

DIS-O
RIENT
ATION
GUIDE

2016-2017

Table of Contents

WELCOME **2**

MEDICAL SCHOOL EXPERIENCE **6**

PERSPECTIVES **28**

LIFE **48**

HOUSING **69**

ENTERTAINMENT **79**

TRAVEL **94**

ACTIVISM **99**

FOOD **104**

ADVICE **119**

APPENDIX **128**

MAPS **138**

PHONE NUMBERS **143**

Dear Members of the WUSM Class of 2020,

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 the challenges of modern medicine. Step outside familiar learning spaces and immerse yourself in the city's diverse communities, many affected by disparities in health care.

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

Best Wishes,

David Perlmutter, MD

Executive Vice Chancellor for Medical Affairs and Dean



David H. Perlmutter, MD

Hello, Dear Readers,

The *Dis-Orientation (Dis-O) Guide* is a yearly tradition at the Washington University School of Medicine (WUSM), coordinated by the M1 class. (M1 is med-school slang for first years — don't worry, you'll learn the lingo soon.) It will not only introduce you to life in Saint Louis, to our wonderful faculty, and to other unique aspects of being a student at WUSM, but also will serve as a glimpse into the lives of the fascinating people who make up our class.

You've just made it through one of the hardest portions of your academic life — getting into medical school! Now you're up against your next challenge — the M1 year. Lucky for you, we were in your shoes just one short year ago! This guide has all of the information that we think will help you make the transition into medical school and fall in love with WUSM like we all have. As you flip through, you'll find descriptions of what attending (or not attending) WUSM classes is like, as well as letters full of advice from our course masters and older students. You'll come across information on living expenses and housing options, awesome restaurant recommendations and grocery store locations (both regular and ethnic). Definitely don't forget to check out our list of awesome Saint Louis events and fun places we've explored around our wonderful city. On a more personal level, you can read the Perspectives section to learn about the people who will be your "big sib" mentors next year.

The great thing about the *Dis-O Guide* is that it is written by real WUSM students giving honest opinions about their experiences thus far in medical school. While there's no way that one booklet could totally encompass the wide variety of backgrounds, beliefs and life experiences that make up our class, we hope that as you read through our guide, you get a sense of who we are and get excited to get to know us better next year, as a member of WUSM's M1 class!

Sincerely,

Nirbhay Jain, Nitya Sreevalsan and Kat Zhang

Dis-O Editors-in-Chief



Dis-O Editors in Chief: Nirbhay Jain, Nitya Sreevalsan and Kat Zhang

From Dean Valerie Ratts

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

The 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 the first and, perhaps, most key step in meeting this goal. The next step is to support YOU in using YOUR talents, experiences and attributes to advance the field of medicine. We have selected you, and we believe in you. To that end, we are ready to give you the learning and educational environment that you individually need to succeed.

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

Finally, there are so many people who want to see you succeed in every way. We wish to support, teach and mentor. We are so very proud of you and we are here to help you grow into the amazing physician you are meant to be! We hope the *Dis-O Guide* will be one source of information to assist you in your journey to becoming a great physician.

Valerie S. Ratts, MD

Associate Dean for Admissions and Professor of Obstetrics and Gynecology

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medical
school
experience

First Year

Meeting your New Classmates

The Washington University School of Medicine (WUSM) admissions office is good at picking students who are both brilliant and fascinating. When I came to orientation, I knew that every person I met would at a minimum have some quality that raised the eyebrows of the admissions committee members and interviewers. I also knew every person I met had some desire that was so strong it propelled them to accept a spot in the Washington University School of Medicine Class of 2019. Every single day since the first day, it has been one of my joys to discover more about these people, my classmates. We have novelists and flautists, founders of charities and passionate advocates for social change. Every day I sit down in a lecture hall with the most intelligent and driven people I have ever met. It's awesome.

– Joshua Page, M1

Practice of Medicine

Practice of Medicine, or POM as we all know it, is an introductory course into exactly what you think it is: the practice of medicine. This course spans all three blocks of M1 and introduces you to the St. Louis patient community at large, the taking of a history, the physical exam and the development of our professional selves. These goals are achieved through truly unique experiences that start literally from day one of orientation. Throughout the year, we have the opportunity to hone our “doctoring skills” through practice in small group sessions, interactions with standardized patients (paid actors playing the role of patient), and communication with real patients not only here at Barnes-Jewish Hospital, but also at their respective residences during our Home Visit assignments. These experiences prove to be incredibly invaluable toward establishing your persona, skill and impact as a health care professional, and in learning about those individuals and communities who we’ll be affecting during our time here at WUSM and in the future.



In POM, you'll look within yourself to define the way you practice medicine. You might look within your own ear as well.

– Yusef Jordan, M1

Learning to give a physical exam is likely going to be a bit frustrating and you will feel like you are going through the motions at first. Also, you might have to perform some exams that can be intimate and potentially embarrassing for you and the patient. The only answer is that you'll pick up everything the more you practice (and you'll get plenty of practice ... eventually). However, it's totally okay to not feel comfortable having your classmates practice the physical exam on you in small groups. Just talk to one of the faculty up front, and they can definitely make accommodations and help you out. POM lecture and small groups are mostly low key, but sometimes being a compassionate, empathetic, ethical physician is not intuitive. So try and engage, and even push back if someone says something weird (hey, it happens).

– Eileen Chen, M1



Anatomy lab: a forge for the fashioning of camaraderie and medical puns.

Anatomy

In my process of applying and matriculating to medical school, the prospect of Anatomy lab loomed over me as an intimidating, and at times unappealing, part of my medical education. With a browser history full of “how to cope with Anatomy lab in medical school” searches, I entered the first Anatomy lab session anxious, curious and very unsure of what to expect. Within the first lab session, I was making incisions and inspecting tissue while

thinking about the very real person who had donated her body so I could learn. What was her favorite color? Is this really what a nerve feels like? Since this first day, my experience in lab has been many things: exciting after finding an elusive structure, stressful when trying to identify structures during an exam, and a struggle with feeling less than motivated to focus at 11:30 a.m. on a Friday (when class for the week ends at noon). Sometimes Anatomy lab has felt like just another course in my first-year medical school curriculum. I now realize that Anatomy lab, which has given me the most intimate contact with a human body I might ever have in my career as a physician, is one of my greatest privileges as a medical student.

– Ali Houston-Ludlam, M1

Selectives

Medical school is not just about Anatomy class or learning physiology, but also about exploring other areas of medicine, whether it's looking more closely into a specific specialty or



Students in Newborn Medicine taste human breast milk while learning about developmental medicine in the NICU at St. Louis Children's Hospital.

examining an aspect of the health care system not usually covered until later in your career. WashU provides the opportunity to delve deeper into a variety of topics through first year selectives.

Throughout the year, students are able to participate in four to six courses of their choice: one in the humanities, one in the basic sciences, one in the clinical sciences and one more in either basic science or clinical sciences. (Two more selectives may be taken in any of the aforementioned categories if desired.) A list of selectives will be provided at the beginning of your school year, but I'd love to point out some of the more popular for you to consider.

In the humanities, there are options such as the History of Medicine, Music and Medicine, Art and Medicine, Doctors on Film, and Medicine and Poetry. The most popular basic science course is Simulations in Cardiovascular Physiology. (This one fills up quickly, so make sure it's one of your first picks on pit night — the evening you choose your selectives during the first week of school!) Some other basic courses include Simulations in Respiratory Physiology, Journal Club, and Frontiers in Leukemia. There are many choices in the clinical sciences: Clinical Correlations in the Neurosciences, Intro to Neurosurgery, Intro to Emergency Medicine I, Intro to Newborn Medicine, Intro to Surgery, Olin Grand Rounds (a business course), Public Health, Saturday Neighborhood Health Clinic (SNHC) and more! Whatever you pick, these classes can become some of the most interesting aspects of your first year curriculum by far!

– Natalie Griffin, M1

The True Meaning of Pass/Fail

After a life of grades, it can be hard for many to understand what pass/fail actually means. It means that if you get a 70 percent (65 percent in Anatomy), you get the same grade as if you got a 100 percent (Pass). One could argue (and some do) that if you get a 75 percent, you studied 5 percent too much. Of course someone as studious as myself would never make that argument. In reality, pass/fail allows you to learn without worrying about every single detail, all of which would probably be forgotten 10 minutes after the test. It makes for a very pleasant learning experience first year, which we are often reminded of by second-year students, who are suffering through grades. Take advantage of the less stressful first year — become involved in community service, research, shadow and explore an area of medicine you've never seen before. This is a great chance to take advantage of all WashU has to offer.



Sleeping around (campus) will become a regular part of your first year, but sleep peacefully knowing that everyone will pass with the same grade: "P"

– Conor Williams, M1

Second Year and Beyond

Second-Year Classes

The intensity definitely picks up second year, and on some days classes run from 9 a.m. until 4 p.m. The classes generally cover much more material than first year, and there are no teaching assistants (TAs). On a brighter note, the first block will be much less stressful for upcoming years, as pharmacology is being moved to pass/fail spring semester of first year. In general, classes are much more relevant to your career in medicine, and students seem more engaged and happier with the content of the lectures. There are six blocks, the second of which is CPR block (supposedly the most difficult) with cardiovascular, pulmonary and renal systems. I was most nervous for pathology, which is a year-long course, but our course master is wonderful, and her slides make everything clear.

– Andrea Soares, M2

Medical Scientist Training Program (MSTP) Graduate Years

The transition from the pre-clinical portion of medical school to the graduate phase is an interesting one. Life as a medical student is paced by the steady, inexorable march of classes and exams toward the looming wall of Step 1. It is a period of almost pathological order, yes, but also one of safety; there are, to quote the inimitable Dr. Crouch, “no surprises here,” and with that surety comes a sense of comfort leavened by the satisfaction of constant (if slow) progress toward an end that is always very much in sight. By contrast, if medical school is a pristinely manicured lawn, grad school is the Australian Outback: wild, unquestionably dangerous and suffused throughout with the fierce beauty of the unknown and unexplored. This is not to say you go in unprepared; the MSTP office does a phenomenal job of guiding students through the process, in addition to providing ample opportunities for mentorship from professors and fellow students. Rather, it is an acknowledgment of the radical change in mindset that is required. Your goals in grad school are different from the ones in medical school, demanding different sacrifices and challenging different aspects of your mind. There are fewer signposts. You are just as — if not more — busy, but your time is largely your own, free to shape as you will. It is challenging, frustrating, and at times, seemingly endless. So far, I’ve loved every minute of it.

– Gregg Fox, G1

Step 1

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

– Lulu Yu, M3



Dressing up and playing doctor will become your life in third and fourth year. This is when the real learning begins.

Clinical Years: Core Rotations

By the time you start third-year core clerkships, you're more than ready to get out of the classroom and into the hospital for some hands-on learning. While many will tell you it's the most rigorous year of medical school, it's by far the most rewarding, enjoyable and educational experience you will have. The core clerkships at WUSM are Medicine (12 weeks), Surgery (12 weeks), Obstetrics and Gynecology (six weeks), Pediatrics (six weeks), Neurology (four weeks) and Psychiatry (four weeks). You'll complete all of these during your M3 year, so that you can take any electives or away rotations during your M4 year. Each clerkship has a clerkship director (like a course master) and its own format, expectations, sub-rotations, etc. You'll learn a lot of clinical information and practical skills, as well as how to adapt quickly to new situations. It can be a challenge some days, but you'll find yourself satisfied at the end of the day. After all, this experience is why you came to medical school!

– Lulu Yu, M3

Clinical Years: Elective Rotations

Your third and fourth years consist of clinical rotations. Third year has four three-month blocks: neuro/psych/wild card, obgyn/peds, internal medicine and surgery. Each block is split into three four-week or two six-week rotations. Fourth year consists entirely of elective rotations that you choose at Pit Night in the spring of third year. If you don't know exactly what you want, you can always change your schedule during fourth year as well. There are a myriad of electives in all the subspecialties of medicine. You also have the options of doing away rotations, reading blocks and special electives. Your clinical years mold you into a doctor, and Barnes-Jewish Hospital is a great place to complete them.

– Audrey Lee, M4

Clinical Years: Away Rotations

You can do "away rotations" at different institutions during fourth year. Some schools recommend doing away rotations at hospitals at which you're applying for residency, which means they are like month-long interviews. If you perform well, it just might guarantee you an interview spot for residency. You can also do away rotations in foreign countries. Previous WUSM students have gone all over the world to Africa, Asia, Europe and South America.

– Audrey Lee, M4

Clinical Years: Sub-Internships

The electives your first few months of fourth year are subinternships, or "subi's" for short, because they are like test months of intern year. As a sub-intern, you are given the responsibilities of an intern (intern year = first year of residency). You choose subi's in the field of residency you are applying for, as the subi grades will be going out with your application. Subi's also provide opportunities to connect with faculty in your chosen field and obtain letters of recommendation. Subi's are a lot of hard work, but they are theoretically what you'll be doing for the rest of your life, so they are very rewarding as well.

– Audrey Lee, M4

Fourth-Year Capstone Course

Capstone is a required month-long course during fourth year that occurs in the spring. It is designed to prepare you for situations that you will find yourself in as an intern. It is a good refresher before residency starts and helps decrease the number of freak-outs you have as an intern. Theoretically. :)

– Audrey Lee, M4

Year-Long Master's Research

The sperm whale, featured in *Moby Dick*, can hold its breath for 90 minutes. Many medical students attempt a similar feat by going straight through medical school with their eyes set on residency. Taking a year off for a master's degree is like letting yourself come up for air in the midst of the pressures of medical school. Not only are you rejuvenated with more sleep, more time, and more freedom, but you also can finally see the world around you. Medical school is difficult, demanding and even isolating. Your thoughts, conversations and dreams can become strings of medical jargon. Entering the realm of a master's degree brings you back to patients in a unique way and will make you a more successful physician and researcher. My MPH year (and now additional year in Africa) was a wonderful decision for me as it allowed me more time to decide which residency field I wanted to pursue, it introduced me to new friends with different personalities and perspectives from medical students, and it allowed me time to seriously pursue research projects, publish papers and discover my passion for research in addition to clinical care. I strongly encourage you to let yourself come up for air and pursue a master's degree while at WUSM.

– Austin Wesevich, M4

Residency

Starting residency is an overwhelming and intimidating transition to make, no matter how ready you think you are. Looking back from the middle of my residency, I am extremely thankful for the amazing preparation that I received at Washington University. Learning in both the classroom and the hospital gave me the knowledge and problem-solving that I relied on in my first days as a new doctor. Our courses taught me facts that I still use in daily patient care, like antibiotic coverage, differential diagnoses and disease pathophysiology. More importantly our clerkships taught me how to gain patient trust and lead a clinical team. They also gave me the confidence to take charge of acute clinical situations. Compared to our peers, I felt efficient, knowledgeable, and above all, completely competent to adapt to life as an intern and now to thrive as a resident. Most importantly, our faculty mentors are second to none — people like Dr. Greg Polites and Dr. Martin Boyer not only help us develop as clinicians, but as people too.

– Eric Padegimas, MD
WUSM Class of 2013

Orthopaedic Surgery Resident at the Thomas Jefferson School of Medicine, PGY-3

Working as a WUSM Alum

Before the FLTC, before lecture webcasts, actually before students had cell phones, the *Dis-O Guide* was instrumental to me as I started my new life in St. Louis. Fifteen years later, I've turned out to be one of the many faculty members who will tell you with a certain mix of pride and surprise, "I came as a first year and I never left" — although we did move to Philly for a few years while I served my residency. There are many great medical schools in the United States, but being a WUSM alumnus is a wonderful privilege; you will be well prepared for practice and very likely will have less student debt than your peers. By the way, did you know that the Alumni Association provides funds to support our student groups? So the next time you see a kindly but disoriented physician wandering our halls and asking where the Bronfenbrenner Lab has gone, show them around our new digs and thank them for their support.

– Ian Hagemann, MD, PhD
WUSM Class of 2008

Assistant Professor of Pathology and Immunology at WUSM

Life as a Student of Medicine

Advisors

As an incoming first-year student, I was feeling pretty lost when I arrived in St. Louis in August. I had no idea how to handle all of my new classes or find research opportunities, and it seemed like everyone else around me had all of that figured out already. Luckily, WUSM has an awesome advising program for its medical students. Like any other top medical school, WUSM has amazing, world-class faculty, but the difference here is that the faculty are actually super approachable and willing to help medical students. It's incredibly easy to get in touch with anyone for shadowing, research or even just mentorship. At WUSM, the advisory process is even more structured, and each student is assigned to a specific advisory dean according to the society they are placed in. This makes it really easy whenever you have questions, because you already have a set person to contact. Also, it's nice to have an assigned advisor because they remember you and follow up with you throughout the year. The advisors are there to help you to find research, figure out what student groups to get involved in, or even just to talk to you about adjusting to a new environment; basically, they're your mentors for anything and everything related to medical school. The meetings are always productive, and can be as short or as long as you want them to be. Also, the advisors are given a stipend for these meetings, which means that most of the time, you'll get some yummy snacks, too!

– Tina Hsu, M1

Societies

One of the ways in which WUSM students are able to easily interact with faculty is through their randomly assigned academic societies, which were created in the '80s to try and bring students together outside of the classroom. There are three societies: Erlanger-Graham, Cori and Lowry-Moore. Each society provides students opportunities to hear speakers, engage in discussions with faculty, and access another advising and mentorship system. In addition, all three societies host several awesome social events throughout the year. During medical school orientation, the first years spend a lot of time doing service and social activities in their societies, which allows for a increased social interaction. We also get cool T-shirts and lots of society pride!



Med students represent their societies on a day-to day-basis with society shirts, events and support.

– Evelyn Reed, M1

Big Sibs

Each M1 is paired with a student from the class above them who will serve as their big sib. Big sibs are great to talk to about navigating the first year of medical school because they have recently survived it. After the first Anatomy exam, many big sibs leave snacks or presents in the mailboxes for their little sibs (my big sib Phuong gave me penguin macarons, because she's not-so-secretly an amazing baker). We get together every so often to check up on each other, and it's nice to have an older student as part of your support system at WUSM.



It's not uncommon to find some caloric encouragement from your big sib in your mailbox.

–Victoria Cui, M1



The days of working alone are long gone in med school. Help others and they will help you!

Class Collaboration

One of my favorite parts about WUSM is that there is such a collaborative environment. We are all pushing ourselves to do our best, but none of us are really competing against one another. I like to call it being "intracompetitive." The best result of this is the amount of resources that we create and share for each other during exams. For example, before our Practice of Medicine midterm, we were given a list of concepts that we were expected to know. Our professor told us we should work on it together. Somebody in our class created a Google Doc for this list, and we all took turns filling out different parts of the document. By the end of this, we had all helped create a complete and comprehensive study guide. One of our classmates even made a deck of online flashcards from this document! It was literally the only thing most of us used to study for the exam, and we completely trusted the information within. Subsequently, we all did well on the exam. Moments like these happen all the time at WUSM, and they definitely make the learning environment more productive and safe.

– J.R. Peacock, M1

Dealing with Stress

Although attending medical school is a great honor, its academic and professional demands can at times take a toll on one's mental and emotional well-being. Fortunately, there are 122 other people who are going through the same process and experiencing the same feelings that you are. My number one piece of advice for dealing with stress: Talk about it. You might think telling your seemingly cool, calm and collected friends about how you're feeling will make them uncomfortable, but, believe me, most of them

will be relieved that someone finally put into words the very emotions that they were all trying to hide. Spending time with your friends and helping each other to get through tough times is probably the easiest and most fun way to combat stress. Secondly, remember that nobody could possibly memorize all the information medical school classes toss at you, the exams aren't designed to test minutiae, and the pass/fail system is your friend, so please don't demand too much of yourself! Finally, if you feel that your stress levels are interfering with your quality of life and that you need help to redirect yourself, please do not hesitate to ask for support from the many excellent and completely confidential counselling resources that WUSM Student Health Services offers. Dr. Lisa Moscoso, the Dean for Medical Student Affairs, is always available to offer guidance on how best to connect with these resources.

