, and has amazing leadership. Through this group, I was able to attend the Gay and Lesbian Medical Association Conference, which was an eye-opening and wonderful experience, within weeks of starting classes. Counter-intuitively, the time when I felt best about my decision to attend school in the Midwest was on the night of the election this past November, when Missouri and other states in the region voted to elect an openly anti-gay Vice President. Throughout that night and the following few days, I was devastated, but the primary thing that gave me hope and made me feel less alone was the overwhelming support and love that I felt from the WUSM community.

— Devon Camp, M1

## On Having a Family

While there are few WUSM students who have children, there are plenty of great things that WUSM and St. Louis have to offer families. For support and navigating the experience of being a medical student and a parent, the Washington University Medical Center Housestaff Auxiliary (WUMCHA) is a



**Just because you're a med student doesn't mean that family life has to fall by the wayside.**

great resource. Also, there are many kid-friendly and free attractions here in St. Louis. For instance, my daughter loves the Saint Louis Zoo and the Saint Louis Science Center. Along with these great resources, the first-year curriculum will allow you a substantial amount of time to figure out how to strike a new balance between being a parent and a medical student.

— James Gross, M1

## On Having a Pet

There's nothing like having a warm (read: furry) body to go home to at night. Or having that same body sit on your chest and demand to be fed at 7 in the morning. Or lying over your laptop while you're writing an email and helpfully pressing "send" for you. Or literally eating your textbook while you study. Medical school is one of the best times to have a pet! A furry (or scaly, or hairy, whatever floats your boat) companion is there for you at the end of a long day, gives you unconditional love and provides the right amount of distraction, plus you will also feel more adult and pat yourself on the back when you are scooping litter or walking your dog. If you already own a pet, don't hesitate to bring him or her to medical school with you. St. Louis has plenty of pet-friendly apartments!



**Pets make good companions and, at times, nice study partners.**

— Catherine Xu, M1

## On Being Vegetarian

Don't let the pork steak and spare ribs fool you. Alongside its popular barbecue scene, St. Louis has many vegetarian restaurants to ensure you'll have more to eat than just salad. If you're between classes on campus, grab freshly made sandwiches and wraps at Kaldi's Coffee in the Farrell Learning and Teaching Center or pop outside and walk to the food trucks for portobello tacos and spicy tofu rice bowls. A short drive from campus, Lulu's Local Eatery, Tree House, Seedz Cafe, SweetArt and Frida's specialize in vegetarian dishes that often rotate by the season. Craving vegan sweets? Order a batch of Tree House donuts and SweetArt cupcakes. If you are in the mood for ethnic cuisine, Meskerem (Ethiopian), King and I (Thai), Everest Cafe (Nepalese, Korean, Indian) and Gokul (Indian) are delicious options. Lastly, Small Batch, Rooster's and Winslow's Home have veggie-friendly brunch menus, perfect for a weekend break.

— Eunhye Oak, M1

## On Being Alcohol Free

Being alcohol-free is an added layer of complexity to the conundrum of balancing academic and social life in medical school, but it is essential to remember that fun does not hinge on consuming alcohol. I have been so lucky to attend a school where I am surrounded by amazing classmates who constantly organize exciting non-alcoholic activities such as salsa dancing, hiking, apple picking and camping. The possibilities are endless. I also have come to realize that I am not alone in my opinion that movie nights are sometimes the best ways to spend a Friday night! Furthermore, I have attended many events involving alcohol and have never once felt self-conscious about my choice to refrain from drinking it. There is absolutely nothing wrong with asking for that cold refreshing glass of water or ginger ale in place of alcohol. Just be open and strong in your values and trust yourself; your friends and classmates will appreciate your perspective.

— Shahroz Fatima, M1

## On Mental Health

Don't let anyone fool you. Medical school is challenging — mentally, emotionally and, possibly, physically challenging, depending on whether you are planning to train for that marathon you signed up for. Adjusting to a new environment is difficult enough. With the addition of a heavy academic course load and the new responsibilities that are thrust upon you, it's easy to isolate yourself and lose sight of why you came and then fall into a downward spiral that can be hard to overcome. The great thing about WUSM is that its administration understand and recognizes the amount of pain you are going through and have resources and opportunities to support you throughout your journey as a student. There are two really amazing staff psychologists. They are incredibly easy to contact to set up an appointment (and they also don't charge alot). All of the professors and advisors are open-minded and understanding. If you need to talk, they are always willing to sit down with you. Rest assured, there are many people here who care about you and your wellness. You are not alone.

— Michelle Chung, M1

## On Being Black

Wherever you choose to matriculate (with exceptions), you will likely be one of a handful of black medical students in your class. Though this currently holds true for WUSM (work in progress), the administration works hard to surround you with faculty, students and a community that supports and welcomes you. So far, I have been pleasantly surprised by the openness of my peers and faculty to engage difficult topics that impact us as minorities. I haven't experienced any overt or covert discrimination or racism by those

affiliated with Washington University, and there are avenues in place to ensure a positive and affirming environment for everyone. Additionally, as a black medical student here in St. Louis, you will have many opportunities to work, live and play within a large black community. For more information, please feel free to reach out to the Office of Diversity Programs, the Student National Medical Association (SNMA) or myself!

— Georges Guillaume, M1

## On Being Caucasian

It's undeniable that race impacts how you interact with the world. Working at Barnes-Jewish Hospital is no exception and is a learning experience for students of all races because of the diversity of patients they will encounter. Gaining someone's trust as a white (Caucasian) medical student can sometimes require additional sensitivity because of the history surrounding WUSM and the St. Louis community. Overall, don't be shy about talking to any patient or applying any of the knowledge you have gleaned in your medical coursework, but still be open to hearing about new experiences and social histories that may be unfamiliar to you. Some helpful skills are being a good listener, trying to understand how someone else's experiences may impact their worldview and even understanding that in many cases you cannot fully appreciate someone else's worldview. If you make this effort, not only will you help your patients, but you yourself will grow as a result of your interactions with patients.

— Casey Drubin, M1

## On Being Hispanic

When I was asked to write about being Hispanic at WUSM, I thought it would be difficult. To be honest, I have truly found only one Hispanic foods market (it's called Carniceria Latino Americana) and I miss the plethora of Hispanic foods available at home in California. As I started writing this, however, I also realized that within the first few weeks of medical school I was translating Spanish at a free health clinic. I realized that the fear I had that I would not be able to find a community in St. Louis was never a real issue. WUSM has many groups that will allow you to continue being involved with the Hispanic community while also being able to share your background with an amazing group of people. For example, WUSM has a Latino Medical Student Association chapter and a MedSpan club. Another great way to be involved is volunteering as a translator with Casa de Salud, a clinic that serves uninsured patients. When I first arrived at WUSM, I complained about the difficulty of finding Tajin (my favorite seasoning), but when my new classmate went out of his way to find Tajin in St. Louis, I knew I was at the right place.

— Monique Chavez, M1

## On Being Asian American

As a Bay Area native, St. Louis has significantly different demographics from where I have grown up. Asian Americans are almost always a minority, no matter where you live in the United States, but there is something particularly jarring when moving from a place with many Asian Americans to one with appreciably less. In the bubble of the hospital campus and your medical school class, it can be easy to become complacent and forget issues surrounding race. If you want to get involved, our Asian Pacific American Medical Student Association (APAMSA) chapter here and at another local medical school, is active in holding health screenings and fairs around the city, including the



**Asian American women of WUSM are always ready to dazzle.**

Chinese community center, a few of the Korean churches and Asian grocery store parking lots. Most people will tell you the better Asian food is concentrated in an area along Olive Blvd. and they are absolutely correct, although there are a few exceptions here and there. And yes, there will be times someone will stop you to ask where you are from (no, where are you really from?).

— Michelle Chung, M1

## On Being Conservative

School, and medical school in particular, should be a time of growth, and growth does not come from being comfortable. WUSM is like many other universities in that the conservative voice tends to be in the minority. At times this can be challenging, but that challenge is a good thing. Being surrounded solely by people who agree with you tends to foster group polarization without necessarily grounding ideas any further. There is nothing inherently wrong with leaning right (or left) as long as you have a strong enough foundation to support your beliefs. Being a conservative at WUSM means that you will frequently meet people who come from a completely different point of view and so have arrived at quite different conclusions. If you are careful to be respectful of others, then I think you will find your experience here to be enjoyable and transformative.

— Mitchell Lynn, M1

## On Being Liberal

If you come from a liberal background, it may be tempting to regard Missouri as only a solidly red state on the border between the solidly red South and the more-or-less red Midwest. Yet moving here rapidly reveals that things are far more politically complex! You will probably find that individuals at WUSM itself tend to be more left-leaning. Missouri has a long history of Democratic

governors and a Democratic Senator. Events two years ago in Ferguson and one of the closest races for a national Senate seat during this past election (featuring the Democratic candidate putting together a rifle blindfolded!) have also placed Missouri at the center of some of the most important policy and political battles of our day. I would recommend keeping an open mind, trying to learn as much as possible about the different political perspectives you are likely to encounter and becoming involved by advocating for liberal policy ends in the community. Living here provides a lot of opportunities to support issues ranging from reproductive health rights to Medicaid expansion to social justice, and there are many valuable organizations right here at school that are driven by WUSM students. Change must happen in places that need it, so welcome to Missouri!

— Ioana Florea, M1

## On Being Religious

Whether you belong to a religious group or are exploring your spirituality, WUSM has a great network of support for you. Medical school can be an emotionally and spiritually challenging time and having a safe environment to share about your worries can be crucial to your spiritual and personal development. It's easy to find churches, temples and synagogues around the city. We also offer a number of student groups to help you connect with other students of similar faith:

- Atma is a student group for Hindu students and organizes activities such as visits to the Hindu Temple (Danforth Campus).
- The Catholic Student Center (CSC) provides a supportive environment for students of all faiths to gather, serve, pray and relax together.
- Christian Medical Association's (CMA) weekly fellowship offers Bible study, worship, discussions with attending physicians and other health professionals, and other fun events. Our first year class also developed a weekly faith and prayer group, which is a nice way to reflect on God's role in our medical education.
- Jewish Medical Student Association (JMSA) connects Jewish students to faculty and other students, plans holiday celebrations, Shabbat dinners and learning lunches.
- Muslim Students Association (MSA) fosters friendly interfaith relations and conducts social and religious activities (Danforth Campus).

— Jimmy He & Catherine Xu, M1s



## On Being Non-Religious

To be frank, if you are non-religious in medical school, you are most likely in the majority. That being said, many of your classmates will come from a variety of religious backgrounds, and you will have some chances to stick your toes in the fray if you so desire. As a future physician, depending upon your specialty and where you choose to practice after you graduate, you will probably encounter a good number of patients who come from some sort of religious background. With that in mind, I would suggest making at least somewhat of an effort to learn about the beliefs and practices common to particular religions. It could be helpful to both your patients and to you one day!

— Michael Veshkini, M1

## On Where You Have Been

### On Being From a Big City

There is a distinct culture shock transitioning from Los Angeles to St. Louis. The streets are wide and seemingly devoid of people, which can be unsettling at first but also means that lines and traffic are virtually non-existent. On the plus side, St. Louis was described as one of 2016's Best Foodie Cities based on restaurant price, average rating and number of food festivals per capita. St. Louis also is a historical city with a good number of attractions, many of which are free. One problem with St. Louis being an older, smaller city, however, is the lack of transportation. In St. Louis, many buses will run every 30 or 40 minutes or so, and that schedule is unreliable. Overall, you probably want to bring your car to St. Louis for groceries, better food options and to explore the city. If you're a bare minimum kind of person, then public transit along with Uber might suffice.

— Jessica Kuo, M1

### On Being from the South

Throughout my 20 years of residence in North Carolina, my claim to the American South has been denied numerous times. Maybe it's my Indian heritage: the brown skin that brings quizzical looks upon my passionate request for fried chicken or my neutral unplaceable accent that I swear is what happens when you put Southern and Indian accents in a blender. But I digress because despite refutations from the half-empty naysayers, we (as true Southerners) recognize that Southern lifestyle goes beyond your skin tone, the Vineyard Vines-clad frat boys and the diabetes-inducing sweet tea. The South, to me, is a community filled with hospitality, pride and tradition. The warmth of the sun extends across the landscapes and into people's spirits. Though moving to St. Louis seemed initially as an abrupt move from my

home, I have found that the sun has not escaped the people of the Midwest or the people of WUSM. In fact, I assure that you will feel at home in St. Louis surrounded by genuine people in an energetic, passionate community. And until sweet tea dominates the STL market, we can use our southern charm to teach the people of St. Louis how to correctly brew tea on their own.

— Nishkala Shivakumar, M1

## On Being From a Small Town

I grew up in the rural town of Yangliu in the Shandong Province of China, where the tallest building had four floors and no traffic lights existed. After pursuing undergraduate studies for two years in Shanghai, a bustling metropolis of 24 million people, I then moved to Missoula, Montana, a beautiful mid-sized town of 70,000, to finish my degree. While I appreciate the abundance of talents and resources in large cities, I find myself more at ease when living in smaller areas. The fantastic thing about St. Louis is that in addition to its big-city vibes, it has numerous small-town perks that have made me feel at home. Whenever I need a reprieve from schoolwork or people, I go for a run in Forest Park or stroll through the Missouri Botanical Garden. Quiet neighborhoods are easy to find, and a short drive is enough to escape into a forest or go on a hike.

— Yu Xia, M1

## On Being From the Midwest

I love the Midwest. I grew up in suburban Minnesota, convinced I wanted to attend college on the East Coast until I visited the University of Chicago. I loved being in a big city for four years, and I applied almost exclusively to medical schools on both coasts before falling in love with WUSM. St. Louis has it all; it is a small city with a comfortable, laid-back Midwestern attitude. With Amtrak and bus services, as well as a small international airport,



Being from the Midwest means you're closer to home! Maren Loe, M1, with her sister

St. Louis is fairly accessible for travel within the Midwest. Like the rest of the Midwest, St. Louis boasts a low cost of living and plenty of green spaces; it also is car-friendly. The people here, like Minnesotans and Chicagoans, are proud of their hometown and are loyal baseball and hockey fans. They are incredibly welcoming, and after just a few short months, St. Louis already feels like home.

— Maren Loe, M1

## On Being From the West Coast

Yes, the weather here will never be as nice as it is in California, and yes, you can't go to the beach whenever you feel like it, but as someone who recently moved away from California for the first time, I truly love it here. The people in St. Louis are wonderful and friendly, and outside of the terrible August humidity, I found the transition to be quite easy. There are tons of fun things to do outdoors here if you enjoy hiking, climbing or just being outside. There are great bars and food options that will satisfy anyone, and there is a Whole Foods Market, in case you need to go buy some overpriced hipster food to make you feel more at home.

— Emma Braun, M1

## On Being From The East Coast

I'm from Boston, and even though I miss it, St. Louis is a great place to go to school. It is very easy and affordable (much more so than Boston!) to live within walking distance of the medical school. The city is much more spread-out than most East Coast cities, which means that driving is easier to navigate and traffic is not as bad. There are plenty of fun bars, museums and parks. I do miss the ocean and having a substantial fall season. I have, however, quickly gotten used to living in a landlocked area, which is made easier by doing things I never did on the East Coast — like float trips! The humidity in the summer is definitely worse than it is in the Northeast, but the reduced amount of snow makes it a fair trade-off for me.

— Lauren Behlke, M1

## On Being Local

When deciding where to attend medical school, I was hesitant to choose WUSM because of its location in the city where I grew up. I had moved to the East Coast for college and then out West, and I was unsure about returning to the Midwest. The school won me over, however, and after moving back to St. Louis, I am so, so happy that I didn't let the location deter me from attending the program that was the best fit for me. I have also found that I appreciate St. Louis so much more as an adult than I did when I was growing up here. There are so many opportunities to do fun things in the city itself and in the surrounding areas, and the cost of living means that you can actually afford (yes, even as a student!) to do those things.



Students sharing a St. Louis "delicacy" — Imo's Pizza

— Devon Camp, M1

## On Being International

The WUSM medical community is highly diverse. Regardless of your background, you will never feel like an outsider here. You will find that your classmates and faculty are very open-minded, welcoming and genuinely interested in your unique worldview. This is especially exemplified by our Medical Scientist Training Program, which fully supports a relatively large number of international students. The Washington University Office for International Students and Scholars provides exceptional support by organizing visa papers and orientation sessions. They also will continuously offer guidance on integrating into St. Louis and provide opportunities to engage with fellow international students. St. Louis harbors a uniquely progressive and diverse community, in large part because of our internationally renowned medical school. Furthermore, St. Louis is serving as a landing city for many refugees and immigrants, so you will have many opportunities to serve and interact with others who are new to the country. Rest assured that as a WUSM medical student, you will be fully prepared and supported in pursuing your ambitions within and beyond the U.S.

— Jad Belle, M1

## School before WUSM

### On Coming From a Small College

I am from a small liberal arts college in Minnesota. When people ask the classic question of what school I graduated from, I usually leave it at that, because after graduating and moving to DC for several gap years, I soon realized that for people from the coasts, the concept of what and where Minnesota is can be confusing enough. So while considering WUSM, I was a bit nervous about whether this school would be the fit for me. A large majority of the students come from the top universities in the country with environments very different than my own. Yet I have found that this class is full of wonderful (and freakishly smart) people whom I can't imagine going through this experience without. Despite going to class in a lecture hall full of 120+ other students (where the max I have ever experienced before was 30), I never felt like an anonymous face in a crowd and there are always a number of classmates I can turn to for help. I believe that the closeness of the medical school class is one of the greatest strengths of WUSM. Also, like your small college, everyone here knows everything about each other's happenings, so you will soon feel right at home.

— Anna Trier, M1

## On Coming From a Large University

At WUSM you will notice that many positives carry over from what you had at a large university. There are world-renowned professors teaching the curriculum, extensive opportunities for research, clubs outside of class and incredible resources for student life. You also will notice that the negatives of a large university have vanished; no more 600-person chemistry classes! Yay! There also will not be a 20-minute line to get lunch! The cafes and lunch spots are easy to peruse, and there is no pressure from the cashier to say your order in three seconds. Overall, WUSM is a perfect mix of a small cohort within an expansive health care system. You will feel comfortable with your classmates and have the care and attention you need, all while in a hospital large enough to get lost in.

— Will Gerull, M1

## On Being a Non-Science Major

Coming in with a degree in music, I was slightly concerned that I would lag behind my classmates with science degrees. Don't worry. WUSM makes the transition very manageable. You will learn everything you need to know in medical school. A vast majority of the information is new to everyone so you won't really feel behind because you were a non-science major. Sure, others may have more of a background in some of courses, but everyone will have weaknesses. Some topics might come easier to you than they do for others. Just be yourself and enjoy the experience!

— Josh Mendoza, M1

## On Gap Year(s)

As “non-traditional” application routes become more traditional, it's important to think about the pros and cons of taking a gap year (or several) before medical school. After undergrad, I spent one year as a neuroscience research lab manager and two years working at a Federally Qualified Health Center. These have been some of my most impactful experiences, both in things I can put on paper and things I cannot. I got a couple of publications and experiences to write about in essays, but more importantly, I interacted firsthand with patients and doctors in a health care setting. It provided a foundation of experience from which I can now build upon and has shaped how I interact with medicine. Of course, spending three years out of a classroom setting comes with some consequences. Not only do I sometimes feel old compared with my classmates, but it took me a few weeks to adjust back into “school mode” and remember that work no longer ends at 5 p.m. Luckily, WUSM's academic schedule is set up so that there is a fairly long period before the first set of exams happen, giving students ample time to re-acclimate. Faculty

members and TAs also are more than happy to help establish study habits at any time. In retrospect, those years I took off will be some of the most important of my career, and I definitely made the right decision.

