

Dis-Orientation Guide

2018–2019

I commit myself from this day forward
to the medical profession and pledge that: I
will make my patient my foremost consideration
and I will strive to promote health and quality
life through education, prevention, and care;
I will value the trust my patients place in me
and endeavor to build that trust through
compassion, honesty, and excellence; I will
recognize, seek to understand, and respect each
patient's individuality and autonomy; I will educate
and empower my patients and their families to
make choices that honor their values and beliefs;
I will listen to my patients so that

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By WUSM students, for WUSM students

The official student-produced guide to our school, city, and life in medical school

Written by first-year medical students for the next incoming class, the Dis-Orientation Guide is the definitive source for how to happily survive and thrive at Washington University School of Medicine.

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Welcome

Welcome to Washington University's School of Medicine! As you prepare to enter the next chapter of your life, the Dis-Orientation Guide will introduce you to the ins and outs of life as a medical student. Before you enter the guide, take in some words of wisdom from the Dean of the Medical School, the Dean of Admissions, and the medical student editors of the Dis-Orientation Guide.

Dear Members of the WUSM Class of 2022,

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.

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'm honored to lead this exceptional institution. Together, we will shape the future of medicine.

Best Wishes,

David H. Perlmutter, MD

*Spencer T. and Ann W. Olin Distinguished Professor
Executive Vice Chancellor for Medical Affairs and Dean*



David H. Perlmutter, MD

From Dean Valerie Ratts

The editors have graciously given me room to say, “Welcome to Washington University School of Medicine and the Dis-O Guide.” This is a document truly written by our students for you. One of the purposes of the Dis-O Guide is to show the many facets of our school — its people, its spaces and its strengths. As you read this guide, you may be an accepted applicant sitting in a crowded airport and facing a big decision, or a matriculated student moving into the Core and waiting to start the Washington University Medical Plunge (WUMP). Since **Valerie S. Ratts, MD** 1987, the Dis-O Guide has been produced to show you what Washington University School of Medicine (WUSM), our medical students and St. Louis have to offer. Hopefully, while reading, you will smile and recognize a part of yourself in the descriptions.



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 “insider advice” to a great medical school and education.

What advice can I give you? 1) Get to know your classmates. Like you, they are amazing. Many will become lifelong friends and colleagues. 2) Do not lose your enthusiasm. 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 practice this profession. As Hippocrates said, “Wherever the art of medicine is loved, there also is the love of humanity.” 3) Rely upon the skills and characteristics that have brought you to this point. Attitude makes a huge difference. 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.

There are so many people at WUSM who wish to mentor, support and grow young physicians. We hope the Dis-O Guide will be one source of information to assist you on your path to an unbelievably satisfying medical career.

Valerie S. Ratts, MD

*Professor of Obstetrics and Gynecology
Associate Dean for Admissions*



Dis-Orientational Guide editorial team. Back row (left-right): Cory B. French, Alex Scott, Jamie Moffa, Michael Nehls, Priyanka Parameswaran, Connie Gan, Shariq Khan; Front row (left-right): Rebecca Chen, Gina Rhee, Samantha Lund, Amisha Parikh, Reeti Pal, Lekha Pandya, Faith Williams, Sharon Abada, Mary Zhu. Not pictured: Iris Kuo, Nisha Bhat.

From the Editors

For more than 30 years, the first-year class (AKA M1s) has come together to pass on their accumulated wisdom to incoming students. We were in your exact position just a few months ago, so we know all the questions you probably have right now!

For prospective and accepted students, the Dis-Orientational Guide is a resource unlike any other. Medical school ranking lists, internet forums, even the main WUSM web site can only give you so much information on what it's actually like to go here. For students interested in attending WashU, the guide has a wealth of information on the school's culture, academic and extracurricular options, and what it's like to live in St. Louis. For accepted students, the Dis-O will give you a unique view into what your life will be like as a student at WashU. From detailed information on the various housing options, to student perspectives on our diverse backgrounds, interests and identities, to friendly advice from faculty and M4s, the Dis-O Guide has the answers to almost any question you could have about life as a WUSM student.

The three of us, and many of our classmates, decided to get involved because it helped us through the medical school admissions process, while we were making difficult decisions about where to actually spend the next four (or more) years. We have loved having the opportunity to pass on what wisdom we've gained during the course of this past year, and want you to enjoy reading this guide as much as we enjoyed making it. WUSM is an amazing place filled with unique opportunities and welcoming people — we hope this guide gives you a glimpse of the innumerable reasons why we love this school.

Sincerely,

Shariq Khan, Jamie Moffa, and Priyanka Parameswaran

Editors-in-Chief

Meet the Guide Editors

Shariq Khan

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I was born, raised, and went to school in Nebraska. Most of my time is spent unsuccessfully trying to watch Japanese cooking videos and immunology lectures at the same time.

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I was born and raised in a rural town in Northern Connecticut, and studied Physiology and Neurobiology (with a Spanish minor!) at the University of Connecticut. I am interested in the fields of psychiatry, neurology, and ophthalmology, and in my free time, I enjoy running, reading, and playing Dungeons and Dragons.

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I'm from Cincinnati, Ohio, and attended WashU for undergrad, where I studied English and Biology. In my free time, I enjoy playing with dogs, trying out new restaurants, traveling, and reading.

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I grew up in Southwest Florida and studied Biomedical Engineering at the University of Florida. I'm passionate about cancer medicine, exploring the city, and complaining about the cold when it's less than 70°F.

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Hi, all! I'm from Hawaii, and I went to WashU for undergrad. My favorite activities include trying new recipes, eating, watching Chill with Bob Ross, and medium-length walks.

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I'm from Manlius, New York, and I came to St. Louis to attend college at WashU. I loved it so much that I stayed for med school. Besides medicine, I enjoy hiking, traveling, eating, and sleeping.

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I grew up in Atlanta and majored in philosophy at Princeton. When I'm not studying, I enjoy running in Forest Park, power napping, reading, and baking.

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A Cleveland native, I went to Wash U for undergrad and stayed for medical school. Passionate about surgery, women in medicine, adventuring outdoors, and ice cream — all the best brands are from Ohio!



Why WashU

Every year, about 125 students choose Washington University School of Medicine. See why #WeChoseWashU.

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WashU Lifer?

I've always been that Type A, logic-and-reason motivated person — I err on the side of tables, pro/con charts, and meticulous notes when it comes to decision making. Those tools may prove to be helpful for you, but my choice to attend WUSM came down to a gut feeling, as cliché as that may sound.

Throughout my undergraduate experience at WashU (I'm well on my way to become a WashU Lifer), I heard about the medical counterpart as an esteemed, elite glass castle. It was THE DREAM with its world class research, engaged professors, and talented students. Even though I strived toward going to WashU for medical school as an undergrad, I never necessarily thought I would eventually be a WashU medical student. I was actually intent on attending other medical schools at the time, because I had already spent four years in St. Louis and thought a change in scenery would be nice.

When I met some current students during my interview day, that immediately changed. Interview day made me remember why I chose to attend WashU for undergrad in the first place: St. Louis has always floored me with the people here. Not only are people here talented and passionate, but they are also humble and genuine, and are caring friends and family. This extends to my professors and mentors. I have been invited to so many homes, dinners, block parties, and babysitting jobs. That gut feeling of being home rushed back and I remembered the community that I love and am so invested in. I care about the issues that impact St. Louis, as they are my own, and I couldn't think of a better place to become a physician. This has only been further confirmed by my amazing classmates who I've grown close to so quickly. So yes, I was looking for research, resources and facilities, a tried and true curriculum, and check-check-check! But, most importantly to me, I am excited to live, work, be challenged, and grow within a community that I am excited to call home.

— **CONNIE G., M1 CLASS PRESIDENT**

MSTP Life

I came to WashU because of the research opportunities. I would like to make basic and clinical research a big part of my medical career, and WashU offers top-notch training in biomedical research. Nearly every student gets involved with some project in their time here, whether it be the most fundamental molecular biology or statistical analysis of huge public health datasets.

I came to WashU because of the medical education. WashU's clinical curriculum and training opportunities are outstanding, and I was confident that I would get the education and support needed to succeed in any field of medicine. Whether you're still trying to figure out what interests you or you already have your heart set on a particular residency, WashU will leave you well-prepared.

Most importantly, I came to WashU because of the people. The admissions committee does a great job of bringing together an incredible group of students, and my experience meeting future classmates at the spring revisit was probably the deciding factor in why I chose WashU. And it's not just my classmates — in my short time so far as a medical student, I have already received incredible mentorship from the outstanding physicians, senior medical students, clinical professors, and research faculty here at WashU. Plenty of medical schools have impressive research and clinical education opportunities, but few, if any, have our sense of community.

— JAMES S., M1

Midwestern Vibes

When applying to med schools, I very much expected to end up at one of the six schools in my home state. Wash U was barely on my radar, only tagged onto my primary application list at the last minute. Before I visited, I hardly knew anything about the school other than that it was well ranked. So why Wash U? Between my interview day and second look weekend, I was able to catch a glimpse of the sense of community that's so pervasive within the student body and the faculty at the school. Dozens of current students and faculty members participated in second look events, enthusiastic about meeting prospective students and talking about why they loved the school. Not only did the students seem to have good relationships with each other, but with their faculty as well. This atmosphere may be impossible to factor into any sort of ranking, but is an essential consideration when deciding about schools and has been a crucial part of my happiness here. The class is filled with people always willing to socialize as well as built-in study buddies. Faculty are approachable and genuinely care about students' experiences with their courses. If I email a Wash U physician about shadowing or potential research interest, chances are I'll get a response within the hour. So why Wash U? The school is a unique blend strong academic opportunities and Midwestern friendliness that can easily feel like home.

— REETI P., M1

Finding a Home

Last April, once I had all my ducks in a row, it was time to choose the “correct” medical school. I first tried to make the decision mathematically, assigning scores of 1-10 to various factors (curriculum structure, proximity to home, cost, housing, and so on) and weighting them according to personal significance (10% curriculum, 20% cost, etc). I got my answer, and (surprise!) was not totally satisfied with it. So how did I finally choose? I closed my eyes, and thought back to how I felt at each of the schools I had visited. And WashU was the one that made me smile.

Why WashU? Because at WashU, the staff and administration care deeply about the well-being of their students. Because at WashU, my classmates are some of the most accomplished and intelligent people I have ever met, and they are also some of the most warm and openhearted. Because at WashU, the learning environment is encouraging, supportive, and empowering. Because at WashU, I will be able to get where I want to go with my career while thoroughly enjoying the journey every step of the way.

At WashU, I am the happiest and healthiest I have been in my entire adult life. I love what I am learning, and I am constantly overwhelmed by all the outstanding opportunities for extracurricular growth. St. Louis is welcoming and comfortable, and I have already formed close, meaningful friendships both within and outside of school.

I would make the same decision in a heartbeat. WashU is my new home.

— SHARON A., M1



Medical School Experience

Before you start medical school, you will likely have thousands of questions about what it is like to be a medical student. We have answers written by people who know best — actual medical students.

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Academics

Anatomy

The quintessential first-year medical school course, Anatomy inspires excitement — and anticipation — like no other course can. From the very beginning of your medical education, you are entrusted with a donor's body to dissect, to learn from, and to care for. Each step, from the first incision to the final day, is a powerful moment and an unrivaled learning experience. Don't worry if you feel nervous or apprehensive about this class — most of your classmates will feel the same way. The course directors, TAs, and of course your lab group will all help and support you as you learn about the amazing intricacies of the human body. By the end of the course, you'll have learned more than you ever thought you could, forged lasting bonds with your lab group, and developed a connection with — and a deep respect for — the donor whose gift made this experience possible.

— JAMIE M., M1

Anki

Anki is the best \$24.99 I have spent in my life (so far). This flashcard app is a med school favorite for memorizing prodigious quantities of information. With a built-in space-repetition algorithm, it allows you to learn new cards and review old information in a very organized way. If you stick with the app and use it on a regular basis, you should be familiar with most of the important information by the time the exams approach. While each entering class receives Anki decks made by previous classes, I have been making my own cards since this allows for deep, thorough, and 100% relevant learning. Anki is great for making the most of small breaks, and I sometimes even multitask on the stationary bike (on especially ambitious days). Keep your eyes peeled for my MFM deck next fall!

— KATHERINE V., M1

Histology

Histology is about identifying tissue types and some of the basics of how they function on a cellular level. In the beginning, every slide looks like the same mess of purple and red, but it will become dramatically less daunting as you get the hang of it. The Bridgman and TA review sessions are extremely high yield. If you know the review slides by heart, read through the course pack a couple times, and do the past exams, you should come away from this class with a lot of knowledge and a P on your transcript to show for it.

— SHARIQ K., M1

Molecular Cell Biology (MCB)

As an MSTP you can decide whether to take Molecular Cell Biology (MCB) or Molecular Foundations of Medicine (MFM). Overall, MCB can be useful for learning molecular techniques and practicing how to review articles. The class has mandatory journal clubs, which I personally enjoyed because it can be a way to improve article reading skills. If you have a background in Molecular Cell Biology this class should be relatively straightforward. Classes are not recorded and can be overwhelming because of the amount of material presented in class, but there are TA review sessions where they discuss everything you need to know for the test (TAs write/grade the exams). In comparison to MFM, some of the topics overlap but MFM is more biochemistry focused than MCB (which means the STEP 1 biochemistry material would not be covered in class). In addition, there are three MCB exams versus two MFM exams throughout the semester. My advice would be to talk with Brian Sullivan and think about your priorities in terms of building a better knowledge base in considering whether to take Molecular Cell Biology or Biochemistry.

— JESUS A., M1

Molecular Foundations of Medicine (MFM)

Molecular Foundations of Medicine is a well-oiled machine for learning biochemistry that runs like clockwork. It has been taught for the last 30 years and kept meticulously up-to-date by the same top professor, Dr. Pike, who was at the forefront of G protein coupled receptor discovery. You will learn exactly the biochemistry you need to know for medicine in an exceptionally organized and clear fashion between the coursepacks, lectures, assessments, and small group discussions. The clinical connections you see in every lecture will remind you why you chose to study medicine. Biochemistry research at WashU is premier and the instruction is no different.

— FRANCIS L., M1

Pass/Fail Coursework

Having a pass/fail preclinical curriculum isn't exactly novel these days, but its impact on your quality of life and education should not be understated. Quite frankly, the quantity of material to learn in medical school is so vast that you just can't realistically expect to master it all. Pass/fail coursework affords you the flexibility to focus on your interests, get involved with lots of extracurriculars, experiment with different learning styles, and generally approach your education without the threat of a GPA dangling over your head. Don't get me wrong — the coursework is still challenging, and you'll still need to learn the material for Step 1, but you have the freedom to choose what parts of your education matter most to you. When the stress starts setting in during exam week, don't forget: P = MD.

— JAMES S., M1

Physiology

The Physiology course led by Dr. Mercer offers a solid foundation in the mechanics of the various organ systems. The first block begins with a very broad take on physiology that covers cell membranes and membrane potentials, before diving into specific systems with muscular and cardiovascular physiology. Each lecture can be relatively hit or miss depending on the lecturer and their preferred teaching style. However, the recommended textbook — Physiology by Costanzo — is a straightforward and comprehensive guide that helps students keep up with the course.

— MINA F., M1

Practice of Medicine (POM)

The Practice of Medicine (POM) course helps to prepare us for the day-to-day skills of being a doctor. One thing that makes it special is the amount of hands-on experience we get. When we learn the basics of taking a history and performing the physical exam, we watch a demonstration by a guest speaker then break into small groups immediately after. In those groups, we have the chance to practice the exams we learned, while receiving tips and feedback from the doctor in our room. We've also been paired with clinical mentors, M4s who volunteered to take us into the hospital and help us hone our skills. I've already gotten to see real patients, take their histories, and perform physical exams. I say real because another component of our education through POM is the standardized patient experience. Standardized patients are actors and actresses who pretend to be a patient so that we can practice on them. This has been so helpful because it's a low-stakes environment for learning, and we get to debrief the interaction with the standardized patient right after. Aside from these standard skills that are generally expected of any trained physician, we also learn about other components of patient care — social disparities that can negatively affect patient outcomes, proper communication, various spiritual and religious beliefs, and practicing medicine, just to name a few. I'm extremely glad we have this course because it helps me feel less nervous about going into the clinical years!

— IRIS K., M1

Taking a Class on the Danforth Campus

If there were just a few more classes you wish you could've taken in undergrad, don't despair — WashU's undergrad campus is right on the other side of Forest Park. You have a significant amount of free time during first year for extracurricular activities, shadowing, volunteering, etc., and if you want to spend some of that time in a classroom, it's pretty easy to email a professor who's teaching something you're interested in and ask if it's possible to sit in on a lecture or two (or even over the course of a semester). It's a great way to keep up with other academic passions — for me, that meant sitting in on some awesome

math lectures, but no matter what you're interested in, don't hesitate to open up the Danforth course catalog and check out what awaits you just two metro stops away.

— ASHIMA C., M1

Extracurriculars

American Medical Women's Association (AMWA)

The American Medical Women's Association (AMWA) is a national organization that strives to advance women in medicine and improve women's health. Our chapter's activities include yearly Awareness Weeks centered around different topics relevant to women in medicine, lunch talks, mentorship opportunities with female faculty members, a book club, and the annual Red Dress Affair to benefit the American Heart Association. Highlights of the event include a silent auction and an interclass, boy band dance-off!

— FAITH W., M1

Asian Pacific American Medical Student Association (APAMSA)

The Asian Pacific American Medical Student Association (APAMSA) at WashU is a chapter of the national organization, and it offers great opportunities for medical students interested in health advocacy for Asian Pacific American populations and celebrating Asian Pacific culture. APAMSA hosts regular health screening events in Asian Pacific communities in St. Louis, runs a Chinese clinic, offers classes in medical Chinese, and organizes performances and cultural awareness events. If you would love to practice your clinic skills while helping an underserved ethnic group, learn how to take a patient history in another language, or learn more about the healthcare challenges confronting the Asian Pacific American community, you should definitely join APAMSA!

— MARY Z., M1

CHOICES

After engaging in WUMP (the second week of orientation that teaches us about health disparities within the St. Louis community), I was struck by the inequities and healthcare disparities in St. Louis and wanted an outlet where I could make a difference, albeit a small one, in the lives of those who encounter these disparities. One way to get involved in community service which I sought out is CHOICES (Choosing Healthy Options In our Community, Environment, and Schools) for Youth in Detention. A group of us meet with teens in the St. Louis

Juvenile Detention Center for an hour weekly and talk through case studies about a variety of healthcare issues, ranging from mental health to safe sex. It has been amazing how engaging the guys and girls at the JDC are and, frankly, I have learned a lot from their knowledge and experience in some issues. Throughout the weeks of meeting with them, it has been gratifying to build relationships, have a few laughs, and see them connect with the topics. Hopefully, they will apply some of the conversations we had going forward in their lives.