– Gazelle Zerafati, M1



Don't forget to relax and hit the snooze button, or get out and take time for things that are important, such as your personal health.



Pumpkin patches and apple orchards are a favorite fall pastime in the Midwest.

and working that makes you feel joyful? Don't lose it. Somewhere in this school, hospital or city at large is an outlet for whatever passion you have. Keep up relationships with the people you love and have left sprinkled across the country or globe. Build your community here with new, rich relationships. You are a cool individual. You have a lot to contribute. Don't let that get sucked into a black hole.

– Christine Averill, M1

Life Outside of School

You may be imagining life in medical school as a black hole in which you are wholly consumed by books and hospital call. You may be partially correct. But you are not completely correct. In fact, life does not stop in medical school. Your time here is a part of your journey, not just an annoying, intermediate step that must be endured. What do you do outside of studying

Medical Opportunities

Shadowing

I want to be an orthopedic surgeon. No, an OB/GYN. No, a neurologist. Wait, I've got it, an emergency department physician! Maybe? First year at WUSM has been an incredible experience for me. Not only have I learned a great deal in the lecture halls, but I have also learned a great deal more by shadowing, such as how to amputate a limb. Many shadowing opportunities are possible through student interest groups, but can



Shadowing as a medical student will make you feel like part of the team as the medical professionals treat you like an equal.

also be easily set up by contacting whichever physician or specialty interests you! The physicians really made an effort to teach me and I have also found great mentors by shadowing. Lastly and most significantly, I have found specialties I unexpectedly fell in love with and areas of medicine I never even knew existed. With that said, first year is about finally being able to explore all areas of medicine and WUSM definitely makes this possible.

– Maria Schwabe, M1

Grand Rounds

Whether you have to race to sign up or simply show up, attending Grand Rounds at the clinical department of your choice is an invaluable way to experience a field from the inside. In my experience, the patient-viewing portions of the sessions offer the chance to see interesting clinical cases and meet patients in person (without having to do a formal POM-style interview), and observe seasoned clinicians “work up” these patients on the spot. In case presentations, I've seen faculty and community physicians engage in academic discussion about managing some of their more challenging cases, and discovered how aspects of medicine I would never have thought interacted can be integrated in the care of cases that go beyond the norm. My advice? If you want a window into the life of modern practice, go to Grand Rounds!

– Patrick Phelan, M1

Research

Getting involved in research at WUSM gives you the unique opportunity to work with some of the world's most renowned clinicians and scientists. Although most students do research the summer after first year, you can also choose to work during the academic year, or even the summer before starting medical school. Why would anyone not do research here, when our students publish at twice the national rate, and have plenty of funding sources available to them? Many students work in labs during the first semester of school, and they don't have any issues balancing schoolwork, especially since first year is pass/fail! If you're interested in doing research, definitely email Associate Dean for Medical Student Research Dr. Koong-Nah Chung, who will give you the resources you need to find a mentor and get funding for your project. One unique thing about WUSM is the overwhelming support of the faculty who will genuinely do their best to help you succeed in doing the things you love. And if you happen to love research, you are most certainly in the right place.

– Farah Musharbash, M1

Student Groups

Histones

While you will learn a lot of interesting science in medical school, sometimes you need a chance to satisfy your artistic side, or better yet, break into song. The Histones, WUSM's very own a cappella group, is a great way to do so. We are composed of students who meet for an hour a week to sing together and enjoy each other's

company. The Histones do not require tryouts or even prior experience to join, so it's a low pressure, low time commitment way to do something you enjoy while making new friends. We perform throughout the year for our fellow students at coffeehouse performances as well as go caroling in the hospital during the holidays. One of my favorite things about the group is that we are not only made up of students in the MD program. We also have students in other programs of the medical school such as Physical Therapy and Occupational Therapy, so it's a nice way to get connected to the greater WUSM community. If you've got an interest in music and feel excited by the chance to sing with a group, then I highly recommend joining Histones.



Inspired by the Rolling Histones, musical medical students perform at the monthly Coffeehouse event at school.

– Hayley Motoswki, M1

Athletics

As an athlete coming to WUSM, I wasn't sure what kind of sports/fitness scene to expect. Fortunately, it totally exceeded my expectations! While getting started here, I first made my way to Olin Residence Hall's full-court basketball court (something that is pretty amazing for a graduate residence hall to have!) and to the weights and cardio facilities, which contain all the equipment you need and then some. Then, as I began getting to know my classmates, I found many similarly-minded athletic people and more opportunities to get active than I could manage! I regularly play tennis, badminton and basketball with my classmates, and many of us play soccer, flag football, ultimate Frisbee, softball, golf and dodgeball, both casually and intramurally. I also love to take runs with my classmates in Forest Park about once a week, which is a very accessible escape from the concrete jungle! In a similar vein, I know that several of my classmates cycle in the park and swim at the Danforth campus as well. As a final word, there is no reason to be concerned about having enough time to stay athletic. I comfortably dedicate about 10 hours per week to it.



Nice weather is the only invitation needed for impromptu football.

– Reece Clark, M1

American Medical Women's Association

The American Medical Women's Association (AMWA) at WUSM exists to promote women in medicine, as well as address the issues women face in society as a whole. The group organizes volunteer activities, awareness weeks, lunch talks, a book club, the Red Dress Affair (a fundraiser for the American Heart Association) and the Vagina Monologues. You also have the opportunity to be paired with a physician mentor. AMWA is a fantastic way to advance your own professional development and learn more about women's health — which, of course, will affect many of your patients.

– Maya Silver, M1

Student National Medical Association

The Student National Medical Association (SNMA) is a national student-run organization committed to diversifying the face of medicine by supporting underrepresented minority medical students and increasing the number of

culturally competent, socially conscious physicians. SNMA programs are designed to serve the health needs of underserved communities and communities of color. The WUSM chapter coordinates initiatives centered around mentorship and health outreach that allow students to be actively engaged in the St. Louis community. SNMA pipeline programs include: Minority Association of Premedical Students (MAPS), Health Professions Recruitment and Exposure Program (HPREP), Collegiate School of Medicine and Bioscience mentoring, and Schnucks Screenings. Our chapter gives students the opportunity to interact with minority residents and physicians, promote diversity within the medical school community, and be involved on a regional and national level by attending annual SNMA conferences. If you want to serve the St. Louis community, SNMA is for you!

– Nick Pickersgill, M1



M1s serve in a community garden in Normandy, Missouri.

Community Service and Outreach

There are an incredible number of ways to get involved with community service here at WUSM. My first experience with community service at WUSM started literally on the first Saturday that I was in St. Louis for orientation, in the form of a bone marrow drive at a local back-to-school fair. Since then, I have been

involved in a huge amount of community service work, both as a volunteer and as a part of leadership teams. Two of the biggest ways to get involved are the Saturday Neighborhood Health Clinic, our student-run free clinic, and Schnucks Screenings, a free blood pressure and glucose screening program held at local grocery stores. Almost everyone in the class participates in these programs to some degree, with commitment ranging from volunteering once or twice during the year to taking on large leadership roles. Outside of these, there are groups targeted toward a variety of interests including public health outreach, science education and mentorship, and specialty topics like HIV, skin cancer, and neonatal health and development. The diversity of opportunities means that whatever your interests are and whatever your desired level of commitment may be, you're bound to find a project that suits your personal needs.

– Jessica Hao, M1

Asian Pacific American Medical Student Association

Look no further than the Asian Pacific American Medical Student Association (APAMSA) to see that Asian-Pacific communities are alive and well in St. Louis. Throughout the year, APAMSA holds cultural events as well as community service events in collaboration with Saint Louis University's APAMSA chapter. Want to practice your clinical skills, make use of your proficiency in a second language, and help connect immigrant populations to the health-care system? Volunteer at grocery screenings and health fairs organized by APAMSA! We offer measurements for blood pressure, blood glucose and BMI. At health fairs, to be held this year at the International Institute of Saint Louis as well as at several churches, we also provide consultations with volunteer physicians, consultations regarding health insurance enrollment and screening for hepatitis B, which occurs with a high prevalence in Asian-Pacific countries. Not yet medically proficient in a second language? Take the monthly Medical Mandarin class! On a lighter note, if you care to dance, dance away at the Diwali and Lunar New Year celebrations! These are some of the biggest festivities of the year. APAMSA also hosts smaller socials with board games, ping pong and karaoke. All are welcome to come out to these events for some great food, great music and great company!

– Tracie Kong, M1

Saturday Neighborhood Health Clinic

Missouri is one of the states that chose not to expand Medicaid, so far too many people are still uninsured. The goal of the Saturday Neighborhood Health Clinic (SNHC) is to bring these people into the health network. Every Saturday morning, a WUSM physician with a team of medical students staffs the primary care clinic. Once a month, the SNHC hosts a specialty night psychiatry clinic too. Almost everyone volunteers at some point during first year, since it's such a great way to see patients. It's powerful to think that, as a first-year medical student walking into a patient's room to take a history, you could be the first contact they have made with the health care system for several years! If you want to get even more involved, you can take the SNHC selective course to actively improve the clinic and coordinate these clinic days — which is guaranteed to make your Saturday mornings exciting (sometimes a bit too exciting). I highly recommend the selective. Imagine being a month into medical school, when a team of M2s swoops in and tells you you're going to be running a primary care clinic. It's intimidating and amazing like that. For more info visit: snhc.wustl.edu

– Helena Hong, M1

Mindfulness Meditation

Do you ever wish you could relax more? Be happier? Be more efficient? Here at WUSM we have a mindfulness meditation club designed to help you do all three at the same time! Mindfulness is the practice of being aware, non-judgmentally, of your self, peers, actions and environment. Although it is an ancient practice, countless modern studies have proven its effectiveness for reducing stress, improving mood, focus, working memory and even work-out recovery. Many patients with conditions ranging from tinnitus to cancer have been shown to benefit from mindfulness meditation, so understanding this powerful practice will even be a useful tool in our future careers. With meetings typically held in Farrell Learning and Teaching Center (FLTC) during weekday afternoons, it's the perfect power study break.

– Chris Tricarico, M1

Interest Groups

Whether you absolutely know you want to be a neurologist or you are uncertain where medicine will take you, medical interest groups at WUSM grant you numerous ways in which to explore your passions or discover new ones. Shadowing, networking with physicians in a specific field, and frequent lunch and dinner talks are just three of the ways medical interest groups help you explore different areas of medicine during your preclinical years. Alternatively, attend the annual Hunger Banquet or boulder at Elephant Rocks State Park with the Wilderness Medicine Interest Group to learn about medicine outside of the classroom and clinic. Whatever your interests, there is an interest group for you! If you don't see a group that aligns with your interests, create one and share your interests with your classmates!



Students practice for the Spring Musical performance of *Legally Blonde*.

– Bronwyn Bedrick, M1

Innovation, Design and Engineering in Action Labs

If you're a millennial, chances are that every time you use Facebook, Snapchat and Instagram, you tell yourself: "Man, I totally thought of that idea 10 years ago." But you didn't act on it, and now you're short a billion dollars. Fear not: here in St. Louis, we have an answer. Innovation, Design and Engineering in Action (IDEA) Labs is a platform to turn your ideas into a market-



Students present their own ideas at the business school.

able product. Not only do you immerse yourself in an entrepreneurial project, you also meet some incredibly talented, passionate peers and mentors from a wide range of disciplines. You're set up with a network of investors that help you navigate the startup life, complete with ramen, Easy Mac, and ice cream tubs for those late nights you'll be staying up doing some hard-core innovation. Think

Silicon Valley of the Midwest. Some of the projects that have come out of IDEA Labs are now startups with investor funding and are fundamentally changing the way we can practice medicine and improve patients' lives. The next big idea could be yours.

– Robert Chen, M1

Latino Medical Student Association

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

– Jenny Tobat, M1

For a full listing of Student Groups, see Appendix: Student Groups or visit mdstudentaffairs.wustl.edu/student-groups.

WUSM Facilities

Carrels

If you're like me, the many distractions present in your apartment/dorm room can make studying at home extremely difficult. Fortunately for us, we have the carrels. The carrels offer a dedicated, personalized study space, complete with your own desk to store your belongings. The social atmosphere lightens the mood while studying, and the proximity to your brilliant classmates cultivates productive discussion about the course material. When you need a break, just walk down the hall to the kitchen to eat leftover pizza, or to take a nap on the couch in the lounge. Whether you need a place to cram for the next exam, or you're just looking for a desk to store your things, the carrels are the perfect place for you.



Learning happens casually in the carrels. You will spend more hours here than you will at home during finals week.

– Brian Rabe, M1



Bernard Becker Medical Library

Do you love arriving at your school's library in the wee hours of the morning, just to stake out a spot for the rest of the day? Do you love searching for a seat in the library for an average of 2.56 hours on each day that you arrive slightly after sunrise? Then the Bernard Becker Medical Library is not your scene. Becker Library boasts sprawling tables and desks that are rarely (read: never) filled to capacity. If the second floor does not have an open seat, I bet you that a mere prance up one staircase will land you a whole table. Bonus: The atmosphere of this study space is greatly enhanced by the huge windows and stacks of old medical tomes that haven't been read since pre-historic, pre-Internet times. Also it's pretty quiet in there.

A vast and wonderful study area where you can find silence, free printing and amazing views.

– Christine Averill, M1

The Danforth Campus

The Danforth campus lies just on the other side of Forest Park. It's a quick, five-minute drive or a couple of MetroLink lightrail stops away, which is perfect if you just want a change of scenery. The architecture is stunning and offers a plethora of great study spots. The Olin Library is open 24/7, full of comfy chairs, secluded nooks and study rooms, and has Whispers Café (so you can replenish your blood glucose levels as needed!). Also make sure to check out the Law and East Asian libraries. While not open 24/7, they offer some beautiful, less populated study places. In the fall and spring, see who they're bringing for Walk In Lay Down (WILD), the semiannual concert put on by the undergraduate Student Union; this past fall they brought Kygo and Magic Man. Medical students can purchase subsidized tickets, which get you both admittance and free food and alcohol. If you're looking for other great events, Washington University a cappella (a.k.a. Histones) is phenomenal and the cultural shows (Diwali and Lunar New Year Festival) are always fun. No matter your reason, make sure to head over and explore at some point during your first year!



Between the Danforth Campus and our medical resources, there are amazing outlets for our school needs, including a rare medical books collection.

– Aisling Last, M1

Barnes-Jewish Hospital

You may hear people refer to Barnes-Jewish Hospital as “Big Barnes,” and they call it that for a reason. As a first year, I still haven't quite figured out where all of the sky-bridges go or what the difference is between the Johnson and the Mallinckrodt elevators. I'm learning fast though, and the medical campus is already starting to feel a little smaller. During your first year, you will spend some time in the hospital with your fourth-year clinical mentor, who will help you learn how to take a history and perform physical exams on real patients. You will also have ample opportunities to shadow in the hospital through programs established by our various interest groups. For example, I've shadowed in the Emergency Department through the Emergency Medicine Interest Group, in Labor and Delivery through the OB/GYN Interest Group, and in the surgery suites in the Center for Advanced Medicine through the Ophthalmology Interest Group. The St. Louis Children's Hospital cafeteria is also a great place to grab some coffee when you're at school studying late, and students get a discount!

– Danielle Chirumbole, M1

Room 100

At some point between interviewing and receiving your acceptance, Room 100 transforms from doomsday headquarters into a coffee and candy distribution center. Applicant status aside, the office is housed during normal business hours by friendly and ever helpful admission staff, but it takes an acceptance letter to see the rainbow through the rain. Many mornings and often between class, Room 100 is a place of congregation for medical students looking to vanquish the drowsiness or sweeten the tooth. As a first year student, it has become tradition to jump over the back row seats during a boring moment in class and hurry down to refill on caffeine, greeting those present in the office with gratitude that, by the end of your four years, will be hard to repay.



Room 100: where the coffee is free, the people are friendly, and all the applicants are above average.

– Jeffrey Hansen, M1



Love and Medicine

On Being a Single Woman

Upon arrival at medical school, you may think that some of your classmates are cute and/or prospects for you. Or you may not. Exploring the classmate route may cause drama you were too foolish to foresee, but there are plenty of possibilities outside of the medical school! I have met romantic prospects in the law school, at the Hispanic Heritage Festival, and while waiting for a friend at Bar Louie.

For some reason they all seem to be 30 years old, but what better time to try new things like older partners, salsa dancing, meeting people in bars or visiting East St. Louis at 3 a.m. with some people you barely know? Actually, that last one may not have been such a good idea. But overall, life as a single woman has been exciting, frustrating, adventurous and a necessary growing experience. I wish you all the same!

– Jenny Tobat, M1



Being single allows you more time to reflect on what is important, such as school or, more importantly, to have fun.

On Being a Single Man

So you're single. Don't be too stressed about it! Being single is so much better than being in a relationship — you have the freedom to do anything. All that free food you're going to get? Eat as much as you want! No need to look good for anyone! Want to go check out the Municipal Theatre Association of St. Louis? Go for it. No need to deconstruct your relationship. Want to stay up until 2 a.m. at the bars? Sure! There's no one who's going to be mad at you for coming back late. Medical school is as new of an experience as possible: There are new classes, a new place to live, new people to meet. Just adjusting to life is difficult enough. Why complicate it by jumping into a relationship? Whether you go out or stay in to have fun, or don't want to have fun (no judgment), the single life is the freedom life. And don't be scared about never finding anyone. You're going to be a doctor. You'll have plenty of people after you soon enough.

– Nirbhay Jain, M1

On Dating Someone in Your Class

Medical school brings people together. There's something about having a small class size and being put in new and sometimes strange situations that makes you bond more quickly with your classmates than you thought possible. However, you may find yourself getting along with one of your classmates extra well, someone with whom you don't mind spending a few extra hours in the anatomy lab (and find kind of cute too). If s/he shares the sentiments and you're both on the same page, then by all means go for it and date. With the number of bright, motivated, big-hearted and attractive people at WUSM, it's not surprising that plenty of intra-class dating occurs. Why look far and wide when all the best people are sitting right next to you in lecture? Dating a fellow medical student also lets you support each other as you go through the adventure that is medical school together. Just be aware that dating in the class does lead to increased gossip and scrutiny — but for the right person, go ahead and give them something to talk about.



Intra-class dating will inevitably happen. It is only a matter of time.

– Brian Hickman and Helena Hong, M1

On Dating Someone in a Different Class

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

– Kevin Cohen, M1

On Dating Someone Outside of Medical School

Perhaps one of the most valuable benefits I've received from being in a non-medical school relationship is outside perspective. With medical school being the relatively immersive experience it is, it's easy to get sucked into a bubble and lose sight of how a normal, more grounded person might perceive our daily trials and tribulations. Being close with someone who isn't

going through the same thing as you can help balance out the gradual shift that occurs in your perspectives on just about everything. Plus, with any luck, your significant other will be able to offer you insight from another field (e.g. sociology) that you can integrate into your medical education to become a more all-around informed future doctor!

– Patrick Phelan, M1

On Being in a Long-Distance Relationships

Finding yourself in a long-distance relationship is never an easy situation, whether it is in medical school or not. However, you and your significant other have made the choice to keep the flame alive and burning. Quite simply, the best way to maintain this newfound distance is to continue on as if you two were still nearby. Facetime often, if possible, and share everything with each other. Communication, long-distance relationship or not, is key. If you feel sad being far away or you feel yourself changing, talk about it. Medical school is a milestone in our life and it is important to remember that we cannot do it alone. Bring your significant other along with you each day. If you've never been in a long-distance relationship before, find fun handmade projects that you can mail and show that special person just how special they are. Even though the distance is long, remember what's important and give yourself the time that you and your significant other deserve.