— Curtis Austin, M1

## On Coming Directly from College

Congratulations on graduating college and directly entering 17th grade! The first year of medical school is very similar to college, as you busy yourself with classes, exams and extracurricular activities. Around half the class will have just graduated and will be your age, so you have buddies who share similar experiences. Thus, the transition is fairly simple and straightforward. You will also soon realize that the other half of the class is older, more experienced and seasoned. They are very cool to get to know and talk to. Just don't ask how old they are or complain that you are getting old. In conclusion, first year is going to be great even if you have just come directly from college. No looking back now! (And who wants to look back at their pre-med days?)

— I-Ling Chiang, M1

## On Being a Wash U Grad

After four years as an undergraduate at Washington University, St. Louis hasn't lost its charm. In fact, the idea that I've spent some of my most formative years here, interacting with the community and the city, gives me tremendous pride and ownership for a place I've come to know as a second home. Now as a WUSM student, however, I see even more profoundly that St. Louis, including its people, cultures, history and future trajectory, lie vastly beyond the scope of my college experience, and it makes me excited to learn more. Your undergraduate experience here will make you a great resource for your classmates who are new transplants, but your journey as a WUSM student will be unprecedented and full of discoveries. Your mileage may differ, but in my experience as a returning Washington University student, familiarity breeds content. And the best part — you will definitely be greeted by friends, old and new, all around town.

— Jane Wang, M1

# Relationships

## On Being a Single Woman

As a single woman, life is pretty great here. Earlier in the year, when I was young and naive, I considered several classmates attractive, but in the time since, I have decided to avoid that potential drama. As an alternative, I have found that the law school library is a beautiful room with beautiful people, as are many of the other buildings on the Danforth Campus. Sumers



**Another pro of being single: The money you save on dates can be used to buy more onesies.**

Recreation Center on the Danforth Campus is free, and so is looking at the athletic people in the gym, who are people with fewer frown lines and less stress than your classmates. There also are plenty of possibilities in the city, as our class enjoys going out to various bars. Personally, I would describe my current lifestyle as middle-aged cat lady without the cats. Being single leaves plenty of time to work out, binge on Netflix, sleep, and of course, study.

— Maren Loe, M1

## On Being a Single Man

Life rubbed it in my face pretty hard how single I am when several of my classmates got engaged in the last few months. But I'm (pretty) OK with it. After all, I'm not sure that I understand myself or know how medical school will change me well enough to know what I want in a relationship right now. I'm not sure if I actually like that person enough to brave the ups and downs of a serious relationship with them, or if I like that person more in small doses. I'm not sure if I want relationship work on top of my medical school work. I'm also not sure that I don't secretly enjoy single-life drama. I am sure, though, that I like staying out late to dance on the weekends, I like watching TV shows that I want to watch and eating what I want to eat, and that, in a few years, I'll emerge from my cocoon as the majestic, sexy Dr. Lee who won't have to worry about any of this dumb stuff.

— Edward Lee, M1

## On Dating Someone Outside of Medical School

Dating a non-medical student is a lot like dating a person; it's just that they're not in medical school. But really, being in medical school does not dramatically change the normal dating relationship. There are some unique challenges that medical school does present, however. Consider this: When you move to St. Louis, you'll immediately be, inserted into an expansive and relatable network. Your partner won't be, and that presents a significant challenge. Medical students are a fairly exclusive crowd, so it can be difficult for your partner to develop friends in your newfound network. Challenges aside, I can't think of a better time to be in a relationship. My girlfriend always brings a perspective that can't be found within my medical network and finds a way to make each and every day a little bit better. Balancing your relationship with school is difficult, to be sure, but I wouldn't trade it for the world.

— Jared Elenbaas, M1

## On Being Married

Having a spouse in medical school is the bomb. It can be a little bit of a social handicap, but 1) everyone in the class has been super inclusive regarding significant others and 2) there is so much social action that, if you're not super picky, you can find something to do almost any time your spouse wants you out of the house! There also are plenty of couples to get to know! The social chairs did an awesome job with my big sib assignment, because he also is married and we can enjoy double dates. More importantly, while meeting over 100 new and awesome people is fun, it's just comforting to have a companion around who really knows you. Also, it's SO helpful having someone that can help with laundry, dishes, cooking, etc., when you are totally swamped. (Extra tip: married or single, cook in bulk and freeze as many meals as you can during breaks. Chicken fried rice, pizza, pot pies, soups/chili and meatballs all freeze and reheat very well.) Short version: WUSM is an awesome place to be young and married.



**Andrew Simmerman, M1,  
and Emily Simmerman.**

— Andrew Simmerman, M1

## On Dating Long Distance

Long-distance relationships are notoriously difficult to maintain, but they also can strengthen your relationship if you are willing to give it a try. So take a leap, immerse yourself in your new school and activities and remember to take your significant other along for the ride. Even if you are hundreds of miles apart, take the time to walk your loved one through your day. Tell him or her about something you learned in class, your plans with your new friends or when you are feeling lonely or tired. And make sure your significant other does the same for you, too. As a busy medical student, it is still surprisingly easy to make time for these one-on-one moments. You can call on your way to class, study side-by-side through Skype or schedule Netflix dates so that you can keep watching your favorite series together. Remember that your relationship is unique, and don't let other people's experiences get you down. Some couples break up during the infamous "Turkey Drop" at Thanksgiving, and still others end up getting engaged. There is plenty of time to find out where your relationship will take you, and you will have the kindness and warmth of the WUSM community to support you along the way.

— Leah Jensen, M1





LIFE

# Travel

## Life with a Car

As with almost any city, life is simply easier with a car. I still prefer to walk to and from class during the day and to stroll through the Central West End to grab a bite to eat, but being able to drive saves me from having to waste time or worry about running errands. Since relatively few students have cars on campus, it can also make you the go-to friend for weekend trips and activities. It is relatively easy to find free or inexpensive parking around St. Louis destinations, and parking is free throughout the city on Sundays. Driving to and from school is more difficult. There is limited street parking around the school for a dollar per hour (free after 7 p.m. and on Sundays), but to make sure you get a spot, you'll have to buy a parking garage pass for \$71 per month.

— Leah Jensen, M1

## Life Without a Car

For the first time since high school, I am car-less. Not by choice, but by force: Two days into moving to St. Louis, my car was totaled by an unlucky out-of-towner. Despite this setback, I have found St. Louis and the Central West End to be fully manageable without a car. The majority of students live within 10 minutes walking distance from the medical campus/Barnes-Jewish Hospital, and many of St. Louis's best restaurants and bars are in the Central West End. The St. Louis MetroLink lightrail is free to all WUSM students and stops at places such as Busch Stadium, the Danforth Campus and Lambert St. Louis International Airport. If you do need a car, you will undoubtedly find someone among your 124 new friends who would be willing to drive you. It does become more complicated during the clinical years as some elective rotations are offered at off-campus sites, but there are more than enough opportunities available at the Danforth Campus to not necessitate a car for all four years.

— Brian Hickman, M2

## Parking on Campus

For general short-term parking, you can use the parking meters with street parking near Olin Residence Hall (everywhere but the food truck parking area!) or near Olin Circle/Room 100. You have to pay to park 8 a.m. - 7 p.m., but parking is free after 7 p.m. Safety tip: If you are worried about walking home late from the library/carrels, go home to get your car and drive back to campus around 7 when free parking starts. If you live far from school and plan to drive each day, the Clayton Garage is your best bet. Daily parking passes and swipe passes with up to 25 entries and exits are available for purchase, but if you

enter and leave with your ID before a certain time you will not be charged. Final advice: ALWAYS keep your meter receipts! I once parked on the street across from Panera and got a ticket even though my meter hadn't timed out. Luckily, I had my receipt with the time and sent it into the city and got the charge repealed. Even though you don't have to put it on your dashboard, hang on to the annoying tiny piece of paper until you return to your car.

— Hannah Bucklin, M1

## Air Travel

If you've spent hours of your life waiting in security lines at ORD, LAX, or LGA, you will find that there is much to like about St. Louis Lambert International Airport. The airport has two terminals: one terminal serves as a hub for Southwest Airlines, and the other hosts your big three carriers (American, United and Delta). There are a surprising number of destinations served by Southwest, so you may get lucky and find a non-stop flight. You can expect



**Don't let travel stress you out. St. Louis' airport is only a short Metro ride away and is quite easy to navigate.**

short or non-existent lines at ticketing and security, although things can get a bit more crowded in the Southwest terminal during holidays. The longest lines are for the made-to-order burgers at Grounded St. Louis in Terminal 1. Dining options are a bit sparse, but thankfully there are several Starbucks locations, so your caffeine needs are covered. The airport is a convenient 20-minute drive or 30-minute MetroLink lightrail ride from the Central West End. The parking situation at Lambert could be improved. Four long-term shuttle lots are currently available for parking; the lots are mostly indistinguishable, so naturally the cheapest lot (\$7/day) is often full, although it may be worth checking for a parking spot anyway if you have time. Taxis to and from the airport aren't cheap (\$40ish), and anything under Uber Black is not allowed to pick up passengers from the airport, so consider asking a friend to give you a lift or taking the MetroLink.

— Alexa Pohl, M1

## Biking and Walking

I would highly recommend having a bike in the Central West End (CWE). I ride to class in less than five minutes from the Park Royal. Riding through Forest Park, in particular, has been a really awesome way for me to unwind. In my opinion, Forest Park is an absolute jewel of St. Louis, and biking is the best way to explore/appreciate it. Walking in the park and the surrounding area is great as well. If you live in the CWE, it is easy to walk around, and my walk to school is roughly 12 minutes. The CWE and the campus are



**A group of M1s tries to look tough as they bike through the Central West End.**

fairly safe areas. Still, use common sense (walk with friends late at night, etc.) and you should be fine. The CWE is fairly small and conducive to walking. If you have a bike, buy a U-Lock. One day I walked out of class, and it was clear someone had tried to use pliers or something similar to try to cut my normal bike chain lock. St. Louis drivers aren't the best when it comes to sharing the road, but if you avoid the main thoroughfares and use side streets, the traffic is light to non-existent.

— Spencer Kitchin, M1

## Public Transportation

All WUSM students receive a free pass each semester that allows unlimited access to the St. Louis area bus system (MetroBus) and light-rail system (MetroLink). Most of the city's major tourist attractions can be reached easily via MetroLink, including Busch Stadium, the Scottrade Center, Forest Park, the Arch, Union Station and more. Many of the train stations have free parking, and a few even have free long-term parking. This is especially helpful if you're headed out of town a few days. You can drive to a long-term lot, and take the MetroLink straight to Lambert-St. Louis International Airport. You can also carry bikes aboard MetroLink or MetroBus. Although there are people with complaints about St. Louis public transit, in my experience the train mostly arrives on time. It's also nice that the walk from the Central West End MetroLink station to Moore Auditorium takes approximately 94 seconds. And did I mention, it's totally free?

— Dean Odegard, M2

## Road Trips

To make travel work while in medical school, all one has to do is travel! St. Louis is in America's heartland. Chicago, Indianapolis, Nashville, Memphis, Louisville and Kansas City are five hours (or less) away by car, and thereby make easy, quick adventures. Spice up your three-day weekends with longer road trips to cities like New Orleans, Atlanta, Madison, Detroit or Minneapolis. Grab a pile of friends, cram yourselves into a car and get cozy in the cheapest room you can find through whatever bargain hotel-booking website or house-share app suits your fancy. If all this city talk is distasteful to you, also note that you can find great rock-climbing, river-



**Med school allows plenty of time for celebrations like a classic Halloween weekend.**

splashing and hiking across Missouri, Arkansas, Kentucky, Tennessee and beyond! Where there's a will, there's a way. When in Rome. \*Fill in other clichéd phrases about taking advantage of life's opportunities.\* You DO have the time and cheap methods to make travel a part of your life while in med school; you just have to go for it and make it happen!

— **Christine Averill, M2**

## Chicago

Chicago is the nearest "major" city, and at only five hours by car or six hours by train, it's a perfect weekend trip! Many of us have a combination of friends, family, and significant others in Chicago, so there are usually people willing to



**M1s hanging out under The Bean in Chicago's Millennium Park**

carpool or take a train or bus together if you're looking to go with a group. Lots of members of the class of 2019 frequently visit Chicago after exams! While St. Louis has everything from museums and professional sports to restaurants and shopping, Chicago has it all on a much larger scale. One of the best things about the Midwest is affordability; train tickets can be as low as \$50 round trip, and there are plenty of cheap and free activities. It is a great way to take a break from St. Louis and classes, without spending too much money or time on travel.

— **Maren Loe, M1**

## Nashville

The drive from St. Louis to Nashville is a short four-hour trip through the farmlands of southern Illinois and rural towns of western Kentucky. You pass through no major cities, so traffic should not be a concern. As a non-Nashville native, I have had the opportunity to discover some of Nashville's greatest sites over several weekends there. Whether you are hopping between the honky-tonks on Broadway, seeing a show at the Grand Ole Opry House, or visiting a friend on 21st Ave. by Vandy, Nashville should always be a fun time. I'm not a huge fan of the hot chicken, but Hattie B's is the place to try it. Also, Bartaco (tacos and margaritas) by Belmont is great.

— **Taylor Dibble, M1**

## Memphis

Memphis is definitely a great place to visit, and it is only five hours away by car, making it a great weekend trip! While you may be tempted to simply hit up Graceland and the Elvis memorabilia, I (a local) would love to give you some tips to make your trip even more fantastic. Memphis is all about that barbecue! Check out the Rendezvous, or take a seat at a local favorite, The

Commissary. Make sure to stop by Jerry's Sno Cones, a favorite of everyone I know. The Peabody Hotel is a great place to rest after a long day and watch the duck parade. The Pyramid, Civil Rights Museum, Pink Palace and the Memphis Zoo are also great stops. For night-time activity, Beale Street is the tourist destination, but I would recommend anything in the Cooper-Young district. For sports fans, a Grizzlies Basketball game is a must. And to finish your day, get a doughnut at Gibson's, open 24/7!

— Natalie Griffin, M2

## Kansas City

Did you know Kansas City has the most fountains of any city in the world after Rome? Kansas City is about a four-hour drive from St. Louis, which makes for a perfect weekend trip. KC is famous for its barbecue, and there are plenty of great barbecue restaurants, including my favorite, Joe's KC. You can enjoy shopping at the Country Club Plaza, explore the Westport area or watch a Royals baseball game. Other activities include the World War I museum, the Nelson-Atkins Museum of Art or a tour of Boulevard Brewing Company (including a free tasting). If you ever get tired of St. Louis, Kansas City is a great option for a quick weekend trip!

— Jackie Yu, M2

## Meremac Caverns

Meremac Caverns is a great place for hiking and other outdoor activities. The park has lots of trail options that pass through beautiful forests along the Meremac River and areas with cabins to stop for bathroom/food breaks as well. There are cave tours during certain times of the year, but they can be limited when bat "white nose" syndrome is high. The caverns are only about 90 minutes from campus, and once you get onto I-44, it will be impossible to miss the exit since you will pass about 200 billboards with advertisements.

There are some great camping locations near the caverns as well. This fall, a group of about 30 of us went on a weekend camping trip in the area. Although this was definitely more of a "glamping" trip (glamor camping including fancy coffee mugs, a rum-ham, an outhouse within a five-minute walk from the campsite, and great camping gear rented from the Outing Club), we got to see an amazing view of the stars at night when we ventured away from electronics and civilized light sources. It was a great outdoors adventure that I would highly recommend!

— Hannah Bucklin, M1

# Fitness

## Basketball

Basketball is a great way to stay active and find a community in the chaos that is medical school. There is a full-size indoor basketball court conveniently located right next to the medical school in Olin Residence Hall, which makes it easy to drop by after class and put up some shots. There is a wide scope of skill levels, ranging from a former professional basketball player to my roommate Ryan, a career 12 percent field goal shooter who “tries really hard” and swears “this is just an off day.” There is no shortage of people to play with; you can play 5-on-5 games just about every day of the week. I’ve found that basketball has been a great way for me to meet other medical students, grad students and residents. Even our professors have been known to drop by. Dr. Tim Yau, our Practice of Medicine professor is an excellent teacher, a caring father, AND he hoops! Overall, I’ve found that basketball is a fun (and free) way to take a break from school, stay active and build friendships.

— Matt Lui, M1

## Bowling

*A Bowling Acrostic:*

**B**-lasting balls down the middle is what we do best

**O**-utrageously fun

**W**-hat could be better than rolling balls while wearing Velcro shoes?

**L**-ifelong friends are made

**I**n these sacred halls of polished floors and vinyl chairs

**N**-CAA championship-grade facilities

**G**-oing to get bowling shirts, just wait and see

The new bowling club was founded by very cool and enthusiastic M1s in 2016. We bowl twice a month at Tropicana Lanes, a bowling alley about 15 minutes away from school complete with food, drinks and arcade games. Members can participate as often as they want. Absolutely no skill is required to join, and we welcome all levels of bowlers!

— Allie Rubin, M1



**The Bowling Club's fearless leaders: Greg Kazarian, M1, and Allie Rubin, M1**

## Boxing

If all the lectures about cholesterol and atherosclerosis followed by gorging yourself on Addie’s Thai are starting to weigh heavy on your conscience and/or waistline, it might be time to get into a gym routine. If you are looking for something more engaging than staring at a wall on a treadmill, I highly

recommend the boxing gym Sweat, located 15 minutes away in Clayton. The four different types of classes provide a great mix of technique, fast-paced cardio and strength training. The trainers are awesome, and they always play upbeat, energizing music. You can go at 6 a.m. before you are conscious enough to know what you have gotten yourself into, or you can go on evenings and weekends if you are not a morning person. Do not be intimidated if you have never tried boxing before; you only punch bags, not people. It is a great stress reliever and a great deal for students, who can buy memberships for only \$60/month.

— Sarah Mayer, M1

## Climbing

Do you enjoy studying the muscles of the arm by staring at other people's forearms while they climb? Well look no further, because St. Louis has plenty of indoor and outdoor climbing opportunities. For an indoor experience, there are two gyms within five miles of the Central West End with bouldering, top-rope and lead climbing routes for all. The Upper Limits gym is accessible by MetroLink, and Climb So iLL is a 10-15 minute drive from campus. Recently, a new student group, Climb Rx, was founded to help students purchase cheaper, semester-long memberships to either Upper Limits or Climb So iLL. Climb Rx will also provide free Intro to Climbing opportunities for those who are new to the sport and will organize climbing events among the WUSM community. If you are looking for more outdoor experiences, there are several locations that make great day or weekend trip destinations. Elephant Rocks State Park is a bouldering destination for many people in Missouri and is less than two hours away. Jackson Falls, three hours away in southern Illinois, also has great bouldering and ropes climbing. This year, the Wilderness Medicine Interest Group even organized a weekend climbing campout. Moral of the story: Climb on, WUSM, climb on.

— Greg Wong, M1

## Cycling

While not Amsterdam or Portland, St. Louis is a fairly cycling-friendly city. A robust bike plan has resulted in well-maintained bike lanes on many of the city thruways and drivers are, for the most part, cognizant and respectful of cyclists sharing the road. For a quick ride before class, do a lap or two on the six-mile track



Get ready for a total body workout at St. Louis' various climbing gyms.



St. Louis has much to offer, even for avid cyclists.



encircling Forest Park, and on Saturday head to the 12-mile-long Mississippi riverfront trail, stopping at Park Avenue Coffee by Lafayette Park along the way. Head west out into the county and you'll encounter miles of suburban rolling hills for a moderately intense cardio session. And for an extended excursion with a group of friends, head west along the scenic 240-mile Katy Trail spanning the state. For mountain biking enthusiasts, a short 30-minute drive gets you to great trails such as Castlewood State Park or Chubb Trail. St. Louis also has a very active cycling community. Big Shark Bicycle Company, the favorite bike shop in town, puts on weekly social rides and organized races. A motley crew of hipsters lead a night "Ghost Ride" every full moon (see [ghostridestl](#) on Instagram), taking riders to odd spots throughout the city and ending in a party at an obscure dive bar or a private concert in an abandoned warehouse.