— JACK L., M1

Interest Groups

WUSM has a huge range of speciality interest groups, all of which provide opportunities for students to explore different specialties and engage in unique clinical experiences before we hit our clinical rotations in M3. Most specialties have a student-run interest group with faculty advisors; popular groups include: dermatology, internal medicine, ob/gyn, neurosurgery, orthopedic surgery, pediatrics, radiology, wilderness medicine, and surgery. Participating in interest group events allows us to meet physicians and potential mentors at “speed-dating” sessions, helps us set up shadowing experiences, and offers other cool opportunities. Highlights include surgical skills sessions with general surgery residents (we practiced suturing and knot-tying on pig’s feet), and the perinatal project — a program run by the ob/gyn interest group where students are paired with a pregnant mother and can attend her ob/gyn appointments and her delivery.

— PRIYANKA P., M1

Medical Student Government

The Medical Student Government (MSG) is the main communication pathway between the student body and the administration. MSG takes an active role in addressing student concerns and is responsible for advancing student interests and welfare to achieve excellence in academic pursuits and professional interactions. Students, faculty, and administrators use MSG extensively as a facilitator of important dialogue. Many large- and small-scale changes in student life at this medical school, from the most recent curriculum changes to a variety of social events, have come about as a result of discussions that have taken place within the framework of MSG.

Each of the four medical school classes elects a class president, a medical education representative (MER), a representative to the Organization of Student Representatives (OSR) of the Association of American Medical Colleges (AAMC), and a representative to Washington University’s Graduate Professional Council (GPC). In addition to four class representatives, four students are elected as class social chairs to help plan numerous class events and organize orientation

activities for the incoming first-year class. Finally, an IT liaison is elected by MSG to serve as the IT/technology voice and address related class concerns. The positions are described in more detail from each representative below.

— MSG OFFICERS, M1

President: The president has the honor of representing class concerns and ideas to the administration and faculty as well as planning numerous activities. There is a large variety of activities throughout the year, from the M1/M4 mentorship dinner, to admissions breakfasts and pizza parties, to class show, to diversity week, and many more. In addition, if there is a committee for any group, the president most likely serves as a student representative: admissions, student affairs, medical education, alumni relations, diversity, career office, facilities, and even Becker Library construction. Although the role of president is a large time commitment, it is a great honor to represent the class and work with very responsive administration.

— CONNIE G., M1 PRESIDENT

MER: As MER, you serve as the primary point of contact between the administration, course directors, and your fellow students. This position allows you to serve on multiple curriculum committees, help analyze course evaluations and work with course directors to improve their courses, and advocate for your classmates. The administration at WUSM is highly responsive to student feedback, so as MER, you have the potential to make real changes to improve the educational experience for your class and for future years.

— JASON M., M1 MER

OSR: As a representative of WashU to the AAMC, you have the opportunity to meet faculty and OSRs from other schools at the national AAMC conference and bring back successful ideas to implement here. This position also entails championing professionalism and wellness among your classmates. Key responsibilities in this regard include hosting a yearly M1 Professionalism Luncheon with faculty and students and refining/proposing programs to preserve student wellness.

— GAUTAM A., M1 OSR

GPCR: As a GPCR, you get the chance to meet with people from all of the other graduate schools of WashU and the professional schools surrounding the medical campus as well (namely the St. Louis College of Pharmacy and Goldfarb School of Nursing). It's just a great way to get involved outside of the medical school and bring opportunities (social and professional) to your classmates that may otherwise not be possible.

— NEEL R., M1 GPCR

Social Chairs: Basically, being a social chair is the best opportunity to promote balance, entertainment, and general merriment to your classmates. With the

confidence of your peeps, you get to be the mastermind behind the year's most exciting and typically booziest gatherings, promoting trips to pumpkin patches, shredding around ice skating rinks, and of course, throwing sick parties that your classmates will rave about for weeks or have no recollection of. In addition, you get to be a part of a great team of people who similarly enjoy having and crafting good times for everyone. There's never a dull moment, and who knows, you might be the next baller responsible for "eau de keg stand" emanating from the lecture podium in Moore Auditorium or the hangover reminding everyone of the unsurmountable regiment of awesome that you served them the night before.

— M1 SOCIAL CHAIRS

IT Liaison: As IT Liaison, I have two primary objectives: 1) to collect and communicate the IT needs of my classmates to the medical school administration, and 2) to work with the MER to technologically enable new educational initiatives. I have a large amount of freedom to work on my own projects as well, so I make helpful how-to resources for my classmates and (unofficially) serve as our class tech support line.

— CORY B. F., M1 IT LIAISON

MHOP

The Mental Health Outreach Program, or MHOP, is a student group dedicated to promoting the mental health and wellbeing of all students, as well as raising awareness about mental illness and advocating for those in our community who suffer from mental illnesses. To achieve these goals, we work with Student Support Services to plan activities that foster mental and physical wellbeing and self-care. We also train volunteers to teach depression and suicide awareness to teens through a program called CHADS. In the spring, we host an art show featuring art from those in our community with mental illnesses. We also sponsor Mental Health Awareness Week, which features panels, discussions, and activities designed to decrease the stigma around mental illness in medical school.

— JAMIE M., M1

NICU Cuddling

Buckle up, because I'm about to tell you about the single best activity you can engage in as a student at WUSM: being a NICU cuddler. As a cuddler, you sign up for shifts (at least two per month, but as many as you have time for) to go to the St. Louis Children's Hospital NICU and HOLD BABIES. Yes, that is your actual job. The NICU is a stressful environment for an infant, and parents can't always be present, so you are there to comfort and interact with the babies! The signup process is a little more complex than for most student groups, as you have to go through the SLCH Volunteer Office and attend a training session, but the rewards

are entirely worth it. Not only are you making a significant difference in a child's life, it's a wonderful stress reliever for you! Other benefits: You get to wear a truly attractive bright blue volunteer shirt, and you'll receive a discount in the cafeteria when you show your volunteer badge.

— FAITH W., M1

Pediatric Life Savers

Pediatric Life Savers (PLS) is a group of first year students who teach infant CPR to the parents of children in the NICU. Every Tuesday and Thursday two members of PLS go to St. Louis Children's Hospital and invite parents to join us in a one-hour class. During the class we play an instructional video and parents practice CPR on infant mannequins with assistance from PLS instructors. Many of the family members find that the classes build confidence, as it makes them feel more comfortable in taking their baby home. As a student, I find PLS a rewarding organization because I am able to use my current knowledge and skills to make a difference for new parents.

— JANE H., M1

Religious Student Groups

The WashU medical community has many different student groups that can help you connect with other students of similar faith. Medical school can be challenging at times, so finding a support network here is important. Student groups include:

- 1. The Catholic Student Center** (on the Danforth campus) provides an opportunity for students of any faith to pray, serve the community, and decompress.
- 2. The Christian Medical Association** (CMA) offers Bible studies, opportunities to worship, and discussions with attendings and healthcare professionals.
- 3. The Jewish Medical Student Association** (JMSA) connects students to faculty members, plans holiday celebrations (such as an all-school Hanukkah event), and Shabbat dinners
- 4. The Muslim Students Association** (MSA, on the Danforth campus) plans social and religious activities.
- 5. Atma** is a group on the Danforth campus that organizes events such as visits to the Hindu temple.

— PRIYANKA P., M1

Shadowing

Shadowing during your first year is a great way to gain exposure to other specialties and to clarify "what you want to be when you grow up." Fortunately, as one of my fellow classmates put it, "getting into WashU is like the holy grail of shadowing." Remember in undergrad when you tried shadowing surgery at your local hospital and got absolutely nowhere? Faculty and residents at WashU are incredibly willing

and excited to have medical students follow and learn from them. Almost every specialty has an interest group that will post organized sign up sheets for shadowing opportunities. Most physicians are also quite responsive to email and will be happy to accommodate you in their schedule — no one has turned me down yet. I've shadowed general surgery, infectious disease, interventional radiology, Ob/Gyn, plastic surgery, orthopedic surgery, neurosurgery, emergency medicine, and pediatric surgery all in the block I was here. Physicians are quite welcoming to medical students and often take extra time to teach and accommodate you. Residents and older medical students may be a little more harried, but are always kind and happy to teach has well! Altogether, shadowing at WashU has been a great experience.

— JESSE H., M1

Summer Opportunities Abroad Program (SOAP)

The summer between first and second year is the last summer vacation you will ever have without any obligations. There is no requirement for you to do absolutely anything; that being said, as WashU students, we are lucky to have a myriad of wonderful opportunities that many students take advantage of. I am most excited about the Summer Opportunities Abroad Program (SOAP). SOAP is a fund that allows first year medical students to engage in research or clinical opportunities abroad. Students have the freedom to arrange their own experiences or join one of the WashU faculty who do research abroad and routinely take students with them. Students are encouraged to start connecting with potential research or clinical mentors during first semester because applications for SOAP are due early second semester (usually mid-January).

I enjoy research and want to play a role in advancing this critical pillar of medicine. However, I felt too busy to be an active lab member during the school year, so I want to use my time off this summer to fully engage in a public health research project. Furthermore, I love traveling and learning about the cultures, languages, and lifestyles of people from around the world. Through the SOAP program I'll be able to combine both these passions — immerse myself in a new environment while working on a compelling research question.

— TAMARA S. O., M1

The Forum for International Health & Tropical Medicine (FIHTM)

The Forum for International Health & Tropical Medicine (FIHTM), affectionately referred to as "Fight' em!", is WashU's student interest group for global health. Although FIHTM's name seems rather dated at first glance, I have sincerely come to appreciate how active WashU is in fighting health disparities and promoting health equity in St. Louis and around the world. We host events throughout the

year such as lunches and dinners with faculty active in infectious diseases research and global health work. We also put on a Hunger Banquet (oxymoron strategically used!) for raising awareness about malnutrition. During spring break every year, we organize cross-cultural clinical experiences for a group of first-year students in the Navajo Nation and a group of second-year students in a country in Central or South America (Nicaragua in 2017). Additionally, students are able to participate in clinical experiences and/or research abroad during the summer after first year, as well as clinical rotations abroad during fourth year. For those interested in additional training, the Master of Public Health degree offered through the combined MD/MPH program has the option for a Global Health specialization.

— TIFFANY W., M1

Research & Dual Degrees

MD/MPHS

If you're interested in population health, clinical outcomes research, and explaining repeatedly that you're not actually doing an MPH, the MPHS (Master of Population Health Science) may be for you. The MPHS is a 10-month, tuition-neutral program usually completed after M2 or M3 year. Classes run from late August to early May (which means you get significant vacation time the summer before and after completing the MPHS). Core courses include biostatistics, epidemiology, and research ethics. Three concentrations are available: clinical epidemiology, health services, and psychiatric and behavioral health sciences. No matter which concentration you choose, you'll gain experience with all aspects of the research process, including experimental design, statistical analysis, grant-writing, preparing for publication, and communicating research findings to the public.

While no thesis or capstone research product is required for completion of the MPHS, much of the coursework is applied, i.e. you can work on different aspects of your ongoing research project(s) to fulfill class assignments. MPHS program leadership can help connect you to possible mentors in your area of interest. For more information, check out mphs.wustl.edu.

— ANGELA L., M4 ENROLLEE

MD5 Year

A great irony of the medical school application process is that at applicant pizza parties, it is the current students who are most heavily scrutinized. That is, of course, after you differentiate who among the sea of twenty-somethings are the current students and who are the applicants. From here, the small talk commences,

until you, the applicant, pull out the hard-hitting questions you spent the entire flight into Lambert crafting. Do you need a car? Is St. Louis safe? What's the deal with the curriculum? I, the current student, deftly parry your concerns with witty yet thorough responses, until finally, you deliver the coup-de-grace: Why should I choose WashU?

When asked this question during my first semester here, I would skirt around the fact that, well — it is WASHU — by throwing out platitudes about the collaborative environment, the diverse patient population, the research opportunities. But last November, I made the crazy decision to take an MD5 year after only one semester. The MD5 year is a year-long, non-degree conferring, research program designed to give medical students the opportunity to take a step back from medical school and do research, for whatever reason. Many invoke the MD5 between third year and fourth year, in order to pad their residency applications with field-pertinent publications for competitive specialties (read: orthopedic surgery), but there are myriad reasons why one may choose to pursue a research year. Personally, having proceeded directly from college to medical school, I felt I needed time to explore my burgeoning interest in research and more broadly, reflect on my goals as a person and professional.

This past year has been one of the most fulfilling and productive periods of my life. As I prepare to re-enter M1 classes, I feel a renewed and augmented sense of wonder and excitement for the field of medicine as well as profound gratitude for the opportunity to have left medical school behind for a year to pursue research, with no fear of administrative consequences. Perhaps most importantly, however, is that I now have an engaging and genuine answer to your dastardly pizza party question. Choose WashU not only because of the collegial faculty and students, the boundless resources, and the unmatched quality of its biomedical research, but because of the respect WashU has for you, the medical student, in choosing your own path to becoming the best doctor you can possibly be.

— YANG-YANG F., M1/2

MSTP

Do you enjoy thinking about biomedical research, learning about clinical medicine, frequently eating delicious (and free) food, and hanging out with 25 other awesome people for the next 7-9 years who care about science and medicine just as much as you do? Then the WashU MSTP is for you! This program offers access to world class training in medicine and research with maximal flexibility, incredible support, and a lot of fun along the way.

We have the incredible fortune of being taken care of by an amazing director, Dr. Yokoyama, and by the greatest team of staff — Brian, Christy, Linda, and Liz. They are here to listen and to give you guidance no matter what questions or requests you have. Being part of the biggest MSTP program in the

country means that whatever problem you run into, someone else has probably dealt with it before, and entire staff has been with WUSM MSTP for so long that they know exactly what to do. Knowing that we have a tremendous support system both from the amazing MSTP program staff and all of our classmates going through this crazy dual degree experience with us makes this so much less daunting.

We also have many opportunities to get to know students and faculty in different classes and departments. Once a week, we have a program wide dinner talk where you learn about people's experiences at different stages of their careers, get exposed to the incredibly wide variety of possible research projects and mentors, and enjoy the wonderful catering. From the moment you are in the program, you have the opportunity to shape the program into an even better one than it already is. There is really nothing we would change about this program (and if we happen to come up with something, the program will probably make it happen).

— XUAN Q. & MEGAN M., M1S

Research After M1

For most medical students, the summer between first and second year is the only time they will spend doing full-time research. Dr. Chung will give a number of presentations first semester about how to find a research mentor, so don't worry about that too much. There are faculty in every department who are looking for med students to mentor during the summer. However, some faculty are more "med student friendly" than others as far as publishing, mentoring, etc. so I would suggest finding out if past medical students have worked with the professor you're interested in doing research with, and speaking with them.

— SHARIQ K., M1

Research During M1

WashU is a premier research university that provides unique opportunities for scientific exploration. From basic metabolism to human genome sequencing to microbiology, WashU has been at the forefront of advancing our collective medical knowledge. Most medical students start their research project during the summer after M1, but you can start as early as day 1. All you really need to do is email professors whose research you find interesting. One of the great advantages of being a WashU medical student is that many professors and physicians are more than willing to supervise and mentor you. Most projects are highly flexible both in terms of time commitment and direction, so they are truly what you make them. I personally have been working in the lab of Jeffrey Gordon, a renowned gut microbiologist, to understand ways in which bacteria can break down food in our gut. It is really exciting work and I get to use a supercomputer. But if you aren't

interested in working with bacteria or computers, there are plenty of supportive faculty who will work with you on something that you are interested in. If you happen to love research, you are most certainly in the right place.

— CYRUS Z., M1

Summer Research Before M1

MSTP students are required to complete at least two research rotations before starting grad school, but the program strongly encourages students to do some research on campus in the summer before the M1 year. About half of matriculating MSTP students do start early with research, aided by an advance stipend that helps cover living and moving expenses. Especially for matriculating students who took a gap year or more between college and medical school, spending 1-3 months in a lab before orientation is a great way to get acquainted with St. Louis, the campus, faculty/staff, other students, and what it feels like to clip on the WashU ID badge every morning. Starting early with a PI also opens up opportunities to continue the project through the M1 year and potentially into grad school. Interested students should begin directly reaching out to PIs as soon as a decision is made to attend WashU. Early research opportunities are open to matriculating MD students as well, although they generally take part in research during the summer after the M1 year.

— SID S., M1

Selectives

Overview

In medical school, most of your class schedule will be determined for you as a standard curriculum you'll share with the rest of your classmates. However, at WashU you also have the opportunity to take interesting classes outside the normal curriculum, called "Selectives". Selectives fall into one of three categories: Basic Science, which includes courses such as Journal Club and Frontiers in Leukemia; Clinical, which includes courses like Advanced Medical Spanish I and Introduction to Emergency Medicine; and Humanities, which focuses on topics like Music in Medicine and Queer Theory. All first year students must take at least four Selectives: one from each category, plus one additional course from either Basic Science or Clinical. You can also choose up to two additional Selectives from any category for a maximum of six. The following section details some of the most popular Selectives here at WashU, to give you an idea of the interesting classes you can choose from to personalize your medical education.

Advanced Medical Spanish

Advanced Medical Spanish is one of the most popular selectives at WashU, and for good reason. For those with a background in the language, this selective will give you the tools you need to be comfortable working with Spanish-speaking patients. The selective spans the entire year, covering the History and Physical in the Fall and cultural aspects of Hispanic populations in the Spring. Additionally, you can continue to be involved with the curriculum throughout the rest of your years here. The biggest perk of this selective: If you stick with the curriculum through fourth year, you can take the national exam to become a bilingual provider, and this accomplishment is noted in your Dean's Letter. Additionally, since it follows the Practice of Medicine curriculum, you will get twice the amount of practice as your classmates do with taking a history and performing the various aspects of a physical exam. Each aspect of the physical exam is taught by a Spanish-speaking physician in that area, providing us with the opportunity for both individualized practice and the chance to get to know more of the faculty here. Last but not least, you get to spend an hour every Thursday afternoon practicing your Spanish with friends!

— JAMIE M., M1

Art in Medicine

I am not an artist, by any means, so I only signed up for this selective when several M2s told me how amazing it was. And they were right! It's all about teaching us to be better observers, something that's often lost in current medical education. We visit different art museums in St. Louis, which exposes us to different areas of the city and many types of collections. We first focus on observing without any interpretation. We then start to use those findings to build context and understanding. The course leader, Dr. Coughlin, easily bridges these exercises from looking at paintings/photos/sculpture to life as a physician. I'd highly recommend this class to anyone; no art experience needed at all!