– David Ebertz, M1

On Being Married

The best advice about being married in medical school applies to most relationships — like making sure to have at least one dedicated night per week where you can spend time together, and you don't say a word about school or studying. This has been one of the best things for my relationship since I started medical school. Also, spend some time talking about what makes your spouse feel supported and cared about before starting school, so that you know how you can prioritize caring for your partner when things get stressful and busy. Do your best to be patient with one another. Lastly, remember that this is only a relatively small part of your journey as a couple. There will probably be some turbulent times, but remember to remain focused on your partner and prioritize your relationship even when it feels like there's no time or energy to do so.



Having the extra support of your spouse can help make your time in school less stressful.

– Ali Houston-Ludlam, M1

On the Turkey Drop

Medical students are intelligent, beautiful, charismatic people who will someday make lots of money, so it makes sense that most of us come to medical school with a romantic partner. When you arrive in St. Louis, you figure things will eventually fall into place and true love will prevail. Once classes start up, however, you realize that your free time to Skype is limited, or that you can't go home as often as you planned, or that your fellow medical students are even more beautiful and intelligent than you possibly imagined. Your significant other might realize that they don't want to spend the rest of their lives with someone constantly trying to percuss their lungs. Whatever the reason, a large percentage of couples who enter medical school break up once they see each other again at Thanksgiving. This happens so often that it has a name: the Turkey Drop. Of course this isn't a hard and fast rule, and there are couples who stay together and even get engaged. But if this does happen to you, don't be discouraged. You have a great support group in your WUSM classmates, and St. Louis is a fun place to be single.

– Nitya Sreevalsan, M1

Medical School

On Being an Older Student

Being an older student at WUSM is awesome. Sure, I don't know half of the artists on my classmates' iPods and my beer pong shot could use a little work. But after college, you'll find that age begins to matter a lot less. We're all here because of our desire to learn how to be the best doctor possible. That's what matters. The material you learn in medical school is so engaging, and there's so much of it, that you'll have no issues finding common ground with your fellow students, no matter your background. Plus, if you're an older student, you've left the college bubble and seen some of what the world has to offer. During those long nights studying, you can draw on that experience and ask yourself, "Is there anything else I'd rather be doing with my life?" No, there isn't.



Age is just a number, and med school is for everyone. Don't let something as silly as age ruin it.

– Paul McMurry, M1



For future doctors, being alert and awake early in the morning is a good habit to form.

On Going to Classes

There's something to be said for watching lectures on 2x speed in your pajamas — but there's also something to be said for absorbing information in the physical presence of a human being who is at the top of their field, and being able to ask questions in real-time. Waking up for 8:30 a.m. class can be challenging, but everything's better with some coffee

from Room 100 and your best friends on either side of you in Moore. You might also snag some homemade campaign cookies during Medical Student Government elections. Plus, if you don't go to lecture, you'll miss Dr. Jane Phillips-Conroy sitting on the floor pretending to be an embryo.

– Maya Silver, M1

On Skipping Classes

The alarm sounds obnoxiously at 6:30 a.m. I turn it off. The backup alarm squawks at 7:30 a.m. I adeptly silence it without even opening my eyes. As the sun comes flooding in through my bedroom window, heating the skin of my cheek, I finally slump my way from bed to the coffee pot around 10:00 a.m. I briefly consider trying to break my habit of staying up until 3 or 4 a.m., quickly dismiss the thought, and start queueing up lecture recordings from the previous day at double speed while I lift weights in my underwear. I eat some lunch, shower, do some anatomy flashcards, and it's already time to hurry to school by 1 p.m. for the single required session of the day, a small group session where we practice our physical exam skills.



Sleeping is not just an activity, but a necessity. If you need it, or just want it, do it; you will be fine missing classes here or there.

Our lectures are generally great, and I'm always glad when I do make it. But being a night owl and getting things done on my own at home has gotten me through high school, college, several years of work as a consultant, and it has seemed so far to be a pretty solid medical school strategy. If it ain't broke ... ?

– Weston McCarron, M1

On Being in the Medical Scientist Training Program

Do you love the smell of fresh pipette tips? Do you want to actually see the patients that motivate your benchwork? Are you unintimidated by large time commitments? Do you like free food? Well, the WUSM Medical Scientist Training Program (MSTP) just might be the place for you! And it can be yours for zero easy payments of tuition! I think most of my classmates would agree that being in the MSTP here has been an absolute blast. Some of the things in store for you: weekly journal clubs with your classmates, weekly seminars with the entire MSTP student body (yes the PhD-year students are still alive), frequent updates on MSTP executive director Brian Sullivan's bee farm, the opportunity to see Brian Sullivan as many times as you'd like, and a personal friendship with Brian Sullivan. At WUSM you'll be guaranteed to have a Mud-Phud cohort of some of the most interesting, well-rounded and intellectually stimulating people you'll ever meet, which is a good thing, because they'll be the most familiar faces to you for the next seven-eight years ... So get ready to du du du du dual degree!

– Sam Brunwasser, M1

On Applying into the MSTP

Every year, a few people apply to be internal transfer applicants for the MSTP program. The application is a breeze compared to the medical school application, and you've done the hard part by getting accepted into the MD program. Whatever your reason for wishing to transfer, the MSTP office is filled with good people who will happily meet with you and offer any desired assistance. The acceptance rate for transfer applicants is traditionally quite high (the number I've heard is 80 percent, but that isn't confirmed). Additionally, there are many older MSTP students who successfully transferred, and who all have opinions on what to say or do to be successful. Your MD classmates might bemoan that you are leaving them, abandoning your concomitant four-year journey for the arduous dual-degree ultra-marathon. Assure them you aren't going anywhere.

– Joshua Page, M1

On Being a Gunner

This species of medical student is actually a distant relative of vampires. Textbooks are their only companions, for their glance turns all humans to stone. Contrary to popular belief, they do not live in the library, but rather under bridges, where they eat the brains of unsuspecting classmates who pass by in order to add to their own brain mass and thin out the competition.



Being studious and focused is the key to high yield. There is no shame in loving school and wanting to do your best. (Photo credit: Hoang Xuan Pham)

Like all other stereotypes, the “gunner” label is nonsense. I can assure you that there are no peer-reviewed studies suggesting that being passionate about pursuing academic excellence is correlated with being an antisocial grouch. Quite the contrary, most people who strive to learn as much as they can are motivated by a sincere desire to use their knowledge to help as many people as possible. If the pursuit of knowledge is one of your top priorities, I would advise you to keep this

concern for and devotion to the lives of others as the central driving force of your career. Knowledge is only powerful when coupled with the love and compassion necessary to truly help a person in need. Finally, remember that you also deserve to lead a balanced, multi-dimensional life, filled with friendship, personal self-improvement and fun. How you define and pursue these things are, of course, up to you.

– Gazelle Zerfati, M1

On Being a Slacker

Medical school can be a harsh place for slackers. Everywhere you turn, you will be surrounded by self-motivated and hardworking individuals who are capable of studying more in a day than you’ve ever studied in your life. It can make you wonder if it’s time for your slacker lifestyle to go. But fear not, fellow slackers! It is more than possible to be a student who both works minimal hours AND still manages to honor the responsibility of pursuing an MD. No one ever said that our job was to work our butts off. Our job is to learn everything we need to know to become intelligent, capable physicians. So long as you can manage that on a slacker schedule, then slack away! The keys are high efficiency, a willingness to accept knowing way less (let me repeat this for emphasis: WAY LESS) than everyone else during all time points in the year except for exam week, and a high tolerance for incredulity when your friends find out how little work you actually do. So slack away friends! Just remember: P=MD.



School is important, but so is doing what makes you happy. Using your time to do anything, or nothing, is your choice!

– Jessica Hao, M1

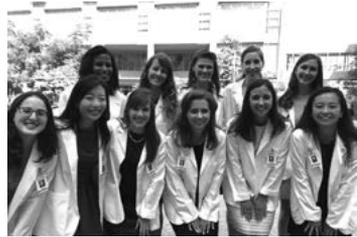
Who You Are and Where You've Been

On Being a Woman in Medical School

Being a woman in medical school is pretty much exactly like it has been for the last 20+ years of your life. However, there are some unique obstacles that women face in the profession of medicine, and WUSM offers many resources to help us learn about these obstacles and best

tackle them. Exhibit A: the Forum for Women in Internal Medicine organizes talks and networking events focused on allowing younger women who are just embarking on their careers to seek advice and mentorship from experienced, successful women leaders in medicine. Likewise, the WUSM American Medical Women's Association (AMWA) also provides such events to promote women in medicine, facilitate discussion of important issues (work-life balance, salary negotiation, challenges in seeking leadership positions), and to help raise money for heart disease, a major killer of American women.

– Damini Tandon, M1



Friends and fellow WUSM students group together after receiving their white coats.



Two students work together to learn radiology in preparation for an Anatomy exam.

On Being a Man in Medical School

What is it like being a man in medical school? This is something I didn't think about before I started this article, because there's really nothing special about it.

Sure, our Anatomy locker room doesn't have a bathroom (which still doesn't make any sense), but our classes are the same, our expectations are the same and our career goals are the same. A female medical student is as successful as a male. That also goes for the kind of male you are. The TV male doctor is always beautiful, with a chiseled jaw, sculpted torso and deep-set, smoldering eyes. The kind of person that makes it easy to study muscular anatomy. If you're that person, great. If you're not, great. No one will judge you if you're awkward, or quiet, or nerdy, or childish,

or interested in music and art and crafts. You can be a nerdy shut-in and still become an orthopedic surgeon – the so-called jock specialty – if you want to be one. Patients don't care. Be who you are as a male in medical school. Embrace yourself and the world will embrace you.

– Nirbhay Jain, M1

On Being LGBTQIA+

Being professional, you'll find, largely hinges on looking conventionally masculine, feminine or straight. There won't be discussions on whether to be out to your patients, why patients might be hesitant to be out to you, or why any of it matters. People object to asking patients for pronouns/preferred names because it's "awkward," as if doctors never ask "awkward" questions, or as if being gender-inclusive isn't necessary. If you attend the free, on-campus LGBTQ Ally Workshop, hosted by the LGBT Health Interest Group (LGBTHIG), you'll be in the company of around 7 percent of your classmates. To meet others, keep an eye out for LGBTHIG's Faculty/Student Brunch.

– Eileen Chen, M1

I'm a bisexual woman (no, I'm not in a phase, and my queerness persists despite the gender of my partner(s)). Not only is the global medical-industrial complex built to exclude LGBTQIA+ people, but it actively fulfills that purpose in keeping out trans, gender-nonconforming and non-binary folks, for the most part. But queer students here at WUSM are working on building a more inclusive and accountable community for ourselves and challenging oppressive power structures. Feel free to reach out if you have any questions.

– Jordan Shaw, M1

On Having a Family in Medical School

From my informal research, I have discovered that approximately 0.6 percent of the students currently at WUSM are parents. That's one in the first year class (me), one in the second year class, and one in the fourth year class. A larger number come with spouses or long-term relationships. For partners and kids of med students, Washington University Medical Center Housestaff Auxiliary is an invaluable resource. The group organizes events, information and support for families of medical students, residents and physicians at WUSM and the Barnes-Jewish health care system. St. Louis County has several excellent school districts consistently winning national awards, and St. Louis has so many amazing free attractions for kids (including a zoo, science center and museums). It is a great place to raise a family. Is it difficult and hectic raising kids in medical school? Sure. But how many things worth doing aren't?

– Weston McCarron, M1

On Being Vegetarian in St. Louis

At first glance, St. Louis may seem like a city rather hostile to vegetarians, with its reverent attitude toward barbecue and its bewildering practice of stuffing all ravioli with meat, but in reality, St. Louis is teeming with fantastic vegetarian cuisine.

The South Grand neighborhood (about a 15-minute drive from campus) has tons of interesting restaurants with plenty of vegetarian options, including Thai, Lebanese, Vietnamese, Ethiopian and Bosnian cuisine. There are also fantastic vegetarian/vegan restaurants throughout the city, including Tree House, Govinda's, Small Batch and Frida's. A favorite (and surprisingly vegetarian-friendly) restaurant of mine is Bailey's Range, a classic St. Louis burger restaurant with incredible veggie burgers.



Delicious options are available everywhere and for every diet possible.

– Christine Horan, M1

On Being Alcohol-Free

We all love hanging out with our classmates and spending as much of our weekends with them as possible. But if you don't drink, you've probably realized by now that being sober around drunk people feels like being on the outside of the world's funniest inside joke. Not fun. So whether you don't drink for religious reasons, medical reasons, or because the stuff is just plain gross and you know you could drink your weight in cranberry juice instead and only be the better for it, fear not! At WUSM, there are plenty of ways for you to have fun just as you are. For example, the board game club meets at least once a week to play cards, Settlers of Catan, ping-pong, billiards or whatever new games our members bring. The club also always meets for post-exam celebrations, offering a great alternative to the drinking parties that are held at the same time. If games aren't your thing, you can always organize a movie night with your non-drinking compatriots (or as I call them, sober buddies), of which there are surprisingly many at WUSM. Ultimately, I feel that it's really easy to find opportunities to have fun here in a way that makes you feel comfortable and included.

– Gazelle Zerafati, M1

On Being Black

There are very few Black students in most medical schools; WUSM is no different. Although the percentage of Black students is small, I have had many opportunities to meet medical students, residents and fellows of color through the Office of Diversity Programs and Student National Medical

Association (SNMA). Dr. Will Ross, the Associate Dean for Diversity, is very supportive and is always available if you need him. A large percentage of the patient population is Black and I have really enjoyed being able to interact with them. It can be very disheartening to be reminded of the numerous challenges and inequalities that Black people in this country experience related to health care. However, WUSM has made great strides to make us aware of these issues and has provided us with resources to get involved in community work. Although being Black in medical school is easier said than done, you will be supported, challenged and encouraged here by classmates, faculty, staff and the patients you have the honor of serving.

– Kai Jones, M1

On Being Asian American

Being Asian American at WUSM has been radically different than being Asian American in California. In our Practice of Medicine course, we talk about race in terms of a black/white dichotomy, which erases anti-Asian racism and Orientalism from the conversation. My Asian American classmates and I have gotten confused for each other despite looking nothing alike. It's jarring, and it can sometimes make you wish for more nuance in the way we talk about race, ethnicity and each other. While there is a need for a more complex dialogue about race on campus, being in St. Louis means we can be close to radical communities talking about race and systemic oppression, especially in solidarity with Ferguson (see: #APIs4BlackLives). The Asian Pacific American Medical Student Association (APAMSA) organizes health screenings at Asian groceries (on Olive Blvd. — don't rely on the Central West End for Asian food, try to make it out there sometime), and celebrates Diwali and the Lunar New Year.

– Eileen Chen, M1

On Being Hispanic

One of my biggest concerns about coming to WUSM for medical school was the relatively small proportion of Hispanic people (let alone patients) in St. Louis. Being raised in the Caribbean, and having gone to school in New York, I was worried that I would have a hard time adjusting here. Fortunately, I found myself immersed in a lively Hispanic community both in St. Louis and at WUSM. For those interested in volunteering in the community or medical interpreting, Casa de Salud is a wonderful nearby clinic providing health services to new immigrants and refugees. There are also various free health fairs during the year that specifically target the uninsured Hispanic population. Additionally, the Latino Medical Student Association (LMSA) and MedSpan are two organizations at the medical school that provide ways of sharing your culture with your peers and furthering your involvement in the wider

community. And if dancing is more your thing, Club Viva is popular among students for salsa and bachata. Basically, you will find an awesome group of people (both Hispanic and non-Hispanic) that will soon become your family.

– Juan Deliz, M1

On Being Caucasian

You may be surprised to see that this section made it into the *Dis-Orientation Guide*. Yes, we talk about other races in here, but white is the normalized, the privileged, the “non-different” and the majority. Why do you need extra representation in this book? The answer is that you don’t, but this section serves a very special purpose, which is to make you into a minority. You have benefited from privilege all your life and you will continue to do so in medical school, so I urge you to now explore what it’s like outside that bubble. Show your solidarity with people of color by joining SNMA, LMSA and APAMSA and working to benefit minority health. Volunteer at the Saturday Neighborhood Health Clinic and work with its majority-minority patient population. Explore your new St. Louis community and cross the Delmar divide. In many of these places you may be one of very few white faces, and you may even feel uncomfortable about that minority status, but you will come out of it a stronger advocate and a more compassionate physician.

– Jenny Tobat, M1

On Being from a Small Town

I grew up in a rural town of fewer than 5,000 people, where things like pharmacies, traffic lights and McDonald’s only exist across town, if not county, lines. The really fantastic thing about St. Louis is that not only can you spot any one of these in the city, you can even find most of them within walking distance! It also offers world-class entertainment, sports, parks and recreation opportunities, all while feeling manageably sized. If you do begin to feel claustrophobic, Forest Park is just across the street from school, or a 30-minute drive will bring you into wooded, less densely populated parts of Missouri. The school community itself is relatively small, and your classmates will make you feel right at home. I’m sure you’ll find that the WUSM community is the perfect size for you!

– Evelyn Reed, M1

On Being from a Big City

Small city, big town — that’s how natives describe St. Louis. I loved growing up around the exciting, fast-paced nature of Chicago, the tremendous diversity of people, and the overall feel of a bustling city. However, I had to give that up when I moved to St. Louis for college and medical school. Or so I thought. St. Louis may not be Chicago, but it has just as much to explore and to enjoy; you just have to search a little deeper for it. After living here for four years, I almost love this “City of Hidden Gems” as much as my hometown (emphasis on “almost”). The unique neighborhoods, the abundance of festivals every weekend, and the incredible kindness of its people make St. Louis an incredible city. It’s hard not to fall in love with this city, as long as you’re open to trying new things and adventurous enough to find those hidden gems!

– Maria Schwabe, M1

On Being from the Midwest

St. Louis is the least Midwestern city in the Midwest. It’s a baseball town, not a football one. The summers are hot and humid for a Midwesterner like myself. Winters aren’t nearly cold enough and snow is hard to find. People sometimes have southern accents here. They call it soda, not pop! Yet, there’s still enough of the Midwest here to make an unabashed Ohioan/Michigander like me feel right at home. The weather still has wild swings from day to day. It does get cold, depending on where you’re coming from. People are always very nice and helpful, and the rent is cheap. It has that true Midwestern charm and, dare I say, the distinct culture of the Midwest. If you’re from the Midwest and worried about adjusting to life in St. Louis, don’t be. As someone from the Midwest, you’ll have the easiest time.

– Nirbhay Jain, M1

On Being from the West Coast

There’s a reason clichés are cliché. It’s because they’re true. And when we say West Coast Best Coast, we are speaking truth. Can you dance with dolphins on the Pacific coast and snowboard down fresh powder in the same day? Yes. Can you find Michelin star restaurants and hole-in-the-wall taco trucks one block away? Yes. And yes, you can ride in a Lyft with Justin Bieber on the daily. What’s been truly incredible is how many of those same things you can do in St. Louis. There is no shortage of yuppie life, hipster bars, incredible cuisine and weekend excursions to holes-in-the-wall that won’t satisfy the California spirit we all love. This Bay Area boy – as in love as he is with his “#1 Bae” – skipped out on the next eight years in California to come to St. Louis without a drop of regret in his mind.

– Robert Chen, M1

On Being from the East Coast

If you're coming from the East Coast, St. Louis is probably not going to be what you picture when you think of a city. Compared to most big East Coast cities, it is much more spacious and cozy, and you can actually drive a car in the city and find parking. The people here are also much friendlier than your typical East Coast folk, and strangers will actually greet you and exchange small talk. This may seem like a shocking concept if you're from New York, but it is in fact normal here, and it makes for a happy and healthy environment to live in. Probably the biggest and most important difference between St. Louis and the East Coast is that everything here is very affordable. Just about anything that you can think of is cheaper here (even Chipotle), and the coolest stuff that the city has to offer is free. This makes St. Louis a great place for living on a student budget, and it definitely feels nice to be able to go out and enjoy yourself without worrying about how much money you're spending.