— Zelun Wang, M1

## Golf

There are plenty of public golf courses from which to choose in St. Louis. By far, the most convenient ones are located in Forest Park. The Courses at Forest Park offers three 9-hole courses that can be played individually or combined



**Take advantage of time outside of school and hit the links with your classmates.**

in some fashion to make an 18-hole course. The courses themselves are well-maintained and should be a nice outlet for golfers ranging from novice to very skilled. As with everything in Forest Park, the surrounding scenery is beautiful and makes you forget that you're essentially golfing in your backyard. Prices vary, of course, depending on the day and time that you want to play, though you can get nine holes with cart on a weekend for around \$20-\$25. Additionally, on the other side of Forest Park, the Highlands Golf and Tennis Center offers another 9-hole course, complete with a driving range and practice facility. This course isn't quite as nice as the Courses at Forest Park; however, if you are looking to fix that nasty slice, you can pay \$55 dollars a month at Highlands for unlimited range balls, free weekly clinics, and discounts on course rates and food — an enticing deal for any golfer, especially those in St. Louis during the summer.

— Alex Yahanda, M1

## Tennis

Ace Inhibitors are more than blood pressure medications — we're also the WUSM tennis group that meets up once or twice a week to rally! The Ace Inhibitors includes players of all skill levels, and anyone with an interest in learning or practicing tennis is welcome to join. There are several tennis



**Start your day with a relaxing rally at the Danforth Campus courts.**

Throughout the semester, we'll eat out together after a grueling rally session. Look us up on Facebook if you're interested in becoming an Ace Inhibitor!

courts available to students including the Hudlin Courts near Olin Hall, but given their age and the strange, foam-like material they're made of, we tend to use off-campus courts. Just 15 minutes away, you'll find the public Flynn Park tennis courts, the Tao Danforth Campus courts, the courts in Forest Park and the privately owned Shaw Courts. The Flynn Park and Tao courts are free, and so are the Shaw Courts after 8 p.m., so that's where you'll usually find a group of WUSM students Sundays and Wednesdays.

— Jessica Kuo, M1

## Intramurals

There are many, many opportunities to stay active at WUSM, including intramural sports. The athletic department on the main campus organizes leagues for various levels of play, including women's only, co-ed and open leagues. Many medical students take part in flag football in the fall, and there is a campus softball league in the spring and summer. Opportunities for all levels of play are available through outside organizations as well, including bar leagues for sand volleyball and beer pong, and weekend warrior tournaments for volleyball and basketball. It is easy to get involved in sports with people outside of the medical school, and it is something that I have valued as a way to make friends from different backgrounds.

— Maren Loe, M1

## Running

St. Louis is a great city if you love to run! Personally, my favorite place to run is in Forest Park. The park has lots of sidewalks and roads to run along that go right by the history and art museums, the zoo, the Jewel Box and various ponds. If you like longer runs, the trails around the perimeter of the park are about six miles around, and you can add extra mileage by running up and around the Danforth Campus before looping back as well. The designated running trails are gravel but it is perfectly fine to run on the paved bike paths (as long as you move out of the way when the bikers pass!). The Central West End is good for running in the early morning but gets very crowded and slow with lots of people and stop lights during the day. Tower Grove Park is about three miles from the medical school campus and has great trails as well. Apparently, you can also take a running tour of the city downtown. I haven't tried it yet, but it sounds like fun and

even includes paths right around the Arch! Finally, if you enjoy races, St. Louis has a half-marathon and marathon in the spring and other races, including lots of 5Ks throughout the year.

— Hannah Bucklin, M1

## Recreational Facilities

### Olin Gym

The Olin Residence Hall gym is a great way to work out without having to spend money at a private fitness center or trek down to the Danforth campus. While not the largest facility, it has a great variety of machines and weights for whichever muscle group you are working on that day. On leg day, the Olin gym has the squat racks and accessory machines you need to make the four floors up to the Anatomy lab seem like nothing! As

for being crowded, I've found that surprisingly few people use the gym before class. To make things even better, the whole gym is wired for Bluetooth, so if your fellow gym go-ers don't mind, you can blast whatever Britney Spears song inspires you most. The weight room has lockers you can use to store your stuff while you crush personal records on the bench. Olin also boasts a delightful basketball court where you can hoop with your buddies whenever you want. The same court also is used for group yoga and other aerobic activities should you prefer that to lifting.

— Carl Stokes, M1



**Physical health is important! Work on your fitness with Olin's basketball court, weight room and cardio machines.**

### Sumers Recreation Center

The Sumers Recreation Center is a great option for working out. It is the new gym on the Danforth Campus (opened fall of 2016), and it's a short walk from



**The Sumers Rec Center just opened in the winter of 2016 and expands the many athletic programs available to WUSM students.**

the University City/Big Bend MetroLink station. The gym has a standard weight room with free weights and machines, a running track, a pool and a ton of cardio equipment. In addition, it also has racquetball, squash and basketball courts, with set times for open volleyball and badminton. (They also provide all the equipment you need.)

Sumers offers really great and pretty frequent fitness classes, including black light cycling, barre, yoga and HIIT. (I personally recommend TRX Butts and Guts with Kristin.) And, as of right now, medical students do not have to pay to use the facility.

— Basia Blachut, M1

## Social

### Intro

Medical school is unlike anything I've ever been a part of. It is like college, except that your class is tiny (124 students in our year), your classmates are mature (mostly) and everything that you do, you do with those same people (almost literally). I describe it to my non-med school friends as "academic summer camp, except that it is year-round." During the day, you attend class together; in the evenings, you study together; on the weekends, you socialize together. Social life here ebbs and flows. On quieter weeks, we go out a bit; before exam weeks, we hardly go out at all; and after exam weeks, we party quite a lot. Classmates organize unofficial class-wide events at least a couple times a month (potlucks, apple picking, wine tasting, house parties) and the Social Chairs organize official class-wide events about twice per block. Depending on your interests, you will also have opportunities to hang out with smaller groups of people and get to know them on a more personal level. About once a week, many of us gather for board games night. Facebook announcements about your favorite team's upcoming game often will lead to small weekend afternoon viewing parties. Whatever pastimes you are interested in, you will find classmates who enjoy doing the same things you do, and you can, in the process, build lifelong friendships.

— Stephanie Tin & Zelun Wang, M1s

### Social Chair Events

Do you like fun? Do you like your friends? Do you like fun with your friends? If you said yes to any of those three questions, the social chairs have got you covered. Outside of our flagship Shell Cafe parties, we organize a variety of class social events throughout the school year. From pumpkin carving to Secret Snowflake to Super Bowl watch parties, whatever your interests are, we have got you covered. These events are the perfect time to bond with classmates and de-stress after exams.

— Will Tzeng, M1

### Board Games

Do you love board games? Great, because half of your class will, too! Whenever you want to wind down from a busy week of class, see your friends' competitive sides, or just scratch your itch to conquer all of Europe, then hit



**Satisfy your competitive streak with intense board or card game sessions.**

up your friends and get a board game night going. From casual games of Cards Against Humanity to classics like Settlers of Catan, or even intense games of Diplomacy, you will always find a ready and willing group of board game enthusiasts. Our class has smaller game nights every week and big extravaganzas sporadically. So grab a drink, put on a charming smile, and get your most devious strategy ready, because Europe isn't gonna conquer itself.

P.S. Anyone have sheep? Will trade for wood.

— Brian Brady, M1

## Dance

In undergrad I was on four dance teams so, needless to say, I was looking for opportunities at medical school, too. I used to do ballet when I was younger, but in college it was mostly hip hop and contemporary with a side of K-pop, so that was what I was going for. (Though I'm sure a quick Google search is all you need to find ballet open classes.) For contemporary, I go to Ashleyliane and take the open advanced class. It is about a 10-minute walk from campus; classes are one hour and \$10 or \$8 with a class card. I like it! The style and combos are generally fun and good. The space is nice, and not too many people go, so you have a lot of room to really move. I hear Wash U Danforth Campus has a modern company but I'm still trying to find out more about that. For hip hop, you also can take classes at Ashleyliane or Consuming Kinetics Dance Company (a bit farther away and more expensive). But I'm cheap and don't like paying for class, so I joined the Saint Louis University (SLU) undergrad team, Xquizit, and the Wash U undergrad team, Wash U Hip Hop Union (WUHHU). You have to audition since they are competitive teams, but dancing is free (minus competition fees and stuff)! I don't have a car, so I take the MetroLink to the Danforth Campus (just two stops), and I carpool to get to SLU. It's fun because on a team you can have performance and competition opportunities (instead of just learning combos), and it's just nice to get out of the med school bubble. If you want to know more details about the two teams, just ask me. Basically, if you want to dance there are plenty of opportunities in a non-driving distance, and, at least as a first year, plenty of time too!

— Minerva Zhou, M1

## Float Trips

The float trip was definitely one of the highlights from before class started. Nothing helps your class bond more than floating lazily down a river for a couple hours in an elaborate raft city held together by nylon cord and hope. Just remember to pack more sunscreen and bug spray than you think you need. No matter how many layers of plastic bags you wrap your belongings in, everything you bring on the raft will get wet. I'd also recommend making sure that any portable speakers brought on the trip are water-PROOF as opposed to



**Float trip is a fan favorite (sunken rafts and sunburn notwithstanding) and an ideal way to ease into the school year.**

merely water-RESISTANT. That distinction is all kinds of important. And finally, should you choose to drink alcoholic beverages while aboard the raft, make sure that you pace yourself and drink plenty of water. Otherwise those hours spent on the river are going to seem like an eternity as you rely on the kindness of your classmates to help you survive the horrible, horrible decisions you made. Regardless, the float trip is definitely a grand ol' time, and the memories you make (or that are told to you at a later date) are ones that will help keep your spirits up throughout the school year.

— Carl Stokes, M1

## Sports

WUSM is extremely collaborative and supportive. However, this supportive atmosphere ends each weekend as students watch their alma maters slug it out on national television. Students come from dozens of colleges across the country, so each game causes some classmates to celebrate as their former university rises to the top and other classmates to despair as their hopes of greatness come crashing down. Some of the favorite places to take study breaks and watch games with classmates are the Del Coronado lounge and the bars on Euclid Ave. Aside from college sports, there is also a big following for professional sports including football, basketball, baseball and hockey. As is the case in most high-pressure work places, fantasy sports are a popular and much needed distraction. Don't be afraid to put off studying for anatomy and watch sports with your friends instead.

— Casey Drubin, M1

## Banks

Of the many banking options in St. Louis, the most convenient for WUSM students is Bank of America. There are many Bank of America ATMs located across campus, and in both Barnes-Jewish Hospital and St. Louis Children's Hospital. In addition, there is a Bank of America branch on Lindell Blvd. in the Central West End. U.S. Bank is another great option that also has ATMs on campus as well as a branch on Lindell. Both of these banks have the added benefit of having locations in the rest of St. Louis and in many other states.

— Danny Wang, M1

## Groceries

If you live in the Central West End like a lot of us do, Whole Foods will be a tempting grocery store to frequent. It definitely has some perks, like high quality meat and vegetables as well as the best happy hour special on draught beers (\$2 per!), but, if you don't want to have to take out another loan, I recommend shopping at Schnucks on Lindell. Find a friend with a car or take the bus (or walk if you haven't left the carrels in five days). There also are two grocery stores in University City called Seafood City and Olive Supermarket. The former is Filipino and has a huge selection of pan-Asian and Central American ingredients for a really good price that you definitely cannot get at either Whole Foods or Schnucks. Olive Supermarket is more Chinese in selection, but again the produce offered is really cheap and fresh.

— Noah Wasserman, M1

## Safety

As a female, I am always aware of personal safety, and I think safety is something that should definitely be taken seriously by everyone. St. Louis, like any major city, will have its fair share of crime. Places medical students tend to go, such as shopping, movies, restaurants, etc., are typically fairly safe. The area around campus, where the majority of medical students live, is very safe. I have never felt unsafe walking to and from school, and have walked home alone after dark before. That being said, you can avoid walking home alone in many ways. Many of my classmates will go back home and bring their car in the afternoon if they know they will be on campus until late. (Garage parking is free between 2 p.m. and 8 a.m. and on the weekends; street parking is free after 7 p.m. and on Sundays.) Many people will also walk home together, which is super easy because we all live fairly close to each other. If you were alone in the middle of the night or are just too tired (read: lazy) to walk home you can actually call campus security to drive you home! I understand that everyone's feeling of safety will vary and it depends on what they are used to, but I believe that if you are smart about it and have a decent awareness of your surroundings, it will be okay!

— Catherine Xu, M1

## Student Health Services

One of the perks of going to a top medical school like Washington University is that it prioritizes the health care of its students. Student Health Services (SHS) makes accessing the care you need easy and convenient, as it is located right on campus and is only a minute away from the Farrell Learning and Teaching Center. Setting up an appointment is easy, and you can usually schedule a same-day appointment or one for the following day. The nurses and physicians are fantastic, and since they serve exclusively future health professionals, they go above and beyond to help you understand the health care that you are receiving. The WUSM Student Health Benefit Plan is fantastic. Expect a \$20 co-pay for visits to dermatology, ophthalmology, allergy services or other specialty clinics, and a copay for some medications. Other appointments and medications are free when received from SHS. Dental coverage is also provided to WUSM students. There is a prepaid plan, which allows students access to dentists in the network without a referral and at no cost, with no deductible and no maximum cap on services, and a Freedom PPO plan, which comes with an additional monthly cost and gives students the freedom to choose any dentist, including dental specialists.

— Emma Braun, M1

## St. Louis Weather

The most important advice I can give for St. Louis's weather is to check it before you leave for the day. Even though it may have been 80 degrees and sunny yesterday, it might be 50 degrees and windy the next. You will experience all four seasons here, sometimes two in one day. It can be humid at times and will rain on occasion, so make sure you have an umbrella. In St. Louis, you can get the best (or worst) of both worlds. Summers can be warm (sometimes approaching 100 degrees), and winters can be rather chilly, especially with wind. All in all, it is nice to experience the seasons, and there are some truly beautiful days for you to enjoy what St. Louis has to offer.

— Josh Mendoza, M1

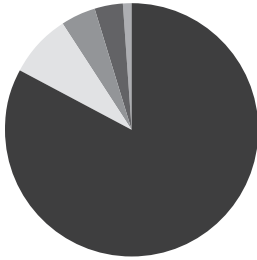




HOUSING

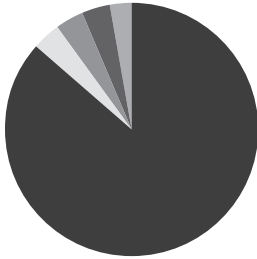
# housing

## Housing Survey



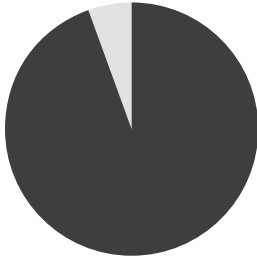
**What neighborhood do you live in?**

- 83% Central West End
- 8% Other
- 4% Skinker/DeBaliviere
- 4% Tower Grove/Shaw
- 1% Loop/University City
- 0% Clayton
- 0% Downtown



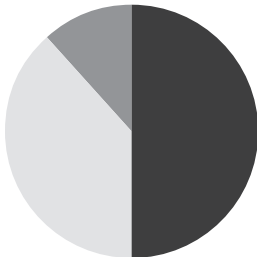
**What kind of housing do you live in?**

- 87% Rent an apartment
- 4% Other
- 3% Own a condo
- 3% Own a house
- 3% Rent a house



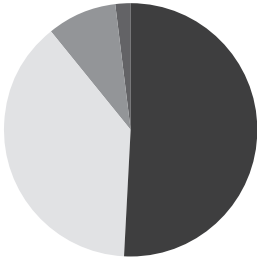
**Do you live in Olin?**

- 5% Yes
- 95% No



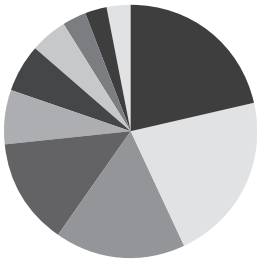
**Who do you live with?**

- 50% Other medical student(s)
- 38% I live alone
- 12% Non-medical student(s)



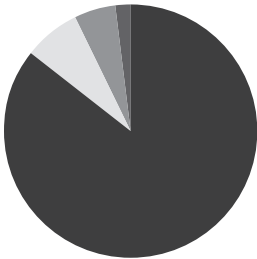
**How many roommates do you have?**

- 51% 1
- 38% None, I live alone
- 9% 2
- 2% 3
- 0% > 3



**How much do you pay for rent (per person)?**

- 22% \$500-600
- 22% \$600-700
- 16% \$700-800
- 13% \$800-900
- 7% > \$1200
- 6% \$1100-1200
- 5% \$400-500
- 3% < \$400
- 3% \$900-1000
- 3% \$1000-1100



**How do you usually get to school?**

- 85% Walk or bike
- 8% MetroLink/Bus
- 5% Car
- 2% Other

*All results based on 112 responses to survey*

## Moving to STL

“Well, I hope this works out,” I remember thinking while packing my possessions into a rental truck in Maryland. Having never visited St. Louis before (outside of my interview), I wasn’t really sure what to expect. Thankfully, getting settled in was a breeze, and life has been pretty good! After moving from the Washington, D.C. area, the low cost of living is what first struck me; I still marvel at the low rents and widespread free parking. Beyond that, I’ve found that St. Louis is a nice Midwestern city that strikes a great balance between big and small. There are always festivals happening in St. Louis, but there also are plenty of state parks within a one-hour drive. The MetroLink lightrail gets you around (for the most part), but it is just as easy to drive around the city. Take time to explore the neighborhoods, and you’ll find that each has its own unique personality, food scene and nightlife. Finally, remember that most of your classmates also are new to St. Louis! My favorite thing about Wash U is how easy it has been to find a group of people to go see a concert, visit a brewery or go camping.

— Luke Diorio-Toth, M1

## Living With Other M1s

Deciding to live with other first-year medical students (M1s) was slightly nerve-racking, considering the fact that none of us had ever met, but it has turned out to be a huge blessing and tons of fun! In our apartment, we have plenty of our own space, but it is so nice to have classmates around to vent with, have short study break dance parties, watch bad TV and eat lots of take-out and cake! Seriously, the communal food and shared desserts are a major plus. You might be concerned that living with other M1s would put you into a bubble of “med-school-iness” and while that could potentially, maybe, sometimes, theoretically happen, there are so many cool, talented, fun people at this school that your roommates are most likely going to be more than willing to put the anatomy manual aside and just let loose and talk about life. After a hard day of “med-school-ing,” it is nice to be able to come home, not have to explain why you smell like formaldehyde or how annoying Histology was because your roommates already understand! Also no need to explain why you’ve been in bed all day after an Anatomy exam! So even though moving to a new city and starting medical school can be weird, living with other M1s is the best way to just jump right in and start getting to know your classmates!

— Ashley Richardson, M1

## Finding a Roommate

A lot of people find roommates during Second Look Weekend. I know many people really like living with other M1s in order to have similar schedules and to have a buddy when you first move to medical school. For people like me who were not at Second Look Weekend, the M1 class president is in charge of a Facebook page for accepted students that contains a Google Doc for medical students looking for roommates. Through this Google Doc, I found a rising M4 who was looking for a roommate, and found out she actually went to my undergraduate university and that we had mutual friends. I have had a great roommate experience with her and have definitely enjoyed living with someone who has been through medical school before me and can give me tips!