— SAMANTHA L., M1

Intro to Emergency Medicine

Ever wonder what you would do if you encountered a medical emergency out in the real world? I certainly have. And while this one six-week course has not quite prepared me for everything, it has definitely given me insight into how to deal with some of the more common medical emergencies. It's also just gotten me super jazzed about the field of Emergency Medicine. Each class begins with a quiz review of the class before. Dr. Wichelman will start us off with something like this: "Your patient comes in with a snake bite! Quick! What do you do?" And from there, we go on a whirlwind tour of cardiac emergencies, trauma management, or toxicological conditions. Dr. Wichelman is so much fun to listen to because she has a wealth of relevant personal and professional experiences which she openly

shares with us in detail. She also includes a lot of videos in her lectures — some are instructional, and some are just plain hilarious. We even spent half of one class analyzing an episode of the old TV show ER. Whether or not you're headed toward a career in EM, I can guarantee you'll have a good time while learning valuable information in this excellent selective.

— SHARON A., M1

Intro to Newborn Medicine

This class has been an amazing experience in my first semester. While in Practice of Medicine and other first-year courses we are mostly introduced to assessment of adults and their physiology, this selective allowed me to learn more about the differences in pediatric care. We covered alternative physiology of major organ systems and most common complications, but also got a chance to learn and practice a newborn exam. The class also covered nutrition and discharge planning, which were very new to most of the students. The highlight of the class was getting to know the parents of a child in the NICU. Each of the students was able to learn the parents' story, their perspective on the difficult experience of effectively living in the hospital, and their fears, hopes, and happy moments with their child. Overall, it was a great opportunity to take a peek into pediatrics and neonatology.

— SASHA D., M1

MSTP Journal Club

A long-running tradition of the WashU MSTP, the student-run Journal Club is an optional opportunity for each MSTP class to meet independently with free food and no supervising faculty to discuss science. Research papers are selected by students and cover a wide gamut of topics, ranging from hot-off-the-press, high-profile publications, to classic landmark studies, to papers that shouldn't have ever seen the light of day. Most importantly, we get \$250 each week to order whatever food we want, and a locked room so we can celebrate and commiserate as an MSTP class as loudly as we want. The 2017 entering class successfully petitioned to earn medical school selective credit for Journal Club, thereby destroying the previous record for highest enjoyment/work ratio of any medical school course in existence. Hopefully, this tradition will continue with future matriculating classes.

— SID S., M1

Olin Grand Rounds

Whether you're shooting for an MBA or just have a passing interest in the business of healthcare and how it all works, Olin Grand Rounds is the selective for you. The course is led by phenomenal professors who give great insight into the field of medicine. Over the course of the semester, you'll hear from the CEO

of BJC, a patient living with HIV, and physicians who have faced malpractice lawsuits, to name a few. The diversity of lectures and talks combined with interesting business case studies are an incredible way to supplement all the science classes of first year. We're going to learn a lot about how our patients will be affected by their health; this class teaches us how our patients will be affected by the healthcare system (insurance, pharmaceuticals, etc). And, because this class is through Olin Business school and is open to students across WashU, you can meet lots of new people too!

— ASHIMA C., M1

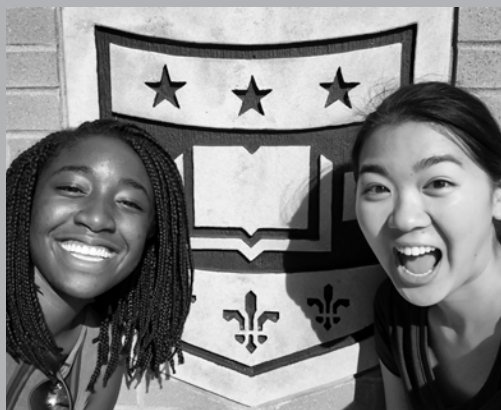
Queer Theory

One of the most important goals of modern medical practice is to enact effective patient communication. To achieve this goal, I try to learn as much as possible about my patients and their cultural backgrounds. Queer Theory gave me the opportunity to build the conceptual framework necessary to understand the driving forces in the health care needs of LGBTQIA+ patients. Every class, we engaged in riveting discussions to critically examine primary sources or the academic literature. Our discussions were guided by an incredible series of guest lecturers from both the medical school and the Danforth Campus. I highly recommend the course to all students who want to learn more about themselves and their community.

— CORY B. F., M1



Anatomy lab teammates goof off after hours of intense dissection.



Lade (M1) and Tiffany (M1) show their love for WashU.



Holiday parties are only one of many social events that will unite your class.



There are many opportunities to enjoy the St. Louis outdoors such as camping trips organized by the Wilderness Medicine Interest Group.



Arjav (M1) and Chase (M1) bid on items at the silent auction at the Heart 4 Heart Masquerade Ball at the FLTC.



Lade (M1) and Kaitlyn (M1) show off their new coats after the White Coat Ceremony.



A group of M1 students enjoy the solar eclipse that occurred on the first day of school.



After the six months of Anatomy lab, tablemates become close friends and expert dissectors.



The Heart 4 Heart Masquerade Ball is the major fall event that allows everyone to dress up, have fun and support a great cause.



Connie (M1) and Carly (M1) are excited for the first day of classes.



The carrels are a popular study spot for many students.



The windows of Becker Library will make sure you get your Vitamin D despite spending hours studying indoors!



Perspectives

Delve into the unique perspectives of our diverse student body including cultural background, relationships and religion, and see how they impact the study of medicine.

SECTION EDITORS: SHARON ABADA (sharon.abada@wustl.edu)
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Identities

On Being a Man

Even in 2018, having a “Y” following that “X” chromosome provides men with a number of advantages and privileges that we enjoy, without noticing, every day. The most important thing to do in this position is to respect and advocate for our peers, especially the lucky half with a double dose of “X”. This is also the time to broaden your perspective on what it means to be a man, understanding that each person can have his or her own interpretation of what that means. Lift weights and watch college ball on the weekend or get down on the dance floor to the magic of Queen B herself. This portion of your life is an opportunity to do some introspection and use the advantages that were given to you by birth to better the lives of those around you.

— CHASE R., M1

On Being a Woman

Too often, female medical students still have this conversation:

“What are you going to school for?”

“I’m in medical school.”

“That’s great! We definitely need more nurses.”

“No no, I’m in medical school.”

“Oh, okay. So where do you go to nursing school?”

It amazes me that the assumption that women are nurses and men are doctors is still prevalent. Women in medicine across the nation are still working hard in hospitals, clinics, and administration to be regarded as equal to men. Even as current studies show that in general, female doctors have better patient outcomes — better prevention, mortality, and re-admission rates — we’re still fighting. Women are still underrepresented in leadership roles and recognition for success, and they are still paid less than men in medicine.

At WashU, we’re at the forefront of changing that. Incredible physicians such as Dr. Victoria Fraser, chief of medicine, Dr. Lynn Cornelius, chief of dermatology, and Dr. Susan Mackinnon, chief of plastic surgery, have risen in the ranks to become high-profile chiefs at Barnes-Jewish Hospital. The amazing women studying at the medical school are passionately paving their way to push against gender inequality in medicine under the guidance, mentorship, and inspiration of these and other extraordinary female doctors at WashU. Through the American Medical Women’s Association (AMWA), student leadership coordinates mentorship between female students and faculty to provide guidance in everything from CVs to research to life advice. I have no doubt that WashU students will succeed in making that impact we are aiming for!

— CARRIE S., M1

On Being Alcohol-Free

Not drinking can sometimes seem like an automatic barrier to going out to events at clubs and bars because — let’s be honest — who likes hanging out with drunk people when you are stone cold sober? But whether you don’t drink due to medical concerns, religious reasons, or because Coke is really just the better option anyway, **YOU CAN STILL HAVE FUN!** I love going out dancing with our class because a big group of us go and it’s always a good time! The post-exam celebrations have fun activities, food, and dancing apart from alcohol that you can still enjoy. If that’s not your jam, then there are a vast variety of different clubs and activities that are available to WUSM students. There are board games, table tennis, basketball, rock-climbing, a cappella, trivia nights, movie nights, and many many more options for you to pick from! Ultimately, not drinking is in no way a barrier because the WUSM students are extremely supportive and there is no dearth of fun opportunities. One word of warning, beware of the crazy “friends” who make you take hot sauce shots.

— NITHYA L., M1

On Being an Athlete

I love to exercise. I raced triathlons for UCLA the last couple of years and probably trained too much, but being on the team with some of my best friends was a highlight of my college experience. When I moved to St. Louis, I was worried that I would not be able to continue exercising, let alone the volume that I was used to. However, this turned out not to be the case. Given the abundance and efficiency of study materials here at WashU, I have had plenty of time to run, bike, and swim, while also probably studying more than I need to. Forest Park is a great place to run and go on short bike rides, the undergrad campus has a nice pool, and just outside the city are tons of trails, country roads, and small lakes. I’ve also had enough time to play intramural soccer. There’s a strong spirit of athletics here and it’s always good to take a study break to get your blood moving again. Plus, through the tri team I’ve met some cool people from the other WashU-affiliated schools! It’s really the people you hang out/work out with that define your experience here, and so far I’ve loved WashU.

— ZACH J., M1

On Being Asian-American

Often used in sweeping references, the term “Asian-American” does little justice to the enormous variety of life experiences and family backgrounds you may bring to the table. While Missouri may have a relatively lower population percentage of Asian-Americans, WashU has many students and faculty with whom you will find valuable cultural common ground. Rather than letting a fear of isolation discourage you, explore both sides of your hyphenated ethnic identity, perhaps through

a student group like APAMSA. Then use your valuable platform to build bridges with those who might not fall inside the same checkbox as you! P.S. Ask around for food recommendations!

— TIFFANY W., M1

On Being Black

Coming from Atlanta, and then a liberal undergraduate institution, I was nervous about moving to St. Louis. However, my experience at WUSM has been incredible. St. Louis is a complicated city, and the faculty and staff here do a great job of educating the class about how past events have shaped factors of inequality here, as well as empowering students to get involved with and make a difference in the local community. Within the medical school, the faculty and students also work to create a welcoming and engaging community for minority students. No place is perfect, but there are numerous channels in place to ensure that WUSM maintains a positive and supportive learning environment for everyone. My peers of all races here have continually impressed me with their willingness and ability to engage in difficult discussions and contemplate the impact that privilege, or lack thereof, has had on their lives. Being black in medicine has its challenges, but WUSM arms you with the resources to thrive here, and St. Louis provides an opportunity to live, work, and play in a large black community.

— JASON M., M1

On Being Christian

As a medical student, you will soon come to understand intimately that the human body, in all its fleshly beauty and complexity, is a stage on which an age-old battle is playing out. You will be reminded that your days are a mere handbreadth, and in the moments you find you have come to the limits of your own ability, turn your eyes upon the Good Shepherd. Remember that you were knit together in your mother's womb, and that even the very hairs on your head are all numbered. Take the time to treasure your fellow travelers on this journey, and learn how to give an answer for the hope that you have and to love others with the love given to you. Seek out community through WashU's Christian Medical Association and the many local churches, and take advantage of the Global Missions Health Conference held in early November. You are on an adventure that will alternately or simultaneously fill you with fear and wonder, but be at peace, for the author of our lives will bring the story to completion.

— TIFFANY W., 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 L., M2

On Being Hispanic

Although the Hispanic community in St. Louis is smaller than those in larger cities, it is a very tight-knit community. Because the community is smaller, there are fewer resources, so being here has allowed me to make a bigger difference than I would have made in a larger city. I have interpreted at various locations, and it has been so rewarding to see how grateful patients are. I have been able to help out at the Saturday Neighborhood Clinic, El Torito Health Screenings, and Kingdom House. Casa de Salud is another great resource for the Hispanic community that I hope to get involved with soon. The number of Hispanic medical students at WashU is also small (for now), but we are close and it allows us to share our culture with the rest of our classmates! It has also opened up a lot of volunteering opportunities because we are in high demand. Our Latino Medical Student Association chapter is continuing to expand its extracurricular volunteer work, advocacy, mentoring, networking, and social activities. Although the Latino student population is small, I love knowing that our efforts will actually make a difference and help shape our community.

Outside of school, Cherokee St. is the main place to find various Hispanic restaurants, taquerias, panaderias, and grocery stores. One of my favorites is Taqueria Durango. Closer to campus is Burro Loco (their margaritas are on point). For dancing, Friday is Latin night at Siam and Saturday is Latin night at Club Viva. Lastly, there are some beautiful festivals: Dia de Los Muertos at the Missouri History Museum, the Greater St. Louis Hispanic Festival, and Fiesta in Florissant next June. Although I was not sure what to expect in St. Louis, I feel right at home.

— DAYANA H., M1

On Being LGBTQIA+

The WashU community is, overall, an accepting place for people of all gender identities, gender expressions, and sexual orientations. There are people proudly representing all the letters of LGBTQ (and beyond) in the preclinical years alone. Organizations throughout the medical school, such as LGBTMed, STATS (for HIV education), and OUTMed, collaborate to offer a variety of organized events

throughout the year related to LGBTQIA-relevant topics. Furthermore, students from big cities are sometimes surprised to hear that St. Louis has its own LGBT-friendly neighborhood called the Grove, a favorite spot for nightlife for students of all identities. That said, there are certainly still obstacles that come with being LGBTQIA+ in medicine, and such topics are not too frequently covered in the core curriculum. You will have the chance to learn more about these problems during orientation, through various student groups, in selective class courses, and in various lunch talks, so take advantage of these opportunities when possible. There's plenty of work still to be done, but WUSM always seems willing to do it, and improvements are being made regularly. Feel free to reach out to individuals or student groups if you have questions or want to get involved!

— MATT L., 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 F., M2

On Being Middle-Eastern

Does it feel weird to check the “Caucasian” box sometimes? If so, then you might be Middle Eastern. Not to worry, WashU is infinitely warmer to your heritage than the demographics forms you've been filling out your whole life. There's always a solid handful of Middle Easterners to bond with in your class, and yet another handful in the class above. There's a few authentic spots to eat in town and they're reasonably priced too. All in all, WashU (and metro St. Louis) welcomes and encourages expression of your ethnic identity.

— AMIR K., M1

On Being Muslim

Our Muslim community at Washington University includes the Muslim Student Association of the Danforth Campus and of Saint Louis University, which both undergraduate and graduate students may join. Although our immediate Muslim community within WUSM is relatively small, our neighbors are very active and inclusive. Students at the Danforth Campus arrange rides to masjids (like the West Pine Masjid), host iftar and Eid parties, and organize Friday Jummah prayers. Jummah is also held at the Interfaith Chapel at Barnes-Jewish South Campus. The Interfaith Chapel and the Danforth Chapel on the first floor of Olin can be used as prayer rooms. Additionally, many Muslim students live in apartments close to WUSM (like Del Coronado) and there are plenty of opportunities to hang out outside of these formal events. In terms of socializing within your class — although it's true that many social events involve alcohol, your classmates understand that everyone has different ways of having a good time, and you'll never feel any pressure. There's also many non-drinking social alternatives (see the Perspectives Section: On Being Alcohol Free, on page 32).

— FATIMA A. & GAZELLE Z., M2S

On Being Non-Religious

In medical school, you will encounter people who have a wide variety of religious beliefs — and many who are not religious at all. No matter what your background or beliefs (or lack thereof), you can have as much or as little contact with religion as you desire. If you want, you can have interesting conversations with your religious classmates and learn about their upbringing, cultures, and beliefs. Alternatively, you can avoid the subject entirely, and no one will think anything of it. Whatever you choose to do, though, respect is crucial in talking with both your classmates and with your future patients.

— JAMIE M., M1

On Being Religious

WashU's immense diversity is an asset in many ways — it's exciting, challenging, inspiring, enlightening — but it can also be intimidating. You'd think that religion would only make this diversity more complicated, especially since religious life at WashU is more vibrant than one might expect. Religious diversity does contribute to the complexity of different perspectives here, but it creates more connections than it does divisions. I'm Jewish, and have therefore been able to grow closer to other Jewish medical students who attend High Holy Day services or plan Hanukkah parties with me. I've also met Jewish students from other graduate schools at Rosh Hashana dinner, and I often seek advice from my interviewer after my friends and I spent Shabbat dinner with him and his wife. Beyond my Judaism, however, being religious at WashU has allowed me to connect to people

of different faiths who are thinking about similar religious questions. As a class, we are experiencing many “firsts” together: our first clinical experience, our first nearly-failed anatomy exam, and our first human cadaver. Being Jewish, and talking with my friends about what their religion means to them, has helped me to process these “firsts” and find meaning in them. Being religious has not distracted from the larger medical school community that I am a part of, or from the medical science that I am learning. It has enriched it.

— CAROLINE S., M1

On Being South Asian

There’s no dearth of South Asian culture in St. Louis. Here, you can find anything from food, music, or movies to holiday festivals or places of worship. Speaking to Indian culture specifically, my friends and I have visited a handful of Indian restaurants across St. Louis, have attended a dance party in the Central West End hosted by a Bollywood DJ, and have access to the latest Bollywood releases which frequently run at a local AMC within driving distance from WashU. Of course, we’ve also had plenty of Bollywood watch parties in the Del Coronado TV room. On campus itself, we have the Asian and Pacific American Medical Student Association (APAMSA). The student club hosts a Diwali/Festival of Lights celebration every year — be sure to sign up to choreograph for or be in your class’ dance performance for this because it’s a ton of fun! Additionally, the Hindu Temple and Sikh Gurdwara of St. Louis are not too far (~30 minute drives) and are great places to get to know the South Asian community of St. Louis.

— ASHIMA C., M1

On Having a Pet

Can you imagine anything better than coming home to a huffy spike-potato after a long day of school? Yeah? Okay fine, me too ... but once she stops being a little grump and remembers that she loves (tolerates?) me, she can be an awesome study buddy and overall mental health boost! Luckily, the Central West End tends to be super pet-friendly. Most of the apartments allow pets and there is at least one pet shop and vet within walking distance of the school. If you’re looking for something a little less sharp than a hedgehog, cats seem to be a popular choice among my classmates (including one of my roommates, who adopted two adorable kittens just a few weeks into the school year). Though it can sometimes get a little bit stressful having to take care of a pet on top of schoolwork, it’s definitely worth it when that little huffy spike-potato becomes slightly less huffy/spiky and cuddles into your arms!

(Side note: having a pet is awesome, but having a roommate with a pet is the actual best — all of the benefits with none of the work. Highly recommended.)

— KATIE J., M1

On Mental Health

Medical school is an exciting time, but it can also be stressful at times. Many students travel far from home to attend school, often for the first time. The pressure to do well, even in a pass-fail system, can still feel overwhelming. Whether or not you've experienced mental health issues in the past, you may find that medical school places additional strain on your mental wellbeing. Luckily, WashU has numerous resources in place to ensure that you have the support and care you need. "Wellness Wednesdays" hosted by Student Support Services provide students with a variety of relaxation and self-care activities, including yoga, pickup basketball games, and mindfulness meditation. Intramural sports teams and fitness-centered student clubs provide opportunities to maintain fitness and reduce stress. Additionally, Washington University has several wonderful, compassionate psychologists on staff who are trained to help students manage the unique stresses that come with medical education. You can easily schedule an appointment with one of them at any time, or get a referral to see the staff psychiatrist. Above all, your professors and the administration are completely understanding of the many stresses that medical students can face, and are willing to make accommodations to ensure that all students have the resources and support they need to thrive in medical school.