– Chris Tricarico, M1

On Being from the South

St. Louis is the perfect city for a Southerner looking for small town charm in a big city. The Central West End provides local stores and restaurants. Barbecue is very big in St. Louis, which is good for a southern Memphis girl like me. Everyone I meet in the city is very friendly, and goes out of their way to make me feel at home. There are a lot of things to do, all of which are easily accessible, making the adjustment to city life fairly smooth. Overall, I would say that St. Louis effectively combines the Midwestern and Southern cultures.

– Natalie Griffin, M1

On Being from Texas

Congratulations! You're from Texas. We know we're the biggest. We know we're the best. Plus, you have that sweet, sweet Texas in-state tuition. On that note, you're probably one of the hard-working souls who had to fill out two medical school applications. Our state is so superlative that we need our own application, the Texas Medical and Dental School Application Service. When I was looking for a medical school I wanted to go to a big city that wasn't in Texas. (I want to practice in Texas, and figure I'll love the Lone Star State all the more having experienced "not Texas.") St. Louis is the perfect place for me. Midwesterners share our friendliness, if not our state pride.

"Texas, Our Texas! All hail the mighty State! Texas, Our Texas! So wonderful so great! Boldest and grandest, withstanding ev'ry test. O Empire wide and glorious, you stand supremely blest."

– Joshua Page, M1

On Being Local

If you are already from St. Louis, I don't need to convince you of its charms. But maybe you are tentative about moving back so close to your parents. Maybe you need a small nudge to remind you why it's worth returning to the town that shaped your Cardinal-clad upbringing. College may have been a time of exploring new places and testing new limits, but in medical school it is nice to surround yourself with the comfort of familiarity. As you adapt to a new pace, it is helpful to already be settled into the city. You'll know useful things like how Schnucks (or Dierbergs) is where we go to get our sustenance, Highway 40 is the same as I-64, and that Ted Drewes is the best dessert you'll ever eat outdoors in the summer. You'll also know less useful things such as the fact that Shane Co. used to be conveniently located at the intersection of I-170 and Highway 40 (it's on Olive now). Additionally, for those concerned with frugality, it is very convenient to be able to go home and scavenge food from your parent's fridge while using their electricity and water to do your laundry. Premeds always like to be ahead of the curve, and coming home for medical school ensures that you will be when it comes to settling into a new school year. Unless you grew up literally in the shadow of Barnes-Jewish Hospital, going to school at WUSM does not feel like you are going to school too close to home. The Central West End and surrounding areas offer new adventures to embark upon as a young adult. Going to WUSM for medical school will not feel like you are going to school in your parent's backyard, but it has the huge benefit of being able to actually get there whenever you feel like it.

– Maeve Woeltje, M1

On Being Canadian

Being Canadian at WUSM is very refreshing. There will be other Canadians that you can meet and spend time with, and you will definitely be antagonized by the Americans who still think they are citizens of a superior country. There is a Tim Horton's here, and we all break out our Roots gear in the fall and winter — small reminders of Canadian pride. The summer is humid — think southern Ontario near the lakes, with weaker mosquitos (if you're from Vancouver ... well, lucky you) — and you'll definitely experience four seasons without the extremes in the winter. The Midwest is VERY American, and that isn't a bad thing. Great food and friendly people are two trademarks of the Midwest, and St. Louis is absolutely a representation of that. You will most certainly be asked about your feelings regarding Drake, especially if you're from Toronto. Your classmates will both respect and tease you for being Canadian — which, in my

opinion, is exactly what you want. Embrace it and represent our home and native land with pride. (P.S. don't forget to pick up your renewed I-20 before you go home for Thanksgiving or Christmas. The international student office is on the Danforth Campus, only two Metro stops away.)

– Julian Clarke, M1

On Being International

WUSM is incredibly friendly to international students, especially MSTPs. As you all may know, it can be tough to solicit loans, travel in and out of this country and settle into a new culture. The Office for International Students and Scholars holds orientation sessions which get you acclimated quickly. They are accommodating and helpful in applying for visas and getting I-20s signed. In addition, they try really hard to get students settled into St. Louis. There are several events including parties, visits to museums and tickets to baseball games from the ISO. The office provides opportunities to learn about American culture as well. WashU has enough diversity in the class to ensure every international student feels right at home!

– Sebastian Nasamu, M1

On Being Conservative in Medical School

One of the really wonderful things about WUSM is that students come from so many different backgrounds and bring many different perspectives to the medical school class. Before coming here, I didn't really consider what it would be like to be a more conservative individual at WUSM. I've found that there are some really enriching aspects to it, but also some challenges. The majority of the people that I've met at WUSM tend to have a more liberal mindset than myself, which is great because I've been able to encounter a lot of viewpoints that I wouldn't have if I was surrounded by people who think the same way I do. It has been very encouraging to meet other people who are willing to engage in conversations and learn from each other in a nonjudgmental way. However, it has been difficult at times, because I do feel that, as a conservative, I am in the minority in my medical school class. There are times when I feel a little out of place, but I keep reminding myself that just as others' perspectives are a vital part of the WUSM community, my thoughts also have an important role.

– Mary Morgan Scott, M1

On Being Liberal in Medical School

The city of St. Louis and the state of Missouri have a lot of room for growth. Living here enables us to join these greater communities and spur some progress. There are ample opportunities to learn from the great work of local health policy leaders, compassionate physicians and community members who share stories. It's easy to get actively involved: WUSM students develop policy with the American Medical Association and St. Louis Metropolitan Medical Society, advocate for Medicaid expansion, and care for underserved patients at the Saturday Neighborhood Health Clinic. St. Louis can be a frustrating place for us liberal-blooded beasts. It is not always easy to fight the passionate fight for Medicaid expansion, reproductive health rights and overall social justice. But collaborating with peers and mentors of strong convictions — being an active part of the change — is worth the work.

– Christine Averill, M1

On Mental Health in Medical School

Not everyone is going to want to talk about mental health or know how to talk about it in a way that will validate your experiences. The environment of an elite professional school can leave a lot of students suffering in silence. Course material and exercises can be triggering, and, because mental health and illness can be so invisible on campus, negative experiences can be really isolating. But you should know we have two amazing staff psychologists at Student Health Services, as well as a nutritionist. And, being in a medical community, you'll find that getting a referral to psychiatrists doesn't take much effort outside of your daily responsibilities as a student. Whatever your experience, know you are not alone. Even if they might be hard to find, there are people here who'll fight for you and your wellness.

– Jordan Shaw, M1

School Before WUSM

On Coming from a Small College

When asked about your undergraduate school, do you find that you inevitably need to include an explanation of where it's located? If that's the case, you have no business being at WUSM. Totally kidding! There is nothing to worry about coming from a small school. By now you are used to knowing the majority of your classmates, and working closely with professors and faculty members. Overall, WUSM faculty is very welcoming and open to working with medical students. Don't worry about being underprepared. In fact, it's

very possible that your undergraduate school prepared you even better than a big name school would have. There's a good chance that you were instructed more consistently by professors themselves, as opposed to less experienced graduate students. There is also no reason to be intimidated by living in the city. While it may not be open country, the Central West End is a nice place to live that has plenty to do and feels relatively safe. Also, Barnes-Jewish Hospital is a well-known hospital that provides many diverse patient care experiences. Embrace the fact that most have ever heard of your college! You got this!

– Shane Johnson, M1

On Coming from a Large University

At my large state school, I was used to not knowing everyone in our 7,000-strong graduating class. Or even not knowing of everyone. This changed dramatically about one week into orientation at WUSM, and I loved it. Medical schools in general have tightly knit classes, but I would say WUSM's class is even more so; we're all in the same room for Anatomy lab, our Facebook group is constantly being updated (with pictures of each other dozing off at school), and we find fun ways to hang out both in and out of class. Medical school feels like high school with slightly more mature people, or a frat with people who really have their acts together. Pros: Everyone knows everything going on with everyone. Cons: Everyone knows everything going on with everyone.

This approachableness also extends to faculty. Your professors have open office policies, a lot of opportunities to get feedback from students, a crazy-fast email response rate (Dr. Gregory Polites), and a general expectation that you will take advantage of these things.

A small class also means plenty of study space. Any of the classrooms are free for us to use for group studying, and we each have our own designated carrel (desk) at school. Trust me, this desk is worth its weight in gold.

– Helena Hong, M1

On Being a Non-Science Major

A philosophically minded soul (or at least a soul with a philosophy degree) might jokingly note that it's awfully hard to see the shape of a circle when you're standing inside it, to know about heat when you've never felt cold, or to appreciate the sun if you've never seen it set. Everything you need to know about being a physician will be learned in medical school. I spent most

of my time in college with non-science people doing non-science things. This experience prepared me for science people and science things, because I am fortunate enough to have an alternative perspective that many do not. I appreciate the immense value as well as the limitations of a medical school education because I spent more time reading Hegel and looking at paintings of grasshoppers than I did memorizing the Krebs cycle.

– Joshua Page, M1

On Coming Back to School After Time Off

I took two years off between college and medical school, and was admittedly nervous about being a student again. It had been a while since I'd taken a full course load, and, as an English major, even longer since I'd had science classes. Diving back in felt just a little overwhelming at first, and you might have to spend a little more time than the rest of your class trying to remember the basics, but you get the hang of things quickly enough. Plus, everyone is super willing to help explain something, or share resources. (Maybe you'll even befriend someone who was a biochemistry teaching assistant for four semesters and get them to teach you everything!) At the end of the day, I'm really glad for my time off. It gave me just enough of a break from school to refresh before I came back.

– Kat Zhang, M1

On Being a WashU Graduate

Trying a new environment for medical school has its advantages, but there is something to be said for sticking around in St. Louis. I love being able to catch up with friends still in college, either on purpose or accidentally when you see them around town. I get to see many of my friends with real jobs when they come back to campus for recruitment. Some friends are even sticking around in St. Louis for their work. All this provides a nice balance to the feeling of being caught up in the daily grind of med school. Most importantly, it's unique to be one of a few St. Louis experts in your med school class, so you can share with your new med school friends that cool local brewery/coffeeshop/Thai restaurant that you discovered senior year. P.S. The Thai restaurant is called Fork and Stix and it's actually Thai-Japanese fusion. Yum.

– Rob Gallo, M1



Transportation

Life With a Car

Having gone most of my undergraduate career without a car, I knew I wanted one for medical school. So far, it's been great. Compared to the situation in other metropolitan areas, parking in St. Louis is relatively easy to find and pretty cheap. (Parking in the Central West End is free on weekends and after 7 p.m. on weekdays). I did have to brush up on my parallel parking skills, though! It's great to be able to head out to stores or activities further away without having to ask for a ride or plan out a route via public transportation (though public transportation can also be really handy). Parking on campus is only free on weekends and after 2 p.m. (until 8 a.m.), so if you want to drive to class, you'll have to pay for a parking space.

– Kat Zhang, M1

Life Without a Car

For the first time since high school, I am car-less. Not by choice, but by force: Two days into moving to St. Louis, my car was totaled by an unlucky out-of-towner. Despite this setback, I have found St. Louis and the Central West End to be fully manageable without a car. The majority of students live within 10 minutes walking distance from the medical campus/Barnes-Jewish Hospital, and many of St. Louis's best restaurants and bars are in the Central West End. The St. Louis MetroLink lightrail is free to all WUSM students and stops at places such as Busch Stadium, the Danforth Campus and Lambert-St. Louis International Airport. If you do need a car, you will undoubtedly find someone among your 122 new friends who would be willing to drive you. It does become more complicated during the clinical years as some elective rotations are offered at off-campus sites, but there are more than enough opportunities available at the main campus to not necessitate a car for all four years.

– Brian Hickman, M1

MetroLink and MetroBus

All WUSM students receive a free pass each semester that allows unlimited access to the St. Louis area bus system (MetroBus) and light-rail system (MetroLink). Most of the city's major tourist attractions can be reached easily via MetroLink, including Busch Stadium, the Scottrade Center, Forest Park, the Arch, Union Station and more. Many of the train stations have free parking, and a few even have free long term parking. This is especially helpful if you're headed out of town a few days. You can drive to a long-term lot, and take the MetroLink straight to Lambert-St. Louis International Airport. You can also

carry bikes aboard MetroLink or MetroBus. Although there are people with complaints about St. Louis public transit, in my experience the train arrives on time most of the time. It's also nice that the walk from the Central West End MetroLink station to Moore Auditorium takes approximately 94 seconds. And did I mention, it's totally free?

– Dean Odegard, M1

Biking in St. Louis

Whether for pleasure, exercise, or to get to class each morning, a number of WUSM students bike. St. Louis is no Copenhagen, but biking around the city is definitely doable, with bike lanes on some streets and a general lack of traffic. Use standard precautions (not the infectious control kind) — helmet, lights at night and U-lock. There's also a secure bike lot at school. Forest Park is great for a leisurely spin and has separate paths for cyclists and runners. For the slightly speedier folks, you can join up with group rides that leave from bike shops like Big Shark in the University City Loop, or South Side Cyclery. For the truly ambitious among us, the Katy trail runs across much of the state along a former railroad. You don't need a car to have St. Louis at easy reach!

– Maya Silver, M1

Fitness

On Keeping Fit in St. Louis

Even though your days can be pretty busy with class and studying, there is still plenty of time for staying fit. You can squeeze in a workout before class, in between classes as your lunch break, or as a study break in the afternoon. If you like running or biking outside, Forest Park is absolutely beautiful and has a great running/biking paths (one loop is six miles) and is super convenient because it's right next to campus and to where most students live. If you're a gym rat, the Student Health and Athletic Center (SHAC) in the Olin Residence Hall (attached to the medical school building) has plenty of cardio machines and weights and is open 24/7 for students. A lot of apartment buildings in the area also have gyms in the building (Park Royal, Del Coronado, Montclair and others). If you're more into group exercise, the BJC WellAware gym is a two-minute walk from campus and has tons of classes (spinning, yoga, power sculpt, power pump, etc.), and the student membership is less than \$30 per month. There is a Pure Barre studio in the CWE, and St. Louis

also has Class Pass if you want to take classes around the city. The Washington University School of Medicine (WUSM) yoga club meets on the medical school campus (outside when it's nice out!), and brings in a yoga teacher once per week. Basically, you have plenty of fun and convenient options. Definitely try to find time to stay active. It's an awesome study break and a great way to spend time with classmates!

– Gabby Abrishamian-Garcia, M1

Student Health and Athletic Center

Whether you're someone who works out consistently, or someone who is turning over a new leaf and trying to get fit, the Student Health and Athletic Center (SHAC) is certainly suitable. It's not huge and fancy and (if you go between 3 p.m. and 5 p.m.) you may become overrun by physical therapy (PT) students, but it has everything you need to get the job done. There are squat racks, pull-up bars, benches and plenty of dumbbells along with machines. There is also space for floor work and core work. Additionally, there are treadmills, ellipticals and rowing machines for those demonic individuals who enjoy cardio, and even a punching bag if boxing is your thing. Everything in the SHAC definitely gets a lot of use, and as a frequent SHAC user, I have no complaints.



Close to classes and always available, the SHAC is key to staying in shape or finding an escape from studying.

– Julian Clarke, M1

BJC WellAware Center

The BJC WellAware Center is a great option if you like taking fitness classes or working out in a bigger gym. You can try it out with the free trial, which allows you to take unlimited classes for one week. The classes include Zumba, spinning, yoga, high-intensity interval training, cardio, core and power sculpting. Class times ranges from 30 minutes to an hour. After my one-week free trial, I bought the BJC WellAware Groupon, which provided 10 hour-long classes for \$19. I really like going to BJC WellAware because it's affordable and clean. The instructors are friendly and experienced, and you'll definitely get more fit!

– Teresa Chen, M1

Intramural Sports

Life is over; I'm now in medical school. False! Sports have always been a big part of my life and I honestly believe I have played more sports in medical school than I did in college. WUSM has a great intramural program for graduate students and includes a wide variety of sports. I recently finished up playing on a coed flag football team composed of M1s and M2s. Unfortunately, we lost in the championship but we still had a blast playing. Playing on an intramural (IM) sports team provides an opportunity to release some of that pent-up stress from medical school, have a little fun and get in a great workout. Lastly, I would highly recommend joining an IM team because it is the perfect escape from academics. It is so important to maintain a balanced lifestyle in medical school, and IM sports help me keep this balance.



Compete with different classes, teachers and even undergrad teams! Make or join an intramural team and work towards the gold.

– Maria Schwabe, M1

Dodgeball

After a long day of being pelted with medical facts, sometimes the best way to give your mind a breather is to let your body take a few hits. Dodgeball is a great way to unwind with your classmates and to appreciate the capabilities of the human body you've been learning so much about. Accessible to first-timers and dodgeball veterans alike, dodgeball meets on a weekly basis and is a great way to get in some exercise while getting acquainted with students from all years of study. It's organized by Dr. Robert Mercer, who also moonlights as our Physiology course master when he isn't busy sharing his enthusiasm for dodgeball. If the idea of throwing things at your colleagues wasn't reason enough, come, Dr. Mercer also supplies pizza and drinks to help students unwind afterward. Dodgeball runs all year round within the climate controlled comfort of the Olin gym, so come join us and give it a try!

– Daniel Ward, M1

Soccer

WUSM1 FC, the pride of St. Louis, is an eclectic group of footballers (soccer players) of various shapes, sizes and skill levels who share a passion for juego bonito. Ever since Dr. Lisa Moscoso made us famous in the first week, we haven't looked back. Our texting list includes over 40 M1s, some M2s, a PT student, and a random consulting guy. We played twice a week until

recently. Sometimes we have had as many as 30 medical students show up, and we also pick up St. Louis natives around the park. Our home stadium, located in Forest Park, sometimes has long or dry grass but is definitely playable! We just finished the summer season of an indoor St. Louis soccer league and started the winter season. It is a great way to bond with classmates, stay fit and have fun. Some of us soccer fanatics also go to bars like Amsterdam to watch big English and Spanish league games. It's a 10-minute drive and we usually carpool. If you like playing FIFA as well, then WUSM is the place for you and WUSM1 FC will recruit you (although we can't pay you, according to NCAA rules).

– Sebastian Nasamu, M1

Golf

Although you may not think of St. Louis as an ideal destination for golf, there are plenty of opportunities to play golf here. Forest Park alone houses two golf courses and one golf range. The Courses At Forest Park (also known as The Probststein Courses) is apparently renowned as the “Best City Golf Course in Mid-America” and offers golfers a challenging 18 holes with sometimes lush fairways and greens. Another, even closer, alternative is the Highlands Golf and Tennis Center, home to a scenic nine-hole golf course, a driving range (with around 15 synthetic turf mats to hit off) and a practice center. Calling ahead for tee times is not essential, but highly encouraged during the peak season. Also, be sure to bring your student ID to get the discounted student rate or check for twilight rates (\$12 for 9 holes with a cart after 5 p.m., but these rates and times may change). So whether you're a beginner or advanced golfer, take advantage of the two courses in Forest Park or the multiple other courses in the city.



Golfing is an important skill and leisure activity for physicians. There are two different courses in Forest Park, just a five-minute bike ride from WUSM. Students frequent these courses during their free time.

– Sunny Li, M1

Tennis

There are plenty of opportunities to play tennis on campus and nearby. There are six courts at Hudlin Park, the small park just southwest of the Farrell Learning and Teaching Center (FLTC). These courts are not in tip-top condition, but they are free, open to the public, and conveniently located. They're also lit

up after dark with overhead lights. There are more courts in Forest Park at the Dwight Davis Tennis Center that are in better condition, but they require court fees. Students are also free to use the six courts at the Tao Tennis Center on the Danforth Campus. Reservations are not required at these courts, but the wait can get quite lengthy on weekends. If you don't already have tennis partners, feel free to join the Ace Inhibitors on Facebook, where some students post when they want to get together to play tennis. If you're looking for an even more competitive experience, WUMS has intramural mixed doubles tennis, so be on the lookout for information about that.