— Lauren Behlke, M1

## Living with a Non-Med Student

I live with a PhD student that I met at my undergraduate university. It's nice to come home and be able to get away from school and classmates. Before



Allie Rubin, M1, with her PhD candidate roommate

moving in together, I worried that I would feel isolated or out of the loop if I didn't live with another medical student. However, we all spend so much time together as it is and people live really close to me, so I'm never too disconnected if I don't want to be. I like living with another student because we are both busy (that is, constantly studying or sleeping) and respect each other's need for a quiet and relaxing apartment environment. I think it would be a little tougher if I lived with someone who spent more time at home and had people over more often, but we have similar lifestyles so it works out well.

— Allie Rubin, M1

## Buying a House

Looking for a place to live is a big part of the overall financial planning for medical school, and purchasing a home or condo can be very beneficial financially. Housing prices in St. Louis are both incredibly low and also steadily rising. Prices are low enough that it would be completely feasible to rent out a room or two to other medical or graduate students and thereby cover almost your entire mortgage. I would suggest getting a real estate agent to help navigate the many potential neighborhoods and hazards of purchasing property. If you do end up purchasing, you will also want to have a thorough inspection from someone who is used to examining older homes so you are not stuck with expensive problems. Owning your own

place means that you are your own landlord and you have to fix things in your century-old home when they break or when you have a minor mouse infestation in your oven. But it also means that you can have pets if you want, or plant a garden in the backyard, or nail things into the wall without worrying about your deposit. In the end, the process of obtaining a house and homeownership itself are a lot of work, but they come not only with financial benefits, but also a lot of freedom and fun.

— Charles Schlaepfer, M1

## Living Alone

Don't get me wrong, I lived in dorms with roommates for all four years of my undergraduate studies — and for a few years after that — and I loved it. But I have really learned to value alone time, when you don't have to make small talk while you are preparing breakfast, and you definitely don't have to worry about how you are dressed in your own home. I'd always wanted a place that felt like it was my own. Besides, my significant other and I had decided to do a long-distance relationship, so I knew he'd be coming to visit a lot. Compared to the city I came from, rent in St. Louis is life-changingly affordable. I found that the WUSM program makes it incredibly easy to make friends (the lack of roommate has never hindered me) and honestly, I spend so much time with them that some days it is a relief to come home to just me.

— Stephanie Tin, M1

## Neighborhoods

### Brentwood

Brentwood is a suburban neighborhood located southeast of Forest Park. Granted, it's probably not the most exciting area of St. Louis, but it is a highly sensible place to make your home for the next four years. Rent and condo prices are generally more affordable, as compared to Clayton and the Central West End.

Within a few blocks of each other, you have access to the St. Louis Galleria, Nordstrom Rack, Trader Joe's, Target, Whole Foods and the list goes on. The surrounding area is mostly residential, filled with a good mix of young professionals, families and retirees. Living in Brentwood is probably more suitable for people who can drive. The area has ready access to several of St. Louis' major highways, and the commute to school is 10 minutes by car on Interstate 64. However, you can also ride the MetroLink using the free Metro pass distributed to WUSM students, and



**Beautiful, quiet and residential, Brentwood is a spectacular sight in the fall.**

there are free parking garages so you can drive to the station. Brentwood is a great option outside of the Central West End for those looking for a space that's affordable, safe, convenient and comfortable.

— Jane Wang, M1

## Central West End

A large number of first-year medical students choose to live in the Central West End, and for good reason. The Central West End (CWE) is adjacent to the WUSM campus and Forest Park. It is filled with young professionals and students, which creates a nice, lively and safe atmosphere. Most apartment buildings are only a short walk from class and you will probably run into several of your classmates on the way to lecture in the morning. There are several grocery stores nearby, which adds convenience, especially for people who don't have cars. You will also be close to the CWE MetroLink stop, which gives you easy access to the Danforth Campus and to the rest of St. Louis. There are a lot of great housing options for any budget and a large assortment of cafes, restaurants and bars for all of your studying, food and entertainment needs. A lot of students choose to live in the CWE for the convenience and affordability of the area, and because it acts as the hub of student life for a large portion of medical students.

— Emma Braun, M1

## The Grove

The Grove is a wonderful neighborhood to live in for a number of reasons. It is experiencing a revival, meaning new businesses are opening all the time. You can expect to live within walking distance of a handful of restaurants, bars and shops. Most of them have a hipster vibe (in a good way), and almost all of the LGBTQ bars in the city are located in the Grove.

My commute to school is no farther than that of many of my classmates in the Central West End. It takes about 15 minutes walking or five minutes by bike. Another big advantage is that apartments here tend to be larger and cost the same as, or less than, units in other nearby neighborhoods, so you get more bang for your buck. A lot of the buildings only have a few units, which cuts down on neighbor noise and gives the apartment a more homey feel. Overall, it is an eccentric, vibrant neighborhood, and you'll be spending lots of time in the Grove anyway, so you might as well live there!

— Curtis Austin, M1



**The Grove boasts trendy restaurants, nightclubs and bars, making this neighborhood an attractive weekend hangout.**

## Tower Grove/Shaw

The Tower Grove/Shaw neighborhood is situated to the south of the Grove, about three miles away from campus. While this distance may seem a bit far from all of our friends living in the Central West End, Tower Grove/Shaw has a unique personality that is unlike any other area of St. Louis. About 20 years ago or so, this neighborhood was the haunt of the young Bohemians of St. Louis. Since then, these artists and avant-garde free thinkers have grown up



**The Tower Grove area offers a great diversity of ethnic restaurants and bars along with cheap rent.**

and stayed to raise families here, and so the area has become very residential and family-friendly. The neighborhood consists mostly of cozy two- or three-story single-family houses with backyards, punctuated by some small apartment buildings. Rent costs about \$600-\$700 a month for a one-bedroom, and there are great opportunities to buy a home here as well (looking at you, MSTPs). The neighborhood is centered around the Missouri Botanical Garden, which is a fantastic exhibition of Kingdom Plantae with beautifully manicured grounds, and Tower Grove Park, a 289-acre park that is host to events such as the Tower Grove Farmer's Market and St. Louis Food Truck Festival. Running through the neighborhood is South Grand Boulevard, where you can find Rooster (a favorite brunch spot), Jay's International Food (offering grocery selections from all corners of the world) and the Upstairs Lounge (better known as "The Lounge," the No. 2 dance club in St. Louis according to Google). For a study atmosphere away from school, go to Mokabe's Coffeehouse (open seven days a week until midnight!), the neighborhood Hartford Coffee Company or the London Tea Room. The only downside of living in Tower Grove/Shaw is the distance from friends, but a quick 15-minute drive or bike ride gets you to school, and on the weekends an Uber split between myself and my two roommates ends up costing each of us less than \$3 to get to the Grove or Central West End.

— Zelun Wang, M1

## Loop/University City

I live right off of the University City Loop (the Loop), close to Washington University's Danforth Campus. Although it can sometimes feel a little isolating to live somewhere other than the Central West End, I love almost everything about where I live. Not only can I walk to the Loop, where there is great shopping and food, but I also am near Forest Park, which is about a block away. It is very convenient to be able to use the undergraduate and law





**The Loop is a popular student neighborhood with Forest Park, restaurants and bars within walking distance.**

school libraries, and the amazing new fitness complex on the Danforth Campus is also open to medical students. Luckily for me, transportation to campus is also incredibly easy. I usually take the MetroLink, which is a seven-minute walk from my house and has a stop on the medical school campus. The best part about using the Metro system is that it is free for Washington University students!

— Devon Camp, M1

## The Hill

The Hill has been a great place to live so far. It consists mostly of houses, so rent is a little higher, but you get much more space. If you share the rent, it'll be cheaper than the Central West End. I have a dog, so it is nice to have a yard, and my wife and I finally have enough space to store all of our "use-them-just-often-enough-to-be-annoyed-at-not-having-them" items. It's nice that we can walk to more than a dozen Italian restaurants and several pubs, as well as Tower Grove Park (the second-biggest park in STL). There also is an astonishing density of automobile repair places, for whatever that's worth. The downside is that it is a little more than three miles to school, and not super bike-friendly, so having a car is pretty important. Also, the houses are mostly older, so you may have to deal with some of the maintenance issues that come with that. Despite those things, I plan to stay here all four years (at least)!



**Sometimes referred to as "Little Italy," the Hill neighborhood is home to authentic family-owned restaurants, bakeries and grocery stores.**

— Andrew Simmerman, M1

## Skinker/DeBaliviere

The Skinker/DeBaliviere neighborhood is located north of Forest Park between the medical school and the Danforth Campus. There are many quiet, dead-end streets that provide a much-appreciated break from the busy Central West End and give the neighborhood a cozy feel. Apartments, condominiums and houses are all available, and you will find that many of your neighbors are medical students, graduate students or resident physicians. There are a handful of nearby coffee shops and restaurants, including Kayak's (a favorite of Washington University undergraduates), Pura Vegan Café and the cleverly named 2Schae Café. For more variety in food and entertainment, the Central West End also is easily accessible by foot or by public transportation. The



**Skinker is home to many Danforth undergrads and WUSM grad students.**

during the day and evening, the streets empty out at night and it can feel pretty dicey, which might be a problem when returning home from a night out or a late shift at the hospital.

nearby Forest Park/DeBaliviere and Skinker MetroLink stations make this neighborhood just one or two Metro stops from campus, so it is not necessary to have a car to live here. Located adjacent to Forest Park, Skinker/DeBaliviere is just a short walk away from the museums, zoo, golf courses and trails inside the park. One downside of the neighborhood is that although I feel safe walking around

— Noah Eby, M1

## Apartments

### Del Coronado

**Price range:** \$910-1210/month (one bedroom or studio)

\$1260-1660/month (two bedroom)

**Pet policy:** Pets are allowed.

**Amenities:** Gym on second floor, lounge on second floor, laundry every other floor. Parking available (\$80/month).



**DelCo is a popular housing choice for WUSM students and the venue of many social events throughout the year.**

**Comments:** Del Coronado is extremely convenient and comfortable. It is a 7-10 minute walk from school and is situated in the middle of the Central West End, with tons of great restaurants within a five-minute walk. Whole Foods is at the nearest intersection, and two other grocery stores are within a mile. The staff at Del Coronado is helpful, and it is a very safe community. The renovated rooms have hardwood floors and updated kitchens but are a little more expensive, while the un-renovated apartments are a little dated and have small maintenance issues but are cheaper. There are lots of students living here and in nearby apartments, so it is right in the center of everything!

— Kate Douglas, M1

## Montclair

**Price range:** \$975+/month (studio)

\$1080+/month (one bedroom)

\$1370+/month (two bedroom)

**Pet policy:** Pets are allowed.

**Amenities:** Newly renovated common area with fitness center, game room and study rooms. Rooftop access. Parking garage (\$95/month) and outdoor parking (\$60/month).

**Comments:** Living in Montclair definitely has its pluses and minuses. It is one of the closest apartment buildings to campus, so you can leave your room 10 minutes before class and still make it on time. There also is free coffee in the lobby, the units are newly renovated and beautiful, and Montclair sometimes hosts classy events where you can meet your neighbors (a lot of medical students and residents!). However, the units are not very spacious, and there has been A LOT of construction going on (though hopefully this is the tail end of it). All this being said, Montclair is definitely worth checking out!

— Basia Blachut, M1

## Aventura

**Price range:** \$1295/month (one bedroom)

\$1660/month (two bedroom)

**Pet policy:** Pets are allowed.

**Amenities:** In-unit washer and dryer, free gated parking lot, free gym/outdoor pool, free grill and outdoor lounge area, free rental bikes, coffee and snacks in front office, free dry-cleaning pick-up and drop-off; food trucks are parked inside the complex once a month at dinner.

**Comments:** Aventura is the best place to live near the medical school! The walk to Moore Auditorium only takes 7-10 minutes, and both the front desk and maintenance staff are awesome. The amenities — including the gym, outdoor pool and grilling/lounge area — are clean and perfect for hosting friends in the summer. Also, the managers are always trying to add new perks, such as free dry-cleaning pick-up and free bike rentals. The hallways are open-air (making it feel like a beach house complex), and the majority of people living here are young adults, students, residents and physicians. Although it is not in the Central West End, having a car, biking or using Uber makes it easy to go back and forth. Let me know if you decide to live here; there are rent discounts for referring a friend!

— Hannah Bucklin, M1

## President and Park Royal

**Price range:** \$1000/month (one bedroom)

\$1600/month (two bedroom)

\$1700-1850/month (two bedroom with a den)

**Pet policy:** Dogs and cats welcome in Park Royal, only cats in the President.

**Amenities:** Fitness center, underground garage, rooftop sundeck.

**Comments:** The President and Park Royal are connected buildings run by the same leasing company. Both are gorgeous buildings built in the 1920s. About a 15-minute walk from school, these apartments are right in the middle of the Central West End with easy access to restaurants, Whole Foods, bars and most of your other classmates. Apartments are loft-style, one bedroom, two bedroom or two bedroom with a den. These incredibly spacious apartments have hardwood floors, high arched ceilings and updated kitchens. Many medical students live in these buildings, but so do a lot of actual real adults because they are so fancy. The management is friendly and responsive. Rent includes all utilities. Other amenities include hot popcorn every Friday; free coffee, Wi-Fi, and printing in the lobby; a gym; a sun deck with a grill; parking garage; and festive holiday decorations.

— Allie Rubin, M1

## Park Lane

**Price range:** \$800+ (one bedroom), \$1199+ (two bedroom, two bath)

**Pet policy:** Pets are allowed.

**Amenities:** Basement washer and dryer, gas, water and electric all included!

**Comments:** Living in Park Lane has been great. The Class of 2019 had concerns about Asprient Management, but maintenance and our building manager have been wonderfully responsive, and we haven't had any problems thus far. It is located next to Whole Foods, about a 10-minute walk to campus, and really close to lots of restaurants. Also, many of our classmates live nearby. The units have refurbished kitchens, large walk-in closets, and we each have our own bathroom and shower. A downside is that there isn't a parking garage in the building (street parking only). The building is still under some construction, but that should be finished by fall 2017 and I've been able to study at home even while work is going on.

— Emma Braun, M1

## Olin

**Price range:** \$5200/academic year (single), \$6200/academic year (large single), \$7600/academic year (solo suite) (Prices subject to change in April 2017)

**Pet policy:** No pets are allowed.

**Amenities:** Student lounge, penthouse, coin laundry, gymnasium, weight room.

**Comments:** Nothing could be more convenient than living in Olin. I live on the 10th floor, and I can get from my door to class in two minutes. About 10 percent of the class lives here, and with the penthouse on the top floor and the lounge on the ground floor, there are good places to hang out. Olin has a gym, a library and a chapel (plus two pianos)! The building is kind of old, and you share bathrooms (sink in your room), but as long as those are fine with you, living in Olin is great (and cheap)!

— Peppar Cyr, M1

## MetroLofts

**Price range:** \$1300-1600/month (one bedroom), \$1700-2240/month (two bedroom)

**Pet policy:** Pets are allowed.

**Amenities:** Washer/dryer in unit, gym, covered parking.

**Comments:** MetroLofts is probably the closest apartment complex to the med school campus. It has a small gym (no barbell), in-unit washer/dryer, free Wi-Fi (it's pretty decent, but you can make it even faster by using your own router) and they're pet-friendly. The apartment also sits right on top of Panera Bread, and management offers free freshly-baked cookies Monday through Friday. Caveats: The apartments have an industrial feel to them (a friend once asked me if I lived in a garage). Also, they are lofts (look this up if you're not familiar with the term), so if you live with a roommate, it's quite easy to hear what's going on at the other end of the apartment.

— Michael Veshkini, M1

## West End Terrace

**Price range:** \$1030/month (studio), \$995/month (one bedroom), \$1095/month (two bedroom)

**Pet Policy:** Pets are welcome.

**Amenities:** Laundry in some units, outdoor pool, 24-hr fitness center, free gated parking.

**Comments:** West End Terrace is a group of buildings about a mile from campus. There are a variety of living arrangements, including one and two

bedroom apartments and two bedroom townhouses. All of the units are carpeted and have electrical AC, heat and dishwashers. Some have in-unit laundry. In the leasing facility, there is a basic exercise facility, a few desktop computers, an outdoor pool and coin-operated laundry. Parking within the gates is included in rent. My roommate and I really like our apartment. We have plenty of space, and there is a convenient bus stop at the nearest corner en route to campus. Parking and laundry are so nice, and maintenance has been extremely responsive to the few requests we have made.

— Maren Loe, M1

## Parc Frontenac

**Price range:** \$1115-1370/month (single), \$1770-2095/month (double)

**Pet policy:** Pets are allowed.

**Amenities:** Gym in basement, rooftop sky terrace with 360-degree views of the city and Forest Park, laundry center in building with drop off service option, resident wifi lounge with Starbucks coffee machine, and 24-hour Resident Services/Security.

**Comments:** Parc Frontenac has great apartments in an ideal location. The units are very spacious and newly renovated with laminate wood floors, stainless steel appliances and granite countertops. It is located right across from Forest Park, which means beautiful park views from your apartment window or from the rooftop. It is about a 10-15 minute walk from Parc Frontenac to the medical school and the main bars and restaurants in the Central West End. The building is well-managed and has very friendly and responsive staff as well as 24-hour resident services and security. Parc Frontenac is a bit pricier than some of the other buildings in the area, but I think it is worth the price.

— Christina Herbosa, M1

## Residences at Forest Park

**Price range:** \$1500-1900/month (single), \$1900-2100/month (double)

**Pet policy:** Pets are allowed.

**Amenities:** In-unit washer and dryer, gym in basement and complementary storage in basement. Free outdoor gated parking.

**Comments:** I quickly forget about the day's lectures as I gaze at the new and exotic flower arrangement in the lobby (fresh every Friday). As I walk toward the always-working elevators, I see people lounging in the sitting room next to the fire as rays of sunlight shine through the stained-glass windows. The Residences is all about the residents. It is always clean, beautiful and homey. The location could not be better, with Whole Foods

across the street, Rasoi connected to the building and two new restaurants opening next year. This old renovated hotel is a choice place to refresh and relax every day in the heart of CWE.

— Will Gerull, M1

## Ellsworth Apartments

**Price range:** \$650-1000/month (single)

**Pet policy:** Pets are allowed.

**Amenities:** All utilities included except summer AC. Washers/dryers in basement, gated parking lot with monthly fee and waiting list, pool access in sister apartment building one block away. First floor connected to a diner, a dry cleaner, a pharmacy and a convenience store with a deli that also sells beer.

**Comments:** I really like the Ellsworth! It is an old building, so there is some chipped paint and dust in the corners (and the elevators have those grate doors you have to manually slide open, like in the Titanic). But I've got hardwood floors, a huge space and a dead center view of the arch. The building is clean, well maintained and quiet. The landlord is really nice and always available (he lives in the building, too). I'm about a 10-minute walk from campus and only a 7-minute walk from Schnucks grocery store (less than that to Whole Foods). Downsides: hot and cold water faucets are separate (who does that?!) and there's no vent in the kitchen.

— Stephanie Tin, M1

## The Ashley

**Price range:** ~\$1100/month (one bedroom), ~\$1350-\$1550/month (two bedroom, two bath)

**Pet policy:** Pets allowed with fee.

**Amenities:** In-unit washer and dryer, one gated parking spot included (additional spots can be rented for \$100/month).

**Comments:** The Ashley is only a 10-minute walk from school and on the same street (West Pine Blvd.) where a lot of our classmates live, so it is a great central location. It is right off Euclid Ave. so you have access to a ton of restaurants, but everything else is kind of far. There is a Whole Foods two minutes away that is great for days you want to drown your sorrows in sushi or various organic foods, but if you're not trying to go broke on the regular, getting to other grocery stores definitely requires a car or taking the MetroLink. The leasing office is a bit strange, and it is sometimes difficult to get straight answers from the office prior to signing the lease, but once everything is set up, they stay out of your hair and are generally super fast with maintenance requests. The bedrooms and common spaces,

while modern, are a little small compared to similarly priced apartments in the area, so you might have to abandon your dreams of throwing huge, college-reminiscent ragers, but there's still a good amount of space to host. Overall, my roommate and I have been super happy living here and would definitely recommend it to anyone. Unfortunately, there's often a wait list for open units. Start your search early!