— JAMIE M., M1

Relationships

On Being in a Long-Distance Relationship

Relationships can be complicated to begin with, and they are made all the more difficult to navigate when your SO is hundreds if not thousands of miles away and you are trying to adjust to life as a medical student. However, you shouldn't let the cynics stop you from giving your relationship a chance. My current boyfriend and I had to do long-distance in college on multiple occasions and after living together for the past year, we are trying long-distance yet again. From our previous experiences of love from across the ocean, I have learned that it is extremely important to figure out what you want and need from the relationship. Together, you can discuss your expectations and concerns and brainstorm ways to maintain a healthy relationship while apart. Maybe that means you agree to talk on the phone every night before bed, or to continue going on dates (e.g. candle-light dinners over Skype), or you plan to see each other on the weekends after block exams. Thanks

to the wonders of modern technology, there are many ways to keep the fire burning. Just be sure to keep communicating with each other on what is working for each of you and what is not, and then talk about ways you can both improve.

— TAMARA S. O., M1

On Being Married

My wife is probably the best person I know, and that's part of the reason being married in medical school is so great. She is so supportive, helping out around the house, cooking for us, making me study, and taking me outside over lunch breaks to play Frisbee in the park. Two pieces of advice: (1) Find ways to integrate your spouse into the class, possibly through social events or student groups. Knowing my friends has brought my wife into one of the most rewarding and time-intensive parts of my life. My class has been utterly inclusive, and some people know me as "her husband." (2) Be flexible with your time. As often as you can, be willing to spontaneously stop studying to read a book out loud to each other until you go to bed. Things like this keep me sane and show my wife she's more important to me than schoolwork. In general we've had so much more free time together than we expected. Being married in medical school has been a huge blessing that I would highly recommend!

— MATT H., M1

On Dating Someone Outside of Medical School

When I first got to WashU, a wise man told me that "dating a non-medical student is a lot like dating a person; it's just that they're not in medical school." You know what, fair point! As for challenges you might face, just be conscious that when you get to medical school, you are immediately going to have a support network and a hundred new friends, but your partner won't. Take the time to introduce your partner to your classmates, especially those who are also in relationships. It turns out couple-friends are great, and there is no better resource for your med-school-adjacent partner than someone in their exact position! Your SO's schedule won't always line up with your own, and they may be free while you have to learn all of Histology in one night (4/10, would not recommend), but trust me, they will understand. More importantly, they'll be there for you when you're done! Dating outside of school has kept me grounded and sane, and I wouldn't trade it for anything. Just make sure that when you're together, you remember how to talk about things that aren't medical school. And shower well; formaldehyde sticks with you.

— ALEX S., M1

On Having a Family

The best advice about being married with kids in medical school applies to most relationships — make sure to spend time with your spouse and kids every day, dedicating at least one night a week solely to family fun. Since my wife and kids are temporarily living long distance, we do this by using Facetime at dinner and story time, and having board game night over the internet. Additionally, it is important to spend time talking to your spouse, so that you both know the joys and stresses in each other's lives. You should focus on strengthening your relationships even when it feels like you have no time or energy to do so. You can do this by planning out a support system before starting school, so that you know how to prioritize your spouse and kids even when things get busy. Lastly, remember that this is only a relatively small part of your journey as a family. Overall, medical school can be a fun and rewarding experience for you, your spouse, and your children. It was fun to put two small white coats on my kids for their own White Coat Ceremony!

— MATT M., M1

On Matriculating with your SO

So you're thinking of coming to WUSM with your significant other? For the few of you that this may apply to — congratulations on surviving two application cycles concurrently! It's been an incredible experience in medical school so far — it's all the benefits of dating someone in your class without any of the potential drama. You'll always have a second set of eyes around to ask about a Histology lecture or practice buddy for physical exam skills. You'll share the same cycle of free time and study time. And, most uniquely, you'll be with a partner who's been in your life for a long time already, providing a pillar of stability during the tumultuous time that is medical education. Coming to medical school together means making a simultaneous commitment to both your careers and your relationship — you're going to want to be at a place with mentors and advisors that will respect both those things and nurture you along this path together. It's hard for us to think of a better place than WUSM for that.

— MEG L. & SIRUI M., M1S

School

On Being an MSTP Student

If you're sitting in lab right now watching that SDS-PAGE run (blot, blot, western baby) or generating metabolic capacities of individual metagenomes, look no further than the WashU MSTP, because this program is for you! Here, you will be surrounded by hardworking and supportive peers in the classroom, the clinic, and the lab. You will interact with faculty who are passionate experts in their fields of study, and they will be your mentors and guides. Furthermore, the MSTP administrative staff is an amazing group of people who will really look after you and your peers throughout your time at WashU (thankfully, you will have many peers in our sizeable program). Personally, the main reason I chose the WashU MSTP is the wide variety of novel science to which I am exposed on a daily basis (the free food at weekly journal clubs, weekly MSTP meetings, and monthly research opportunity seminars only sweetens the deal). This type of experience will undoubtedly help me and my classmates to grow as future physician-scientists. In short, if you want to be at the forefront of medical science in the company of the smartest and most compassionate colleagues around, consider making WashU your home for the next 7-8 years!

— KENDALL B., M1

On Being Heavily Involved in Student Activities

One of the reasons why I love WUSM is the multitude of extracurricular opportunities offered to medical students. As someone who has been interested in medicine and community impact for a long time, I feel blessed to be given these chances to explore different specialties through various interest groups, develop leadership skills with administration, and become an activist in St. Louis health care disparities through volunteer organizations. I believe that classes are important, but our learning doesn't only occur in the classroom — these extracurricular opportunities are uniquely afforded to medical students and I am determined to make the most of it!

I am involved in the Dementia Understanding Opportunity (DUO), salsa club, coordinating for Schnucks screenings, AMWA, and shadowing with interest groups, but by far my largest commitment is in my role as class president. Although it can be hectic at times, I find balancing schoolwork with extracurriculars very manageable with some organization and efficiency. Each student has his or her own priorities, and it is important to take some time to figure out

your own limits. It's definitely a learning process of where and when to say "no", but this is a skill highly needed as we continue on in our medical careers. There are amazing experiences waiting, and I can't wait to see what you all will do!

— CONNIE G., M1

On Being Highly Focused on Academics

Shockingly, you won't be surrounded by die-hard library dwellers in medical school. Instead, many of your classmates will need surprisingly little study time to do well, or take pass-fail to heart. Much of medical school is about finding the balance of things that makes YOU happy. If that means minimizing studying to high yield sessions, then go for it. If that means focusing on academics, that's also great! Professors and TAs are always open to talk more about what you learned in class, and there is no shortage of material to discuss. There are also a ton of ways to dive into medicine beyond class material. If you're interested in conducting research, then contacting multiple professors, reading about their work, and meeting with them is a great way to learn about the frontiers of medical discovery, and perhaps push that frontier farther forward yourself. If you enjoy clinical medicine, physicians are very open to shadowing. During this semester I've shadowed specialties such as neurosurgery, Ob-Gyn, cardiac surgery, and many more for fun! I find shadowing a great way to experience medicine hands on. If you want to focus on academics, the material covered is fascinating, and there are plenty of ways to get plugged in beyond going to class.

— JESSE H., M1

On Coming Straight from College

A year is a long time. Having been dreaming of being a physician for over 20 years, I decided against taking an extra gap year before medical school. For me, waiting another year was too much to bear after countless years of education. Although some of my classmates had exceptional experiences during their gap years, I have found plenty time to check off my own bucket list items during summers and recesses without delaying the pursuit of an MD. Now I find myself back in the swing of classes without having to relearn how to study. While I'm sure gap years were exciting and rewarding for those who utilized them, I'm happy to be on my way, notably a year sooner than some, to becoming a physician.

— RYAN P., M1

On Going to Class

I made it through four years of undergraduate education without intentionally missing a single lecture, and I plan to do the same during my graduate education. Some would call it an impossible goal, but I would say that anything is possible when you set an alarm. I will admit that it can sometimes be difficult to make it

in at 8:30 every morning — especially when you live the caffeine-free life like me — but lectures provide structured, protected time for the auditory learning that I need. If you ever do need a break, Moore is just a short walk from Becker for free tea (or coffee for the weak) and candy. With some key exceptions, lectures are recorded and attendance is neither mandatory, nor essential to learn the material. There are countless educational outlets available; you just need to decide what blend works best for you.

— CORY B. F., M1

On Skipping Class

While it may seem that medical school will be so intense that any time you miss class, you will inevitably end up behind your classmates, that is definitely not the case for a sizable chunk of the WashU student body. Medical school is about finding what works best for you academically while making sure you remain happy and mentally refreshed. For me, this involves waking up when I want, coming only to required classes (of which unfortunately there were more than I wanted during the first block), and relying solely on Anki and digital resources provided by the school and the previous classes. And even if you are an auditory or visual learner, all our lectures are recorded, so nothing will stop you from listening to them at 2x or even 3x.

P.S. Make sure to figure out how many classes you are allowed to miss for each subject per block. There is no regret like the regret of attending a class you could have skipped.

— ARJAV S., M1

On Studying in the Carrels

After an exhausting day of class, lab, and small groups, your carrel will always be there for you. For a lot of us who prefer to study on campus, the carrels are our home away from home. Everyone's assigned desk in the carrels has several locked cabinets, which you can stock with snacks and coffee and a warm hoodie. Given that the M1 small group classrooms open up into the carrels, there are always people around between classes — if you tend to stream lectures, this may be one of the few times you actually see some of your classmates! As exams approach, the atmosphere in the carrels simmers down to become more serious, but generally this is a casual study space that is a welcome reprieve from the intensity of Becker or the solitude of your apartment.

— LEKHA P., M1

On Taking Gap Years

If you took a few gap years to make sure you really wanted to be a doctor, make money, have a crazy experience, etc. I understand! I took three years off between college and med school, spending winters ski instructing in Colorado

and summers dabbling in health stuff. Let me calm some common fears. First, you'll ask yourself, "Do I remember how to go to school?" The answer is yes! WUSM really lets you ease your way into studying and you're encouraged to figure out what works best for you. All of your peers are in the exact same place, even if they came straight from college. Med school is a whole new animal for everyone. You might also fear being older than your peers. But you're likely more confident in yourself, you're better at adulting, and you will be totally prepared for all the amazing opportunities that come your way literally every day. I have found that I truly appreciated my time off, I can balance school and life, and I'm ready to capitalize on these years. So yes, sometimes your classmates will remind you they're just 22 and fresh out of college and yes, sometimes you'll feel older than them. But in the end, you will totally fit in here, be successful, be happy, and pursue your goals!

— SAMANTHA L., M1

Where We've Been

On Being a WashU Grad

I'll be honest, I was ready to leave WashU to try out a new school and a new city. I was a freshman RA for the past two years, eating lunch at the DUC and dinner in BD every day since starting undergrad. However, going to Second Look weekend convinced me that WashU was meant to be my home. The Central West End, where the majority of the first-year class lives, is a whole new neighborhood to explore. I can walk a few blocks to study, or hang out late at night with friends. I can afford to live walking distance from campus and easily roll out of bed late to get to class, salsa lessons, or review in Anatomy lab. Coming from WashU also made finding an apartment and cheap, used furniture so much easier. There are always new things for me to see, and I have these amazingly kind, fun, intelligent classmates to share it with. I can also share my favorite restaurants with them (right now it's Cate Zone). So many of my friends from undergrad are still in the area, whether on Danforth Campus or working and living nearby in the CWE.

— SARAH S., M1

On Being an International Student

Being an international student comes with its own unique challenges. Sincerely, no place in the U.S. can really provide us the same comfort as our home countries do. However, WashU provides a relatively comfortable community. The faculty is welcoming and your peers are understanding. There are groups both on the medical and undergrad campus that can make you feel more at

home. The medical school organizes events that can also help you learn more about American culture. It is easy to make friends with your peers, and they can help you navigate through your time in America. The international office at WashU is also very efficient, especially at helping you with all the paperwork and logistics of being an international student. Generally, WashU is great at providing the support needed to help their students, including international students, succeed. No doubt, you will love it here like I do!

— AYO O., M1

On Being Canadian

Bonjour-Hi to my fellow Canucks! Whether you are joining us after attending undergrad in the U.S., have just crawled out of your igloo, or if you are just tired of being asked if you are actually international, I've assembled a few survival tips for navigating any tricky culture clashes that might come up.

DO:

- Say “sorry” a lot. Americans enjoy feeling like they are right.
- Get used to subtracting 32, dividing by 9, then multiplying by 5 to have any idea what the weather is like.
- Laugh merrily at people complaining about how cold it is. Anything above freezing is beach weather.
- Sing “O Canada” over their anthem whenever it plays. I mean real, top-of-your-lungs, poutine-fueled bellowing — how else will they know we're there?
- While we're on the topic, tell Americans about poutine. If enough of them learn of the wonders of French fries, gravy, and curds, they will surely be no match for our Mounties and polar bear special forces. We attack at daybreak.

DON'T:

- Talk hockey. Most Americans are not capable of understanding your appreciation for the intricate art of dirty dangles, wheel snipes, and cellies.
- Acknowledge the existence of Bieber. Deny, deny, deny.
- Say “double-double”, “zed”, or “bag” like “beg”. Americans are easily startled by foreign noises.

Hopefully these tips are of help as you go forth amongst Americans and pass as one of their own. The less they know, the better, eh?

— ANDREW Q., M1

On Being from a Big City

As a New Yorker, I once believed that St. Louis would be a dreary midwestern city with little to offer in terms of fun activities. In this case, I'm incredibly happy to be wrong. After living here for a little while, one notices that St. Louis is a vibrant city with a plethora of engaging activities. While this is not an exhaustive list, St. Louis is home to Forest Park (which is larger than my Central Park), several museums,

great breweries, delicious food, sports teams (Cardinals and Blues), and nightlife. They say the people make the city, and for St. Louis I couldn't agree more. St. Louis is home to many interesting people, who happen to be very nice. In my opinion nothing beats my hometown of New York, but St. Louis is a close second and I'm incredibly happy to call it home.

— MIKE O., M1

On Being from a Small Town

St. Louis is the perfect size for someone who's looking for a place that's perfectly in between a small, rural town and the bustling Big Apple. I'm from a tiny town in Missouri where the cows move faster than the speed limit and there are no malls or Starbucks. When I was looking for medical schools, I knew I wanted to live in a mid-sized city that had a plethora of festivals, comedy shows (John Mulaney came through this year!), movie theaters (there's only one small cinema in my hometown), and nightlife. St. Louis is perfect for all of that, and as a WashU medical student, you get a free Metro Pass to travel around the city. In addition, the medical campus is right next to Forest Park, so when I'm missing the nature and greenery of home, it's just a simple run away. In addition, living in St. Louis is much more affordable than residing in some of the other larger cities on the East coast or West coast. Overall, I've completely enjoyed my time in St. Louis.

— LENA J., M1

On Being from the East Coast

I'll be honest, there are a lot of things I miss about the East Coast. I'm from New York City, so I'm used to having everything I could want — restaurants, museums, shops, the New York City Ballet — within walking distance, or accessible by an extensive 24/7 public transportation system. While I was a bit apprehensive about moving to St. Louis, I quickly settled in. The city's attractions are definitely more spread out — bring a car, or make friends with those who did — but there's lots to enjoy if you're willing to look for it. I'm especially glad that the med school is located in the Central West End, a walkable neighborhood with charming architecture and lots of amenities close by (and a convenient MetroLink stop for those times you really need a change of scenery). While I'm planning to move back to the East Coast after medical school, St. Louis is a wonderful place to be a student on a student budget: Here, I can split a gorgeous 1600 square foot prewar two-bedroom/two-bath apartment with a balcony with one roommate and pay \$800/month. In New York, that would get me a closet!

— FAITH W., M1

On Being from the South

I'm not the poster child for Mississippi — most folks brand me as a Jersey boy after two minutes of conversation (understandable) — but my veins flow with sweet tea and my childhood neighborhood looked like the set of “The Help,” so I carry the Deep South with me at all times. Missouri and Mississippi are typically considered sister states, and, apart from the oft-confused postal codes, there is good reason for it. Overly passionate college football fans and sentences punctuated with “ma’am” and “sir” are all the rage here, too, and it’s comforting. Four years on the East Coast for undergrad turned me cold and callous. St. Louis has partially warmed me back into a dapper Rhett Butler (depending on who you ask). If you’re also from Dixieland and are worried about possible culture shock in St. Louis, fear not. While it is a big city, bringing with it corresponding diversity and social eccentricities, the air is still unmistakably Southern, brimming with indiscriminate friendliness and cozy charm. Just don’t fall for the “authentic Cajun” food here — NOLA’s still supreme in that department.

— SAJAL T., M1

On Being from the West Coast

Maybe you are like I was a year ago: super excited about medical school at WashU, but being from the West Coast, you are wondering if you can “survive” 4+ years living in St. Louis. Originally from the Bay Area, I grew up loving the accessible national parks, the diversity of people, the extraordinary food choices, the beautiful beaches ... I could go on. Unexpectedly, I actually like living in St. Louis. The medical school is located in the Central West End, near the beautiful Forest Park, perfect for a jog, stroll, or a visit to one of several (free!) museums. Everything that you need to live is within walking distance, including grocery stores, banks, and restaurants. St. Louis is within train or driving distance of Chicago, a dynamic city perfect for a weekend away. If you have a car, or a friend with a car, you can also access many beautiful state parks throughout Missouri. Of course, one of the best parts about WashU is your medical school class. Being able to share moments with these amazing and diverse people will also help you feel right at home! Living in St. Louis also strikes a good balance because there are things to do when you do have time, but not so many distractions that you are tempted to go out when you don’t have time. St. Louis may not be the “West Coast Best Coast,” but it is still a great place for a medical student to live!

— SOPHIE E., M1

On Being Local

Having spent my entire childhood in St. Louis, plus three years after graduation from college, I was exceedingly reluctant to spend at least the next four years at medical school in St. Louis. The fact that WUSM was in St. Louis was its least attractive quality to me, since I was really looking forward to exploring a new environment as part of this new chapter in my life. Once I started school though, it became clear that my expectations about living in my hometown — which were to feel bored and under stimulated — were quite off base. Beginning medical school marked a huge transition in my life involving exciting new challenges, a new routine, new academic stimuli and a new and larger community. In the face of all of these changes, the familiar environment has become a welcome source of stability. Having close friends and family nearby, and even simply knowing my favorite places to go for various purposes, has afforded me a few less obstacles to tackle. Finally, having a new community in medical school has even helped transform St. Louis for me, as I come to see old places in a new light and explore new ground in the area.