– Sunny Li, M1

Badminton

The basketball courts in the basement of Olin Hall conveniently convert into a badminton court. You can rent out nets and other equipment from the security desk with your WUSM ID. For the more avid badminton player, the undergraduate badminton club hosts multiple practices each week for both undergraduate and graduate students. Scheduled practices are Tuesday 6-8 p.m., Friday 6-9 p.m., and Saturday 10 a.m. - 12 p.m. at the gym across from the Schnucks on 6501 Clayton Road, between Skinker and Big Bend. The fee is \$25 per semester or \$3 per session.

– Sunny Li, M1



WUSM students climb a soaring alpine tower during Diversity Retreat, an event held during the first weeks at school.

Climbing

There are a few gyms in St. Louis for climbers to do their thing, and quite a few medical students can be found after class and on the weekends brushing up on their technique. A good resource for new climbers and seasoned vets alike is the undergraduate climbing club. At the start of each semester, it offers some excellent deals to local gyms, namely Upper Limits and Climb So iLL. For instance, \$35 gets you a biweekly pass and \$135 gets full membership for the semester at Upper Limits. This compares to the full day rate of \$16, and both deals include 20 percent off in the pro-shop as well, so it can really pay for itself in no time. For those looking to venture outdoors, Elephant Rocks has bouldering, ranging from V0-V9, about an hour and a half from St. Louis. Unfortunately, ropes are prohibited here, so for some lead climbing you can head out to the nearby Silver Mines park, which has about 20 routes for bouldering and

roped climbing. Jackson Falls, about two and a half hours away, makes a nice day trip as well and has nearly 300 routes, ranging from 5.6-5.13. For the vertically inclined members of the class, there is plenty of opportunity to chalk up, hang out and go for a climb!

– Michael Wong, M1

Endurance Sports

As an open water swimmer and triathlete, I wasn't entirely sure what a landlocked Midwestern city would have to offer me, but I was pleasantly surprised to find a HUGE endurance sport community here in St. Louis. I am a member of the undergraduate triathlon team, which has helped me meet a ton of great people and paid for me to travel and race. The Danforth Campus also has running and cycling teams that welcome graduate and professional school members. I swim with a masters team in Clayton and am constantly inspired by the phenomenal swimmers and multi-sport athletes I train with (a good portion of whom are physicians!). There is also an incredible cycling community here, and although the terrain is not what you would find in some other cycling hubs in the country, you will still find plenty of opportunities for group rides at any speed and any distance on just about any day of the week. Forest Park is great for run training, the roads are completely empty in the mornings for weekend long rides, and the Athletic Complex pool is always available for swim training. Area races are also frequent and well-organized, although you will need a car to transport yourself to most of them. If endurance sports are your thing (or something you want to dip your feet in), St. Louis will have everything you need!

– Jessica Hao, M1

Dance

There are lots of opportunities for people who are interested in all different styles of dance. The medical school has a group, Choreiform, that meets throughout the year to teach classes on campus and to perform at different events. There is a hip hop group, WUHUU, at the Danforth Campus that hosts auditions at the beginning of the year and does various shows and competitions. Saint Louis University is a short drive away and has a dance team, Xquizit, that also does competitions and shows on campus and around the Midwest. The City Dance Studio



From the WashU Coffeehouse, to the Hindu festival Diwali, to a night out at a salsa club, dancing is always present here in St. Louis.

is also a quick walk away from campus and has hip hop, contemporary, jazz, popping and locking, and other classes at beginner and advanced levels for only \$10 per class. A few medical students take these classes together and have joined one (or two!) groups. It's a great study break and also a nice way to meet people outside of WUSM.

– Gabby Abrishamian-Garcia, M1

Necessities

Pets

What could be better than coming home to a happy, purring ball of fur after a long day in the clinic? Nothing, of course! While a pet can be a lot of work during the hectic days and sometimes long into the evenings of medical school, in the end they are worth the extra time and energy. They are the best companions when you are studying for those anatomy tests (they can even show you how to plantar flex to help with the limb portion of anatomy). And when tests are done, they remind you that there is no better way to relax than to play with them. A couple months into school, I got a kitten, and it was a great decision. While I wouldn't recommend going out and buying a pet during the first couple weeks (settle in, get through your first exams, get to know everyone before taking on the extra responsibility), they are a great investment in your first or second year. I mean, how else could you make it through the winter and second block without a furry little friend to warm your lap and heart? Also, many of the apartments in Central West End are pet-friendly. Mine even posts a Pet of the Month in the lobby. Forest Park is also a great place to walk a dog. So reward yourself with a little friend who will love you no matter whether you can say if that cell in histology is basophilic or acidophilic. The happy distraction of your pet can add years to your life!



Cuddles with cute animals are crucial to your personal happiness.

– Natalie Griffin, M1

Banks

There are a lot of great options for banking in St. Louis, but if your primary concern is convenience, you may want to consider Bank of America. Bank of America ATMs are conveniently located on the medical school campus (one is right at the entrance to the library), as well as in multiple locations through-

out Barnes-Jewish, and St. Louis Children's hospitals. Moreover, there is a Bank of America branch in the Central West End neighborhood, where most students live. U.S. Bank is another convenient option, as it has ATMs at Children's Hospital and South Campus, as well as a branch that is a 20-minute walk from campus. Alternatively, FifthThird Bank is the closest physical bank to the medical school and has locations and ATMs throughout St. Louis.

– Christine Horan, M1

Libraries

You will not be lacking in the library department at WUSM or in St. Louis. In addition to Becker Library on the medical school campus, which offers a peaceful ambience of greenery and natural light, Olin Library on the Danforth Campus also has a wide selection of books (both school-related and fun) and study spaces. The Danforth Campus also boasts many off-the-beaten-path libraries with unique and quiet study spaces to switch things up when the monotony of the carrels becomes tedious. If you're wanting dead silence, check out the Harry Potter-esque Law library where even walking with flip-flops will solicit bothered looks. Not feeling that quiet? Check out the Music library, which plays a closing song every evening. Or try the East Asian library for some Zen studying or the physics library for some serious focus. Finally, the St. Louis Public Library system is well stocked with any book or movie you could want, with one branch just a few blocks from the medical school campus. All you need is proof of your St. Louis address, and you can get your very own library card for free!

– Jackie Kading, M1

Student Health Services

Studying pathophysiology when you've got some kind of (hopefully lesser) pathophysiology yourself is not fun. Luckily, one perk of attending a top medical school is how much the school prioritizes your health. Student Health Services (SHS) makes it very easy to access the care you need quickly. SHS is located on the medical school campus and will coordinate your care. Just set up an appointment, which will usually be on the same day or next day, walk over, and you shouldn't have to wait more than five minutes to see some very cool nurses and physicians. They might even teach you something in the process! Also, the WUSM student insurance plan is incredible. Expect to pay a \$20 copay for visits to dermatology, ophthalmology and some other specialty clinics, and a copay for some medications. Other appointments and medications are free, or free with a voucher that SHS gives you when they refer you.

– Helena Hong, M1

Dry Cleaning

If you're looking for the most fascinating segment in the *Dis-O Guide*, then ... too bad, cause you're looking in the wrong place! But if you are actually wondering about dry cleaning, which is quite an important part of life, then you are in the right place! The place I frequent is Parkside Cleaners (at Forest Park and Taylor). Mrs. O, Eric and the other folks who work there are very kind and friendly, their prices are reasonable, and they consistently do good work! In addition to Parkside Cleaners, there is Central West End Cleaners (at Euclid and Laclede), which is more convenient for WUSM first-years living in the Central West End without wheels. The wonderful Bing Maps also reveals a Cashmere Cleaners at West Pine and Newstead, but I didn't even know that one existed until today. And "Cashmere" makes it sound really fancy and/or extremely specific in terms of what it dry cleans. That's all I've got on them. Good luck!

– Reece Clark, M1

On Surviving St. Louis Weather

St. Louis is one of my favorite places when it comes to weather. You will truly experience all seasons here, and I think that can be quite refreshing. Summers can be pretty scorching with the hottest I remember being 100 or so degrees Fahrenheit. Winters can also get pretty chilly on the opposite side of the spectrum. Be prepared for rain! Seriously. Carry an umbrella, or poncho, or just accept the fact that the heavens can and will descend upon you at the least convenient time, regardless of what the weatherman said. You will definitely experience all four seasons while you are here, but be prepared to experience a couple in a single day as well. All in all, weather in the Lou is the best and consistently inconsistent.

– Owen Hamilton, M1

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. I know that people come to WUSM from all over the world and that this issue isn't as concerning for some people as it is for others, but as a young woman from a small town in Tennessee, it is something that I've paid particular attention to during my transition to living in St. Louis. The Central West End, 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 Central West End during the day and for most of the early evening. Personally, 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. 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.



Security monitors campus and surrounding areas at all hours, and the area is generally safe. If you ever feel worried, there is a 24-hour safe ride program.

– Mary Morgan Scott, M1

Groceries

If you are living in the Central West End or any of the surrounding neighborhoods, there are plenty of grocery options. Schnucks is a local grocery store chain that isn't too far from the school. There is also a nearby ALDI (discount), Straub's (gourmet) and Golden Grocer Natural Foods. WalMart, Target and Trader Joe's are all off the Hanley Road exit on I-64, which is about a 15-minute drive away. There is also a new Whole Foods opening soon just a few blocks from school to add another option to the mix.

– Michael Miles, M1

Ethnic Groceries

St. Louis doesn't really have much of a Chinatown, but there is a Chinese/Asian street of sorts on Olive Blvd. with a good number of Asian restaurants and stores. It's about a 20-minute drive from the medical school campus, and I haven't been there enough to be an expert by any means, but I found the selection at Seafood City and Olive to be pretty nice. There isn't the huge variety of Asian vegetables and fruits that one might get in some other cities, but there's enough for me to have the basic necessities that one can't find at Schnucks or Dierberg's. As far as packaged snacks, sauces, frozen foods, etc. go, you're pretty much set. I hear there are other international markets around town, too, so there's most likely more out there that I haven't found yet!

– Kat Zhang, M1

Campus Farmer's Market

I require a lot of variety, flavor and (sometimes) healthfulness in my diet. I prefer food that is local, because I think it's nice to limit consumption of fossil fuels whenever possible. I like fresh eggs sourced from farms that treat their hens ethically. Also, I am very lazy. You might think that my combination of interests is too high-maintenance to be satisfied (especially when you factor in my laziness). Fortunately, however, the WUSM farmer's market and its weekly crop boxes fulfill all my needs at a low price. Each week, I get a refreshing spread of seasonal vegetables. Most boxes feature at least one goody that I never would have thought to choose, which challenges me to cook fun, new recipes. The crop boxes also enable me to be lazy in food shopping. All I need to do is pick up my box from the farmer's market (which happens on the medical school campus) and grab just a few items like milk or flour from the grocery store. Another lazy pro tip: Immediately washing, chopping and storing veggies in mason jars in the fridge is an excellent way to have materials on hand for a quick salad, sauté, omelet, pasta topping, etc. And the tight seals of the mason jars keep stuff fresh for up to two weeks! There is no limit to the winnings of these crop boxes. Enjoy!

– Christine Averill, M1

Soulard Farmer's Market

Somewhere between Busch Stadium and Anheuser Busch Brewery lies a historic St. Louis neighborhood, Soulard, which offers both great nightlife and fun day outings. The best in the latter category (in my humble opinion) is the farmer's market! As a St. Louis native, I grew up going to Soulard every spring, summer and fall Saturday with my family. My parents would buy my sister and me a delicious fresh-baked pastry and a little basket of berries to munch on while we walked up and down the aisles of amazingly colorful fresh produce. Their selections are amazing, and we would always stop to chat with some of the farmers, who were always so thrilled to talk about their offerings. It's super cheap, and the quality of the produce is phenomenal! Definitely a must-do activity.

– Tanvi Subramanian, M1

Technology

You may be surprised by the diversity of devices and platforms used by medical students. The most important thing, regardless of what hardware or software you choose, is finding a system that works. A good system is organized, does not require much overhead to maintain, works with the files you will be given (.ppt, .doc, .pdf, .mp3, .mp4 and Google Drive items), and is conducive to your styles of note-taking and studying. It is possible to get

by with just an iOS or Android tablet, but the majority of students elect to use a full Windows or OS X device, either exclusively or in conjunction with a tablet. Many students use Microsoft OneNote to collect and annotate class slides. On the Windows side, plenty of devices, such as the Surface Pro and Surface Book, allow touch and stylus input for note-taking. On the Apple side, people either make do with just typing or use an iPad for marking up slides (helpful in histology). A smaller number of students eschew computers altogether in favor of old fashioned pen and paper. Ultimately, you should opt for whatever is simplest and most manageable for you. The best system is the one you use.

– Toby Manders, M1

Mail

Ever since Al Gore invented the Internet, the need for old-fashioned snail mail has been on the decline, but if you feel the need to send a loving handwritten letter to a friend or family member, the post office is just a mile away from school. There are also mailboxes on practically on every other street corner, including one on Olin Circle just in front of the school.

– Michael Miles, M1

Barnes & Noble College Bookstore

Barnes & Noble College Bookstore at the Washington University School of Medicine in St. Louis Campus is the official bookstore for the WUSM campus. You will find textbooks (used, new and rental), tradebooks, school spirit clothing and giftware, school supplies, snacks and convenience items. You may also relax in the Café, which serves a large selection of Starbucks products as well as pastries, breakfast and lunch items. They are located at 4905 Children's Place, (314) 362-3240.

Shopping

While online shopping may be a nice distraction for those times you're stuck at the library all day, we all know it's not as fun as the real thing. Fortunately, St. Louis is filled with an abundance of places to get some classic, in person shopping accomplished. For starters, Saint Louis Galleria, the place most locals would likely assume you were heading if you said you were going shopping, is the most accessible as the MetroLink will take you straight there (12 minutes via train and a six-minute walk from the station according to Google Maps) or you can drive there in about 15 minutes. If you want to venture a little further (about 25 minutes driving), Chesterfield Mall or West County Center are two other large-scale shopping centers, with the latter

boasting over 270 stores and eateries. If you're looking for luxury, Plaza Frontenac is a high-end shopping (or window shopping) center just 15 minutes away by car. If you're on a budget, there are two outlet centers, St. Louis Premium Outlets and Taubman Prestige Outlets Chesterfield, that are great ways to bargain shop (both 25 minutes driving). Hope you shop till you drop!

– Hayley Motowski, M1

Religion

Atheism/Agnosticism

It's not challenging to be an atheist or agnostic in medical school: Don't be a theist or don't be a gnostic. It's so easy you will hardly ever think about it, and you will probably never be asked about it. It should come as no surprise that you will have plenty of good company among scientists and doctors. From Dr. Carl Sagan to Dr. Oliver Sacks, there have been many before you and there will be many after you. The consequence of this dominance is that there aren't many reasons to advocate for atheism or agnosticism. There is no club (although you could start one). The closest thing you'll find to activism is this blurb. That's just fine with us, though: Our rationalism doesn't need constant coddling. If you're looking for support for your skepticism, look no further than the contents of every lecture.

– Toby Manders, M1

Baha'i Faith

There is a great Baha'i community at WUSM and in the greater St. Louis area that hosts devotionals, study circles and different service activities throughout the city. It's a really welcoming, supportive and ethnically diverse group. St. Louis also isn't too far from the Baha'i temple in Wilmette, Illinois, so some people take a weekend trip to Chicago to visit and spend time there. It's a really wonderful community!

– Gabby Abrishamian-Garcia, M1

Catholicism

Welcome to WUSM! If you're looking for a community to worship with, a place to grow in faith, and a supportive staff to engage in discussion, then you've come to the right place. The Washington University Catholic Student Center (CSC) is one of the most vibrant Newman Centers in the country, conveniently located a short jaunt across Forest Park on the Danforth Campus (a five-minute drive, or two MetroLink stops away). It offers 11 a.m. and 9 p.m. mass on Sundays, a daily mass and soup (free food!) on Tuesdays and

Fridays, Bible studies, happy hours, guest speakers (for example, Dr. Peter Raven and Fr. James Martin), and 24/7 access to study spaces that are outside the medical bubble. Medical school can be a challenging time, but the strong faith community at the CSC is an amazing resource for students seeking a faith community to plug into. Check out more information on the website: www.washucsc.org. Also, not to be overlooked, the Cathedral Basilica of Saint Louis is an architectural gem rivaling the cathedrals of Europe. With over 41.5 million mosaic tiles, it is the largest mosaic in the world. Located only a couple of blocks away from the Medical Campus, it is definitely worth checking out, whether you're Catholic or not!

– Jackie Kading, M1

Christianity

Medical school is a journey, an endeavor to understand the complexities of the human body and use that understanding to help others. You will experience abundant joy and overwhelming sorrow, life and death. Sometimes it goes by in a blur; make sure that you keep your eyes open. Never forget who is the true master of your life's course, or who will be attending to you when the day is done. Take advantage of groups like the Christian Medical Association and find community, a local church to attend. There are lots of churches in St. Louis, and it's not difficult to find a ride if you don't have a car. These next four years will shape and mold you, but fear not, for we are in the hands of a master Potter.

– Dan Lander, M1

Hinduism

Despite coming from the diverse Bay Area, I was pleasantly surprised to find a vibrant and welcoming Hindu community in St. Louis. The Hindu Temple of St. Louis, which features a Jain prayer room and prasada that reminds me of home, is just 25 minutes away from the WUSM campus by car and has both regular pujas and larger events for special occasions. (See www.hindutemplestlouis.org for the full calendar.) The adjacent Mahatma Gandhi Center is also a stronghold of the Hindu community and organizes both religious and cultural functions throughout the year. If you are looking to get involved with activities that are more proximal (just prepping you for anatomy!) to the Central West End, fear not! The WUSM Asian Pacific American Medical Student Association hosts medical-school wide on-campus events with authentic Indian food and energetic dance and musical performances. And if that's not enough, Ashoka (Washington University's undergraduate South Asian Cultural Group) also plans several different events on the

Danforth Campus including an annual Diwali show, a Holi celebration, a Garba, a Gandhi Day of Service and formals. (See www.ashoka.wustl.edu for more information.) Truly and honestly, the Hindu community is quite impressive, though the same thing cannot be said for Indian restaurants!

– **Damini Tandon, M1**

Humanism

Medicine is all about humanism. That is to say, medicine is about empathy and respect for our patients and our colleagues. It is about striving for excellence and skill. It is about fighting for justice and defending the defenseless. It is about cultivating virtues like honesty, perseverance and fortitude (even in the presence of terrifying sights and smells). It is about deeply valuing human life and endlessly battling against death and disease, its destroyers. So every good physician is a humanist of some sort, whether a secular humanist like myself, a religious humanist like many of my amazing classmates, or even someone who shuns the term but is still driven by most of the same fundamental principles.

If you're interested in organized Humanism with a capital H, St. Louis definitely has organizations. In fact, St. Louis is home to one of the oldest and largest Humanist congregations in the world, the Ethical Society of St. Louis, with its own impressive building and a full schedule of regular meetings and activities.

– **Weston McCarron, M1**

Islam

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. You can also attend Jummah at the hospital. 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).

– **Fatima Alvi and Gazelle Zerafati, M1**

Judaism

Having grown up in New York City, I was pretty surprised to find out that St. Louis is the city with the second-largest Jewish population in the Midwest! I will admit that I am not fully observant, but if you are looking for a Jewish community around WUSM, there are a few. At the Danforth Campus, Chabad and Hillel are very active, and there are two graduate student Jewish groups (JGrads for all graduate students and the Jewish Medical Student Association (for medical students) as well. During the High Holidays, there are Reform, Conservative, Orthodox, Modern Orthodox and Reconstructionist synagogues around St. Louis that host services free for students. Overall, the Jewish community in St. Louis is incredibly welcoming, and you will be able to find a community to participate in at any level.