— Aisha Lee, M1

## Buckingham Court

**Price range:** \$1000-\$1500/month (two bedroom, one or two bath)

**Pet policy:** Pets allowed for extra fee.

**Amenities:** Some units have in-unit washer and dryer and renovated kitchens. Water and gas utilities included.

**Comments:** Buckingham Court is the closest off-campus apartment complex (0.5 miles, 10 minutes), and it is right in the center of the Central West End. If you are from a warm, happy state like California, you might enjoy walking indoors in the hospital system when it is thundering or snowing outside. Buckingham Court is two minutes from the nearest hospital entrance! The units are basic, and the buildings are older and without a gym, but you really can't beat the price range. Almost all units have hardwood floors, and some units have remodeled kitchens. All of the buildings are only three stories high, so you don't have to deal with waiting for an elevator. Management and maintenance are quick to respond.

— Jessica Kuo, M1





# St. Louis Attractions

## Saint Louis Zoo

The most important thing you need to know about the Saint Louis Zoo is that the only thing stopping you from touching a penguin is one 70-year-old security guard trying to watch 30 people at once. You walk into the cave, past a live polar bear, and on either side there will be islands full of penguins! Big, small, tuxedo, the whole sha-bang! Around those islands is a little moat of water that's only blocked off by a plexiglass wall that goes up to your belly button, so if you lean forward you are literally face-to-beak with a live penguin mid-swim! Then, in the next room they have puffins, which are basically penguins mixed with toucans. The two best birds, mixed together... it's pretty wild. As if that wasn't already solid enough, there's a RED PANDA BEAR!! That's in addition to all the basic zoo stuff, like tigers, bears, kangaroos, a monkey den, and Dippin' Dots. Plus, every section is landscaped like the part of the world the animals live in. And admission is FREE!



**Once named the top free attraction in America, the Saint Louis Zoo boasts over 600 species of animals.**

— Griffin Plattner, M1

## Forest Park

If you don't yet know about Forest Park, stop now and Google it, because one article won't do it justice. Designed in the late 1800s, it has over 1,300 acres of beautiful scenery and nature, complete with museums, a science center, an outdoor theater, golf courses and tennis courts, a great zoo, and all the trails for outdoor recreation you could possibly want. And, best of all, most things are free. In addition, concerts and other unique St. Louis traditions are hosted in the park throughout the year. Washington University is lucky to have such a resource in its backyard. Forest Park is the perfect counterbalance to the stress that accompanies medical school. After a long day (or week), go for a run or walk or bike ride around the park. You will feel totally removed from the daily grind of classes or the hospital. There is little that is more relaxing than that.



**Forest Park is one of the gems of St. Louis, with countless scenic views.**

— Alex Yahanda, M1

## City Museum

Interested in sliding down a 10-story slide? Crawling into the gaping mouth of a giant whale? Clambering through dimly lit caves and mazes in the ceiling? City Museum is the place to go! An experience for the explorer of all ages, City Museum hosts an eclectic whirlwind of activities, themed interactive décor and architectural ingenuity. It is entirely reconstituted from recycled material and reclaimed buildings, and promises hours of captivating entertainment; this I can promise you! I have thus far brought three visiting family members at different intervals to the Museum and STILL have yet to explore all that it has to offer. The City Museum will also definitely be one your first experiences in the city of St. Louis! As a potential or committed WUSM student you will have visited at least once during Second Look Weekend and/or during an evening of your first-year orientation.



**Embrace your inner child at City Museum as you climb around in an enormous jungle gym for adults.**

— Natasha Kafai, M1

## Missouri Botanical Garden

The Missouri Botanical Garden is one of St. Louis' many outdoor jewels, located a quick 10-minute drive south of campus near Tower Grove Park. The Garden is one of the oldest and most extensive in the country, featuring



**The Chinese and Japanese Gardens at the Botanical Gardens are popular sites to visit year-round.**

winding paths through trees, flowers and plants from around the world. (The Japanese Garden is my personal favorite). You will also find beautiful sculptures, ponds and an indoor Climatron. Admission is cheap (\$4 for St. Louis residents), and the Garden has a surprisingly fantastic gift shop that sells the most adorable cacti. The Botanical Garden hosts excellent special events year-round, including weekly outdoor concerts in the summer, a beer festival in the fall and a light show in the winter. I'm not a botany enthusiast by any means, but I still enjoy going to the Botanical Garden once or twice a year for a relaxing afternoon outdoors (and some great people watching).

— Noah Eby, M1

## The Gateway Arch

There's nothing more iconically St. Louis than the Gateway Arch, so don't let your time at WUSM fly by before actually making the trip to see it up close. It makes for a fun afternoon of playing tourist in your own city or of showing visiting friends around. Although currently undergoing some major renovations, visitors soon can once again climb into the tiny little elevator pods that take you up to the top. From there you can see a great view of the city and take some sweet photos. Back at the bottom, you can explore the museum and catch a documentary about why St. Louisans felt compelled to build a giant inverted weighted catenary arch on their riverfront.



**You haven't gotten the full St. Louis experience until you've taken a touristy picture in front of the Arch.**

— Sarah Mayer, M1

## Sports

### St. Louis Cardinals

The Cardinals are a big deal in St. Louis, and for good reason. The Redbirds are regularly competitive in the postseason, and St. Louisans are often named the best fans in baseball. (We were even gracious to the Cubs after they won the World Series.) Even if you aren't a big baseball fan, going to a Cardinals game is a great way to hang out with friends, get a taste of St. Louis after moving here and unabashedly drink a frozen Raz-Ber-Rita. The MetroLink lightrail goes from the medical school campus right to Busch Stadium, and relatively cheap tickets are easy to come by. If the game of baseball itself doesn't thrill you, head to Ballpark



**M1s are introduced to the Cardinals while attending a game during orientation.**

Village before, after or during the game. Located right next to the stadium, "BPV" has shops, restaurants, bars and live music, and it's also open when the Cardinals aren't playing. No matter where you are coming from, I encourage you to hop on the Cardinals bandwagon!

— Noah Eby, M1

## St. Louis Blues

Great fun for everyone involved! The Blues have been among hockey's most successful franchises in recent years (especially if we pretend that hockey ends in March). With all of these victories, you'll be shocked to learn that we've never won a Stanley Cup! Playoff jokes aside, Blues games offer something for everyone! Between the convenience of the MetroLink stop and the relatively cheap tickets for most games, Blues games are among the most accessible in the league. For the non-hockey fans out there: If you have never seen an NHL game in person, I truly cannot recommend it enough. Live hockey is fast-paced and exhilarating, and the sheer talent you can witness in the NHL is truly awe-inspiring. I have been a fan my entire life and still marvel at how absurdly good these guys are at skating. Additionally, watching a forward redirect a slap shot from the blue line never ceases to amaze me. Hockey fans can marvel at Ken Hitchcock's clean, well-organized brand of cycling hockey. The environment is electric, your fellow fans are always hyped, and Vladimir Tarasenko is good for at least one highlight reel play a game. So go see a Blues game! Even if it is only to join 20,000 adults as they do our silly power-play dance.



**St. Louis is down one professional team (RIP Rams), but still has many options for sports lovers.**

— Nick Spies, M2

## Festivals/Events

### Mardi Gras

St. Louis claims to host the largest Mardi Gras party outside of New Orleans, and while we can't promise balmy February weather, you can be assured that there will be plenty of beads and beer. The festivities take place in Soulard, a historic French neighborhood south of downtown. The celebration spans over more than a month in both January and February, featuring all sorts of quirky events: a snowman softball tournament, a 5K where they hand out beer to runners, a pet parade and the Wiener Dog Derby (the longest-running dachshund race in America, in case you were wondering). The culminating event is the Grand Parade, with more than 100 floats winding through the streets of downtown and literally millions of beads flying into the crowds. After the parade there is a street party throughout Soulard featuring live music and general tomfoolery. Just don't forget to wear a coat!



**While not as warm as New Orleans, St. Louis' Mardi Gras provides entertainment for nearly all of January and February.**

— Noah Eby, M1

## Shakespeare in the Park

As a MSTP, I have committed to being in St. Louis for a very long time. One event I can confidently say I am looking forward to doing every single summer for the next eight years is Shakespeare in the Park. A classic St. Louis experience, all you have to do is grab a picnic (with some choice beverages) and enjoy lying out on the lawn as you watch some really excellent and free Shakespeare. Another event the group does in the fall, that I am sad I missed this year, is Shakespeare in the Streets. A creative team works with local neighborhoods in St. Louis to create an original play that puts a personal twist on one of Shakespeare's works, incorporating in the character and voice of the community. A free festival-like celebration is then put on with free performances of the play.

— Anna Trier, M1

## Fourth of July

There are many ways to celebrate Fourth of July in St. Louis, and most of them involve fireworks! The most popular event is Fair St. Louis, a free, three-day event in Forest Park featuring live music from people you've likely never heard of plus some big names (Flo Rida and Kool & the Gang in recent years); plenty of food and drinks; and nightly fireworks. Forest Park gets mobbed during Fair St. Louis, so be prepared for crowds if you plan on going. For a more low-key celebration, find a spot on high ground and watch the fireworks over Forest Park from afar. (The iconic Brookings Hall on the Danforth Campus is a great spot.) For a more family-friendly, less-intoxicated celebration, Webster Groves puts on a carnival (with a Ferris wheel!) and barbecue as well as a fireworks show. It's just a 15-minute drive from the medical school, and it's guaranteed to satisfy any craving you may have for a wholesome, old-school Fourth of July celebration.

— Noah Eby, M1

## Festival of Nations

The words "I could really go for some Eritrean food right now" had never gone through my head before attending the Festival of Nations, but I'm so glad they did. With over 40 different countries' cuisines represented at the food booths, you're sure to find a delicious new dish to try or satisfy a craving for some authentic food from any corner of the world. Held in Tower Grove Park, the festival also features music, dancing and art from local groups. There's also an impressive offering of crafts from vendors representing an



**Join the Festival of Nations at Tower Grove in August for multicultural food, music and art.**

equally diverse selection of countries around the world. The Festival of Nations is a great way to explore a new part of town and interact with the vibrant St. Louis community!

— Sarah Mayer, M1

## Loufest

Good news, everyone! You don't have to drive all the way to Chicago to enjoy a great music festival. Loufest is one of the thousand awesome things you can experience in Forest Park. There's a really diverse lineup; this year featured Ms. Lauryn Hill and LCD Soundsystem as headliners. Don't miss out on the food and drink either. A lot of local restaurants set up shop, so you can get great snacks in between sets. Wild Turkey even brought a whiskey tasting truck! The festival is also a steal at around 100 bucks for two full days of music.

— Anand Upadhyaya, M1

## Balloon Glow

The Forest Park Balloon Race is one of my favorite events of the year in St. Louis. Every September, several dozen hot-air balloons of all sorts of shapes, sizes and colors take off from Forest Park and race across the St. Louis skies, chasing after the bright pink Energizer Bunny balloon. You can see the balloons from all over town, and it is really a surreal experience to see them drifting across the sky chasing a giant inflatable rabbit. Even more fun than the race itself is the Balloon Glow, which takes place the night before the race. All of the hot air balloons are set up in a field in Forest Park and their flames are turned on so that the whole field "glows." People walk around and look at the different balloons up-close, and there is plenty of food and entertainment as well. The Balloon Glow draws huge crowds and is a classic St. Louis event that you do not want to miss!

— Noah Eby, M1

## Grove Fest

Grove Fest is an annual festival in October that takes place in The Grove neighborhood (about a 15-minute walk from campus). It starts in the afternoon and continues into the night, with a variety of options for food, drink, art and entertainment. You can choose how you want to enjoy it, from spending an afternoon shopping at local vendors' booths and sampling dishes from different restaurants, to heading over in the evening to have some local craft beer and cocktails and enjoy the concerts and live performances (including fire breathers!). Grove Fest is family- and dog-friendly in the afternoon but gets lively at night. It's a great way to experience many different aspects of the Grove at once, and I highly recommend doing so. There is always a new restaurant or shop opening, and you'll want to check them out. You may just find your new favorite spot!

— Curtis Austin, M1

## Arts

### Fabulous Fox Theater

The Fabulous Fox Theater is an ornate and unbelievably lavish performing arts center just a few miles away from WUSM that offers performances by comedians, famous artists, dance groups and various touring Broadway productions — all for very reasonable prices. In addition to several smaller productions, I have seen *Wicked* (multiple times), *The Lion King*, *Phantom of the Opera*, *Chicago* and *Rent*, all of which have compared incredibly favorably to shows I have seen in Chicago and New York. In addition, as a student, I have been able to get discounted rush tickets for various shows for around \$25. In 2017 the Fox will offer *Finding Neverland*, *Cabaret* and *Hamilton*, among others. I highly recommend the Fox for date nights or for any time you want to feel cultured. It is truly fabulous!

— Trisha Bhat, M1

### St. Louis Symphony

The St. Louis Symphony is not only a nationally renowned orchestra of the finest caliber, but it is also an extremely accessible and affordable option (\$10 student tickets, anyone?) to help you unwind after a long week of classes. Performing in beautiful Powell Hall, highlights from this year's season include Mozart's *Requiem*, Dvořák's *New World Symphony* and Tchaikovsky's *The Nutcracker*. The St. Louis Symphony is also well known for its performances of modern classical music, and it won the Best Orchestral Performance Grammy in 2015 for its recording of John Adams's *City Noir*. If the traditional classical repertoire is not quite your cup of tea, the symphony also puts on fantastic concerts where you can watch *Harry Potter* or *Lord of the Rings* with a live performance of the soundtrack! In late summer, make sure to pack a picnic and catch their annual FREE concert in Forest Park, followed by fireworks.

— Mike Fitzpatrick, M1

### Film

There are a number of options near campus for students interested in some overpriced popcorn and a break from Netflix! Two that stand out to me are Chase Park Plaza and Tivoli. Chase Park Plaza Cinema is just a few blocks from the medical school and shows most of the big-budget movies. It is an interesting venue: part hotel, part bar, part cinema. Another great feature includes their \$5 matinee price for movies before 5 p.m.! Tivoli Theatre is located in the Delmar Loop, which is an entertainment district about three miles from the medical school campus. Tivoli primarily shows independent films, offering an excellent counterpart to Chase Park for all movie-goers.

— Will Tompkins, M1



## Outdoors & Around St. Louis

### Hiking

Named the “Best Trails State” by the American Trails organization, Missouri has thousands of miles of trails for you to explore. Castlewood State Park and the Lewis and Clark Trail are favorite destinations for a morning retreat. Both are only a 30-minute drive from campus and boast gorgeous river views from the



**There are many great hiking spots around St. Louis within easy driving distance.**

tops of forested limestone bluffs. There are also plenty of options for longer day trips, like scrambling to and from the enormous granite boulders in Elephant Rocks State Park, or jumping into the natural swimming pools and water slides at Johnson’s Shut-Ins State Park. Finally, don’t forget to visit good old Forest Park directly across from the medical school campus. This expansive park is packed with everything from biking trails, fishing lakes and paddle boats, to a world-class art museum, history museum and zoo (all with free admission)!

— Leah Jensen, M1

### Lakes and Rivers

Situated at the intersection of the “Mighty” Mississippi and “Muddy” Missouri rivers and within easy driving distance of pristine lakes and winding rivers, St. Louis is an ideal city for those interested in canoeing, fishing, kayaking and float trips! As a local of St. Louis, I was raised to appreciate the natural beauty of Missouri and value the adventure afforded by the proximity of the Lake of the Ozarks and the Meramec and Gasconade rivers. In fact, whatever type of watery adventure floats your boat, St. Louis is well situated to provide it! Bennett Spring, Big Lake, Roaring River and Washington State Parks offer additional access to various lakes and rivers. Also, if you don’t know what a float trip is, you get to learn all about it via the first-year float trip which will occur along the twists and turns of the Meramec River! Local Missourians will quickly attest to the beauty of this great state, and it doesn’t take long for newcomers to learn why.

— Will Johnston, M2

### Fun at the Farms

What better way to spend a sunny autumn afternoon than at the farm? Grant’s and Eckert’s farms are a half-hour drive from campus and boast a wide array of fun activities. At Grant’s Farm you can watch elephant shows,



**Eckert's Farm offers wagon rides, apple and pumpkin picking, corn mazes and more.**

apples and pumpkins, stay for the evening concerts and corn mazes, and savor the deliciously sweet caramel corn and pumpkin pies.

meet the famous Budweiser Clydesdales, and hand-feed baby goats from a bottle, just to name a few activities. Once you are ready for a break, you can duck into the Brat Haus for a nice cold complimentary beer and a bite to eat. On another weekend, you can drive over the Mississippi River to Eckert's Family Farms. There you can meander through the orchard to pick the most perfect

— Leah Jensen, M1

## Six Flags and Hurricane Harbor

Nothing lifts my spirits like seeing the tops of shiny steel roller coasters peeking over the horizon. If you're like me, then you'll be thrilled to know that the Six Flags amusement park and Hurricane Harbor water park are just over a 30-minute drive from campus. With great deals on season passes, there's no reason to hold back. Test your limits on the Screamin' Eagle or the Tower of Power, find out who is the sharpest shooter on the 4-D Justice League shooter ride or beat the heat in Hurricane Harbor's wave pools and water slides.

— Leah Jensen, M1

## Music & Dancing

### The Pageant

While St. Louis is able to attract big names like Kid Rock, Beyoncé and Paul McCartney to Scottrade Center and Busch Stadium, there are other opportunities for concert-goers. One such opportunity is the Pageant, which is located in the Delmar Loop. The Pageant has performances nearly every night, ranging from GRiZ to The Head and the Heart. The venue itself is just big enough so that the ticket prices aren't out of this world, but just small enough to be intimate. The area outside of the venue is bustling with bars and restaurants, so it's an all-around enjoyable experience. More generally, there are a ton of students in our class that are passionate about going to concerts around the city, so much so that we have a pretty active Facebook group dedicated specifically to planning for various concerts around the city.

— Will Tompkins, M1

## Club Viva

While the bar nightlife around WUSM is endless, sometimes it is fun to go out and do something a little different. And who doesn't like to blow off steam dancing? Club Viva, located in the Central West End just 10 minutes from campus, is a great place to grab a drink, get out on the dance floor and have fun. The underground (literally) club focuses on Latin musical genres such as salsa and bachata, and offers FREE classes on Thursday nights to teach the basics of these dances. Club Viva boasts many themed events as well, including live bands, dance performances by professionals and Bollywood night, to name a few. It's a fun spot to relax with friends, and you can always hit up \$2 tacos at Mission Taco right across the street when you leave!

— Kate Douglas, M1

## Thaxton Speakeasy

Thaxton isn't some random bar trying to be kitschy and call itself a speakeasy — it seriously commits to the theme. Every week they hold "Prohibition Thursdays," which are not actually illegal, but it definitely feels a bit weird to enter a bar through a creepy back alley. Once you get to the door, a chill but very on-theme bouncer will casually elicit the secret password from your group to let you in. That's right, this speakeasy is password-protected. Sign up for their weekly text messages to get the word of the week, which lets you in for \$5 cover instead of \$10. Once you get in, you can appreciate the swanky 1920s ambiance and live music and even order a cocktail made from the Speakeasy's homemade moonshine. The cherry on top is the semi-regular swing dancing lessons, though you can find experienced regulars showing off on the dance floor any week.