— LEAH N., M1



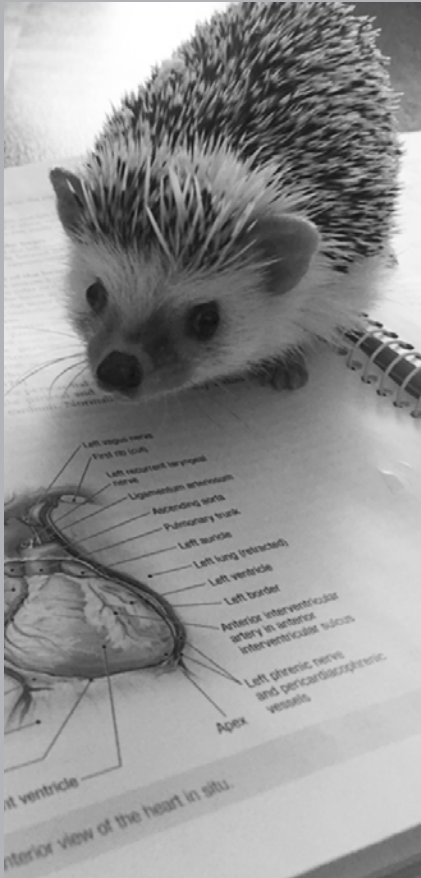
The Cathedral Basilica of St. Louis located on Lindell Boulevard offers mass and prayer, as well as tours of its beautiful architecture.



Sajal, Ashima, Nithya, Amisha, and Pujan at Garba, an event hosted by St. Louis University where people can get together to dance garba!



Events like Diwali allow you to share your culture with your classmates.



Princess Snugglenuggets (M1) the hedgehog buffs up her knowledge of heart anatomy.



Meg (M1) and Sirui (M1) attended their high school senior prom.



Many years later, Meg and Sirui attended their medical school Masquerade Ball.



Ayo (M1) showing his international heritage during White Coat Ceremony.



Cory (M1) and Sharon (M1) celebrate Hanukkah by lighting a menorah and spinning dreidels.



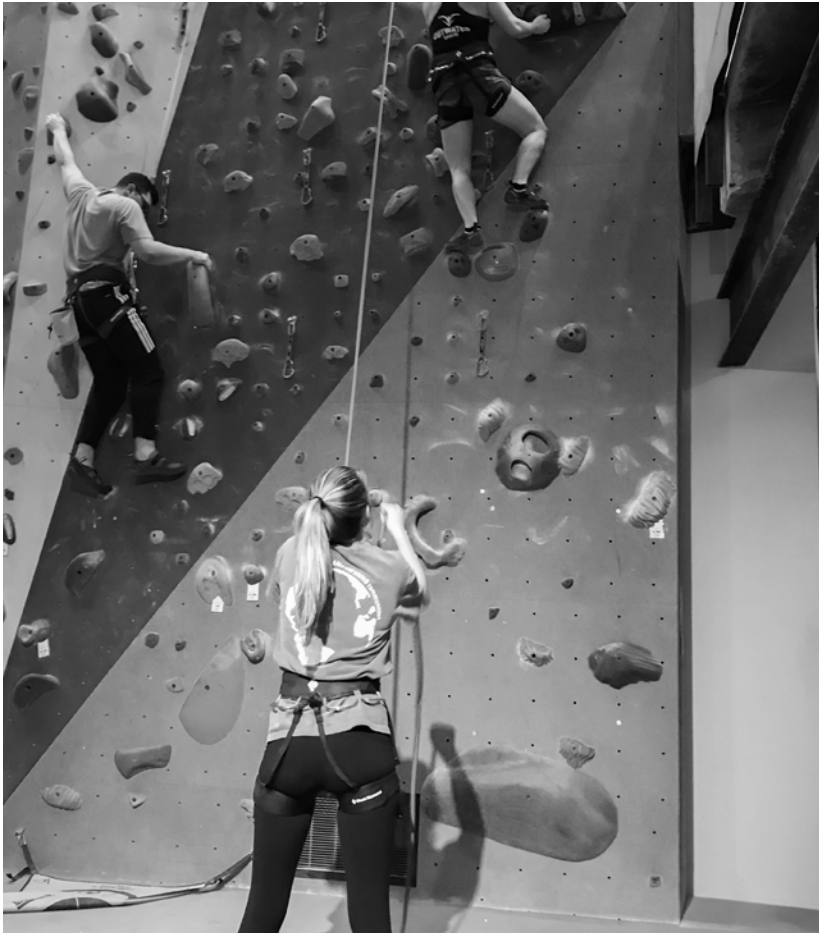
M1 students unite with MFM professor Dr. Pike to show their support for the Women's March.



Helen (M1) and Caroline (M1) protest for gender equality at the Women's March.



Awww, look at Matt (M1) with his family.



Life

Our tips to help you stay healthy, safe, and true to what matters most to you.

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Basics

Safety

It's true that St. Louis has a bad reputation around the country as being one of the more dangerous cities. When moving here, I was a little concerned about what it would be like and if I would feel safe. The Central West End (CWE), the area occupied by WUSM and Barnes-Jewish, is a very nice neighborhood filled with restaurants, bars, shops, and apartment buildings (mostly occupied by students and doctors at Washington University). I feel perfectly safe walking around the CWE during the day and for most of the early evening. I avoid walking by myself later at night, but it's not because I've ever experienced a situation where I felt particularly unsafe. I just lean pretty heavily towards caution. WUSM has a great security service called 2-HELP that will pick you up at school (or anywhere on the medical campus) and drop you off right at your door if you ever don't want to walk home at night. Unfortunately, this service is not yet available for getting to the hospital early in the morning during clinical rotations. WashU provides an app called SafeTrek for free to students that lets you hold down a button on your phone until you feel safe. I've used this for walking in the mornings before daylight. Even though the CWE is a nice area, there is still a decent amount of crime, mostly robberies and car break-ins. WashU Protective Services is working on ways to keep students better informed about crime in the area. In general, I'd say that you just need to be aware. I definitely take more precautions here than I would in my hometown, but overall I feel very safe.

— MARY M. S., M2

Student Health Services

Student Health Services (SHS) is excellent. We are all seen by the same doctor, Dr. Winters, who is wonderful. I once emailed her on a Sunday night with an urgent concern, and she responded within a few minutes and immediately called a prescription in to the local Walgreens for me because SHS was obviously closed. During business hours, it is simple to call and make an appointment if you have any health concerns. You can even drop in anytime if you just want to consult with the nurse. If your problem is urgent or causing you serious anxiety, and you need the doctor (because you need an exam and/or a prescription), you should tell them that on the phone so they can try to get you an earlier appointment. Lastly, if your medical problems are interfering with your schoolwork, Dr. Winters is great about helping you manage that problem, even communicating with your professors if necessary.

— ARIELLA C. R., M1

Fitness

Basketball

If you didn't already know, one of the first things you will learn in medical school is that Ball is Life. Life without ball is a lonely pit of despair, so fortunately WashU has some great facilities to keep you ballin. Most med students go to the gym that is located on the ground floor of Olin Residence Hall. There is only one court, but it is pretty much always empty. If you are a big baller and need to use the most expensive equipment (\$495 shoes, for example), you can go to the undergraduate gym (the Sumer Rec Center) on the other side of the park. It is usually more crowded, but there are more courts and other facilities in the same building. If you want to feel like playoff LeBron, join intramurals for a higher level of competition (also at the Danforth Campus gym). Finally, if you're not that good at basketball, don't worry — you can't be worse than Alex S.

— ERIC B., M1

Climbing

Whether you are a complete novice (like myself) or a hardcore free climber who has scaled Half Dome, the climbing membership at Climb So iLL through the student group ClimbRx is a hard opportunity to pass up. The membership includes shoes, chalk, and harnesses, so it's easy to get started. The gym also offers classes on belaying, but they do charge, so I suggest learning from a friend if you are interested. There will undoubtedly be people willing to teach you. If one gym isn't enough for you, St. Louis has a second climbing gym, Upper Limits, just down the street. There isn't a discounted membership, but if you are lucky you may run into Dr. Wichelman, who teaches the Emergency Medicine and Olin Grand Rounds selectives.

— ALEX S., M1

Cycling

St. Louis is a great option if you prefer spending your free time in the saddle. There are a number of local bike shops, such as Mike's Bikes just three blocks away from the medical campus. Every month, a group of ragtag cyclists gets together for a nighttime ghost ride (Google it!) as well. If you enjoy riding roads, there are a number of trails along the Mississippi and further out from the city. If you're like me, and have been a little lazy about scouting out good roads, Forest Park is always a great option, with a nice six-mile loop and with lovely Art Hill for interval training.

— JESSE H., M1

Gyms

If you're reading this, then you probably care about being fit (or swole, or yoked, or lean... whatever suits your fancy). Or maybe you don't and you want to know if WashU will offer the chance to start. Either way, we have two homes for you: Olin Residence Hall (aka the SHAC) and the Danforth Campus (Sumers Rec Center on the main/undergrad campus). Put simply, the Olin gym has everything you NEED, and the Sumers Rec Center has everything you WANT. Olin is open 24/7 and has essential machines, cardio equipment, a boxing bag, and ample free weights. There is also a basketball court in the basement. Sumer's has all of these things, but it is bigger, and the equipment is newer. It also has a pool, more basketball courts, racquetball, and outdoor tennis courts nearby. There are also cool massage chairs you can sign up to use to get on that next-level workout recovery game.

— AMIR K., M1

Intramurals

If you've ever dreamed of taking your athletic talents to medical school, then WashU Intramurals are your chance to compete at the highest level of play. Whether your contest of choice is flag football, basketball, softball, or beer pong, there are opportunities for champions from all walks of life to prove themselves. Fame, glory, honour — all those and more can be yours should you choose to take up the gauntlet. Will you accept the challenge?

— ANDREW Q., M1

Ping Pong

I started a ping pong club this year to get everyone as good at ping pong as Drake & Josh were in that one episode (go to Youtube if you don't get that reference). We play pretty often, and it's a great mix between competitive and completely ridiculous. Some of our club members have tried to play with spatulas and others have come prepared with lines from Call of Duty to utter every time they hit a great shot or win a game. It's a great crew and we plan on hosting tournaments starting next year with draws including both faculty and students. Definitely join Table Tetanus!

— GAUTAM A., M1

Running

St. Louis is a great place to run! The Central West End is conveniently located next to Forest Park, which is my favorite place to go running. It features a six-mile path around the perimeter, as well as a plethora of scenic trails that weave their way past the museums, ponds, and zoo on the inside. For longer runs, I often continue through the Danforth Campus and Clayton neighborhoods west of the park before

circling my way back. I have also heard that there are great trails in Tower Grove Park (about three miles away from campus) and downtown by the Gateway Arch and the Mississippi River! With sidewalks on every street, just enough hills to keep things interesting, and great weather, St. Louis really has all you could want. Lastly, if you enjoy racing, St. Louis hosts a marathon and half marathon in the spring in addition to numerous 5Ks throughout the year!

— ANTHONY B., M1

Tennis

First thing you gotta do if you're reading this is join the ACE Inhibitors, the tennis club at WUSM. We often hit in Hudlin Park (next to campus) or at the Forest Park tennis courts. Something most people don't know is that tennis can be played in the winter here, at a place called Chesterfield Athletic Complex. It's an adventure (a 20-minute drive) but the indoor courts there are lightning quick and really fun to play on during all seasons. And if you're into watching tennis, hit me up! I wake up throughout the year at ungodly hours to watch tournaments and Federer matches. #GOAT #3amAustralianOpen

— GAUTAM A., M1

Yoga

Yoga has the power to transform your body and mind. Whether you want to be stronger, more flexible, or less stressed, anyone can benefit from a regular yoga practice. There are many opportunities around campus for medical students to start or deepen their practice. The most convenient one is located in the medical school! The Yoga Club offers yoga classes in the FLTC classrooms twice a week, including Vinyasa flows and more traditional Hatha classes. The membership costs \$20 a year and mats are provided at each session. Medical students can also attend yoga classes offered at the Gary M. Sumers Recreation Center on the Danforth Campus (FREE GYM ACCESS FOR MED STUDENTS). They offer a variety of classes, including heated yoga and yoga sculpt. Students can hop on the (FREE) MetroLink near the medical center and get there in three stops or drive there in 10-15 minutes. For those who like the intimacy of yoga studios, Yoga Six is a popular spot in St. Louis. Other nearby studios include Urban Breath Yoga and Solar Yoga Center of St. Louis. In conclusion, there are plenty of affordable and convenient options for medical students of all levels to do yoga!

— VIVIAN L., M1

Travel & Getting Around

Air Travel

If you've ever lived in a big city, you'll know how difficult it can be to get to and from the airport. I lived in Los Angeles for undergrad and Houston for grad school, so I've been on the Struggle Bus before. Literally. In L.A., I had to pay \$10 each direction for a bus that would only come once an hour (if you were lucky and it wasn't running late) to a stop one mile away from my apartment, only to spend two hours slogging through the monster that is L.A. traffic. In Houston, I spent \$20 each direction for an Uber because public transportation is a fictional concept to the entire state of Texas. My experience here could not be more different. The MetroLink is a light-rail train that takes you straight from school to the airport in 20-30 minutes. So nice, so easy, and it's FREE to med students! The St. Louis Lambert Airport is also small, inviting, uncrowded, and easy to get through. Flying in and out of this city is a breeze, and I love it.

— SHARON A., M1

Life with a Car

As a first year, I would not say that you need to have a car. Between Uber, the MetroLink, and mooching rides from your friends, you can get anywhere in the city of St. Louis. However, having a car offers some advantages. If you're like me and paying \$4.20 for a gallon of milk makes you feel like someone is giving you a root canal, then you probably want to be able to get groceries from somewhere other than Whole Foods. Aldi is a few blocks north of the CWE (milk there is \$2.25) and stores like Target and Walmart are a 15-minute drive away. In addition, there are certain areas outside of the city (discussed in other sections of this guide) that require a car to get to in a reasonable amount of time. Finally, if you're ever studying late in the carrels and don't want to have to walk home alone, it's also nice to be able to drive.

— ERIC B., M1

Life Without a Car

People will tell you that you can't live in St. Louis without a car — it's not true. I won't deny that having a car makes things easier, but as a lifelong NYC kid — not only do I lack a car, I lack a driver's license — I am living proof that it's absolutely possible to survive and thrive in this city without your own form of vehicular transportation. The Central West End (CWE) is a relatively walkable neighborhood as far as St. Louis goes; almost everything important (school, restaurants and bars, the public library, Insomnia Cookies) is concentrated along Euclid Avenue. If you want a change of scenery, a quick MetroLink trip will take you to the Danforth Campus or the Delmar Loop. For destinations not on the

east-west axis, Uber and Lyft are readily available and relatively affordable (and if you are licensed to operate a motor vehicle, there are carshare services you can join). And my classmates are incredibly generous with offering rides to off-campus activities or even just to Trader Joe's! In sum, while there are definitely times where I wish the Walgreens or the Post Office was just a little bit closer, I haven't found my lack of a car to be a hindrance.

— FAITH W., M1

Local Trips

If you get on I-64 and drive out west towards the suburbs, it literally feels like you could be in any suburb in the U.S. A huge crew of us head out this direction once a week to try out different Indian restaurants — our favorites so far have been Priyaa and Ani's Hyderabad House. I frequently hang out in Chesterfield valley, as it's one of the most vibrant places in the area (e.g. there are two outlet malls within two miles of each other). They're also opening up an indoor skydiving facility over there next year, which is definitely on the bucket list. On the other side of campus (the east), you have downtown St. Louis, Cardinals games, Blues games, and nightlife. All of this can be accessed via MetroLink, which is nice. But if you really want to get away from the city, finding a friend with a car and exploring out west is the move!

— GAUTAM A., M1

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 p.m., 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. 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 B., M2

Public Transportation

One of the best things about WUSM is the walkability of the medical campus and Central West End. St. Louis's public transportation is a great resource for students without cars who want to explore other parts of the city. All WUSM students receive a U-pass — a free pass that allows unlimited access to the

MetroLink and MetroBus (the light-rail and bus systems, respectively). The MetroLink is my personal favorite. It provides an easy way to get to the Lambert-St. Louis Airport, and the Sumers Rec Center on the Danforth Campus. Best of all, it allows us to get to the Cardinal's Busch Stadium, the Scottrade Center, the Gateway Arch, Union Station, and other major destinations in a quick 10-15 minute ride. You can carry bikes on both the MetroLink and the MetroBus, and the trains generally arrive on time (except when there is construction on the tracks). So get ready to explore St. Louis without worrying about the hassles of driving, parking, or having to pay!

— PRIYANKA P., M1

Walking

The Central West End is a great place to walk around, especially now that a lot of new businesses are springing up on the way to school. (We just got a Pokedoke and a Shake Shack)! I live on the corner of Lindell and Euclid, but I'm a fast walker, so it only takes me 12 minutes to get from my building to my seat in the lecture hall. I shop at the Whole Foods on Euclid, conveniently on my way home. However, the cheaper grocery stores and the nearest Walgreens are pretty far to walk — I'd rather just order things on Amazon or get someone to drive me than walk 15 minutes each way carrying things.

— ARIELLA C. R., M1



Students will join intramural teams to continue playing their sports or to try new ones. Chill and drink Capri Suns with the soccer team after a game on the undergraduate campus!



There are many extracurricular activities in St. Louis for students to pursue, such as rock climbing at Climb So Ill.



Caroline (M1) rocks hair curlers and Lade (M1) reps her soccer team for Halloween.



Benji (M1) and friends have fun at the Ugly Holiday Sweater party.



The MetroLink stays active throughout the winter so that students don't have to miss class!



Every student is sorted into one of three societies. Societies will host fancy events like a cocktail party at the Contemporary Art Museum.



M1 boys look ~FRESH~ at the Contemporary Art Museum.



The M1 boy band show off their moves as they compete with SLU at the Red Dress event.



Ryan (M1) learns to punch away his stress during a Krav Maga class.



At the end of the diversity week of orientation, students will be invited for dinner at Dean Ross' amazing home.



M1 friends dress up to support the American Heart Association's Red Dress event, one of the largest fundraisers hosted by WUSM.



Students find their inner peace and balance through weekly yoga classes.



Entertainment

Whether your idea of fun is cheering the Cardinals on at the next baseball game, dancing the night away, or catching a play at the Fabulous Fox Theatre, we have first-hand reviews of the best St. Louis activities.