– Tamara Cameo, M1

Latter-Day Saints

So you are a member of the Church of Jesus Christ of Latter-Day Saints and thinking of moving to Missouri for medical school? Well, don't you worry! The Extermination Order was officially rescinded in 1976 and St. Louis is actually a pretty great place to be a Mormon. There's a temple about 20 minutes away from the school and we are central to a lot of cool Church history sites. The single's branch is a decent size (we're almost a ward) and made up of a variety of people including a lot of graduate students and young professionals. Between Family Home Evening, Institute, branch activities, volleyball, basketball and soccer, there is something going on almost every night of the week. The family ward also has a lot of young student and resident couples and they meet in a building very close to campus.

– Michael Miles, M1

Quakerism

WUSM makes pacifism and activism awfully easy. Not a single person has tried to fight me since I've been here. More significantly, both the St. Louis Friends Meeting and our dear School of Medicine are deeply engaged in community service. The St. Louis Friends specifically work with the Instead of War Coalition and have an active Social Action Committee. Regardless of your religious affiliation, it's important to have meaningful life experiences unaffiliated with your medical education. My participation in the Religious Society of Friends has given me a way to be in the world not as a future doctor, but as a human being. Our meeting house is downtown in a lovely space with big windows. You can hear birds singing during worship.

– Joshua Page, M1

Social Life

Float Trip

Float trips! They're my absolute favorite things, second only to hyperbole. If you have never gone on a float trip before, I am so sorry. But worry not! You too will soon have the opportunity of floating lazily down a river for the better part of the day. Typically held on a Saturday in August, the float trip is the encore of orientation. It begins bright and early on a yellow school bus destined to take your class to Nowhere, Missouri. Once



Hats are highly recommended by float-trippers.

at the riverbank, you and your cooler of refreshments will settle into an inflated red raft with seven of your friends and their coolers. Eventually, everyone will tie the rafts together. The entire class will balance socializing and navigating the river obstacles in this mega-raft, occasionally taking a break on one of the many sandbars along the river. At the end of the float, there is a riverside barbecue, where you can eat your fill before climbing back onto the yellow school buses headed back home to WUSM.

– Maeve Woeltje, M1

Post-Exam Parties

After each major exam or exam period, the social chairs use a chunk of our budget to host a party for the class. These take place either in Olin Residence Hall or somewhere nearby to campus, such as Hudlin Park in front of Barnes-Jewish hospital. In addition to hosting our own events, we also get to collaborate with other years' social chairs to combine resources and increase attendance. Our first post-Anatomy exam party was on a Monday night in the Shell Café, and we had Anatomy-themed mixed drinks and games to play. You could tell it was a pretty successful event because almost nobody attended class the next morning. After our midterms, we had a more relaxed get together outside at Hudlin Park and had snacks while people played football. Our class president told me that he hadn't seen our class happier than during this hangout. Despite needing to run to the grocery store immediately after our exams, it's really rewarding to host these parties as a social chair. Being with your classmates is a really nice way to destress after an exam, especially

because we don't really see a good portion of our classmates while we are studying. It's pretty great that the school supports these parties, because it really gives us something to look forward to after our exhausting exams!

– J.R. Peacock, M1

Graduate Professional Council Representative

The Graduate Professional Council Representative (GPCR) is a position in the Medical Student Government that is primarily responsible for representing graduate students in the med school, including students in programs like physical therapy. I meet with similar student reps from all across WUSM, as well as faculty and staff members, about twice a month. The GPC has several subcommittees and I'm on the social subcommittee so I get to organize events with students in other grad programs! Some of the events we've organized include an art show highlighting student work, a huge holiday party, a trip to see a Blues game, and happy hours. These events are a great way to meet people outside of your class and outside of the MD program. This position is super rewarding and a low time commitment. If you enjoy planning things, collaborating across disciplines, meeting new people, and learning more about what's going on across all of WUSM, you should consider running for GPCR. I'm always happy to answer questions, and you can reach me by email! Amatya@wustl.edu

– Rina Amatya, M1

Social Chairs

Being social chair is one of the best ways to get involved with your class. The four of us put on the post-exam parties and a bunch of other events like inter-class beer Olympics, a giant Super Bowl party, and, most importantly, orientation for the incoming first years! We meet about once a month to plan out our budget and think up punny drinks, as well as after the exams to hit up Costco or Schnucks to shop and then set up. It's a pretty mild time commitment, and well worth the time. One of my favorite parts of being social chair has been hearing all my classmates' suggestions of what they'd like to see happen and then making it happen. If people are into hockey, we can get together a crew to get the group discount for a St. Louis Blues game. If they're new to St. Louis, we can pass on word of fun events happening around town. There's a lot of leeway with what we can do, so we can adapt it to our class's personalities. It's a role that's allowed us to get closer to our peers, meet students in other years, and interact with administration and alumni in a more personal capacity.

– Patty Lu, M1

Social Life in General

So you may have thought that college was the climax of your social experience, but all of the fun doesn't have to end once medical school starts. Your past social habits probably played a role in enabling your success. Don't abandon them! The curriculum is pass/fail for a reason, so there's no reason to let the minutiae of first year bog you down. Whether your idea of fun is a board game night with your close friends, dancing at the club, or crushing multiple beers on your couch while throwing the empties at the screen when your team loses, you will probably find some people with common interests. And if all of that isn't good enough, then hit me up. We do our best to throw some weird parties at my place.



You will find yourself surrounded by such diverse friends and classmates that you will never be bored.

– Stephen Hawn, M1



M1s created a thriving board game club to forget studying for a bit and to spend their brainpower elsewhere.

Board Game Club

The past few years have brought a board game “renaissance,” thanks to crowd-funding, a renewed interest in the analog pastimes of yore, and the mainstream appropriation of nerd culture. So fire up your vac pot, throw on that Evangelion tee, queue up your Flying Lotus/Toro y Moi mashup, and break out that massive EQ. You'll need it to convince the Warlord to spare your six-point district and collect enough wood to execute your road building agenda. Throw a sixer of quadruple IPAs in the basket of your bespoke fixie and you'll have fun whether you win or lose. I heard they recently decided to add more hops.

– Toby Manders, M1



HOUSING

Coming to St. Louis

Moving to St. Louis

Moving to St. Louis is a logistical breeze, even if you're flying in with just one suitcase. There are a couple things to do before you get here:

- 1) Discuss your apartment building with older students before signing the lease. We all tend to live in the same 10 buildings for a reason.
- 2) Schedule your Internet setup appointment before you come. In August, there can be a three-week wait time for installation. Once you get here, there are a variety of options for cheap to moderately priced home goods. If you don't know anyone with a car, use the WUSM car share while you're getting settled. If you're in the market for new furniture, IKEA is just down the street. For used, the "Free and For Sale at WashU" Facebook group (accessible through your @wustl email) is always an awesome bet. Craigslist is smaller here than in most cities, but diligence can yield furniture gold. Finally, the two Goodwill stores within walking distance of campus should help fill your cheap furniture/bizarre '90s decor needs.



Getting to St. Louis is no problem by train, plane or car.

– Ellen Rice, M1

Finding a Roommate

It's hard to go wrong because medical students in general are functional, considerate, interesting people. All of the qualities that brought you to medical school in the first place conveniently make you an ideal roommate (plus you passed the Certiphi background check). Consequently, many people in our class found roommates at Second Look after only knowing each other for a weekend. I was maybe more extreme: I skyped one of my now roommates and Facebook-stalked the second before signing a lease right there. And they truly turned out to be the best! Around the time of Second Look weekend, the admitted student Facebook group will pin a roommate search spreadsheet, and you can add a Craigslist-style post. Finding an apartment is even less of an obstacle; some people waited until mid-August and still had their pick. Once you do find your roommate, a funny and wonderful thing happens where you start to imagine your life here. So while it's a big decision, it's an easy process.

– Helena Hong, M1

Finding Housing off Campus

The streets of Central West End (and beyond) are packed with apartments, condos and houses to rent as an alternative to the on-campus housing in Olin Residence Hall, and they don't all have to break the bank. Though a new city may seem daunting to navigate at first, you have resources! In addition to the information in the Housing section of this *Dis-O Guide* (which describes great housing options such as Del Coronado, The Residences and Parc Frontenac, among others), there are also privately-owned complexes nearby that are rented out by leasing companies in the area. These are often slightly cheaper than the high-rise complexes. Helix Realty is one company that owns several buildings and has listings online: <http://www.helixrlystl.com>. Craigslist is also a reliable source to see what might be available in the area from local landlords, and the WashU apartment search website may also be a good starting point for a search: <https://ars.wustl.edu>. Contacting students who live here is also always an option — we are friendly and love to share information/give advice about coming to WUSM! Basically, if you're willing to put in the little bit of initiative to call a leasing company or search Craigslist, you will find yourself accumulating many off-campus housing options to choose from — many of which may end up being low-cost, off-the-radar gems.

– Jackie Kading, M1



You will find that most of your classmates live off campus and that there are options that fit your lifestyle.

Buying Property

Buying a house or a condo is not the most common choice for most incoming first years, but in St. Louis, it's definitely feasible. My family and I didn't relish the idea of "throwing money away" on rent every month for the next four years, so we looked into buying a condo. St. Louis' real estate market is doing very well right now, and if you dig a little bit you can definitely find a place that's affordable and in a good location. My condo is a seven-minute walk to school, plus I have my own patio with grape vines! One of the advantages of owning rather than renting is that you don't have to go through a middleman for anything. If I have a home-related issue that I want resolved, it will happen on my time, not on some landlord's. The biggest advantage, however, is that in four years (if I end up leaving) I could potentially make money off of my living situation after selling the condo. It's not for everyone, but if you're financially and emotionally ready, St. Louis is full of great properties to buy.

– Nitya Sreevalsan, M1

Living with other M1s

Your roommate(s) are an important component of your new medical school life! When it came time for me to choose one, I chose to live with two other M1s. The majority of students also make the same choice (living with other M1s, that is. Not necessarily having two roommates). This has many perks: Your roommates are on the same basic schedule as you (your exam crunch time is also their exam crunch time), and they can empathize when you complain about how all the histology slides look the exact same. We walk to class together, eat dinner together and have study sessions in the living room. I can't think of very many negatives — especially when I live with such great people!

– Margery Gang, M1

Living with Non-Medical Students

Living with a non-medical student who is not your spouse or significant other is definitely not the norm, but I recommend it highly. It's a nice way to maintain a social life outside of your class (if that is something you are interested in), and can be a good way to vary the type of people you to whom you are exposed. That being said, it is important that you make sure the person you are living with will respect your needs as a medical student, and will be able to give you whatever quiet time you need to study. Overall, I'm happy with my decision and would recommend people consider it as an option.

– Christine Horan, M1

Living Alone

After spending the last four years living with a roommate — fighting over who gets the bathroom, bargaining over whose turn it is to take out the trash, and having to constantly monitor my Netflix volume — I decided I wanted a change. Living alone was one of the best decisions I've made in medical school. I sing as loud as I want, cook the smelliest Indian foods and spread my notes all over my living space without having to worry about another person dealing with my nonsense. After spending all day with my classmates, it's nice to go home to a quiet, serene place that I can call my own. Better yet, if I ever feel like being social, I can call people over whenever I want, or even throw a party without worrying about disturbing someone else's study time. Living alone is great, and I highly recommend it.



A beautiful haven can be yours when living alone. Many of your classmates will do so as well.

– Nitya Sreevalsan, M1

Living Far from School

Most WUSM students tend to live very close to school. But some of us have chosen to live further out in the county (or even in Illinois!) for family or cost-of-living reasons and have found it pretty manageable. The St. Louis MetroLink has been a huge part of that manageability for me. There is a train stop a mere half-block from where we have class, and WUSM students ride for free. So even though I have a car and occasionally drive to school, I more often park and ride. I save gas money and parking fees, and my blood pressure surely benefits from not having to battle rush-hour traffic every morning and afternoon, pleading with the universe for no accidents blocking the interstate. Plus I can study while I ride (if only I did that more often). The one major downside is that it is a fair bit more effort to pop in for social gatherings or evening selectives. Not bad on the whole, though.

– Weston McCarron, M1

Neighborhoods

Central West End

Growing up in the surrounding St. Louis area, I'd visit the city with family and friends countless times on the weekends. The Central West End (CWE) was always the fun yet sophisticated area of St. Louis to explore. Located adjacent to both Forest Park and the medical campus, as well as in close proximity to the Danforth Campus, the area has the vibe of young professional meets college student with a zest of European style thrown in. Though CWE is one of the nicer neighborhoods of the city to live in, you can find a range of housing costs based on apartment building and location. Most apartments within CWE are a short walk to class, and the good majority of medical students live here. Living in the area is great because you're surrounded by delicious restaurants of all varieties, several cafes to study in, fun nightlife, and easy access to Forest Park. No matter what your taste or interests are, you'll likely find at least some, if not all, of them conveniently located in the CWE.



Enjoy \$2-All-You-Can-Fill day at Tutti Frutti in the Central West End!

– Hayley Motowski, M1

Clayton

If you have a car and are looking for a quieter, more suburban area to live in, then you should definitely consider living in Clayton. Clayton is a 10-minute drive to the medical school, just west of Forest Park. The tree-lined, quiet neighborhoods in Clayton are incredibly safe, and your neighbors will generally include a nice mix of young professionals and families. Downtown Clayton boasts some fantastic restaurants and coffee shops, beautiful parks and the Clayton pool (access to which is very cheap, if not free, for Clayton residents). I personally prefer keeping my school and home life separate, and enjoy the more slow-paced nature of living in Clayton. The downsides are fairly obvious — driving to school/ social gatherings in the Central West End, paying for parking at the medical school, and the fact that few medical students live within walking distance. Many students believe that living in Clayton is expensive, but you can find housing in the Demun or Moorelands neighborhoods that is similar in price to the apartments in the Central West End. I have lived in Clayton for the past two years and think it was a great decision. I have probably left out some other great aspects of living in Clayton, but if anything I mentioned appeals to you, definitely take the time to check out the area!

— Alexandra Keane, M1

DeBaliviere/North of Forest Park

The DeBaliviere area (pronounced DE-BAL-I-VER this side of the Atlantic) is located between the Danforth and medical campuses, north of Forest Park. For those looking for a more suburban feel, this might be an ideal neighborhood, though your experience will vary greatly as you travel eastward. Are you looking to prove you can still keep up with college students? Skinker/ DeBaliviere is within walking distance of the University City Loop, where you can enjoy some SeoulTaco or maybe pour a few back. In all seriousness, this area is an interesting mix of Washington University students of all ages and some residents who are not paying tuition. It becomes much less academic, and more affordable, as you move eastward. Commuting is easy: within five to 10 minutes from the Skinker or Forest Park MetroLink stop (12:30 a.m. last train) or a scenic 15-20 minutes biking in or along the park, if you're into that sort of thing. Finally, after crossing DeBaliviere you'll find yourself in a maze of quiet dead-end and roundabout side streets where you could find a home in a mix of larger apartment buildings and smaller dwellings, or just get lost trying to pick up that chair from Craigslist.

— Zach Beller, M1

Tower Grove

The Grove is a modern, hipster neighborhood located in the blocks surrounding Manchester Avenue, between Vandeventer and Grand, in midtown St. Louis. Filled with tons of local restaurants, a wide selection of bars (and the Urban Chestnut Brewing Company), and a number of annual festivals and art shows, The Grove has a lot to offer, especially when you're craving a brief interlude in your busy med school schedule. The Grove is also within a 10-minute walk/drive of Forest Park, the Missouri Botanical Garden and the brand new St. Louis IKEA. There are two or three grocery stores in the surrounding neighborhoods, although they take a bit longer to reach due to some construction in the area. Best of all, the neighborhood is full of students and young families, and most of the houses are newly renovated, making it a fairly safe place to live.

– Mary Ising, M1 (St. Louis University)

Buildings

Olin Residence Hall

Olin Residence Hall is a very convenient place to live. Its location is ideal: Classes are five minutes away and Olin hosts many social gatherings, such as post-exam parties, holiday parties and pizza parties. You can stay inside all winter, if you so desire, and it is quite cheap. All of the rooms are singles, so you can be sure that you will have your own space. The building offers some nice amenities including Reber Library, a basketball court, a penthouse for hanging out, and the fitness center, all of which are available 24 hours a day. Sarah, who manages the building, is awesome, and it is easy to get to know the other M1s who live in Olin. You never have to deal with the hassle of landlords, reclaiming deposits, furnishing an apartment, etc. However, the building itself has been around since the 1960s (I'm sure it has been renovated at least once) and features communal bathrooms and kitchens. When you are considering living arrangements, make sure that you're honest with yourself about what your priorities are, and you will make the right decision for you.

– Dan Lander, M1

Parc Frontenac

Things I like about Parc Frontenac in order of importance:

- 1) Rooftop terrace. This is by far my favorite aspect of the building. The possibility of making memories on the roof are endless: class-wide parties during orientation, casual social get-togethers, taking in the beautiful sights around the CWE, watching Balloon Glow (see Entertainment: Balloon Glow), and eating Pappy's barbecue to celebrate your friend's birthday before going to a beer festival. These are just some possibilities, and I'm sure there are many more.

- 2) Units. Mine has a great view of Forest Park. The kitchen is nice with granite countertops. The bedrooms are spacious with lots of closet space. The apartment itself is almost too big, except for the fact that you can fill it with tons of cheap furniture from IKEA and WashU Free & For Sale. Also the 24-hour door people are very friendly and will let you into your apartment any time of night if you get locked out.
- 3) Proximity to Forest Park and the medical school. We are talking about right across the street from Forest Park and a 15-minute walk to lecture, five to the nearest skywalk.

These are the things I really like, although not exclusively everything that the building has to offer. There's also some stuff I imagine might be important to some people: a small gym, lots of laundry machines and free coffee in the lounge/study room. The only downside of Parc Frontenac is that the cost is a little more than most buildings, unfortunately (though still a good deal compared to rent in many other cities).

– Rob Gallo, M1

Del Coronado

You won't find a more collegial apartment building than Del Coronado! With dozens of medical students living in this building, you can easily bump into friends while doing laundry, working out or taking the elevator down to walk to class together. Forest Park is half a block to the west, Straub's grocery store is three blocks to the north, and the school is three blocks to the south. Amenities include a fitness/weight room, trash chutes on every floor, laundry machines/dryers on every other floor, indoor and outdoor parking for a fee, and bicycle storage. The lounge, equipped with TV, sofas and a bar is perfect for holding potlucks, watching a football game or having a board game night. The front desk is staffed 24/7, and the office is friendly and accessible.

– Tracie Kong, M1

The Residences at Forest Park

I have absolutely loved my experience at the Residences at Forest Park Hotel. The apartments are located in what used to be a 1920s hotel, and as a result, the common spaces in particular are beautiful. The apartment is very pet friendly, posting pet-of-the-month posters in the elevator and lobby. There are two courtyards, one of which is specifically for pets. The apartments are spacious and open, and each unit contains its own washer and dryer. Overall,

it is a very quiet apartment, but there are monthly apartment socials and barbecues. The singles in the apartment complex do sell quickly, so if you are interested make sure to inquire soon. There are doubles available, as well. I also like the location of the apartment, across the street from Del Coronado and next to Park Frontenac, so that meeting with friends at these other apartment complexes is easy. It is located about 10-15 minutes (walking) from classes.

– Natalie Griffin, M1

The Parkway

The Parkway Apartments are located on 4961 Laclede Avenue and offer studio, 1-bedroom, and 2-bedroom apartments. I live in a spacious 1-bedroom apartment, which costs around \$800 per month, including heat, water, gas, and electricity. I really like living at the Parkway because the front desk staff is super helpful and friendly and the maintenance orders are always taken care of very quickly. Some perks of living here include abundant closet space, air conditioning unit installation from summer to late fall, valet garbage service, and short walking distance to school (under 10 minutes). The Parkway was converted from a hotel, so the large windows and high ceilings also make it a beautiful place to call home!