— Sarah Mayer, M1

## Nightlife & Bars

### Wheelhouse

Sports bar by day and club by night, Wheelhouse is perfect for when you're looking for the quick and dirty St. Louis version of a Chicago club. There's no cover and drinks are cheap, but it's still high-end enough to boast a few VIP sections/booths and many, many 25-30-year-old men wearing sport coats. Don't plan to show up until after midnight, but at that point you can expect a lot of rap, a little old school and probably a bit of Blink 182 on a dance floor just crowded enough to obscure your terrible dance moves, but not enough to exacerbate your terrible sweating problem. Wheelhouse is also conveniently located just down the street from Ballpark Village, so it's a great place to end your night. If you just can't get enough, Wheelhouse also offers an amazing

bottomless mimosa brunch for TEN DOLLARS. Highly recommend that everyone move to St. Louis just to see that even poor medical students are, in fact, rich enough for alcoholic brunches every weekend.

— Trisha Bhat, M1

## Talayna's

Talayna's formal name is Mike Talayna's Juke Box Restaurant, but nobody calls it that. Don't try to ascribe any refinement or wholesomeness to the place — just refer to it as Talayna's. The building itself isn't that nice. The drinks are nothing special, and I would assume that the same is true for the food. But that's not why you go. Talayna's true beauty lies in its ambiance. It 100 percent used to be a strip club, and nowhere else can you can revel in neon purple lights under such an unnecessarily high concentration of disco balls. It's where you head when your night is going down in a final blaze of glory, when you feel the urge to dance to a \*fire emoji\* playlist and you don't care that 85 percent of the surfaces around you (including the ceiling) are covered in mirrors. You'll get your feet stepped on, you'll probably sweat more than you want to, and you'll bump up against a very random assortment of St. Louisans. Yet, without a doubt, you'll have a solid time and you won't regret a thing.

— Alex Yahanda, M1

## Library Annex

Oh, Library Annex (or more endearingly referred to as "Lannex"), how do I even begin to describe you? Lannex is a bar located near Saint Louis University's undergraduate campus that specializes in late (and I mean late) night fun. Did you spend too much time pre-gaming and it's suddenly 12:30 a.m.? Go to Lannex! Did you start out at a bar that ended up being a dud that night? Head to Lannex! Are you trying to really let loose and want to close out a bar at 3 a.m.? Well, you know the drill by now. Lannex has pong tables, strong drinks, a fog-filled dance floor and enormous fish bowl drinks that will ignite any boring or previously low-key night. Do yourself a favor and (I think you know what's coming), head to Lannex. One last thing, Lannex doesn't start to get busy until 12:30 a.m., so don't head there any earlier.

— Luke Fowler, M1

## iTap

iTap is a great place to grab a quick brew after a long day in class and a chill spot to hang out at on any given night. They have a large and very reasonably priced (~\$4) selection of beers, many of them from local breweries.

The bar also has some sort of event going on pretty much every day, ranging from trivia



Spend time at iTap sampling the best beer selection in the Central West End.

games to live music to sports watch parties. There is something for everyone at this fine establishment, and its location right in the CWE near the medical school makes it a prime hangout spot.

— William Tzeng, M1

## Urban Chestnut Brewery

Once you see the Urban Chestnut Brewery label in grocery stores, restaurants and bars everywhere in St. Louis, you'll probably realize that Urban Chestnut is kind of a big deal here. What's so great about it? Okay, honestly, I am not a beer connoisseur, and I haven't tried all of the beers yet, so I'll leave it to you to decide for yourself whether you like the beers. I personally like everything that I've tried so far (I usually go for stouts and ciders), and so have most of my classmates. However, what I, and the rest of the med school, love most about Urban Chestnut is that it's got these two giant beer halls where you can sit down and order their beers on tap. The halls are so big that you can go with the biggest group imaginable — say, your entire med class — and the place won't seem overly loud and crowded. In addition, the brewery holds fun community events throughout the year such as beer festivals and a winter market during the holidays. On the other hand, the place is also great for small groups on any random weeknight, where you can talk over great beer and a plateful of fries. Speaking of fries, they've also got great food (HELLO, POUTINE), which is important. I also hear you can casually order up a half-roisserie if you so desire.

— Felicia Zhang, M1

## Schlafly and Other Local Breweries

St. Louis has an incredible craft beer scene, and tons of breweries have been opening all over the city and county during the past few years. Schlafly is probably the most popular, and has two locations relatively close to campus: Schlafly Bottleworks in Maplewood (about a 10-minute drive from campus) and the Schlafly Tap Room in downtown St. Louis. Both locations always have new limited-edition beers on tap along with classic Schlafly brews such as the fantastic IPA, Hefeweizen and (my personal favorite) Coffee Stout. A good way to discover lesser-known craft breweries is to keep an eye on reviews in *The Riverfront Times* (a weekly St. Louis newspaper). You can also attend Beer School at Cicero's (a bar/restaurant on Delmar Blvd. near the Danforth Campus) on Wednesday nights for a free hour-long lecture and tasting that's sponsored by a different brewery every week.



**Schlafly is only one of the many great breweries around St. Louis that offers free tours.**

— Christine Horan, M2



## Coffee Shops

### Rise Coffee

Rise Coffee House is located in the heart of The Grove, a neighborhood in St. Louis. It has amazing employees that promote awareness of issues around the St. Louis community, and it has amazing coffees, desserts and light meals! The décor is very chill and eclectic. The atmosphere is friendly, and it doesn't get too loud. It has a huge amount of seating (plus outdoor seating in warm weather), both cozy and open, so it's perfect for meeting a friend or for studying if you get tired of the library, carrels or home.

— Catherine Xu, M1

### Coffee Cartel

Coffee Cartel is great for at least three reasons. First, it has a sick name. Second, awesome color scheme. Third, it's open 24/7. Also, it's located right in the middle of Central West End, so you'll probably live right next to it. Combine that with a huuuuuge menu of, objectively, the most creative and literally the sweetest lattes you'll ever see, and you've got a winner. Plus, Coffee Cartel also offers 20 kinds of ice cream, makes breakfast food on a little griddle (amongst other things), AND serves alcohol. I recommend the Monkey Mocha and the Grasshopper; both are awesome names for a latte and are fun to say. Also, the Monkey Mocha tastes good.

— Griffin Plattner, M1

### Comet Coffee

Comet Coffee is hidden in a little strip mall just south of Forest Park, but it is a gem. It's a small coffee shop with very few tables, but it is bright and cheery. Comet uses fair-trade coffee, brewed to order every time (and you



If cute, wood-carving decor and latte art is your coffee heaven, let Comet Coffee craftily brew your next cup of Joe.

can pick from a bunch of different locations and roasts) and also has a great tea and espresso drink selection. Its boasting point, though, is the baked goods. The shop makes its own croissants, quiches, scones, muffins and more, fresh every day. Everything I have tried has been amazing! Even though it is a little off the beaten path, I highly recommend this shop.

— Kate Douglas, M1

## Breakfast and Brunch

### Rooster

Rooster is an excellent spot for a low-key weekend brunch. The menu is mostly crepes, with large portions at a reasonable price. There are many



**Enjoy American dining at this popular breakfast-style restaurant in Tower Grove.**

vegetarian choices and the option of a gluten-free, vegan crepe shell. The Tower Grove location is closest to school and features abundant seating both indoor and outdoor. It has a funky, somewhat rustic atmosphere, with several long communal tables. I highly recommend taking your family there, and it is also great for dates or just brunch with friends. There is no bottomless drink option (besides coffee), but there are several great cocktails and beers if you choose to make your brunch boozy. If you plan on going during busy times, download the NoWait app to get a spot in line before you get to the restaurant, but it tends to move pretty quickly. A huge bonus is the coffee set out in the waiting area, so you can start caffeinating before you even get to your table.

— Curtis Austin, M1

### Southwest Diner

There are a number of amazing brunch places in St. Louis, but often what I find with brunch is that it can get a bit overly fancy and pricy. I love going to Southwest Diner because of its relaxed and quirky charm, affordability (\$7-\$10 for a meal), and unique twist on brunch food. I always take people who visit me here. Just a seven-minute drive from campus, this popular spot quickly gets packed on the weekends. However, the line never seems to take too long, perhaps because there is an air-conditioned/heated school bus parked in the back where you can grab free coffee while you wait. My favorite dish by far is the Rocket to Baconland with a side of sopapillas. The pancakes here are hearty and stick to your ribs, and may fill you before you get to your main dish. Also, they aren't afraid to make their salsa spicy.

— Anna Trier, M1

### Osage Cafe

Osage Café at Bowood Farms is a wonderful breakfast and lunch spot located at the site of an urban garden and plant shop. They serve delicious, organic food from a menu that changes seasonally, in addition to having



great coffee and cocktails. The atmosphere is really relaxed, and you can browse in the shop while waiting for a table. If the weather is nice, sitting outside in the garden area is a must. Osage is a little out of the way for most medical students since it is located in more of a residential area rather than the main retail areas in the CWE, the Loop or downtown, but it is absolutely worth a visit!

— Devon Camp, M1

## Italian Food

### Gian-Tony's

As a resident of the Hill (the largely Italian neighborhood south of campus), I have tried a lot of Italian food in St. Louis, and Gian-Tony's stands out for a few reasons. First, the food is phenomenal. Try anything on the menu marked with a mustache — these are the chef's specials (Tony, the owner and chef, has a big mustache) — and they are phenomenal. Many even have some local flair, incorporating the popular only-in-St. Louis "provel cheese." Second, the environment is just fun. Tony is always around, and he is super cool. Italian patrons will likely surround you, and the walls are covered with old school Italian-American memorabilia (and a few tributes to Al Capone?), as well as pictures of Tony in his younger days. For the quality and quantity of food, the prices are pretty reasonable. I have been here many times already and would be down to meet anyone there for dinner!

— Andrew Simmerman, M1

### Pastaria

Pastaria has seen a lot of key moments in my undergraduate and medical school career, including birthdays, reunions, post-exam celebrations, graduation, White Coat ceremony and basically anytime I want to fill my pie hole with some top-notch Italian food. The interior is modern but rustic, utilizing high ceilings and one main space to give the feel of communal dining while bringing in warmth from the open kitchen. The restaurant definitely draws a crowd, so download the NoWait app to get in line before arriving. The winning formula for a perfect dinner at Pastaria starts with golden-brown crispy risotto balls dipped in herb aioli and marinara. Any one of the salads, like the endive and arugula salad with pistachios, cherries and goat cheese, is a great option to diversify your carb-filled meal. The best way to enjoy the pastas and pizzas is to share among your party. My favorites are the garganelli with braised beef, pappardelle with smoked pork, mascarpone and apples, and the Holmes pizza with prosciutto and mushroom. The pizzas are baked in wood-burning brick ovens, and the pasta is freshly made and cooked to a perfect al dente. Of course, ask for

multiple rounds of their freshly baked bread, and finish off with a scoop of the amazing house-made gelato. You can even take home a cute T-shirt to remind you of happy times at this fine establishment.

— Jane Wang, M1

## Something Exotic

### Everest

Nepalese-Korean lunch buffet. You heard me. Every single word in that sentence makes my mouth water. Once you step into this quaint cafe in The Grove and smell the sweet scents of the feast that awaits, yours will too. The cafe is only about a five-minute drive away from campus, and for just a measly \$12 dollars you can stuff your face with all the chicken tandoori and bulgogi that you can stomach. The chefs also have a heart-healthy focus in their cooking, so the buffet contains no processed food, butter or creams. Parking is on the street, but I have yet to encounter an occasion where I needed to park very far. The cafe also does delivery, so if you're stuck at school during exams and the pizza is starting to do your intestines dirty, a great meal is just a phone call away.

— Will Tzeng, M1

## Mexican Food

### El Burro Loco

El Burro Loco is Spanish for “The Crazy Donkey.” I Googled it. I love Mexican food, so El Burro Loco is already my favorite restaurant. But, objectively speaking, it is also the best place in the Central West End to go for any of three reasons. First, if you love Mexican food. Second, if you have exactly \$13 and either want to be the fullest you’ve ever been in your life at one sitting, or eat Mexican food for three straight meals. Third, if you like margaritas. This place not only has the best Mexican food in town, it has every flavor of margarita you can think of (I go for guava, sugar rim, don’t judge me), and you can get it in a cup so big it’s literally the size of a Nalgene bottle, a.k.a. 32 ounces. Plus, there’s the beauty of St. Louis — i.e. no open container law — so you could literally pour what is left of your marg into a Nalgene and walk away if you wanted to. On the weekends, a couple of little old guys walk around serenading you with mariachi music!



**A fajitas and margarita combo at El Burro Loco is always a good idea.**

— Griffin Plattner, M1

## Mission Taco

Mission Taco — located in multiple locations around St. Louis, the closest being in the Central West End — serves good Mexican food at reasonable prices. As the restaurant’s name suggests, the tacos are the tastiest items on the menu. Subjectively, I would say that the BBQ Duck taco and the Carne Asada taco are the two best, though there are delicious vegetarian options as well. As with many restaurants in the CWE, there is outdoor seating that is perfect for when the weather is warm. Mission Taco’s one downside is that it doesn’t offer free chips and salsa. However, it makes up for this with a magical offering that no other nearby restaurant can match: \$2 tacos and \$2 tequila after 10 p.m. It did not take long for much of our class to become intimately familiar with these deals. The restaurant can get crowded around this time on the weekends, so you may have to wait, but it is worth it. Regardless of your stance on alcohol consumption, late-night \$2 tacos are almost always immensely satisfying.

— Alex Yahanda, M1

## Asian Food

### Pho Grand

The first thing you need to know is that there’s a place called Little Saigon in the Central West End. So you might say “Buuut Griffin, I don’t want to drive to Tower Grove to get pho when there’s a place within walking distance ...” Well, the second thing you should know is that choosing to eat at some other Vietnamese restaurant rather than pho Grand is like voluntarily choosing to eat a bowl of garbage. Pho Grand is so good I got cold sweats. Which worked out well, because it turns out pho is served really hot. Hot enough to cook the meat (at least that’s what my friend Will told me). So pony up the 12 bucks, go to Pho Grand, and order the Pho Dac Biet. But be careful how you try to pronounce that, especially if you are on a date.

— Griffin Plattner, M1

### Lona’s Lil Eats

Lona’s Lil Eats is a homey little restaurant in the Fox Park neighborhood, nestled on the corner of a residential street. The food here is full of character. Huge rice paper wraps filled with beef and a super savory, smoky vinaigrette, soul-warming soups with lemony chicken and refreshing saw-toothed coriander and spicy eggplant are all highlights from the menu. What makes this place really special is its rare attention to detail. Everything I’ve eaten at Lona’s is seasoned well, balanced in flavors and cooked with care. Go here during exam weeks or the frigid winter months to thaw your cold, jaded heart with simple, delicious homemade dishes.

— Noah Wasserman, M1

## Corner 17

If you're looking for boba in CWE, you're out of luck. The best (nearby) boba place I've tried is Corner 17, located in Delmar Loop. I'm a huge fan of the red bean milk slush, which tastes pretty close to what I've had in Taiwan! But just as importantly, Corner 17 has authentic Cantonese style Chinese food that will fill all your beef chow fun and braised pork belly needs. The price range is \$8-\$11 a dish, and dishes are meant to be shared family-style, of course. They also have beef noodle soup with hand shaved daoxiao noodles. If you come during the day, you can actually see the chef cutting up the noodles through the kitchen's glass windows. While Corner 17 is a bit of a trek by MetroLink lightrail, it's definitely worth checking out if you're craving something more substantial than Panda Express Chinese food.

— Jessica Kuo, M1

## Tai Ke

Tai Ke literally translates to "Taiwanese guests," and is the place to visit if you're craving traditional Taiwanese cuisine. The menu has all the necessities including Three Cups Chicken, pork belly buns, beef noodle soup, stinky tofu and Taiwanese sausage. All the food tastes authentically similar to the street cuisine found in Taiwan. The prices are \$\$, and a bit more expensive than usual Chinese food, but the quality is there. When my family visited from Los Angeles, we made sure to stop by Tai Ke, and even my parents were impressed by the flavors. The atmosphere is complete with a six-foot tall depiction of Taipei 101 on the back wall, and numerous small wood seating crammed into a small area. Located 15 minutes away in University City, Tai Ke is farther than other Chinese restaurants, but when you feel that Three Cups Chicken and green onion pancake calling your name, you know where to go.



**Pork (on steamed flour) buns are a Taiwanese favorite.**

— Jessica Kuo, M1

## American Food

### Salt + Smoke

Salt + Smoke is an amazing barbecue restaurant, which is a big compliment coming from a North Carolinian. They have a choice of four different homemade barbecue sauces: vinegar-based, sweet, smoky and spicy chili pepper. To get the full experience, begin your meal with delicious hushpuppies topped with maple butter and order a side of creamy white cheddar cracker mac 'n' cheese. I've dined there at least eight times with my family, my roommate's

family, my boyfriend and various friends. Each time, everyone rolled home happy, albeit not so healthy. Entrées are priced between \$10-\$14 and include one or two sides depending on whether you choose a sandwich or a plate. Salt + Smoke is located in The Loop, which is a neighborhood near the Danforth Campus. It is a 10-minute drive or a short walk from the MetroLink station.

— **Rebecca Brenner, M1**

## 5 Star Burgers

Sometimes you are on your own on a Thursday night and want a burger without spending 30 bucks on an eight-pack of buns and condiments that will sit in in your refrigerator for the next eight weeks. You could run to Five Guys, but you want something a little less greasy and more upmarket. That's where 5 Star Burgers comes in. They serve damn good burgers, and the vibe is casual enough that you feel comfortable at a table for one, but fancy enough that they only serve local craft beers. Try the Gateway Burger and you won't be disappointed (unless you have a weird aversion to bacon and barbecue sauce). The menu also features some interesting non-beef and vegetarian options to appease all palates.

— **Alexa Pohl, M1**

## Shaved Duck

Located 10-15 minutes by car from the Central West End in the Tower Grove neighborhood, the Shaved Duck is one of the higher-profile barbecue restaurants in St. Louis because it was visited by Guy Fieri — the patron saint of out-of-bounds and off-the-chain cuisine, and a personal idol of mine — for an episode of *Diners, Drive-Ins And Dives*. If that makes you skeptical, let me say that the restaurant definitely validates its notoriety with excellent food. Its menu is full of classic barbecue meats and side dishes but also offers slightly more upscale smokehouse fare like duck confit or duck and smoked jalapeno chili. The Shaved Duck has been featured in a book on the 100 best barbecue restaurants in America and claims to make the best burnt ends you'll ever eat. Its beer selection, which includes a nice cross-section of St. Louis craft breweries, is impressive. Moreover, there is often live music playing inside, providing a nice ambience.

— **Alex Yahanda, M1**

## Pappy's Smokehouse

The St. Louis food scene is known for famous barbecue, and Pappy's Smokehouse lives up to its reputation. It's a great family restaurant with a picnic and barbecue style atmosphere curated with long tables and benches that can easily seat six to eight people. The prices are moderate but the portions are huge and meant to be shared. Everything is cooked fresh daily. The beef brisket is almost always sold out by the end of the day so make sure



The meat and two sides combo at Pappy's.

to go well before closing time, and the ribs also tend to run low. Basically everything I've tried on the menu is delicious and hearty, including ribs, pulled pork, beef brisket, burnt ends, sweet potato fries, potato salad and green beans. The two meat and two side combo is enough to feed three people, or two really hungry people, so bring your friends!