SECTION EDITOR: MICHAEL NEHLS (emnehls@wustl.edu)

Festivals & Events

Festival Culture

Last summer, I averaged attending two to three festivals a month, no joke. Almost all of them are free to attend with food and drinks for sale. Whether celebrating blues music, the 1904 World's Fair (why not keep celebrating?!), the Renaissance, or the first cocktail party recorded in history, these were always a total joy to attend. St. Louis's festival habit continues into the fall and winter, albeit with more moderation, with festivals for Halloween, local art, harvest, and many more. If there is an excuse to celebrate, we have found it — and exploit it with great bravado!

— MICHAEL N., M1

Cinco de Mayo

I have become a total festival junkie since moving to St. Louis, and I can say with confidence that Cherokee Street Cinco de Mayo is my favorite festival yet! It features three stages with live music and intermittent dance performances, many restaurants and bars offering specials out on the street, and friends and families from all over the city coming together to spend time on the street that has come to be known as the focal point of Mexican-St. Louisan culture! P.S. It is free!!!

— MICHAEL N., M1

CWE Cocktail Party

Did you know that the first cocktail party recorded in history took place in the CWE (at what is now the Archbishop's house) in 1917? That's alright — you are still invited to celebrate this historic event each June in the streets of the CWE, with unique cocktails crafted by CWE restaurants, live music on two stages, and a cocktail competition! P.S. It is free!

— MICHAEL N., M1

Festival of Nations

Held in late August in Tower Grove Park and organized by the International Institute of St. Louis, the Festival of Nations celebrates the beauty of world cultures! Local communities, representing over 40 countries, come together to showcase their mouth-watering national cuisines, eye-catching handicrafts, and awe-inspiring performances of music and dance.

— TIFFANY W., M1

Float Trip

The annual M1 float trip on the Meramec River is a rite of passage, an amazing bonding experience, and a unique opportunity to drink alcoholic (or non-alcoholic) beverages and eat snacks while floating down a river on a giant platoon of over 20 rafts that have been tied together. No icebreaker activity you'll do during orientation can beat the connections you make with your classmates as you swim, explore caves, and relax while floating for four hours down a winding river.

— JAMIE M., M1

Fourth of July

Summer is a glorious time in St. Louis and Fourth of July is a good midpoint in the season before things get too toasty. America's birthday is signified by the weekend long Fair St. Louis, complete with a huge parade downtown, free concerts every night, and many other activities. Fourth of July can also be a good time to get out of the city and go on a float trip, camp, or head to the Lake of the Ozarks. Many surrounding communities mark the holiday with various festivals and events. Trust me, you won't have trouble finding fireworks, free events, and plenty of sun and fun for July 4th!

— SAMANTHA L., M1

Greek Fest

Hosted annually over Labor Day Weekend by the St. Nicholas Greek Orthodox Church, which is located just across the road from the WashU medical campus, the Greek Fest is your chance to trick your tongue and brain into thinking you're in the beautiful country of Greece. Enjoy fan favorites like lamb shank, rice pilaf, spanakopita, baklava ... (are you salivating yet?) or try something new!

— TIFFANY W., M1

IndiHop

What could make a beer festival better? What if you were to replace a sticky and poorly ventilated warehouse with the streets of the Grove and Cherokee neighborhoods, and the booths and long lines with local businesses agreeing to host a brewery with plenty of standing room? Well, you would get IndiHop! Taking place every May, IndiHop costs \$30 for bottomless tasters of delicious craft beers, free shuttle rides back and forth between the two neighborhoods, and a wicked good time exploring local shops!!!

— MICHAEL N., M1

Japanese Festival

Origami, ramen, bonsai, karate, and ikebana are among the number of things you can expect to experience at the Missouri Botanical Garden Japanese Festival. Sponsored by the many Japanese organizations in the St. Louis area (and there are quite a few of them), the festival offers entertainment for those of all knowledge levels of Japanese history and culture, although the food alone is enough reason not to miss this yearly event. If cosplay is more your thing, the festival also has a cosplay competition, and several of the merchants sell related goods. The one downside of cramming so many awesome things into three days is that the more popular demonstrations fill up quickly so arriving early is a must. Festival goers also have complete access to the botanical gardens, and can leave on a guided tour every half hour. Anyone looking to get more involved with the Saint Louis Japanese community should contact the St. Louis Japan Society.

— ALEX S., M1

LouFest

LouFest is an annual two-day music festival in Forest Park right next to the medical school. The venue contains three stages, numerous food stands, and a variety of vendors. The 2017 line-up was mostly alternative rock music with headliners Weezer and Cage the Elephant (and my favorites Rainbow Kitten Surprise and Hippo Campus). However, there was also an eclectic mix of other performers, including Snoop Dogg, so definitely check out the lineup to see who's coming. Cost for a two-day pass is \$95 for regular purchase or \$85 for early bird. There are also some one-day options available closer to the date of the festival. LouFest 2018 will take place September 8-9.

— MATT L., M1

Mardi Gras

St. Louis is home to the second-largest Mardi Gras celebration in the country! The events are in Soulard, the historic French neighborhood only a short Uber or MetroLink ride away from the medical campus. The ever-unpredictable Midwestern weather means that you may be celebrating in balmy or freezing temperatures. Luckily, the beads, beer, and crowds of revellers are always a constant during the Grand Parade and its after-party in the streets of Soulard. The Mardi Gras festivities last for about a month through January and February, and feature events like a "cajun cook-off," a snowman softball tournament, a 5K, pet parade, and the Weiner Dog Derby. The Grand Parade is the celebration's finale, with 100 floats, thousands of beads, and festively dressed attendees. Pack your favorite sparkly gear, beads, facepaint (and maybe a coat), and get ready for some fun!

— PRIYANKA P., M1

Shakespeare in the Park

Shakespeare in the Park is a fantastic, outdoor, professionally produced, live performance of one play per year in the middle of Forest Park! Pack a picnic with your favorite snacks and beverages (alcoholic or otherwise), grab a gaggle of your favorite friends and a blanket, and hit up Shakespeare in the Park this June to see Romeo and Juliet!!

— MICHAEL N., M1

The Great Forest Park Balloon Race & Balloon Glow

There is something magical about the concept of floating through the air, tethered to a giant balloon. During The Great Forest Park Balloon Race, you can live this dream vicariously through watching gorgeous hot air balloons race through the city in the oldest and largest modern competition in the nation. The night before the Great Race, be sure to travel to Art Hill and enjoy the Balloon Glow — a fun-filled event with live music, classic St. Louis treats, light-up toys, and spectacularly beautiful displays of glowing hot air balloons. The entire event is free and the Balloon Glow ends with a fireworks finale that you cannot miss.

— CORY B. F., M1

Nightlife & Bars

Beer Bars

St. Louis is home to more than a dozen fantastic breweries, including the more artisanal 2nd Shift and Perennial breweries, the variety-focused 4-Hands and Urban Chestnut, and mainstream standards such as Schlafly's and, of course, Budweiser. Each of these breweries has a great taphouse and Urban Chestnut even has a brewpub location in The Grove, just a short walk or drive from the medical school. In addition, the Anheuser-Busch Company often holds special events at their massive Budweiser brewery in the center of the city, where they feature other local breweries and more experimental brews. If you're looking for beer bars, International Taphouse in the Central West End has over 40 beers on tap and hundreds in bottles. They also have a great staff, daily specials, and weekly trivia. Because St. Louis, and the Midwest in general, has such a strong connection to beer, it's always easy to find new and delicious craft beer at your local corner store or favorite restaurant.

— MINA F., M1

Board Games

What do you think about when you picture the perfect end to a long, stressful week? If you imagined sitting around a table with a group of friends, reveling in the excitement of playing your favorite board game, then you're in luck! Every Friday night at 8 p.m., you can join a group of genial gamers for a rousing round of Catan, Sheriff of Nottingham, and many more! You can even bring your own board games for more fun and variety. The group is open to everyone, so if you have a friend or significant other who is not in medical school, they are welcome too! No matter what real life has in store, a fun time with friends can always be found when you "roll" on down to board game night!

— JAMIE M., M1

The Pageant

Concerts at The Pageant are wonderful because the smaller venue size means cheaper tickets and performances by lesser-known artists. The best part — the farthest away you can be from the performer is 70 feet!

— IRIS K., M1

Outdoors

Camping

If you enjoy camping, then WashU will be a great place for you. St. Louis is filled with many great campsites less than an hour away. And don't fret if you don't have any of the gear because the Wilderness Medicine Interest Group has everything from tents to sleeping bags to borrow. The group also organizes camping and hiking throughout the year, so it's a great way to meet fellow classmates who love the outdoors!

— ARJAV S., M1

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

— LEAH J., M2

Hiking & Trail Running

Missouri offers many gorgeous parks and trails. Castlewood State Park and Lewis and Clark Trail, with river views and limestone bluffs, are great for short hikes or runs close to the city. Chubb Trail offers more challenging terrain in West Tyson Park, traveling alongside the Meramec River. If you're willing to drive a couple hours outside the city, you can find beautiful hikes in Shawnee National Forest along sandstone cliffs, waterfalls, caves, and rock formations. Most accessible and just as beautiful, however, Forest Park is directly west of the medical campus, with both biking and gravel paths interspersed with museums, lakes, a zoo, and much more.

— HANNAH M., M1

Six Flags & 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 J., M2

St. Louis Attractions

City Museum

Essentially a huge, urban playhouse, the City Museum is one of the most unique attractions in St. Louis. You can go down a 10-story slide, frolic in colorful ball pits, get lost in the depths of twisting caves, spin in a giant hamster wheel, and more. Originally a shoe factory and warehouse, the museum showcases its industrial history through impressive, artistic decorations created from repurposed machines and factory parts. For less than \$15, people of all ages can find hours of activities and entertainment at this site!

— GINA R., M1

Forest Park

Located just across from the medical school, Forest Park is a refreshing respite from the city and from daily life. There, you can enjoy over six miles of walking and running paths, see performances, go ice skating, and visit a variety of free museums, as well as the (also free) Saint Louis Zoo. With something for everyone, Forest Park is the perfect place to relax and unwind.

— JAMIE M., M1

Gateway Arch

I remember the first time I saw the majestic Gateway Arch: a black-and-white photograph in my middle school algebra textbook, provided as an example of a catenary curve. That was also the last time I saw the Arch until I drove across the Mississippi River with luggage and furniture in tow, ready to start my adventure in St. Louis. The most iconic structure of the city, the Arch is also the world's tallest arch and the tallest monument in the country. It was built in the 1960s to commemorate the western expansion of the United States, and I certainly felt its welcoming presence as I neared the end of my 13-hour road trip from the East Coast. The inside of the Arch is an engineering marvel and it's a fascinating experience to ride the futuristic pods to the peak, where you'll get a 630-foot bird's eye view of both sides of the city. You'd better get acquainted with it quickly too — everybody and their mother, including yours, will want to take the 20-minute round trip to the top.

— SID S., M1

Missouri Botanical Garden

The Missouri Botanical Garden is a gem. From free concerts with food trucks in the summer to a grand display of plants and lights during the holidays, the Botanical Garden offers beautiful scenery no matter the season.

— IRIS K., M1

Missouri History Museum

If you love history (or you're bored), go to the history museum in Forest Park. It's free admission and has some cool exhibits about the history of St. Louis and the Midwest.

— ERIC B., M1

Saint Louis Zoo

I consider myself to be a bit of a zoo connoisseur — I've been to zoos on three continents — and I have to say that the Saint Louis Zoo, a 10-minute drive or 45-minute walk through scenic Forest Park, is one of the best I've ever seen, with beautifully maintained exhibits and an extensive collection of animals. Highlights

include the gorgeous new polar bear exhibit, the sea lion tunnel, the penguins, the primate house, and Ginger the baby orangutan! Best of all, entrance is COMPLETELY FREE!

— FAITH W., M1

St. Louis Blues Hockey

Have you ever wanted to see fully grown men strap knives to their feet, arm themselves with bent quarterstaves, zip around at breathtaking speed, and occasionally punch each other's faces in? If so, NHL hockey might be just the thing for you! Playing only a 15-minute ride on the MetroLink away from campus, the St. Louis Blues are always sure to put on a show (unless the Stanley Cup is on the line).

— ANDREW Q., M1

St. Louis Cardinals

Come to a Cardinals game! St. Louis has one of the best baseball fanbases in the country and the stadium is only a few MetroLink stops from the Central West End. If they win, go to Ballpark Village to celebrate; if they lose, go to Ballpark Village to drink your sorrows away.

— ERIC B., M1

St. Louis Public Library

If your idea of fun consists of letting your mind wander while solely exercising your extraocular muscles, you are not alone. Our local branch of the public library is a cozy place where you'll find a convenient source of free printing, an alternative study spot, and a nice selection of literature. Tip: Check out their online catalog to place books on hold!

— TIFFANY W., M1

The Arts

Fabulous Fox Theatre

Originally built as a movie palace to showcase the films of the Fox Film Corporation, the Fabulous Fox Theatre was renovated in 1981 to become our marvellous showcase for the performing arts. The Fox offers both discount season tickets and \$30 Student Rush tickets to some of the best touring Broadway shows. With the magic of St. Louis and The Fox, living on a student budget means that you too can afford to see Hamilton!

— CORY B. F., M1

St. Louis Symphony

Here in St. Louis, we have the privilege of easy access to an absolutely top-notch symphony orchestra. Whether you go see the symphony for free in Forest Park, or for \$10 (student tickets!) in gorgeous downtown Powell Hall, you will be sure to have a transformative classical music adventure. Bonus perk — if you come on the right day, you might get to see me perform in the chorus!

— SHARON A., M1

The Muny

Having moved to St. Louis in January before the first year of medical school started, I was lucky enough to experience the 99th summer season of the Municipal Theater in all its glory. The Muny is a large outdoor musical theater in Forest Park with over 100 free seats and many more affordable paid seats available for each show, all performed by professional acting troupes. I implore you to check it out if and when you get the chance!!!

— MICHAEL N., M1



Arguably the world's most recognizable arch.



A statue of Saint Louis sits atop Art Hill in Forest Park.



Busch Stadium is home, of course, to the St. Louis Cardinals.



The Jewel Box is located in Forest Park.



The Balloon Glow takes place in Forest Park.



A serene setting in Forest Park.



A beautiful scene from the Botanical Garden.



Photos of a bridge in Forest Park in the summer and the winter, taken by two different students.



Students of the Lowry-Moore society enjoying a night at the art museum.



Classmates cliff jumping at the Offsets.



The St. Louis Symphony's annual, free concert in Forest Park.



Housing

Moving can be scary. Here we have valuable information that can help make your transition a little bit easier.

SECTION EDITOR: FAITH WILLIAMS (faith@wustl.edu)

Apartments

4371 Laclede Ave. Apartments

Price range: \$1100 for a two-bed, one-bath townhouse

Pet policy: Pets allowed

Amenities: In-unit washer/dryer, dishwasher, patio, central AC/heating, community herb garden

Parking (monthly): Gated covered parking permit \$15

Walk: 15 minutes

Aventura at Forest Park

Price range (monthly): \$1295 for a one-bedroom, one-bathroom; \$1650 for a two-bedroom, two-bathroom

Amenities: Central heating/AC, washer and dryer, private balconies and patios with storage, private swimming pool, 24-hour fitness center, pet friendly, 24-hour emergency service, gated dog park

Pet policy: Pet friendly

Parking: Free gated parking, covered carports

Walk: 10 minutes

Aventura is a great place! It is a new apartment complex (built in 2014), very convenient, and a beautiful place to live. There are both one bedroom/one bath and two bedroom/two bathroom apartments available. The living room has hardwood floors while the bedrooms are carpeted with walk-in closets and spacious bathrooms. Additionally, it is only a ~7 minute walk to campus! Although Aventura is south of the school and most of your classmates will live north of the school (where the restaurants and Whole Foods are located), I never feel like I must walk too much to get to where I want to be. Plus, there is free parking in the gated complex, secure package delivery, the maintenance staff is very responsive, and the managers are extremely friendly and often host events with free food! The complex is also very pet friendly, with a dog park. Overall, I love living here (and will be living here next year too because of how much I love it!).

— AMISHA P., M1

Buckingham Court

Price range (monthly): \$1000-1500 for a two-bedroom, one- or two-bath

Pet policy: Pets allowed for a fee

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

Parking (monthly): Uncovered parking lot \$50

Walk: 10 minutes

Del Coronado

Price range (monthly): \$910-1210 for a studio or one-bedroom, \$1260-1660 for a two-bedroom

Pet Policy: Pets allowed

Amenities: Gym and lounge on second floor, laundry room every other floor

Parking (monthly): \$80

Walk: 10 minutes

With over a dozen students from the M1 class alone, Del Coronado is one of the most popular buildings for Wash U med students. An easy 10-minute walk from school, this building is a fun and comfortable place to live. A gym in the building means you don't need to hike to Olin for your early-morning workouts. The lounge, equipped with a TV, couches, and a bar is the perfect place to host a late-night study session or a post-exam gathering. Laundry rooms are conveniently located on every other floor and all maintenance requests are taken care of ASAP. For a reasonable price, Del Coronado has all the amenities of a more expensive building in a great location.

— PRIYANKA P., M1

Ellsworth Apartments

Price range (monthly): \$650-\$1000 for a one-bedroom

Pet policy: Pets allowed

Amenities: All utilities included except summer AC, washers/dryers in the basement, pool access in sister apartment building one block away

Parking (monthly): Gated parking lot fee

Walk: 15 minutes

Euclid + Pine

Price range (monthly): \$800 for a one-bedroom, \$1199 for a two-bedroom, two-bath

Pet policy: Pets allowed

Amenities: Basement washer/dryer; gas, water, and electric included in rent

Parking: Street parking only

Walk: 10 minutes

Lofts @ Euclid

Price range (monthly): \$1008 plus electric and internet

Pet policy: Pet friendly

Amenities: Central heat and air, ceiling fans, huge windows, high ceilings, recently renovated kitchens, roof terrace, gym, bike storage

Parking (monthly): Outdoor gated parking \$50, or indoor garage \$100

Walk: 20 minutes

Maryland House

Price range (monthly): \$800 for a one-bedroom (more for granite countertops), two-bedroom

Pet Policy: Dogs and cats allowed, \$50 deposit

Amenities: Water/gas included

Parking (monthly): Garage parking \$50

Walk: 15-20 minutes

4355 Maryland Ave. is located off Newstead Ave. I moved into a one-bedroom apartment in Maryland House with my girlfriend because we knew we wanted a cat and it was half-way between WashU and SLU. It takes me about 15 minutes to walk to campus (I walk fast). Splitting \$800 a month, I probably have one of the lowest rents of the entire class, which is nice when your cat is destructive piece of s#%t (man, I love him). Apartment includes a dishwasher, garbage disposal, and electric stove. The rooms are larger than most one-bedroom apartments I've seen because it's a little farther away. I don't pay for the garage parking, because there's always free street parking. We also went with this place because the management had good reviews and they have been receptive whenever we've made requests. I believe the walls are thick because I rarely hear the neighbors. No word on whether they can hear us. I would recommend this apartment if you don't mind a slightly longer walk.