– Teresa Chen, M1

The Ashley

The Ashley is an awesome place to live, offering appealing construction, a convenient location and cozy living. It's mostly two bedroom/ two bathroom apartments with lots of windows and natural light and plenty of storage. The living areas are open concept with hardwood floors (tile in the kitchen), exposed brick walls and a breakfast bar. The bedrooms are spacious with carpeted floors and large bathrooms. Gated parking, water and an in-unit washer and dryer are all included. The large elevator made moving in a breeze. It's a convenient, 10-minute walk from the medical school, and it's only a few minutes walk to Forest Park. Residents are mostly medical students, resident physicians and also a few families. Last, but not least, it's pet friendly!

– Fay Fears, M1

The President and Park Royal

The President and Park Royal are two apartment buildings you definitely want to consider. Being older buildings, the high ceilings and the elaborate design of the lobby bring you back to the Roaring Twenties. The rooms are accordingly spacious and the thick walls provide amazing sound insulation. Both buildings are well maintained and run by the same fantastic management. The staff is friendly, helpful and extremely responsive. The management hosts regular events such as free dinner from Pappy's Smokehouse. Besides large events, small touches such as leaving a bag of candy at your door on Halloween really show that they care. The apartment is an easy 15-minute walk to the medical school down Euclid Avenue — a distance that gives a nice separation between home and work. Closer to the apartment, you can catch a movie at Chase Park Plaza Cinemas, takeout pad Thai from Thai 202, or even grab some late-night cookies at Insomnia, all within minutes from your door. If you like to maintain a healthy work-home separation while still being conveniently close to the medical school, The President and Park Royal apartments definitely provide the best value!

– Billy Kang, M1

For more information about Housing, see Appendix: Housing.



St. Louis Attractions

The Gateway Arch

When you think of St. Louis, what is the first thing that comes to mind? You got it! The St. Louis Arch! After having lived in St. Louis for four years in undergrad, I finally made it up this well-known, brilliantly designed landmark. I must admit, I was a little frightened at first. A tiny pod carries you all the way to the top for what seems like eternity. However, once you finally make it up there and take your first step, you realize how high you really are. And then, you see it. It is one of the most amazing, surreal views! There are windows at the very top that let you see the entire city of St. Louis and beyond, not to mention an extensive view of Illinois as well. This is definitely something everyone who visits or lives in St. Louis should experience and I have learned to admire the city so much more. It really is an amazing city and I cannot wait to learn even more about it during my time at the Washington University School of Medicine.

– Maria Schwabe, M1

Saint Louis Zoo in Forest Park

How much do polar bears weigh? Enough to break the ice! Learn this fun animal fact (and more!) at the Saint Louis Zoo. Located in Forest Park, the zoo is a great, free way to spend a lovely afternoon after morning lectures. Finding a close parking spot may be tricky on the weekends, but it's absolutely worth the trip. The zoo has lions, tigers and bears (oh my!), as well as peacocks that freely roam the park. Make sure to stop by the popular penguin exhibit, where you can see them diving and swimming up close! If that's not enough for you, keep an eye out for the penguin parade. When the temperature is 50 degrees Fahrenheit or below in the winter, the penguins will waddle around the zoo for 30 minutes – enough time for you to grab a selfie of you and your new buddy. Forest Park itself is another great outdoorsy destination. Larger than Central Park in New York, Forest Park is filled with trails and a popular place for runners and bikers. Check out Art Hill, a hill near the Art Museum that is perfect for picnics in the summer and sledding in the winter. If Art Hill's not your thing, lace up your ice skates and visit the Steinberg Ice Rink once it gets cold. There's always more to explore in Forest Park!

– Margery Gang, M1

Forest Park

Forest Park is a giant city park located just blocks from campus. It is filled with miles of trails, ponds, trees and golf courses. It also has a free art museum, a free history museum, and free zoo (rated as one of the top three in the country)! On top of all this, it hosts a variety of events throughout the year. LouFest is a music festival that always has a great lineup, the Balloon Race is a blast, and Shakespeare in the Park is a classic. Now you might be asking yourself: The events are cool, but do I really care about a huge park? And the answer should be yes, yes, 100 times yes. Here's why: After spending hours inside in lecture and studying, it is THE most relaxing thing to take a jog or a walk through the park and enjoy the fresh air. I cannot stress this enough! As someone who did not grow up in a large city, it has been my saving grace to have a place to escape the constant noise and activity. Trust me when I tell you that Forest Park is one of my favorite parts of St. Louis.

– Conor Williams, M1

City Museum

Not so much a museum as it is a playground for kids and adults of all ages, you cannot visit St. Louis without spending at least half a day at the City Museum. This former shoelace factory has been filled with repurposed industrial objects begging to be played with, climbed on and jumped off. A giant slide runs through the center of the building and deposits you in the center of a series of caves, which cannot be explored too often. The roof of the building boasts a Ferris wheel, and the outdoor two-story jungle gym has two lofted aircrafts as well as a ball pit. There is so much going on at the City Museum that each visit seems to unveil a new favorite attraction.



M1 students enjoy the giant ball pit, just one of the countless activities at the amazing St. Louis City Museum.

– Maeve Woeltje, M1

Missouri Botanical Garden

As a St. Louis native, I have been to the Botanical Garden more times than I can count, but each time I've discovered something new. It's beautifully maintained, and always has special exhibits to complement its amazing varieties of fauna. My favorite is the Chinese Lantern Festival, which takes place each summer at the Gardens. For fans of Chihuly sculptures, the

blown-glass art is found all over the grounds, adding a pop of color to an already dazzling display. It's an amazing way to spend a spring day or a summer evening! And there's no better way to end a day at the Botanical Gardens than with a St. Louis classic: Ted Drewes Ice Cream.

– Tanvi Subramanian, M1

Sports

St. Louis Blues

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

– Nick Spies, M1

St. Louis Cardinals

As someone who spent almost their entire undergrad studying baseball, I can tell you there is no greater pleasure (and, sometimes, pain) than watching the unparalleled success of the Cardinals Way. Busch Stadium is classic, the atmosphere is top-notch, and the culture around the team is second to none. Games are a short ride on the MetroLink and there are few experiences like being surrounded by the "greatest fans in baseball." Regardless of your previous familiarity with America's pastime, watching a Cardinals game at Busch Stadium is an incredible experience.

– Craig Yugawa, M1

Neighborhoods

Cherokee Street

My fellow hipsters, rejoice. On Cherokee Street you will find myriad quirky eateries, including the best Mexican restaurants in the city, the best coffee in the city (for more info, see “Coffee Shops” in the Food section), a hole-in-the-wall microbrewery, artists’ studios, and dance clubs (featuring EDM, salsa or vinyl record sets). The businesses here are even more respectable for the numerous community-enriching programs they create for lower-income neighbors. Also, on the historically ritzier half of Cherokee Street, there is a boutique-y, antique-y vibe perfect for entertaining your mother when she comes to visit. If you do not embrace the label of “hipster,” yet identify as someone with a strong fondness for fine coffee and/or beer, an eclectic music taste, and/or a penchant for perusing thrift shops, this is certainly the place for you.

– Christine Averill, M1

Lafayette Square

Central West End has the swank, but Lafayette Square is trying to give it a run for its money. Centered around Lafayette Park, the city’s oldest park, in what was once and may be again the most desirable part of St. Louis City, one finds delicious restaurants and bars nestled amongst beautiful renovated three-story French townhouses. For those who want to add some classiness to their life, check out Planter’s House for nationally recognized cocktails and food. A special dinner? Vin De Set has exquisite French cuisine and a rooftop with a view of the downtown. Special dinner, no French? Element has you covered. In the same building, you can make those flexor digitorum muscles (you’ll know soon enough) sore as you rock climb at Climb So Ill, and then head upstairs for a drink at Element’s rooftop bar. Square One Brewery and Distillery will pair their excellent \$2 Tuesday build-your-own burger with their craft beers and liquor. SqWires will serve you a delicious weekend brunch with a mimosa/bloody mary bar to boot. Have a sweet tooth? Chocolate or ice cream? There’s Bailey’s Chocolate Bar and Clementine’s Creamery to fill that void. So, when you have had all of the Wildflower you can handle, take the short jaunt to Lafayette Square. You will like what you find.

– Derek Barisas, M1

Festivals and Events

Mardi Gras

Before moving to St. Louis for undergrad four years ago, I had no idea that it was home to the second largest Mardi Gras parade in the country. The parade occurs the Saturday before Fat Tuesday and it takes place primarily in Soulard, a historic French neighborhood. Just like in New Orleans, “krewes” throw beads off of floats and everyone wears crazy green, yellow and purple clothing. One difference between St. Louis and New Orleans is that St. Louis can be REALLY cold in February, so don't forget a hat and mittens when planning your outrageous outfit. If you just want to check out the parade as a quick study break, you can take the MetroLink to the beginning and catch a few beads with all of the families and kids. If you're looking for something a little wilder, you can start the day off with mimosas or “kegs and eggs.” Then you can catch a shuttle into the heart of Soulard, where you can buy about 50 different varieties of red alcoholic punch drinks called “hurricanes.” Either way, it's a good time.

– Danielle Chirumbole, M1

Hispanic Heritage Festival



The Hispanic Heritage Festival lets you enjoy the Hispanic culture in St. Louis.

The Hispanic Heritage Festival is a strange combination of great Latin food, random booths for life insurance and car leasing, a small petting zoo, a fantastic live band, and beautiful goods for sale, which include jewelry, purses, clothing and incense. The event is for adults and children alike, as it provides alcoholic beverages for the adults and big inflatables for the children. It's a study in contradictions, which is entertaining to say the least. It lasts through one long weekend in September, so there are plenty of opportunities to check out this great festival. I am personally excited to see what surprises next year brings!

– Jenny Tobat, M1

Festival of Nations

The Festival of Nations is an amazing event held in Tower Grove Park. There are food stands, labeled by country, selling traditional dishes that are difficult to find anywhere else. I tried an amazingly flavorful Burmese tea leaf salad (seriously, if it's there next year, try it), a Native American fry bread taco (with

a vegetarian version too) and aromatic Iranian rice. My friends got Nigerian platters and Taiwanese bubble tea as well as a ton of other small plates. There is literally something for everybody (they had an America stand too, with hot dogs and funnel cake). Throughout the park, there were also four stages with performances by dancers and musicians from all over the world. The schedule is usually up a few days in advance, so be sure to check that out before you head over. All in all, the Festival of Nations is an awesome opportunity to get a taste of real dishes and drinks from dozens of countries, all in one beautiful park!

– Patty Lu, M1

LouFest

The biggest music festival in St. Louis comes to our backyard (Forest Park) every fall! The LouFest 2015 line-up featured top artists including Ludacris, Hozier, Brandon Flowers, Misterwives, Young the Giant and The Avett Brothers. Tickets sell out fast for this popular event, so get your tickets early and sign up for the LouFest newsletter to be alerted about discounted “secret” or “early” tickets. You can also volunteer and attend for FREE! Lastly, with LouFest being so close to campus, you will probably hear the music and shouts of excited fans right outside your door!



Students can find music and concerts located close to campus throughout the year, including LouFest.

– Sunny Li, M1

Greek Festival

“Give me a word, any word, and I show you that the root of that word is Greek.” If you could recognize that movie quote (and even if you couldn’t), then the annual St. Louis Greek Festival is for you! Every Labor Day weekend, St. Nickolas Greek Orthodox Church, located at the corner of Forest Park and Kingshighway (just across the street from campus), hosts its extremely popular Greek Festival consisting of delicious and authentic Greek food, live music, Greek folk dancing and more. While I firmly believe every item on the menu is delectable, the can’t miss ones are the spanakopita, gyros, moussaka and assorted pastry boxes. To preview the full menu, look online before the festival. Be sure to get a group together when you go, so you can try more food and perhaps, share a bottle of wine or some Mythos beers together. Don’t forget to end the night with a baklava sundae!

– Hayley Motowski, M1

Forest Park Balloon Glow and Race

Located just a short walk away from the Central West End, the Forest Park Balloon Glow and Race is the oldest and most well attended free hot air balloon race in the world. The event happens over a weekend in the fall, starting with the Balloon Glow; at night, 70+ huge hot air balloons are blown up with gigantic jets of fire in the middle

of Forest Park and spectators get the chance to walk around and see the balloons up close, talk to the pilots, and feel the heat of the fire on their face. The night of the Balloon Glow culminates in a fireworks display. The next day, the balloons are launched (including one balloon shaped like the Energizer bunny) and you can watch them float overhead from the windows of Bernard Becker Medical Library, where you will be studying for your next anatomy exam. The Forest Park Balloon glow and race is an awesome spectacle just minutes away from the medical school campus. It's definitely one you shouldn't miss.



The Balloon Glow is a special occasion that lights up the sky in Forest Park every year.

– Tasha Evanoff, M1

Food Truck Fridays

What better way to spend a Friday afternoon than being surrounded by a beautiful park, great friends and, most importantly, delicious FOOD! Tower Grove Park is home to this monthly outing that occurs from May through October. Food trucks from all over the city come to one location and serve their smokiest barbecue, healthiest entrée, craziest taco, most decadent cupcake and so much more. The lines can get pretty long, but the food is worth the wait and you'll have plenty of time to decide which truck you want to choose. I would recommend bringing a blanket and Frisbee too! So leave the books at home, come enjoy some local eateries, and bring a little extra cash for one of Sarah's Cake Shop cupcakes, because this is a perfect and relaxing way to spend a Friday afternoon.

– Maria Schwabe, M1

Anheuser-Busch Christmas Lights

As Buddy the Elf once said, "The best way to spread Christmas cheer is with bright lights and free beer." If you're looking to get into the Christmas spirit while nourishing yourself with some free beer, then the Anheuser-Busch

Brewery Lights tour is the thing to do! Starting in late November, the historic Anheuser-Busch Brewery grounds transform into a magical winter wonderland, with thousands of twinkling lights adorning every nook and cranny. During the free self-guided walking tour, you can admire the lights close-up while enjoying complimentary seasonal beers and hot chocolate, taking in the beautiful live holiday music, and stopping for some photo ops along the way with the world-famous Budweiser Clydesdales. You might even get a cheesy Christmas card photo out of it!

– Liz Graesser, M1

Arts and Culture

St. Louis Symphony

The St. Louis Symphony is truly one of the gems of the city. Not only is it a world-class orchestra (they won the Best Orchestral Performance Grammy Award last year), it is also an extremely accessible one! You can, of course, hear fabulous renditions of traditional orchestral repertoire, but you can also attend concerts where the orchestra accompanies Pixar film clips, or plays music from Legend of Zelda. Concerts are usually held in beautiful Powell Hall, just 10 minutes away, and reasonably priced tickets are always available, especially for students. In the summer you can even hear the symphony for free in Forest Park! You don't have to be a regular symphony goer, or even a big classical music fan, to be able to enjoy the outstanding music of the St. Louis Symphony. I highly recommend taking advantage of such incredible local talent and checking out some concerts during your time here!

– Evelyn Reed, M1

Moolah Theater

Imagine watching a movie in your home with a giant movie screen, delicious popcorn and a big comfy couch. Seems possible, except the giant movie screen may be hard to fit inside your apartment. Have no fear! You can get all of this in one place, the Moolah Theater and Lounge. Located a short distance from campus, it is a movie theater unlike any other. It has an assortment of couches, chairs and recliners as seats, and incredibly cheap tickets. It shows some of the most popular films and has special films playing throughout the week. After the show, if you need a little more fun, within the Moolah building complex is also a bar and a bowling alley! Whether you want a fun night out or cozy night in, grab your pair of cute boots or comfy slippers and head on over to the Moolah Theater and Lounge.

– Maria Schwabe, M1

Fabulous Fox Theater

The Fabulous Fox Theater, located just two miles away from campus, is the premier performing arts center in St. Louis. It has one of the most beautiful and elaborately designed interiors of any building in St. Louis and will make any first-time visitor's jaw drop. It has been a venue for many famous artists, comedians, musical ensembles, dance groups, and even national tours of Broadway plays/musicals. *Matilda* and *Kinky Boots* made stops at the Fox earlier this year and *Newsies* and *Beautiful* are coming this winter. One perk of living in St. Louis is that tickets are far easier to get and cheaper than they are in New York. In fact, some shows even offer discounted student rush tickets, which are available to students for – \$20 if you pick them up the day of the show (about two hours ahead of the start time). So you might have to wait until 2017 for *Hamilton* and *Fun Home* to make it to St. Louis, but if a show is big enough to be touring, it will definitely be making a stop here!

– Erin Klein, M1

Chase Park Plaza Cinemas

The Chase Park Plaza is a great local theater conveniently located in the Central West End, about a 15-minute walk from campus. They offer good student discounts and tickets are only \$5 on Wednesdays and every day before 5 p.m. The movie selection is surprisingly wide for a small theater, and they frequently screen limited-release movies. I recommend arriving early so you don't miss the lovely older man that plays the organ before evening shows. Other fairly unique amenities include a full bar at the concession stand and post-movie mints served on a silver platter as you exit the theatre.

– Christine Horan, M1

Dancing

Club Viva Salsa Dancing

On the advice of the upperclassmen, some M1s began to go to the free salsa/bachata lessons at Club Viva, which is a Latin dance club just a few blocks away in the Central West End. While some of us were more experienced than others, we all had a blast learning new dance moves from each other. Although I'd danced before, it was exciting for me to



Many students love to go out and spend a fun night salsa dancing, or at least learning to salsa!

learn in a casual environment. Now we have a pretty sizable group of people that are interested in going dancing. There are several formal dance groups on campus, but we're happy to remain an unofficial group. One of our classmates is an amazing hip hop dancer, and she's currently trying to organize a hip hop class for us. Another one of our classmates knows multiple traditional Indian dances and wants to get us involved in this year's Diwali performances. It's fantastic to see how creative and diverse our classmates are, whether it is through dance or any other type of art! The best part is that everyone is so willing to share their talents with others, both as teachers and performers.

– J. R. Peacock, M1

Wild Country

Love to hit the dance floor but got no moves? Line dancing may be the solution to all your dance dilemmas! Just a short drive away in Collinsville, Illinois, you can experience the fun of an authentic, line dancing club called Wild Country. Line dancing is really a ton of fun, and I highly encourage it as an experience that everyone should try at least once. While doing so, you can also take in the scene of nearby southern Illinois. Picking up the dances is easier if you arrive a little earlier in the night, when there are less people blocking your view of the regulars' steps. As it is a country-themed establishment, tolerance of country music is required; however, pop and hip hop genres are mixed in throughout the night if that's more your style. If you're lucky, on Wednesdays you may even make it to the big screen as dancing is recorded and aired on ABC channel 30. Pro tip: Wild Country actually sells food upstairs, so if you need some sustenance after dancing your boots off then head up there (or to the nearby Waffle House) for some cheap, much needed revival.

– Hayley Motowski, M1

Bars

Urban Chestnut

Known for its variety of beers and fusion of modern American and old world European, Urban Chestnut is a well-known brewery and bierhall located in the nearby Grove neighborhood. Whether I'm catching up with friends, celebrating a birthday or attending an SNHC trivia night, I always look forward to escaping school of a few hours and just hanging out at Urban Chestnut. During the summer, it's great to sit out on their patio or even venture to their downtown location, which has a beautiful outdoor biergarten.

Even during the colder months, it's great to just cozy up with a beer or my personal favorite, a hard cider, and maybe order some of that Poutine, which may give you a heart attack but is still so worth it. So head on over to Urban Chestnut and check it out for yourself. You won't be disappointed!

– Maria Schwabe, M1

Schlafly and Other Local Breweries

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



An M1 posing on the giant bicycle outside of HandleBar in the Grove.

– Christine Horan, M1

Taste

Taste is an upscale bar and restaurant with a warm and cozy ambience. Located in the heart of the Central West End (CWE), it offers locally sourced, seasonal small plates, but the real draw is its enormous handcrafted cocktail list. At six pages long, it boasts the classic drinks as well as its own original drinks made from ingredients I have never even heard of (fortunately, it doesn't matter if you don't know what the bartender is putting in your drink, because it will be delicious anyway). While a bit more on the expensive side, Taste has happy hour from 5 - 7 p.m. every day and all day on Sunday and Mondays, offering cocktails at \$6. It is definitely a great first date-spot. Just make sure to call ahead as the wait can be pretty long, even during the week. Pro-tip: If cocktails are not your thing or you just want to get out of the CWE,

Sasha's on Shaw in Tower Grove is a great wine bar with a sophisticated atmosphere and outdoor patio. For the beer aficionado, The Side Project Cellar in Maplewood is for you: The low-key taproom offers barrel-aged brews made by its associated brewery. We have it all!