— Jessica Kuo, M1

## St. Louis Delicacies

Are you hungry? Will you likely be hungry in the near future? Then read this super abbreviated guide to eating in St. Louis\* which explains why Wash U is currently ranked #2 in U.S. News' "Med School Food Index"!\*\* Within a mere mile of campus, you have an inexhaustible resource of restaurants between the Central West End and the Grove neighborhoods (at least 20 solid-to-great restaurants). The pinnacle of the CWE experience is Scottish Arms, a Scottish pub with an unreal brunch for those who like to get "bougie" and boozie on occasion. And while the immediate neighborhood is indeed a delicious neighborhood, Washington University is situated wonderfully to experience the entire St. Louis scene. Just north of downtown is Crown Candy Kitchen, the old-timey soda fountain with the best malt ever malted. Keep on south to Soulard and you'll happen upon Bogart's Smokehouse, which is in a contentious four-way tie for most celebrated barbecue in the city. (The city itself is in a four-way tie for best barbecue in the U.S.) Head west from there and you'll pass Lulu's Local Eats and Treehouse, both of which have mastered the art of killing taste buds without killing animals. While in the south part of the city, be sure to get down with one of Lona's giant, spicy, spring roll burritos. Grab a Guinness and fried gizzards at Pat Connolly's Irish pub (probably opened before World War II?) just across from Forest Park in historic Dogtown. Keep on keeping west all the way to Robotá's for ramen that literally made me cry. Shout-out to America's best salami (Forbes magazine gives awards for salami) at Salume Beddu cured meat factory. FYI, the free food scene on campus is unparalleled. "Never-have-to-spend-money-on-food-again sort of unparalleled." Bon Appétit!

\*Story does not report on the robust ice cream/desert scene in St. Louis

\*\*Index weighs Yelp reviews of nearby restaurants, academic ranking of program, and proximity to Cahokia Mounds.

— Brad Buse, M1

## Crown Candy Kitchen

I'll be honest. The reason I went to Crown Candy Kitchen was because I heard they had a BLT with a full POUND of BACON on it. Let me tell you, it was everything you could ever dream about and more. The only thing that could make it better would be getting two or three BLTs, stacking them, and using extra bacon wrapped around the sides to hold them together. But, once I got there, I found out this place has been a tradition in St. Louis for more than 100 years! You can tell it is 100 years old because the inside looks like an extremely upscale, miniaturized Steak 'n' Shake. Which reminds me of the whole point of this article, other than the bacon ... the shakes! That's what they are famous for. They have, hands down, the best milkshakes I've ever had. Which works out really well, because they also serve tamales, and nothing prevents heartburn after a couple tamales and a pound of bacon like a Chocolate Banana Milkshake. You'll learn that in class.

— Griffin Plattner, M1

## Pharaoh's Donuts

I like when a donut looks big but then you bite into it and it's really pillow-esque and squishy. I love when donut places aren't stingy with the sugar glaze, even on donuts that aren't normally glazed at all (like cake donuts or cinnamon rolls). And I LOVE when those donuts cost almost nothing! Pharaoh's is not the place to go get an exotic donut with cumin or onions or something. And it is not the place for a healthy breakfast. But if you want standard classic flavors done as well as you could possibly imagine, at a price even medical students don't have to think twice about, give Pharaoh's a try.

— Andrew Simmerman, M1

## The London Tea Room

The London Tea Room is tucked away in the Tower Grove South neighborhood of St. Louis, a short drive from the medical campus. This quaint corner café offers over 100 loose leaf tea varieties and an assortment of freshly baked English pastries. Stroll through the shop and admire all of the tea-themed merchandise or get cozy with a pot of uniquely blended and expertly brewed tea. If you order tea at the front counter, a few minutes later a server sporting a "Tea Shirt" will bring an individual tea pot to your table with all of the class English tea accoutrements. A small cohort of medical students have made this their go-to spot for studying and enjoy the quiet ambience of this elegant little shop.



**The London Tea Room is the perfect afternoon spot to enjoy your favorite loose leaf tea and tackle your ever increasing study load.**

— Caitlin Dingwall, M1

# On Campus

## Food Trucks

Just steps outside of the Farrell Learning and Teaching Center, you will find the always surprising, consistently tantalizing food trucks! With options from tacos to Korean barbecue, burgers to Indian food, there is something for everyone. The trucks rotate throughout the week, so you're always in for a surprise. When the weather is nice you can sit at the outdoor tables and enjoy your food accompanied by the wafting aromas of the nearby trucks. My favorite truck is K-Bop, which serves delicious bowls of Korean barbecue with your choice of sauces and meat (or tofu). The food trucks are an excellent (and quick) way to switch things up for lunch, and they are a great excuse to not eat leftover pizza for lunch. Try them out!

— Kate Gerull, M1

## Free Food

Ever since I was a child walking back and forth through the food court to get extra General Tso's chicken samples, scavenging for free food has been a way of life. Something about food being free just makes it taste better. It's a fact. Whenever someone tells you the secret ingredient was love, it's a lie. The only reason their cookies taste good is because they gave them to you for free. And also because all cookies taste good, except oatmeal raisin. So, for me, walking around the campus here is like a magical experience. There are lunch talks, applicant pizza parties and breakfasts every single day of the week! Just yesterday, I got out of Anatomy lab and I realized I forgot to bring lunch. Then I stumbled upon a lunch talk that had free Chick-fil-A! Right after that, I walked into another room that had leftover Chipotle burritos from their meeting. I ripped off the part of the label that said chicken and checked off the veggie box so no one would try to steal it ... then I saved it for dinner! Plus, probably at least once a week there is some sort of evening banquet, presentation, or ceremony with a happy hour right here in the Farrell Learning and Teaching Center atrium. We are talkin' mini crab cakes, cheese trays, the whole shebang ... They even serve beer and wine! That's what I call a study break.



**Free food is everywhere in med school. The carrels are often overflowing with pizza.**

— Griffin Plattner, M1



## Kaldi's

Free coffee from Room 100 is nice and convenient, but at some point you likely will want something more substantive between classes or for that mid-afternoon pick-me-up. In those instances, head to Kaldi's Coffee, located on the first floor of the FLTC. Open from 6:30 a.m.-5 p.m., Monday-Friday, Kaldi's has a solid variety of coffee drinks, tea and pastries. In addition, you can get salads, sandwiches, breakfast burritos, oatmeal and soups. As a bonus, the staff is very friendly and their soundtrack choices are generally on-point. If, like me, you have turned Kaldi's into an integral part of your weekly routine, don't forget to start a punch card that pays off in a free coffee or latte. The nearby tables and sitting area also are popular spots to do work or relax with friends if you like hanging out in that coffee-shop atmosphere.

— Alex Yahanda, M1

## Dessert

### Ted Drewes

My wife and I are ice cream enthusiasts, and we have tried most of the places in St. Louis. There are plenty! Ted Drewes isn't necessarily the best of them all, but it's the one we visit the most. It has been there for 80 years, it is always busy, and they have approximately infinite topping combinations to keep you coming back! In my opinion, their best items are the frozen custard (sundaes, ice cream sandwiches, etc.), and the "concretes" (which allow you to mix toppings into your custard) are hugely popular. My personal favorite topping is a crunchy Scotch oatmeal cookie made by a St. Louis company called "Dad's" (they call the topping "tedad"). Whatever you get, Ted Drewes is a St. Louis must-visit.

— Andrew Simmerman, M1

### Jeni's Ice Cream

As someone who was familiar with the Ohio-based ice cream shop, I was thrilled to discover that not only was there a Jeni's in St. Louis, but that it was within walking distance from the medical school! Jeni's has some of the richest ice cream in St. Louis, and features a huge list of interesting flavors, homemade waffle cones and ice cream sandwiches. It can be difficult to decide, so feel free to taste as much as you want! My personal recommendation would be a trio of Queen City Cayenne, Churro and



Jeni's gourmet ice cream selections are seasonal and include Black Currant, Wildberry Lavender and Mango Lassi.

Goat Cheese Cherry. If you're not into dairy, Jeni's has equally flavorful sorbet like Blackcurrant Lambic. With new flavors constantly being introduced, it is hard to get bored with the selection at Jeni's. The shop itself is pretty spacious and doesn't close until 10 p.m. (11 p.m. on Fridays and Saturdays), which makes it a great place to stop after dinner on North Euclid, or just for a late night study break.

— Luke Diorio-Toth, M1

## Bailey's Chocolate Bar

If you're a chocolate lover and/or are looking for a spot for a romantic date, Bailey's Chocolate Bar is perfect. Bailey's has an amazing dessert menu as well as an extensive list of dessert cocktails. If you are looking for an actual meal, Bailey's also has small savory plates. I have gotten the signature chocolate martini which was the best chocolate cocktail I have ever had. It is also a great place to split a dessert (or get your own!), and I highly recommend the Blondie. The environment is dimly lit and with red and black décor, but there are also groups of friends there, so it is not an exclusively date spot. The staff were nice and the environment was very warm and cozy. I found it to be a great place to go if you are looking to go out at night but looking for a calmer environment than a loud bar. And it's perfect for anyone with a sweet tooth!

— Lauren Behlke, M1

## Hot Box Cookies

Just because we're on the road to becoming doctors doesn't mean we should throw away everything sweet. And, if you're like me, then you likely have a sweet tooth. Cookies have always been the classic dessert of choice to satisfy those cravings. Thankfully, Hot Box Cookies is a legal way to fill your room with the scent of sweetness and to fill your stomach. Hot Box Cookies is situated about two blocks away from the medical school campus allowing for easy commutes between your two passions. Also thanks to often being open 'til 2 a.m., it is there anytime you need it. This cookie shop specializes in warm, thick cookies that really sweeten up your day. It has about 12-15 different flavors, and I've yet to find one that I don't like. Up for sale are cookies such as M&M, Snickerdoodles, Peanut Butter and more. Personally, I recommend the Red Velvet, but you can never go wrong with a warm classic chocolate chip. Now of course with all these sweets, Hot Box also sells cold milk to wash down the beloved snacks. The only thing that can make this deal sweeter is the fact that if you happen to be far from campus, Hot Box also delivers. At around \$1 a cookie, I think these cookies are definitely worth each bite. Celebrate your Wash U acceptance and satisfy your dessert needs with a hot box of a dozen fresh cookies.

— Tarik Phillips, M1



## Medical Student Advocacy Organizations

There is a very good chance that the way our patients access health care is going to drastically change in the next few years. Here at WUSM, there are many opportunities to advocate for issues that affect our patients and the medical community. Organizations such as the LGBTQ Health Interest Group, Students for a National Health Program, the Public Health Interest Group



**WUSM students show their support during LGBTQ Health Awareness Week.**

and Medical Students for Choice play a vital role in advocacy at WUSM and will always appreciate your passion, energy and new ideas. Additionally, the AMA chapter at WUSM does a great job of teaching students how to navigate health policy and government, from organizing lobbying trips to the State Capitol in Jefferson City to meeting with other medical students across the nation in Washington, D.C., on Advocacy Day. No matter what health care issues are important to you, WUSM will support you in making your voice heard.

— Austin Osula, M1

## Advocacy Organizations Outside Medical School

St. Louis has a number of established and growing networks that strive toward economic, social, racial and reproductive justice. Missourians Organizing for Reform and Empowerment, Missouri Jobs with Justice, Solidarity Economy, Socialist Alternative, Gateway Greening, International Institute and Planned Parenthood of the St. Louis Region, just to name a few, are organizations that offer opportunities for new volunteers and members to get involved. Depending on one's skills and resources, activism can occur in many different ways. No matter how you choose to take action — attending a rally, monthly volunteering, donating money, phone banking, writing letters, etc. — your contribution is valid. As you explore and participate in advocacy efforts off-campus, don't forget that you can always reach out to WUSM's community of fellow student activists for support.

— Eunhye Oak, M1

## Joining the St. Louis Community

St. Louis activism is currently thriving, and there are many ways to get involved. It is really about getting out of the Central West End and delving more into the city, and you will have plenty of time to explore! I currently am involved with Metro Trans Umbrella Group (MTUG), which is a support and activism group for trans and gender non-conforming people. I also interact with Socialist Alternative, which works on progressive policies to help working-class Americans. There also are city initiatives to reduce gun violence, Black Lives Matter chapters and initiatives to combine the city and the surrounding county. One of the big issues you will recognize in St. Louis is the divide between the city and the county and how it creates some unique problems. One proposed solution has been to combine the city and county, and there are activists working on this now. No matter what your particular cause, there is definitely a way to fight for that cause as a student at WUSM.

— Owen Hamilton, M1

## Washington University Medical Plunge (WUMP)

Let's start off by getting you acquainted with your schedule leading up to your well-deserved White Coat Ceremony! As an incoming student, you will have two full weeks of mandatory orientation in early August. The first week is packed with structured orientations and leadership activities (and plenty of



**WUMP is your first med school class and serves as your introduction to St. Louis and your new community.**

food) to help establish a sense of community within your class. The second week is the beginning of your first medical school course, Washington University Medical Plunge (WUMP), and what I consider our official introduction to the St. Louis community. This unique portion of the curriculum provides a focused introduction to community involvement, social determinants of health, and the history of St. Louis. It is an exciting opportunity to interface with community leaders, faculty and your peers on a breadth of topics ranging from youth violence to women's health. In summary, WUSM really does care about your life outside of class! These two weeks played an invaluable role in my feeling part of and informed about the WUSM and St. Louis community. It has provided me with a support system and critical framework within which to consider my role as a future physician, and I hope it will do the same for you!

— Natasha Kafai, M1

## Self-Care

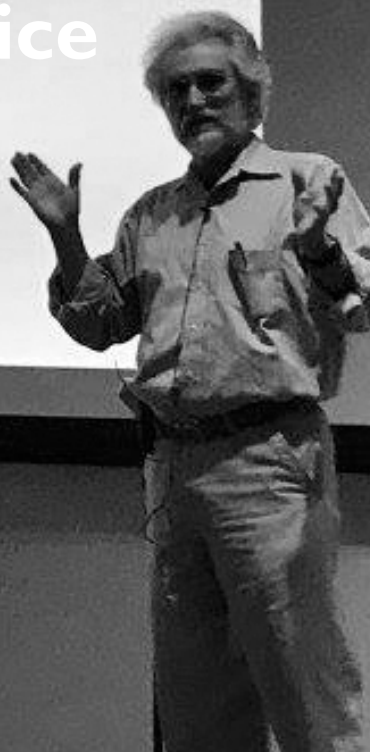
Advocacy is important to us. We come from diverse communities and have served — and want to continue to serve — those communities. We strive, with our privilege and medical education, to be involved with social justice platforms. Moreover, as medical students in training, we seek to be our patients' advocates in health. However, it's important to recognize the value of self-care as advocates. Activism can be emotionally, physically and mentally exhausting. If we don't recognize when we need to re-energize, we can easily become fatigued — which is why it is neither selfish nor apathetic to hit pause and take time out for yourself. I find self-care to be particularly relevant after the 2016 election cycle. Whether we identified with a minority group or not, we all felt the divisiveness of polarizing politics. Some communities may feel less sure of their safety and civil rights. Now more than ever, our advocacy — in whatever capacity — is valuable, and with it comes the responsibility to take care of ourselves first. Whether it's turning off Facebook for a while or relying on friends for support, we owe it to ourselves to prioritize self-care. Our passion towards our patients and our communities is valuable. Self-care plays an essential role in sustaining our advocacy towards whatever we find meaningful.

— Hera Maryam, M1

How does CSF get from point A to B?



advice



ADVICE

## From Amy L. Bauernfeind, PhD, and Kari L. Allen, PhD Course Masters for Anatomy

“Have fun. This is not incompatible with learning!”

— *The Conroys, WUSM Anatomy faculty from 1983 to 2016*

Dear Students,

Welcome to WUSM Anatomy! We love teaching this course, and we hope you will love it as much as we do. Our body donors have given you an incredible gift from which to learn the geography of the human body and the variation therein. Take this gift seriously and honor their wishes, but enjoy the experience. Human anatomical dissection is a rare and privileged experience, and you will learn more from the process than from any textbook. As stated by our predecessors, the Conroys: “What lies beneath the skin reveals human commonality and individuality as written in the pattern of blood vessels, nerves and muscles.”

The Anatomy lab is a vibrant place where you will spend much of your time engaging with faculty and peers as you work through the structures assigned for that week. You will dissect as a team with three or four of your coursemates, exploring the material through tactile discovery. Small group activities, such as radiology lectures, questions of the week and demonstrations of pre-dissected material will complement your dissection work and provide a deeper review of challenging concepts. Radiology plays heavily into the course, as this is the mode by which many of you will interact with anatomy throughout your careers. Although there is a huge amount of material in the anatomical sciences, try not to let this overwhelm you. We are training you to be doctors, not anatomists. You will not retain every detail of the subject, but you will become familiar with the language and concepts of anatomy with more immediacy than you may have thought possible. Work closely with your team and take advantage of the presence of the faculty and teaching assistants.

The Anatomy course provides a great opportunity for practicing professionalism — time management, group work and empathy for your patients (donors). Participation in lab is required, and punctual and consistent lecture attendance is strongly encouraged. With such a large volume of



**Amy L. Bauernfeind, PhD**



**Kari L. Allen, PhD**



information to learn, preparation is key! The lectures prepare you for what you will discover in lab that week, and the dissector acts as your guide for lab — so, be sure to read ahead. In addition, the course includes many guest lectures from WUSM and BJC HealthCare physicians who bring an exciting and tangible clinical perspective to the anatomy you are discovering in lab. Please honor their time by attending. The lab is a fun, collaborative and non-competitive environment, but this does not make it easy. Work hard, early and often, and we know you will succeed and enjoy the experience!

## From Robert W. Mercer, PhD

### Course Master for Physiology

Welcome to Washington University School of Medicine. During your years here you will be expected to master a tremendous wealth of knowledge, all with the hope that you will become a competent and compassionate physician scientist. In the next few weeks you will be getting acquainted with your fellow classmates, the infrastructure of the medical complex, the medical school course load and life in St. Louis. If at any time you need help navigating this transition, I invite you to seek out the faculty for assistance. The reputation of WUSM as having a collegial, inclusive environment is hard earned and well deserved. You will find that the faculty is always accessible to the students. This open attitude allows students the opportunity to interact directly with experts in the fields of science and medicine. No other medical school can surpass this feature of Washington University. While you are here, I also urge you to take advantage of the many medical school activities and organizations. Participate in the student-run activities, the summer research program, and the wonderful summer Departmental Softball League. Above all, please make an attempt to attend your classes! Only by attending classes are you able to directly ask questions and clarify points that you and your classmates may have missed. The first two years of your medical school training have pass/fail grading. Therefore, learn for the sake of learning, not for a nonexistent letter grade. Help and learn from your classmates. Your fellow students will become your best and closest friends. Enjoy your first year, because believe it or not, it will go by very quickly. Above all, work hard, play hard, and don't sweat the small stuff.



**Robert W. Mercer, PhD**

## From Timothy T. Yau, MD

### Assistant Professor, Division of Nephrology Course Director for Practice of Medicine



**Timothy T. Yau, MD**

The advice I will give here is the same as what I will tell all incoming first-year medical students on day one orientation in my course. In other first-year courses, you will learn anatomy, biochemistry, physiology and so much more. In the year-long "Practice of Medicine" course, you will learn how to be a great physician. The qualities that make an excellent doctor encompass so much more than just high test scores, which all of you already are capable of! Great physicians not only will have the clinical skills and knowledge to care for their patients, but also will possess an awareness of the realities of health care, and understand the importance of balance between their work and personal lives. The amount of information you will learn in the next four years is both staggering and intimidating. But the learning will not end there, and you are not empty pitchers to be filled with knowledge until you are full. You will never stop learning, and you will have opportunities over the next four years to do things that you may never again do in your lifetime. I am a kidney specialist, but I still delivered plenty of babies as a third-year medical student! Learn for the sake of learning (rather than just to pass the test) and you will find the pursuit of knowledge more worthwhile, meaningful and longer lasting. Set goals for yourself to enhance your understanding of a concept or to improve a skill. Your individual path to fulfill your potential to be a great doctor will be decided by you. Faculty, like myself, are your guides. Lastly, enjoy your medical school experience. Some of the strongest bonds are forged here, and you will need support from family, old friends and the new friends you will make. Get outside, enjoy some good food, and have a drink to relax. Take time to enjoy things that make you happy, whatever they are! This advice sounds generic, but I live by my own words: I have two video game consoles and three instruments in my office to take the occasional break. You're always welcome to stop by for a game or to play a tune!