— ERIC B., M1

Metro Lofts

Price range (monthly): \$1300-1600 for a one-bedroom), \$1700-\$2240 for a two-bedroom

Pet policy: Pets allowed

Amenities: Washer/dryer in unit, gym

Parking: Covered parking \$100

Metro Lofts is the closest apartment complex to campus; it's a ~9 minute walk from my front door to class. The living room windows are huge, the floor plans are all open, and the apartments are all industrial chic! Some other perks are an in-unit washer dryer, an underground parking lot, and the fact that Metro Lofts is literally connected to a Panera. As a caveat, the rent is a little more expensive than most of the other apartment buildings in CWE, so that's something to consider. I love the convenience and the spaciousness/style of the apartment, and if I had a chance to re-pick apartments, I would absolutely choose to live here again!

— YASH T., M1

Montclair

Price range (monthly): \$975+ for a studio), \$1080+ for a one-bedroom), \$1370+ for a two- bedroom)

Pet policy: Pets allowed

Amenities: Common area with fitness center, game room and study rooms, rooftop access

Parking (monthly): Outdoor parking \$60/month or garage parking \$95

Walk: 10 minutes

Montclair is a pretty good deal overall. It has been newly renovated so the many units have all-new appliances and hardwood floors. It's really close to school (less than 10-minute walk and close to the entrance of the skybridge when it's cold). The lobby and common areas are also newly renovated, cozy, and useful for hosting events. There's a really nice rooftop terrace, study lounge, conference room, and game room — and we have a gym. The management and staff are really friendly and Montclair often hosts community events for residents and friends! Many other residents work or go to school at WashU so that's pretty cool. Some of the downsides include basement laundry and it's maybe a bit more expensive than some other places — but definitely not the most expensive. I like living here overall!

— LADE S., M1

Monticello

Price range (monthly): One-bedroom starting at \$750, studios starting at \$650

Amenities: Washer/dryer in basement, 24-hour access to fitness room in Fairmont Apartment building, locked mailboxes. Rent does not cover electric, cable/internet, or air conditioning.

Parking (monthly): Underground garage beneath building \$70

Pet policy: Allowed, with monthly fee

Walk: 15 minutes

When I was looking for apartments, there were a few things I was looking for: cheap, great natural light, decent kitchen, and walking distance from the med school. While Monticello certainly isn't fancy, an "unrenovated" apartment gave me most of what I wanted. The management (which runs out of the Fairmont, one block north) responds quickly (within a day) to most issues, fixing chipped paint and broken window shades, installing my air conditioner, and signing for packages. Not all the apartments in this 7-floor building are the same, obviously, and there are certainly some issues. The bathroom is tiny and needs a major update. The shower will sometimes randomly get hot/cold. My bedroom got really hot this summer, so I had to buy a second air conditioner on top of the one they included. The elevator also stops working every 1-2 months. Mainly, though, I love my big huge space and bright light. It's also close to all the good food around Maryland Plaza, and the public library. It's great to afford to live alone, and the 15-minute walk home to Lindell is well-lit and normally feels safe. I personally love to walk, so the sunlight and fresh air can wake me up in the morning before class. I'm planning to live here for at least a couple of years!

— SARAH S., M1

Parc Frontenac

Price range (monthly): \$995+ for a studio, \$1250+ for a one-bedroom, \$1785 for a two-bedroom

Pet policy: Pet friendly

Amenities: 24-hr. doorman, rooftop with great views, gym, bike storage

Parking (monthly): Ground lot \$50

Walk: 10 minutes

When I was looking for apartments, I wanted a place that was close to campus, had good security as I live alone, had a gym in the building and had lots of counter space for all my procrastinating. Parc Frontenac met all of my requirements for an apartment. It is about a 10-minute walk to school, has a friendly doorman 24/7, has a decent gym in the basement, and my kitchen has lots of room to bake dozens and dozens of cookies. A huge added bonus is the rooftop terrace that has views of the Arch and Forest Park, and is a great place to have a class-wide potluck or share

a bottle of wine with a friend. The only downside is the cost of Parc Frontenac. I was initially put off by the cost, especially because I live alone, but I personally have found Parc Frontenac to be worth every penny.

— MAELINE S., M1

Park 44

Price range (monthly): ~\$780 for a studio, ~\$1050 for a one-bedroom loft, ~\$1325 for a two-bedroom townhouse

Amenities: Open courtyard space in the middle of the complex, underground garage, package holding during office hours, heat and hot water are included in rent, some units have balconies

Parking (monthly): Surface lot \$55; garage parking \$85

Pet policy: One per apartment (25-lb. weight limit), with additional rent and deposit

Walk: 15 minutes

Park 44 is a four-story apartment that is pretty centrally located within the CWE and near school. All of the units are fairly recently renovated with new appliances. Pam and Tabitha in the management office are both super nice and the maintenance is shockingly responsive — they've been in to fix small things that my cat has scratched up by the next afternoon. I personally chose to live here because their studios are fairly affordable and spacious, the one bedroom lofts are also super nice (open floorplans, full floor to ceiling windows). I highly encourage that you come by to say "hi" and take a look in person!

P.S. If I have been of help in you deciding to live here, I'd ask that you mention my name when you sign (I do get a referral credit to my rent if you do). Obviously open to chatting if any of you have any questions about the apartment!

— ANDREW Q., M1

The Ashley

Price range (monthly): ~\$1400 for a two-bedroom/two-bathroom

Amenities: All utilities but electric and internet, in-unit washer/dryer

Parking: One gated parking spot is free (additional spot \$75/month)

Pet policy: Pets allowed with non-refundable deposit

Walk: 10 minutes

Located just a short 10-minute, 53-second walk from the FLTC (we timed it) or three minutes from the shelter and warmth of the BJC link (indoor walkway) is our haven in The Ashley on West Pine. The Ashley is an adorable, 22-unit/6-floor building in the middle of the Central West End. We are seconds from Whole Foods, Shake Shack, Hot Box Cookies, and Kaldi's Coffee. For late nights studying, we can

zip over to Kampai and come back with sushi within 94 seconds (again, we timed it). Our bright and sunny two-bedroom, two-bathroom apartment has hardwood floors in living spaces, beautiful energy-efficient lighting, and exposed brick walls. We also have some rare amenities: a large elevator, central heating and cooling, an included gated parking spot (one spot), and an in-unit washer/dryer. Management is very responsive to resident requests and even installed a programmable thermostat for us at no cost. Unfortunately, it may be difficult to find a spot — so start your search early.

— SHARON A. & CORY B. F., M15

The Chesterfield

Price range (monthly): \$750-\$1000 for a one-bedroom, \$1100 for a two-bedroom

Pet policy: Pet friendly

Amenities: Central AC/heating, some apartments have in-unit washer/dryer and balconies, access to outdoor pool, patio area with grills, gym, nearby dog park

Parking: Free gated lot

Walk: 30 minutes

The Core Apartment Residences (On-Campus Housing)

Price range (monthly): \$742-1350 for a studio or one-bedroom; \$1268-1863 for a two-bedroom

Pet policy: Pets are accepted at @718

Amenities: 24-hour fitness room, great hall, ping pong, billiards, game room, library, music room, media room, interior and exterior bike storage, study lounge, conference room, outdoor courtyards, 4th floor outdoor terrace. Common kitchens are available for impromptu pot lucks or dinner parties.

Parking (monthly): Surface parking available through WUSM Transportation

Walk: On-campus

Coming August 2018, experience vibrant apartment living at The Core Apartment Residences on the Washington University in St. Louis medical campus. The Core is comprised of two buildings with 160 apartments consisting of studios, one-bedrooms and two-bedrooms. Each apartment is designed and constructed with appointments that reflect the unique living needs of our residents — including a full bath and kitchen, and a washer and dryer. Rents are “all in” with pricing that includes furniture, internet, cable, and utilities!

The Parkway

Price range (monthly): \$725 for a studio, \$850 for a one-bedroom

Pet policy: Cats only; 20-lb. maximum and two-pet limit. \$150 fee per cat.

Amenities: Window AC May-November; rent includes all utilities except for internet.

Parking (monthly): Surface lot \$50

Walk: 10 minutes

The President & Park Royal

Price range (monthly): One-bedroom for \$1000, two-bedroom for \$1605 (with den for \$1700-\$1850)

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

Amenities: Cool lounge downstairs, popcorn and sometimes nachos on Fridays, free coffee in the lobby, free printing, a gym, a sun deck, and decorations for the holiday season. In the President, rent includes gas, electric, water, and trash. In the Park Royal, rent includes gas, water, and trash.

Parking (monthly): Garage parking \$50 (President) or \$60-\$70 (Park Royal)

Walk: 15 minutes

The President is a wonderful building on Lindell Blvd. It is connected to the Park Royal apartment building and both are run by the same leasing company. The President was built in the late 1920s and has beautiful apartments with fancy plaster detailing on the walls, cool black and white tiling in the kitchens, and hardwood floors. Even though the apartments are older, they are very well maintained. The apartments are very spacious and come with lots of storage. There is parking available in the building, but there is a long wait list, so tenants that don't get a parking spot in the building get parking at the Bank of America next door. The leasing office and maintenance staff are very nice and responsive. Apartments come in efficiency, one-bedroom, two-bedroom, and two-bedroom with den. The President is about a 15-minute walk from school and three minutes from Whole Foods. Utilities are included in the rent but parking and internet are extra, and laundry is coin-operated on the first floor.

— HELEN L., M1

The Residences

Price range (monthly): \$1500-1900 for a one-bedroom, \$1900-2100 for a two-bedroom

Pet policy: Pets allowed

Amenities: In-unit washer/dryer, gym, complementary storage in basement

Parking: Free outdoor gated parking

Walk: 10 minutes

The Residences are amazing! Coming from San Francisco, I was very impressed with the amenities offered at the Residences for such an affordable price. The building itself used to be a hotel, so the bottom floor has a massive marble lobby, with additional space in the back containing a fireplace and lounge area, a pool table, and a kitchenette — all of which can be reserved for private events (Friendsgiving!). The building is very pet friendly and has a dog park and a human park (non-dog park). They also have gated garage parking, a great gym facility (with towel service!) in the basement, and all the units have in unit washer dryers (no more quarter-hoarding). The staff are also insanely friendly and helpful with holding packages, fixing things, etc. To top it all off, there is always free coffee and tea (via a big Keurig) and fresh fruit / bars downstairs for all the residents.

— CELIA C., M1

Tramore Castle & 4515 Lindell

Price range (monthly): \$650 for a studio, \$725 for a one-bedroom, \$825 for a two-bedroom, \$1150 for a three-bedroom

Pet policy: Cats only

Amenities: Patio with grills (behind Tramore Castle), hardwood floors throughout, on-site management

Parking (monthly): Uncovered parking \$35, covered parking \$60 (Tramore); \$65 (4515)

Walk: 15 minutes

West End Terrace

Price range (monthly): studio for \$785; one-bedroom for \$900; two-bedroom for \$1120; townhouse for \$1400

Amenities: In-unit laundry in some apartments, 24-hr laundry room, 24-hr fitness center, 24-hr office center

Parking: Free gated parking lot

Pet policy: Pets welcome

Walk: 15 minutes

West End Terrace is a complex of buildings located about a mile from campus. There are a variety of living arrangements, including one- and two-bedroom apartments and two-bedroom townhouses. A portion of the units are also recently renovated. All of the units have electrical AC, heat and dishwashers. Some have in-unit laundry and/or hardwood floors. The leasing facility has a basic exercise facility, a few desktop computers (with free printing), an outdoor pool, and coin-operated laundry. Rent includes gated parking. My roommate and I really like our apartment! We have plenty of space and convenient amenities.

We are within walking distance but can also take a bus to campus. Parking and laundry are so nice, and maintenance has been extremely responsive to the few requests we have made.

— CLARA K., M1

Arrangements

Buying a House

After exploring the many unique neighborhoods of St. Louis for about seven months, my girlfriend and I decided that we were ready to buy a house. We found our agent by going to a bunch of open houses in the neighborhoods that we liked, admitting that we weren't ready to buy, and asking a bunch of questions about life, love, and local real estate to gauge how compatible we were with them. Many times, this resulted in us being invited out for a beer or coffee. After we found our agent, we began the process of looking for a home and getting pre-approved for a loan. Property values here are super reasonable, so I qualified for pre-approval on my MSTP stipend alone to buy any of the homes I was interested in. As of Oct. 25, we are the happy owners of a beautiful brick home in our favorite part of South St. Louis City! Our mortgage is less than our rent was, and we have more space than we know what to do with!!! Non-trivially, the home came complete with a bar and a stoop cat that we named Juba! Feel free to reach out if you want to see pictures of Juba or have any questions about our experience!

— MICHAEL N., M1

Living Alone

After four years of living in dingy, overpriced jail cells masquerading as “affordable student housing,” populated by strangers and their significant others, I was more than ready to move into my own luxurious bachelor pad. Of course, living with roommates had its upsides — there was never a boring or lonely day of the week, and the fridge was always stocked with food (of questionable edibility) — but having my own space to study, cook, listen to music, and sleep is definitely an upgrade from undergraduate dorm living. I'm responsible for my own cleanliness and it can get quiet at times, but I can sleep at whatever time I want, decorate the walls with whiteboards covered in biochemical pathways, and eat ice cream for dinner without catching any judgmental glares. Rent is cheap throughout St. Louis, and I've never felt like I was breaking the bank by living alone in a one-bedroom apartment. My family visited for a laid-back holiday vacation and it was very convenient for them to have a place to stay. And with such an engaging med school curriculum and plenty of face-to-face time with classmates in and out of class, living alone is far from reclusive.

— SID S., M1

Living with a Non-Medical Student

I am living with a graduate student in the Molecular Cell Biology program at WashU who I met through a summer program. It's very nice to have a separation between school and home, and part of that includes coming home to a roommate who doesn't share the same worries and stresses. At the same time, we both share similar lifestyles and understand the struggles of school/life balance! It helps that we both respect each others' needs for a mix of quiet study time, cooking/baking, and hosting friends.

While I was initially worried about feeling disconnected from my class, that was not the case! Honestly, I end up spending so much time with my friends in class and studying that I never feel isolated. Additionally, my roommate and I have introduced each other to people in our separate programs so I'm always making new friends!

— CLARA K., M1

Living with Other M1s

I knew coming into medical school that I wanted to live with other students — communal living and getting to know my roommates was one of my favorite parts of undergrad, so I wanted that experience in medical school as well. Once I got through the somewhat stressful process of finding a roommate (courtesy of a GoogleDoc that the M1 class president puts on the Facebook page for accepted students), I was doubly excited to start medical school. Living with another M1 has been an amazing decision — it's great to go home and have a friend who understands the stresses of medical school, to take study breaks with, and to laze around with. Best of all — living with another M1 gives you a buddy for at-home movie nights and baking sessions. Getting to know my roommate has been one of the best parts of first year, and is a great way to jump into medical school and start getting to know classmates.

— PRIYANKA P., M1

Renting (for the first time)

If you're like me and found ways to avoid adulting in college, maybe now is the time to start. Finding and deciding on an apartment starts off as a bit of a logistical hassle (I completely depended on the *Dis-O Guide* for housing advice — it's super useful and very truthful!) and requires some combination of imagination, good humor, and fortuitous circumstance. However, you will soon find a new place to call home and start learning about those mysterious things called bills.

— TIFFANY W., M1

Neighborhoods

Brentwood

Brentwood is a suburban neighborhood located southwest 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 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 W., M2

Central West End (CWE)

A large number of first-year medical students choose to live in the Central West End (CWE), and for good reason. The 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 B., M2

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 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 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.

— NOAH E., M2

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 A., M2

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)!

— ANDREW S., M2

The 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 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 C., M2

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, this neighborhood was the haunt of the young Bohemians of St. Louis. Since then, these artists and avant-garde free thinkers have grown up 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 W., M2



Metrolofts Apartments, one of the many housing options in the Central West End.



The lobby of Park Royal during the holidays.



The interior of a classmate's apartment unit.



Yet another beautifully decorated living room.



Food

Explore the unique cuisine of St. Louis and learn about our favorite places to eat on campus, as well as our recommendations for special diets.

SECTION EDITOR: AMISHA PARIKH (aparikh@wustl.edu)

Common Spots

Our Favorite Places

Wondering where to get the best coffee, dessert, and everything in between? Look no further! Browse our interactive map (online at diso.wustl.edu) and lists to orient yourself to some of our favorite places to go! While not exhaustive, the lists are compiled based on student responses and ordered by distance from the Farrell Teaching and Learning Center (FLTC).

Breakfast/Brunch

- 1. Einstein Bros. Bagels:** Good for a quick bagel or coffee on your way to school.
- 2. Brasserie by Niche**
- 3. Wildflower**
- 4. Kingside Diner**
- 5. Café Osage:** A classic brunch place with a cozy greenhouse interior that makes the (sometimes) long wait time fly by. The food is tasty, but also a little pricey.
- 6. Southwest Diner: Yummy food for a reasonable price.**
- 7. The Mud House:** This bustling brunch place has unique food and a lot of vegetarian options. It can get crowded on the weekends but the wait is worth it!

— CONNIE G., M1 & PRIYANKA P., M1

Coffee

1. Becker Medical Library (Suite 220)

Free coffee and tea for all students between 8:30 am – 5 pm. Perfect for a quick stop in between lectures!

2. Kaldi's Café (in FLTC and the Mid-Campus Center)

3. Starbucks: This Starbucks location is easily within walking distance, but removed enough from campus that it is not too populated with students, yet there are always other customers keeping the space lively and busy. They also have a variety of tabling setups – bar stools by a window, huge wooden tables, couches, and individual tables – for your every need! My favorite part is the ample amount of natural lighting from all the windows so you feel less sad about studying on the weekends.

4. Coffee Cartel: Small business coffee shop with lots of flavors and options, plenty of room to do work, and a cute painted piano.

5. Northwest Coffee Roasting

6. Rise Coffee: Cozy and eclectic vibe with amazing coffee and food. Although it can be busy, there is a dedicated quiet area upstairs, perfect for a day of studying.