## From Linda J. Pike, PhD

### Course Master for Molecular Foundations of Medicine

The first two years of medical school are pass-fail. That is good because it reduces your stress level. But as is always said, “Your patient doesn’t want a pass-fail doctor.” So learn all you can. Start your medical school education by taking the position that everything you are being taught in school has the potential to be important in helping a patient someday. Don’t write off material (particularly biochemistry!) because you don’t see its relevance today. Ten years from now, you may see a patient with a constellation of symptoms that you haven’t seen before. But something you were taught in your first year of medical school will suddenly come back to you and guide you to understanding and treating that patient. Medical training and medical practice are mentally and physically demanding, so staying healthy is really important. Taking care of your body is an important part of maximizing your energy and mental focus. It is never too early to develop the kinds of habits that will hold you in good stead over the long haul. Eat right (that’s why I do Know Your Food!) and stay physically active. Study hard, but know when you have reached the point of diminishing returns and take an activity break. You will learn more efficiently and feel better. Develop a group of friends you can look to for support during the inevitable low points. And don’t be afraid to ask for help.



**Linda J. Pike, PhD**

## From Lisa M. Moscoso, MD, PhD

### Dean of Students

You’re in — congratulations! I am here to support you on your journey as you transform into a doctor. Yes, transform into a doctor! That will happen in the next four or more years. There will be many joys and challenges on this journey. As you begin medical school, it will be important to develop a community of support to celebrate your joys and be there for you in the challenging times. Many of you may have an extended e-community, and I would encourage you to maintain that virtual community while growing face-to-face relationships with classmates, mentors, other graduate students and others at WUSM and in St. Louis with common interests. Balance will be a challenging virtue to achieve while you are a student and perhaps for the rest of your life. Know you may find your life unbalanced at times. Medical



**Lisa M. Moscoso, MD, PhD**

school is demanding of your time and energy. However, you can be aware of what you may need to do to regain and maintain a healthy balance. Here are a few bits of advice that might be useful:

- Build relationships and build a strong community of support. Quality is important here, not necessarily quantity. You need not look far. Many future lifetime friends, colleagues, mentors and advisors surround you.
- Respect others in your actions and words.
- Appreciate your family and friends. Stay connected.
- Exercise.
- Play outside.
- Laugh.
- Read for fun.
- Notice something beautiful today.
- Be grateful for something or someone every day.

Life will bring challenges, so please ask for help or support if you need it. And participate in or lead a student-run program.

## From Koong-Nah Chung, PhD Dean of Research

Your first and second years at WUSM are pass-fail. Form strong bonds with your classmates, collaborate and support each other. You will spend the next four years with your peers, and they will be your life-long friends and colleagues. Get to know the faculty, administration and staff. We are here to help you succeed. Find an advisor or mentor who takes an interest in you. Your mentor will help you navigate medical school, and if you're lucky, you may get a home-cooked meal out of it. Stay grounded by volunteering in the community. Have fun and stay sane by getting involved in school clubs and continuing with your hobbies. Get to know St. Louis; there is no shortage of entertainment, including the world-champion Cardinals, the world-famous zoo, the science center, the art museum and the Botanical Garden. In addition, there is a world-class symphony, many music venues and plenty of nightlife. Pay attention to your academics. Take your basic science courses seriously. They will come in handy in later years, and your future patients will thank you. Don't worry about your residency match yet. Most importantly, get enough sleep, exercise and have fun. Oh, and if you want to do research, just email me ([chungk@wustl.edu](mailto:chungk@wustl.edu)).

Visit Dr. Chung for guidance on research opportunities and to ask her about her favorite rapper. Hint: He's slim, and he's shady.



**Koong-Nah Chung, PhD**

## From Will R. Ross, MD, MPH

### Associate Dean for Diversity

Welcome to Washington University School of Medicine in St. Louis! While the latter distinction (in St. Louis) was added to differentiate us from other similar-sounding, high-performing medical institutions that don't provide as much free food, we've found our association with St. Louis to be one of mutual benefit. On your arrival you will be captivated by the beauty, vitality and progressive spirit of the Central West End, and most of you will decide to reside in this very charming neighborhood. My wife and I raised two daughters in the Central West End and would not have dreamed of being anywhere else in St. Louis. However, several blocks from the medical center you will find neighborhoods grappling with generational poverty and escalating rates of sexually transmitted infections and chronic diseases. Even more, you have all witnessed the tremendous social upheaval in Ferguson, a small town within North St. Louis County. The St. Louis region is not immune from the social ills that plague our nation's urban core: inadequate housing, high rates of joblessness or lack of livable-wage jobs, underperforming public schools, insufficient support of public health, and bias, whether explicit or unconscious, towards communities of color, as evidenced by police profiling of African American and Latino males. As one of the largest employers in St. Louis, we have a responsibility to be diverse and inclusive. We stand by our efforts to recruit a workforce that can fulfill our mission of advancing human health in a culture that supports diversity, inclusion, critical thinking and creativity. We pledge that everyone — no matter his or her race, religion, gender, sexual orientation or sexual preference, national origin or disability and regardless of position — should feel welcome and appreciated as part of our campus community. We accept our unique urban enclave for all its glory and will not shy away from engaging with the St. Louis community to help eliminate the social factors that contributed to the crisis in Ferguson.

As an incoming student, you will be immersed in the fascinating world of scientific discovery and medical innovation, but you will not be allowed to forget that the true purpose of medicine is to uplift the human condition. We hope our Washington University Medical Plunge (WUMP) and Diversity Retreat experiences will compel you to become a force for good in the St. Louis region. Many of you will go on to become leaders and volunteers in the Saturday Free Health Clinic, Casa de Salud, the Nutrition Outreach Program and other student-run programs that collaborate with the St. Louis community. During your years in medical school, make sure you connect to the greater community



From Will R. Ross, MD, MPH

and experience the tremendous personal satisfaction of service; acknowledging the marked difference you can make on the lives of those less fortunate. Allow yourself to be trained, in essence, in our medical center without walls. Your overall experience as a medical school student will then be much more rewarding at Washington University School of Medicine. In St. Louis.

## From Wayne M. Yokoyama, MD

**Levin Professor of Medicine  
Director, MSTP**



From Wayne M. Yokoyama, MD

### For all M1s: No know-it-alls

Phew! You made it. You got into one of the world's great medical schools, and certainly the most selective. Things are going great; you're excited about meeting new classmates, decorating your new apartment, starting classes, learning to be a doctor...

Then it hits you. There's sooo much to learn! And it seems to be more important than ever that you memorize everything you hear in class and read in your textbooks. If you don't remember that one formula from your Biochem lecture, your (future) patient could die! Not only that, but it seems like all the other med students remember everything! Relax. Feeling overwhelmed is normal. Take a deep breath. Take another one. (That's enough, otherwise you might pass out from hyperventilation! More about that in second year.) You're here because we know you can do the work and that you will make a fine physician. If you're still stressed out, you should know that there's no embarrassment in getting help (not just academic) from others, be it your fellow classmates, family, a counselor or the med school.

The best advice I can give you is a perspective from my own Anatomy professor who told me that he knew that our recall for his class material quickly waned with time. But he was confident that when we needed to use the material we forgot, we knew that it existed and where to find it, and we could assimilate and use it very quickly, certainly much faster than learning it for the first time. He was right, perhaps even more so in this age of electronic information and internet search engines where information is readily available, but it's really helpful to have a good idea of what you are looking for, a sense for the accuracy of that information, and how to use it. So remember, there's no room in medicine for know-it-alls because they simply can't know it all!

**For MSTPs: Pause to think**

You will learn how the human body works from head to toe, from gross anatomy to subatomic structures, at least as we understand it, circa 2016. This complete systems overview will be invaluable in helping aspiring scientists, not just MSTP students, relate research findings to the clinic. However, some of the current concepts and “facts” you will learn will prove to be wrong. That’s right (actually still wrong). We just don’t know our ignorance (yet). It is certainly much easier to learn the materials if you just absorb it verbatim and don’t spend any time thinking about what you’re being taught.

But I can now reflect on the lectures I heard as a medical student touting that the cause of peptic ulcer disease was too much acid. In retrospect, that couldn’t be right because acid is always there! I didn’t think about it then, but I should have, because now we know (I think pretty conclusively) that ulcers are mostly caused by a bacterial infection! (More on that in second year.) Pause to think about what you are learning, and keep track of things that don’t make sense to you. They will be great projects to work on in the future. (I am tempted myself to sit in on your classes to not only catch up but also to find great opportunities and problems on which to work!)

# appendix



# First-Year Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 a.m.	Anatomy Lecture	Molecular Foundations of Medicine Lecture	Anatomy Lecture	Molecular Foundations of Medicine Lecture	Anatomy Lecture
9:00 a.m.					
9:30 a.m.	Anatomy Lab	Histology Lecture	Anatomy Lab	Physiology Lecture	Anatomy Lab
10:00 a.m.					
10:30 a.m.					
11:00 a.m.		Histology Lab			
11:30 a.m.					
12:00 p.m.					
12:30 p.m.					
1:00 p.m.	Practice of Medicine Lecture				
1:30 p.m.	Practice of Medicine Small Group	Practice of Medicine Lecture		Practice of Medicine Lecture	
2:00 p.m.					
2:30 p.m.					

# Curriculum

FIRST-YEAR COURSES	
<b>AUG</b>	
<b>SEP</b>	Histology & Cell Biology Physiology
<b>OCT</b>	Histology The Human Body, Anatomy, Embryology & Imaging
<b>NOV</b>	Molecular Foundations of Medicine
<b>DEC</b>	
<b>JAN</b>	Histology & Cell Biology Cell & Organ Systems Biology
<b>FEB</b>	Microbes & Pathogenesis
<b>MAR</b>	Immunology Medical Genetics
<b>APR</b>	Neural Sciences
<b>MAY</b>	Pharmacology

Selectives

Practice of Medicine I

SECOND-YEAR COURSES	
<b>AUG</b>	Pediatrics Otolaryngology
<b>SEP</b>	Cardiology Pulmonary
<b>OCT</b>	Renal & GU
<b>NOV</b>	Endocrinology GI & Liver
<b>DEC</b>	Skin & Bone
<b>JAN</b>	Nervous System Psychiatry
<b>FEB</b>	Infectious Disease Rheumatology
<b>MAR</b>	
<b>APR</b>	Hematology/ Oncology
<b>MAY</b>	Ob/Gyn

Pathology

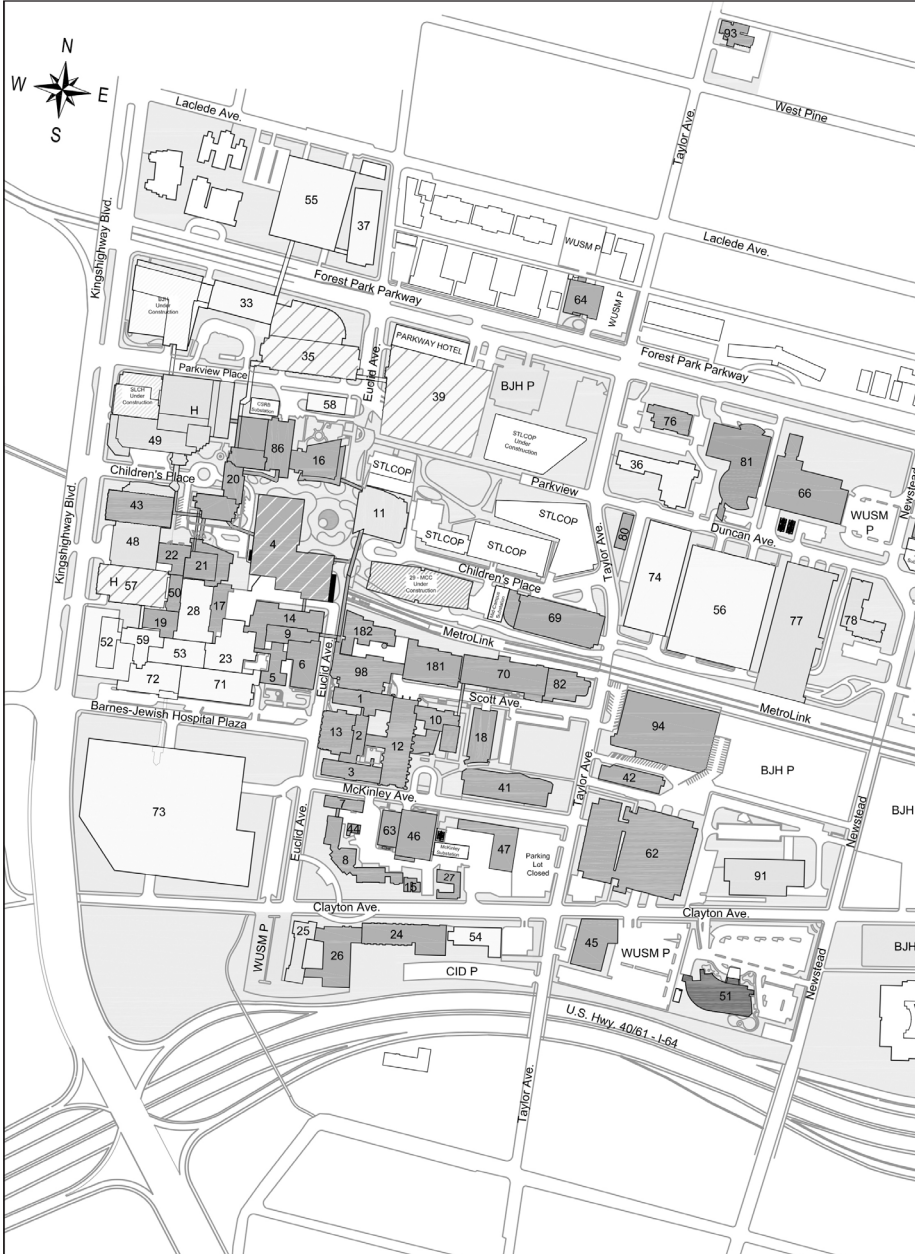
Practice of Medicine II

THIRD-YEAR COURSES <i>(Suggested timeline)</i>	
JUN	Medicine Clerkship (12 weeks)
JUL	
AUG	
SEP	Surgery Clerkship (12 weeks)
OCT	
NOV	
DEC	Neurology Clerkship (4 weeks)
JAN	Ob/Gyn Clerkship (6 weeks)
FEB	
MAR	Pediatrics Clerkship (6 weeks)
APR	Psychiatry Clerkship (4 weeks)
MAY	Selective (4 weeks)

Practice of Medicine III

FOURTH-YEAR COURSES	
JUN	Fourth-Year Electives
JUL	
AUG	
SEP	
OCT	
NOV	Fourth-Year Electives
DEC	
JAN	Fourth-Year Electives
FEB	Capstone
MAR	Fourth-Year Electives
APR	
MAY	

# Washington University Medical Center



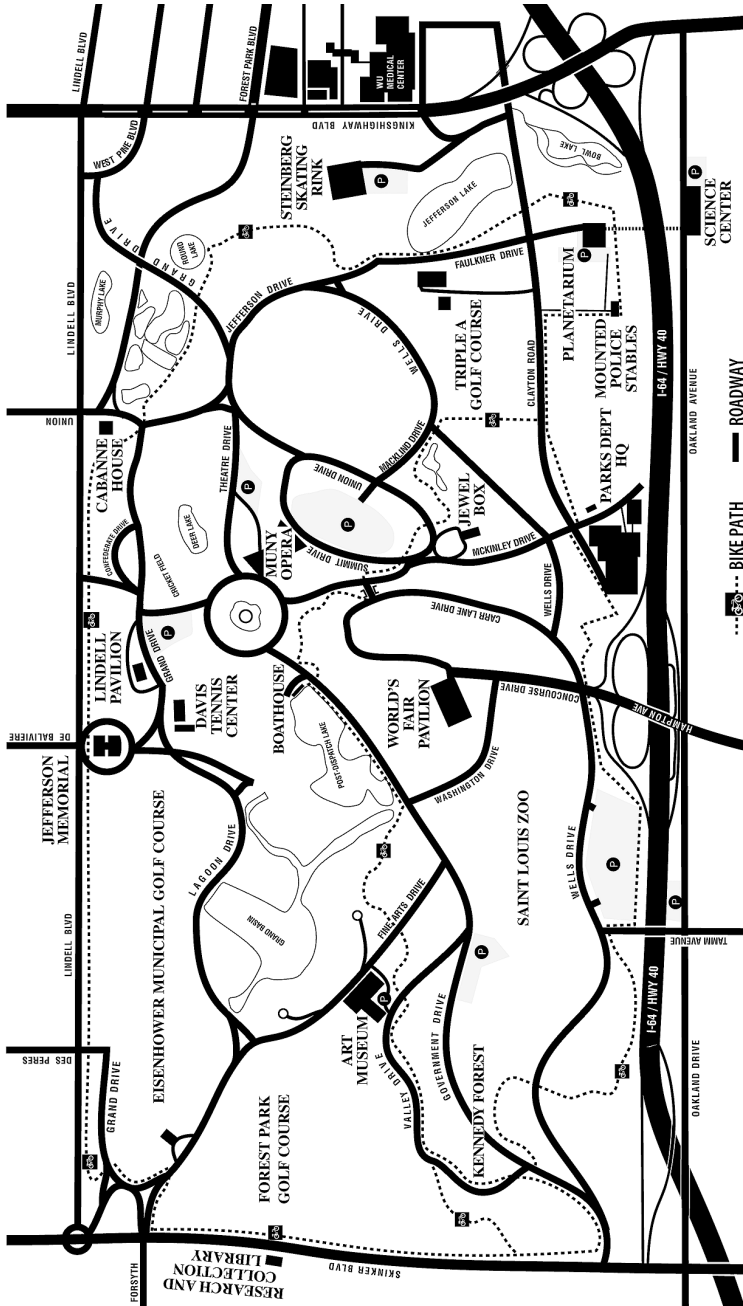


# Central West End





# Forest Park





## Helpful Phone Numbers

<b>Medical Campus Main Switchboard</b>	<b>362-5000</b>
<b>Danforth Campus Main Switchboard</b>	<b>935-5000</b>
American Messenger	888-247-7890
Athletic Facilities Information Desk (Danforth Campus)	935-4619
Barnes-Jewish Hospital (North and South)	747-3000
Computer Support	362-7798
Curriculum	362-6838
Deans	
Dean Perlmutter/Executive Vice Chancellor for Medical Affairs and Dean of the School of Medicine	362-6827
Dean Awad/Medical Student Education	362-7122
Dean Chung/Student Research	362-6857
Dean Diemer/Career Counseling	362-6251
Dean Evola/Registrar	362-6848
Dean Klingensmith/Education (Interim)	362-7800
Dean Moscoso/Student Affairs	362-6843
Dean O'Neal/Financial Aid	362-6845
Dean Ratts/Admissions Office	362-6844
Dean Ross/Diversity Programs	362-6854
Dean Stevenson/Diversity Programs	362-6854
Libraries	
Olin (Danforth Campus)	935-5420
Bernard Becker (Medical Campus)	362-7080
Olin Hall	362-3230
Room 100	362-6848
St. Louis Children's Hospital	454-6000
Security	362-HELP
Security Escort	362-HELP
Shuttle Bus Information (Danforth Campus)	935-4140
Student Health Services (Dr. Winters)	362-3523
Student Programs (Andy Wiegert)	362-8541
Transportation Services (Medical Campus)	362-3100







Washington University in St. Louis

SCHOOL OF MEDICINE