7. Comet Coffee

— AMISHA P., M1, CLARA K., M1, & JAIME M., M1

Desserts

1. **Hot Box Cookies**
2. **Insomnia Cookies**
3. **Jeni's Splendid Ice Creams:** Good ice cream, unusual flavors, Ohio representation.
4. **The Fountain On Locust:** This hidden gem is artfully decorated and has creative desserts AND dessert drinks.
5. **Piccione Pastry**
6. **Baileys' Chocolate Bar**

— AMISHA P., M1 & REETI P., M1

East Asian Food

1. **West End Wok:** West End Wok has been pretty good. You can eat there cheaply (~\$7-\$8/meal), and the food tastes good to me.
2. **Thai 202**
3. **Mai Lee:** Great food at a slightly higher price than CWE options, but a good place to take family when they come to visit.
4. **Tai Ke**
5. **Cate Zone:** Super authentic food!
6. **Mandarin House:** Their dim sum is great and quite affordable. Lots of things, especially the Custard buns, are delicious. Soup dumplings are unfortunately just okay.

— ANDREW Q., M1, DRUV B., M1, FAITH W., M1, & REETI P., M1

Grocery Stores

On that medical student budget and don't want to eat out all the time? Fear not — here is a list of the most common grocery stores we frequently shop at!

1. **Whole Foods Market**
2. **Schnucks** (the local supermarket chain)
3. **ALDI**
4. **Dierbergs Markets** (the other local supermarket chain)
5. **Trader Joe's**
6. **Costco**

Italian Food

What is "The Hill"? You might hear fellow students talking about "The Hill." So, what is it? The Hill is a vibrant Italian-American neighborhood located two miles south of Forest Park and is home to many Italian bakeries, groceries, restaurants, and businesses. It is also where the baseball greats Yogi Berra and Joe Garagiola Sr. grew up!

1. Bar Italia: They're not "top notch" Italian Cuisine like you might get on the coasts, but they have very friendly staff, good wine, and the food tastes quite good.

2. Pi Pizzeria

3. Zia's On the Hill

4. Charlie Gitto's On the Hill

5. Pastaria: So far, this has been the best Italian food I've had in St. Louis. Yes, it's expensive, and there's often a long wait, but the food is worth it. The pasta is cooked perfectly al dente, and the sauces are delicious. The restaurant has an open layout looking into the kitchen, and it's possible to sit at the bar there and observe the fascinating logistics of a working restaurant kitchen. Bonus: the cocktails are pretty fabulous, and I say that as someone who doesn't usually drink.

6. Katie's Pizza and Pasta

— FAITH W., M1 & JAMIE M., M1

Late Night Foods

1. St. Louis Children's Hospital: Edison Café: Open until 2 a.m., great to grab food for those late nights studying at school!

2. Mission Taco Joint: Open until 1:30 a.m., \$2 tacos and tequila shots after 10 p.m.

3. Taco Bell

4. Uncle Bill's Pancake & Dinner: Open 24/7, on Kingshighway. It's my heaven.

5. John's Donuts

— ALEX S., M1

Mexican Food

1. El Burro Loco: El Burro Loco is my absolute favorite. Huge entrees, amazing margaritas, and mariachi singers every night!

2. Mission Taco Joint: \$2 shots and tacos after 10 p.m.!

3. Nixta: NIXTA IS INCREDIBLE. It's one of the Top 10 Best New Restaurants in America in 2017 and the octopus is literally to die for.

4. Pueblo Solis: If you're looking for more authentic Mexican cuisine, this place is worth the journey!

— ANDREW Q., M1 & CAROLINE S., M1

Modern American Food

1. Gamlin Whiskey House: Pretty good food and one of the better options in walking distance. Probably an even better restaurant if you care at all about whiskey.

2. Steak 'n Shake

3. Southern

4. Pappy's Smokehouse

5. Salt + Smoke

— FAITH W., M1

South Asian Food

1. Rasoi

2. Sameem Afghan Restaurant & Catering

3. Gokul: Gokul's food is very tasty, their buffet is amazing and they have chaat! They also have student discounts if you pay in cash.

4. Ani's Hyderabad House: Ani's Hyderabad House is Indian as Indian gets. Munch on massive portions (enough for 2-3 meals) for <\$10 as you enjoy the carefully curated ambiance of Bollywood music videos, cricket reruns, and Zee TV.

— AMISHA P., M1 & ANDREW Q., M1

Dietary Needs

Allergy-Friendly

If you've made it this far, chances are you already have a pretty good idea of how to navigate life with food allergies. Even so, I'm happy to inform you that the restaurant scene in St. Louis makes finding safe places to eat fairly easy. The variety of cuisines means that even if you can't eat at the Thai place on the corner, you can probably grab something at the pizzeria or the taco place down the street. One of my favorite new discoveries is the website www.allergyeats.com. You just input your location and your food allergies, and they find a list of safe restaurants in the area. It's a great way to explore the city without making the ER your final destination.

— REETI P., M1

Asian Grocery Stores

Have you ever felt like you were lacking for choice in the Central West End grocery store scene? Tired of Whole Foods and their prices which make you go over-budget, or Schnucks and their lack of variety? Even if you answered with a resounding "NO," let me tell you that you can always be down for more choices. Olive Street (northwest of CWE) has you covered more than the omentum on your colon. Due to the large Asian population that has gathered near Olive Street, you can expect plenty of choice when visiting Seafood City, Olive Supermarket, Chinatown Market, or East Seoul Oriental. All of these stores have similar stocks of packaged goods, but are also known for slightly different things. Seafood City, as its name may reveal, is known for its fresh still-moving seafood along with a generous array of frozen goods. Olive Supermarket and Chinatown Market are known for their selection of Chinese products. Chinatown Market is especially known for its fresh selection of produce. East Seoul Oriental is a little ways down Olive Street from the first three stores, but boasts a surprisingly large collection of Korean

groceries in a small hole-in-the-wall style store. Find a friend with a car and plan a trip down together, since these stores will let you spice up your life in a big way. I also definitely recommend stopping by at one of the restaurants in the area for authentic Asian cuisine!

— BEN K., M1

Gluten-Free

During interviews, medical students would tell me about the glorious amounts of free food offered throughout medical school. Sadly, it is rarely gluten-free so my budget for food may be a little bit more than my classmates. But fear not! St. Louis has lots of great gluten-free options. Within Central West End, Pi Pizzeria, Mission Taco, and El Burro all have great gluten-free options (stay away from the chips at both Mission and El Burro if you are concerned about contamination). iTap is known for the beer, but there is a decent selection of cider and wine so you can join in on the iTap fun. Lonas LiL Eats (about 15-minute drive) is almost entirely gluten-free and has delicious Asian-fusion rice paper wraps. There is also a gluten-free bakery called New Day (about 10-minute drive) that has decent baked goods, but it's main attraction is a sandwich that doesn't fall apart (!!!!!).

— MADELINE S., M1

Vegan

In the last month, I have eaten brunches at The Rooster and Mudhouse (two of my favorite brunch spots with vegan options), and dinners at Pizza Head (a punk rock-themed pizza shop that sells vegan slices), Vista Ramen, Meskerem Ethiopian, Cafe Natasha Persian, Guerrilla Street Food (a Filipino street food joint), probably a few other places, and lunches at the food trucks, many a lunch talk, Everest Cafe, and Layla's burger joint — home of the best vegan patty in St. Louis ... so far. Besides admitting that I have a problem saving money, I mean to convey that there are abundant vegan dining options in St. Louis, and I am continually finding new places to eat. Nearly all of the lunch talks on campus and multiple of the food trucks include vegan options for your convenience. More importantly, eating out is a passion of mine, and there are so many great vegan restaurants to taste and discover! Hit me up if you want suggestions or company!!!

— MICHAEL N., M1

Vegetarian

Though you'll hear a lot about St. Louis's famous barbeque and toasted (classically beef) ravioli, the city is actually quite friendly to vegetarians. I've never had trouble finding an option that I liked at any of the restaurants I've been to here. There are also several vegetarian and even vegan restaurants in town. I really enjoy Lulu's Local Eatery (in the Grove) and Gokul (by the Loop). On campus, I recommend the

food truck K-Bop and Kaldi's, which is all-vegetarian. The Kaldi's black bean and sweet potato burrito has gotten me through many a long day of class! Hit me up if you're looking for recommendations on places to try out.

— LEKHA P., M1

On Campus

Children's Hospital Cafeteria

This place is built to make kids happy, so as an adult it's a treat to visit — and it's only a five-minute walk from classes! I personally come whenever I crave Pizza Hut pan pizzas, Fruit Rollups, or Jello, but they have many other things (depending on the day) like wings, mac n' cheese, chicken nuggets, etc. It's basically a throwback to your elementary school or middle school cafeteria, except with higher quality food. Definitely worth a visit!

— GAUTAM A., M1

Shell Café

If you're lazy like me and don't feel like wandering too far for lunch, this is your go-to place. Do you want taco salads, stir fry, or pasta? The A-La-Minute Action Station's got you. Are you into Indian food? The Comfort station serves Chicken Tikka Masala on Thursdays, which is actually hella good (yes, coming from an Indian). And if neither of those are your thing, ask Andy, the man behind the grill about the wraps, fries, hamburger patties, and some absolutely bomb chipotle scallion aioli sauce to go with it all.

— GAUTAM A., M1

St. Louis College of Pharmacy Dining

Our amigos at the College of Pharmacy have some of the best facilities on campus. A little known gem that I've made good use of is their cafeteria. Unlike Shell, Children's, and the other cafeterias on campus, this isn't your typical microwaved hospital food. Breakfast options here include made-to-order eggs and a waffle station. For lunch and dinner, I'm a big fan of the paninis. Best of all, the cafeteria itself has floor-to-ceiling windows and comfy couches. The price is comparable to the other dining options on campus. The only downside is that the hours are limited to conventional meal times.

— SHARIQ K., M1

Special Treats

Free Food

Everyone loves food, but when it's free it suddenly becomes a thousand times more delicious. Perhaps it is the luxury of expending little more energy than the lifting of a fork, to fall into that deep ambrosial food coma. Perhaps it is because free food placates your inner penny-pinching ego, and the fullness of your wallet fills you with a sense of pride. Whichever way free food touches your soul and lifts your spirits, WashU has got you covered. In the past four months I have purchased groceries only twice. With a keen eye and honed scavenging skills, it is entirely possible to eat three meals a day, five days a week without spending a dime. During application season, the applicant breakfasts overflow with leftovers a plenty. If you tire of the applicant fare, each hospital department also hosts grand rounds once a week which offer, beyond engaging lectures, Einsteins Bagels and Coffee. Lunch is catered by various organizations hosting lunch talks at least four times a week; Addie's Thai is served on at least two days. During application season, pizza is served every night in Olin, but if pizza isn't your thing, between interprofessional events, galas, guest speakers, and leftovers from catered evening selective courses, there is plenty of food to go 'round. Bottom line, you will not go hungry.

— ALEX S., M1

Traditional St. Louis Foods

St. Louis has an odd abundance of regional-specific foods. Treats you can't find anywhere else and delicacies you'll crave when you leave. This list is certainly not inclusive, but let's begin:

Old Vienna Red Hot Riplets: These chips are only found here and might be the best kept secret. I am not exaggerating when I say they're the best thing ever. They are spicy, but with a hint of sweet. Nothing pairs better with a Gioia's hot salami sandwich (also really worth seeking out). Or with anything else.

Goopy Butter Cake: This better known dessert delight is hard to describe, but imagine a really goopy, creamy yellow cake base topped with powdered sugar. Don't question, just eat.

Pork Steaks: This unique cut of meat can only be found here and can be cooked in a variety of ways. Makes a summer BBQ complete!

Toasted Ravioli: A very well-known snack treat! Normal ravioli stuffed with meat or cheese and then deep fried and dipped in marinara sauce. Why this hasn't swept the nation is something we St. Louisans can't understand.

St. Louis-style pizza, i.e. Imo's: Made with a thin crust and Provel (our own type of cheese), St. Louis-style pizza can be found at Imo's, the flagship producer, but other places make fancier versions too. This is the most polarizing of STL foods. It's almost love it or hate it and this debate will incite loud arguments in public.

STL barbeque: I hardly need to explain this. An entire type of rib is named for our city. This would take too many words to fully exalt, but rest assured there are innumerable BBQ joints, big and small, to keep you satiated.

Ted Drewes: Only voted the best ice cream in THE WORLD. Yes, the world. It's actually frozen custard which can be churned into a concrete with customized toppings or one of their wonderful creations. You will hear all about Ted Drewes, so I'll just leave it up to you to visit and be happy.

— SAMANTHA L., M1



Whole Foods is a convenient 5-minute walk away for many of our students.



The famed St. Louis barbecue at Pappy's.



Its proximity to many students' residences makes Einstein Bagel a great spot for a quick bite or a study session.



Anatomy lab teammates goof off after hours of intense dissection.



The International Tap House, aka ITap, is a favorite for celebrating classmates' birthdays, catching big games, or just plain Thursdays.



One of many birthdays celebrated at El Burro Loco.



Goofing around at the store.



One of the nearby brunch spots, Cafe Osage, has a beautiful greenhouse-like store attached to it.



St. Louis recently welcomed its first Shake Shack, located right in the Central West End!



John's Donuts is a must-have snack for late nights.



During the weekdays, there are always an assortment of food trucks in front of the medical school that serve gyros, sandwiches, Indian food, burritos, bowls, pizza, and more for lunch.



Advice

Adjusting to medical school can be difficult. Here graduating M4s and some of our class's most popular WUSM faculty share words of wisdom on how to make the most out of your time in St. Louis.

SECTION EDITOR: LEKHA PANDYA (lpandya@wustl.edu)

**From Amy L. Bauernfeind, PhD,
and Kari L. Allen, PhD**

Course Masters, 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 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!



Amy L. Bauernfeind, PhD



Kari L. Allen, PhD

From Doug Hall, M4*Internal Medicine*

Buckle up, kiddos, medical school is a wild ride so let me share the sage wisdom I've acquired over three and half years of faking it. Just like med school itself, I'll start nice and easy with first year. You have a load of free time this year so plan ahead and be proactive about how you want to use it. You run out of weekends quicker than you'd think, and unless your dream travel plans include the library and hospital, you won't have much time for them second and third year. As someone at the tail end of residency interviews, I promise nobody cares about exactly how well you did in the preclinical years. However, M1s and M2s are the heart and soul of a lot of student organizations, so do get involved in a group you like, run a marathon, or complete your hand-sewn doll collection — I don't care. Residency applications generally aren't as much of a checklist as medical school applications were, but they want to know you're passionate about things. So, seriously: Stop worrying about what people want to see, find a couple activities you love, and dive in head first.

If your passions already include an area of medicine and you're locked in, good for you. If not, you're not alone. Try to get exposure to things you might like (in retrospect, I wish I had done more shadowing first year) and be honest with yourself about whether you like them in reality or just conceptually. Maybe I'm a sap, but I wouldn't underestimate the significance of 1) how you feel when your alarm clock goes off and 2) the places your daydreaming mind strays to. Speaking of daydreaming, I bet some of you lovebirds are wondering about that hunk/cutie that keeps glancing at you from two tables down in Anatomy lab. My lovely girlfriend and I, along with a boatload of our close friends, are couples matching so I can confirm intra-class relationships are definitely a real and workable thing. Advice I would give is to think about and openly discuss future (aka: matching) plans as early as possible. It'll hit you faster than you think. To sum up: Take advantage of first year; second year is terrible but you'll survive and probably wreck STEP now that classes are pass/fail; third year is busy but amazing; fourth year is a well-kept secret and legit one of the most relaxed years of my life; and all of it will fly by if you let it.

**Doug Hall, M4**

From Koong-Nah Chung, PhD*Associate Dean, Medical Student 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 lifelong 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 Saint Louis Zoo, the Saint Louis Science Center, the Saint Louis 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).

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 Lisa M. Moscoso, MD, PhD***Associate Dean, Student Affairs*

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 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:

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

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 Robert W. Mercer, PhD

Course Master, 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

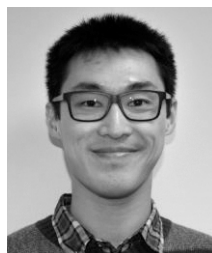


Robert W. Mercer, PhD

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.

From Rowland Han, M4*Neurosurgery*

Welcome to Wash U, and to the wonderful city of St. Louis. First and foremost, enjoy every minute of your preclinical years. Don't get too wound up in classes — they are pass/fail and matter very little in the grand scheme of things. Instead, frequent the numerous establishments around the Central West End, the Loop, on Washington Ave, and in the Grove. Spend time in Forest Park and stock up on sleep.

**Rowland Han, M4**

If you do want things to worry about, here they are in order of importance: building relationships with mentors, Step 1, and research. Many new med students stress about picking a specialty, but it's not a hard commitment at this stage. Choose one or two things that you think you may want to do, and just go for it. Identify a few faculty members in those specialties, voice your interest to them, and work with them consistently throughout your time here. They will help you get what you need to do well, and will be your strongest advocates when the time comes. If you decide to switch specialties later on, the transition is smoother than you may think, and your mentors will support you regardless. Finally, find mentors who are current residents as well. They were just in your shoes and will be happy to spend time with you to get you into their fields.

From Susan Shen, M4/MSTP*Psychiatry*

When I was accepted into Wash U, I was absolutely thrilled — I felt like I'd won the lottery. During M1 and M2, I felt well-integrated with both my MD and MSTP classmates. For me, the toughest part of the preclinical years was getting used to intense memorization and multiple-choice exams. During my PhD years, the flexibility of graduate school gave me time to explore other interests, such as volunteering at the Saturday Neighborhood Health Clinic (SNHC), starting a youth and community garden, and learning indoor rock climbing. Life also progressed in other ways: I got married and finally lived with my husband after many years of long distance. The biggest hurdle for me was returning to clinics after finishing my PhD. With Step 1 knowledge long ago evaporated from my brain, I found returning to clerkships to be a tough transition, culturally and academically. Nonetheless, with support from faculty, residents, and students, I made it through. One of the best aspects of being an MSTP at Wash U is that there are so many mentors and peers who understand your experience. Coming to Wash U was one of the best decisions I've ever made, not only because of the superb medical and scientific training, but also the incredible people.

**Susan Shen, M4/MSTP**

From Timothy T. Yau, MD

Course Master, Practice of Medicine I

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!



Timothy T. Yau, MD

From Wayne M. Yokoyama, MD

Director, Medical Scientist Training Program (MSTP)

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 ... 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 2018. This complete systems



Wayne M. Yokoyama, MD

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!)

From Will R. Ross, MD, MPH

Associate Dean, Diversity

Welcome to Washington University School of Medicine in St. Louis! 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 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.



Will R. Ross, MD, MPH



Washington University in St. Louis

SCHOOL OF MEDICINE

now to best serve them. I pledge
I will embrace my humanity and care for
myself in order to best care for others; I
will recognize my limitations, act within my
capabilities, and seek assistance from my
colleagues; I will navigate medicine's
complexity with my best judgment, hold
myself accountable for my actions, and seek
forgiveness; I pledge that I will dedicate
myself to a lifetime of learning, teaching,
and advancing the art and science of
medicine; I will serve my profession with
integrity and empathy; I will respect the