– Erin Klein, M1

Mike Talanya's

Oh, Talanya's! You are but that mirror-clad, disco ball strewn shack where so many nights have reveled on long after they should have been put to bed. When last call has come and gone, but the party must go on, this former strip club is everyone's favorite destination. Talanya's plays host to a cross section of St. Louis society and you'll find undergrads and grad students from all of St. Louis's universities dancing among bachelorette parties, wedding parties and reunion groups. Come early enough and you'll get to have fun singing karaoke before it gets too busy.

– Maeve Woeltje, M1

iTAP

The International Tap House, or iTap, is a bar conveniently located in the middle of the Central West End. iTap has something for everyone, serving beers, wines, ciders and gluten-free beers. The walls are lined with TVs playing every sports game your heart could desire, and its three levels have abundant tables and comfy couches perfect for mingling. iTap is especially popular with the medical students because of its weekly special events. On Monday, half of the beers on tap are \$2.50 and on Thursday, iTap hosts a free trivia night so you can test how little you know about every subject outside of medicine. If you are looking to relax on a weeknight, or are sick of Bud Light, iTap is the place to go.

– Tasha Evanoff, M1

Library Annex

Have you always dreamed of partying in your university's library? You would, you typical WUSM student! Well, we can't party in Becker Library, but Library Annex is as close as it gets. A bar decorated as a library, Library Annex is a fun bar populated largely by Saint Louis University undergraduates. Several pool tables, darts, pong (allegedly) and a fog-filled dance floor provide a range of different vibes for you to enjoy. So if you want to have an exciting Friday or Saturday night, grab your friends and head on over to Midtown's Library Annex!

– Rob Gallo, M1

Humphrey's

Ah, the quintessential college bar: crowded, sweaty and drunk, and love is in the air. This bar's known for its Wednesday night penny pitchers from 11 p.m. until midnight. Yes, a penny pitcher is exactly what it sounds like. Now that St. Louis finally has Uber, you can get there in less than 10 minutes for only a couple of bucks each. I would suggest going with a group of 10 or so people and then playing soccer (the drinking game) to try to kill multiple pitchers before midnight. If you remember your entire Humphrey's experience, then you are doing it wrong. Pro tip: Pickleman's deli is right next to Humphrey's and stays open until at least 3 a.m.!

– Stephen Hawn, M1

Just John

Just a short distance from campus, The Grove is full of so many bars and restaurants that are very LGBT friendly. Just John is one of those places, and it has an awesome nightly special. You can get a bucket of beer for your birthday on the third Monday of the month, and I am especially partial to the free popcorn that you can snack on with your alcoholic beverage of choice. Additionally, there are all kinds of themed nights from trivia to show tunes and more. Just John is definitely a fun and welcoming place to hang out.

– Owen Hamilton, M1

Attitudes and Rehab

Attitudes and Rehab bars are also excellent places for LGBT nightlife. Rehab is open during the day as a bar and grill. You can take a quick walk over and mix up your lunch routine by grabbing a quick bite to eat here. Rehab also has \$1 wells and domestics every Wednesday, as well as karaoke for anyone who is interested. Both have extensive weekend drag show performances, as well as various themed events. Attitudes is now under new ownership, so there have been many fun and interesting themed nights added.

– Owen Hamilton, M1

Around St. Louis

Eckert's Pumpkin/Apple Picking

Nestled just a short drive across the Mississippi is Eckert's, a family-owned orchard that planted its first trees in 1890. Eckert's is a must-do stop for autumn festivities. Take a break from your Anki decks, put on your favorite sweater and go enjoy apple and pumpkin picking with your classmates. After riding the tractor out to the fields and selecting the perfect pumpkin from the

pumpkin patch and/or collecting the juiciest looking apples in the orchards (while also sampling one or two), enjoy treats such as kettle corn, hot apple cider or apple cider donuts. You can also stop by other parts of the farm which include a full-service restaurant with home style food, a grocery store featuring the farm's produce, a frozen custard stand, a garden store and a children's play area and petting zoo. Though fall is definitely the highlight, the pick-your-own fruit attraction changes by season, so the farm is really a nice outing all year round!



Find the perfect pumpkin, see animals at the farm, and pick fresh apples straight from the branch, all at Eckert's Farm!

– Hayley Motowski, M1

Grant's Farm

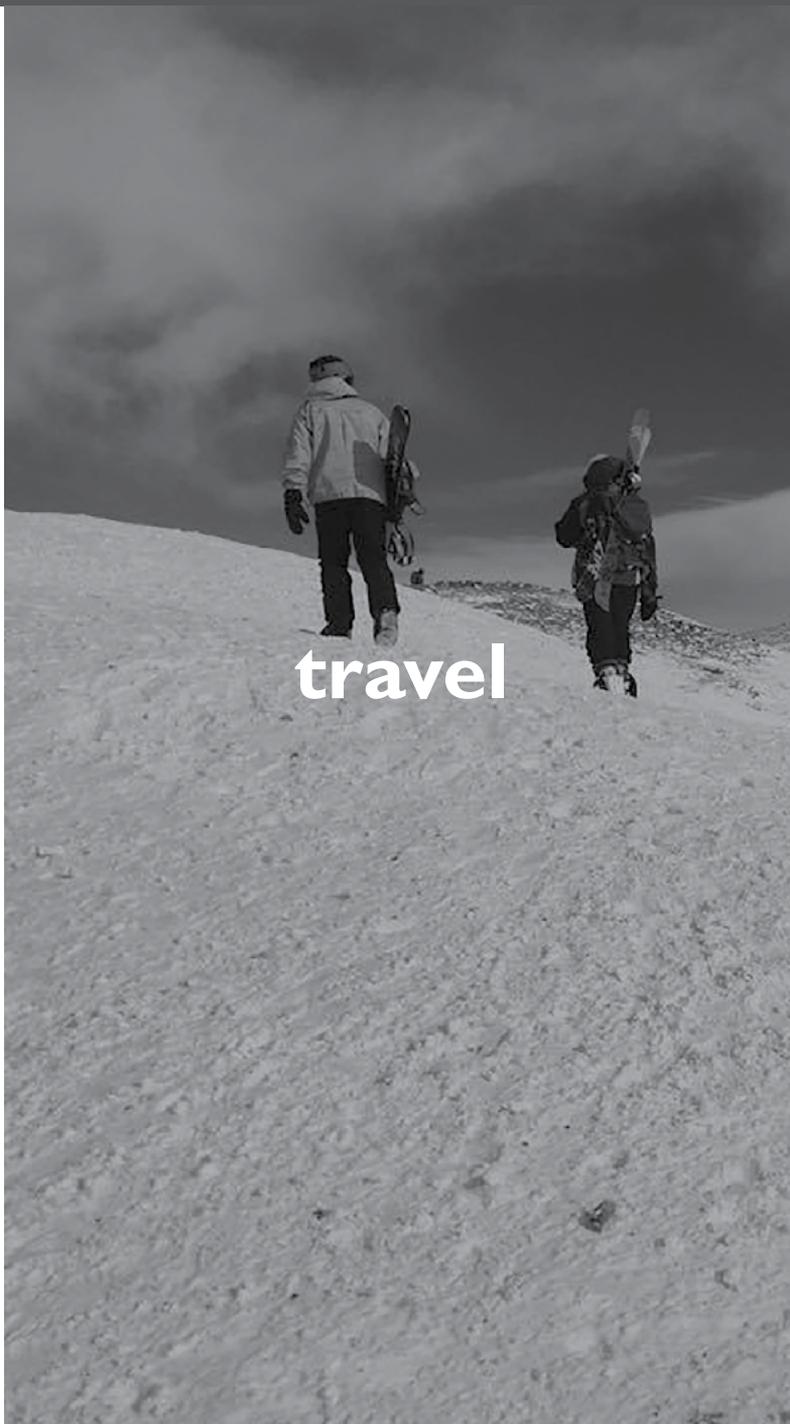
Who knew that Grant had a dissector AND a farm named after him?! Just kidding; it seems highly unlikely that Ulysses S. Grant had time to learn the brachial plexus while serving as President of the United States and fighting against the Confederacy in the Civil War. Grant's Farm is a historic farm located on the former property of Ulysses S. Grant, and is now owned by the Busch family (of Anheuser-Busch). It is home to a huge variety of animals such as buffalo, elephants, camels, kangaroos, donkeys, zebras, goats, peacocks and the iconic Budweiser clydesdales, to name a few. Visitors can check out the animals from a tram tour, feed baby goats bottles of milk (beware ... they like to nibble on your clothes!), and admire the beautiful Clydesdales at the stables. After hanging out with the animals, you can head on over to the Biergarten to grab a nice cold complimentary beer and a bite to eat from the Brat Haus. And the best thing about Grant's Farm is that admission is completely free!

– Liz Graesser, M1

Castlewood

Located in Ballwin, Missouri, about 40 minutes from the Central West End, Castlewood is a gorgeous 1,800-acre park bordering the Meramec River. If you ever need a break from the "concrete jungle" of the Central West End and campus, Castlewood is a great place to escape. There are several hiking trails through the bluffs and along the river that are very great for hikers of all levels of experience. For those of you looking for a good glute and thigh workout, it is a bit of a climb to get to the top of the bluffs — but the breathtaking views are worth the sweat. I would highly recommend going in the fall; you won't be-leaf how beautiful the foliage is until you see it with your own eyes!

– Liz Graesser



Hiking and Biking

It may surprise you that here in the flat Midwest there are actually some pretty great hiking and biking trails! I may be biased as a St. Louis native, but Missouri has quite a few absolutely breathtaking nature walks. Castlewood State Park is an amazing view, especially in fall when all the colors are changing. Others that I highly recommend include: Queeny Park, Babler State Park and Cliff Cave Park. There are also great places for biking. The famed Katy Trail spans 225 miles and is the longest trail in Missouri. It's perfect for shorter day trips, or longer outings. One of the easiest and best places to do both, however, is the equally beautiful Forest Park, which is right across from the hospitals. It offers numerous trails and sights to see, and is interspersed with tons of free attractions! For those of you coming from chillier climates, St. Louis takes a bit longer to get cold, which means you can take advantage of all these sites for quite a bit of time in the fall. Come enjoy the gorgeous Missouri outdoors!



Students travel into the wild to explore the city's hiking and biking trails.

– Tanvi Subramanian, M1

Lakes and Rivers

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

– Will Johnston, M1



Students took advantage of a three-day weekend by going on a ski trip.

Travel During First Year

To make travel work while in medical school, all one has to do is travel! St. Louis is in America's heartland. Chicago, Indianapolis, Nashville, Memphis, Louisville and Kansas City are five hours (or less) away by car, and thereby make easy, quick adventures. Spice up your three-day weekends with longer road trips to cities like New Orleans, Atlanta, Madison, Detroit or Minneapolis. Grab a pile of friends, cram yourselves into a car, and get cozy in the cheapest room you can find through whatever

bargain hotel-booking website or house-share app suits your fancy. If all this city talk is distasteful to you, also note that you can find great rock-climbing, river-splashing and hiking across Missouri, Arkansas, Kentucky, Tennessee and beyond! Where there's a will, there's a way. When in Rome. *Fill in other clichéd phrases about taking advantage of life's opportunities.* You DO have the time and cheap methods to make travel a part of your life while in med school, you just have to go for it and make it happen!

– Christine Averill, M1

Traveling to/from St. Louis

St. Louis is a great place, and like any great place, sometimes you have to get out of it to appreciate what you left. Maybe the weather's nice and your bike tires are freshly pumped? Hit the Katy Trail for a beautiful ride along the Missouri River through the heart of Missouri wine country. Got some freshly soled hiking boots? Drive southwest into the heart of the Ozarks Mountains for hiking and solitude on the Ozark Trail.

Dreaming of new cityscapes? Hop on a train from historic Union Station and head southwest to Texas for the weirdness that is Austin, west to Kansas City for St. Louis's cool little sibling, or north to Chicago for the big city vibes. Want to get more Midwest charm while the wind tousles your hair? In a four-hour drive, you could be in Louisville, Nashville, Indianapolis, Kansas City or Memphis. Tack on a few more hours and the list gets even longer. Looking to spite human anatomy and fly? Lambert-St. Louis International Airport will take you across the county in a few hours and is conveniently accessible by MetroLink from the heart of the medical campus. Oh, the places you'll go!

– Derek Barisas, M1



The MetroLink and MetroBus make traveling to and from the airport, and within St. Louis, easy.

Chicago

St. Louis is an amazing city, but if you want an escape from school and a weekend adventure, Chicago is a short and easy trip away! As a native of the Chicagoland suburbs, I have traveled between St. Louis and Chicago more times than I can count. Usually, I jump in my car and arrive in Chicago in less than five hours (variable depending on which part of Chicago and who is driving). The ride is easy, cheap and quite enjoyable, especially when traveling with a friend. Don't have a car? No worries! You can get a cheap train or bus ticket that will take you to Chicago and let you catch up on all of those coursepacks that you have recently ignored. So grab your bags and your friends, and head to Chicago for a great weekend in the big city!

– Maria Schwabe, M1

Kansas City

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

– Jackie Yu, M1

New Orleans

New Orleans is a must, and not just for Mardi Gras. There are so many ways to occupy your time while visiting this uniquely cultured city. First of all, the food is phenomenal. Make sure to hit up Napoleon House for the best muffuletta, or check out Acme for the best po' boy and oysters. (Just get there early or the line is out the door.) Don't forget the fantastic bananas fosters at Brennan's! And no matter what the time of day, beignets are always fresh at Café du Monde. To dive into the history of the city, see the Cabildo museums on the city history and Mardi Gras. Take a tour of the cemeteries, which are very characteristic of New Orleans. Shop Market Street and the other local tourist, clothing or antique stores that populate the French Quarter. New Orleans also boasts a top-rated zoo and aquarium, and there is always some celebration with parades in the evenings, any time of year. In your down time, explore the architecture in the French Quarter, or the green spaces and bead-covered trees outside of houses in the Garden District. New Orleans is a city that can't be missed!

– Natalie Griffin, M1

Washington, D.C.

Most WUSM students list Washington D.C. as the city they would live in if they couldn't live in St. Louis. Lucky for us, D.C. is an easy plane ride away and boasts some of the best parts of America! Washington D.C. is home to the U.S. government, the National Institutes of Health, and, traditionally, the coolest members of each WUSM class. An underrated city, D.C. boasts fewer Wall Street execs than New York City, more rainfall than Seattle, better ocean proximity than Chicago, and more influence than Miami or Atlanta. Next time you are in the area, check out one of the many fine museums, toss a disc on the National Mall, and then go for a sail on the Potomac River.

– Jeff Hansen, M1

Memphis

Memphis is definitely a great place to visit, and it is only five hours away by car, making it a great weekend trip! While you may be tempted to simply hit up Graceland and the Elvis memorabilia, I (a local) would love to give you some tips to make your trip even more fantastic. Memphis is all about that BBQ! Check out the Rendezvous, or take a seat at a local favorite, The Commissary. Make sure to stop by Jerry's Sno Cones, a favorite of everyone I know. The Peabody Hotel is a great place to rest after a long day and watch the duck parade. The Pyramid, Civil Rights Museum, Pink Palace and the Memphis Zoo are also great stops. For night-time activity, Beale Street is the tourist destination, but I would recommend anything in the Cooper-Young district. For sports fans, a Grizzlies Basketball game is a must. And to finish your day, get a doughnut at Gibson's, open 24/7!

– Natalie Griffin, M1



activism

ACTIVISM

Building Community and Fighting for Equality

If your first thought is that this section should actually be the whole book, and/or that your medical education should somehow enable you to help radically restructure our society toward social and economic justice, there is a place for you here, and we need you.

Last year, this section was called "On Ferguson." Activism in St. Louis has transformed dramatically since our community — the community you'll be joining, too — has responded to the shooting of Michael Brown on August 9, 2014. Organizers, panelists and protesters have built, and are continuously building, an elaborate network of support and accountability, centered around raising the voices of those who are most disenfranchised. We are seeing and making changes, and there are myriad ways for you to get involved. Activism can take many forms, and we want to validate however you choose to get politically involved. Please don't hesitate to reach out to older students whom you trust for help on navigating medical school through this lens, on reading material, on staying safe and taking care of yourself.

– Jordan Shaw, M1

Medical Student Advocacy Organizations

The Medical Student Section (MSS) of the American Medical Association (AMA) is a great vehicle for learning how to advocate for issues within the government and policy spheres. Our AMA chapter organizes regular meetings with local legislators and even arranges lobbying trips to the State Capitol in Jefferson City.

In addition, the national MSS organizes an Advocacy Day event, where med students from across the nation gather in Washington,

D.C. to meet with legislators and discuss the important issues. Finally, the AMA provides a great opportunity to learn how to work within political organizations, from building relationships to writing resolutions to utilizing parliamentary procedure. In addition, other organizations such as Physicians for Human Rights, Medical Students for Choice, the LGBTQ Health Interest Group, Students for a National Health Program and the Public Health Interest Group serve a central role in advocating for issues that affect the medical community. If none of these groups fit your own political views, then WUSM is very supportive of students forming new groups.



WUSM students are passionate about local and global advocacy.

– Craig Yugawa, M1

Advocacy Organizations Outside Medical School

It's important to advocate for safer and more inclusive communities where we actually go to school, but, too often, our visions for our immediate on-campus communities lack the context of the broader struggle. Branching out since college has helped me inform and improve my own critical analysis, and I'm happy that I have opportunities to respond to the immediate needs of other marginalized folks in St. Louis. So, beyond WUSM, check out Socialist Alternative, St. Louis Jobs for Justice, Missourians Organizing for Rights and Equality, Millennial Activists United, and many more growing organizations. The Danforth Campus also hosts some really radical people fighting for change in the Student-Worker Alliance.

– Jordan Shaw, M1

Ferguson

August 2014 was a volatile time in St. Louis county and city. This area has had many racial tensions, including a racially divided past, and the events in Ferguson truly only highlighted these issues. Rather than dwell on what has happened, I would rather focus on the positive things that can come from the events. Since then, peaceful protests have continued to push for police and general government accountability. Many municipalities have had to take a good look at how their city is governed. I would be lying if I said Ferguson did not change the city and the surrounding area. It did create tension, but I think that if you choose, you can make a difference in these communities as a part of the difference you will make in medicine.

– Owen Hamilton, M1

Washington University Medical Plunge (WUMP)

Medicine is ideally about empathizing with and caring for the people in our community. But each of us has only a limited perspective and is often largely unaware of the challenges faced by others. And worse, we usually don't have the slightest idea how much we don't know. WUSM devotes an entire week at the very beginning of the M1 year to lectures, discussions, tours and service projects around St. Louis designed to broaden the perspectives of incoming med students. The idea is to give us a glimpse into some of the particular situations faced by individuals marginalized in various ways because of economic status, race, gender, sexual orientation, religion or mental health, and to get us talking and thinking about how to best serve and advocate for those individuals as med students and physicians. The week concludes with an overnight retreat full of bonding, physical challenges, object lessons, confrontation of heavy issues, and a healthy dose of late-night partying.

– Weston McCarron, M1

Regarding the University of Missouri-Columbia

Recent racially motivated incidents at the University of Missouri-Columbia are not unique to that institution and could happen on any campus in the country. For Washington University School of Medicine, they are a stark reminder of the importance of continuing our longstanding and sincere commitment to building a culturally diverse community of faculty, students and staff, and to maintaining the supportive, welcoming atmosphere for which we are so well known.

Diversity and inclusion are core values of the School; we state them clearly in our mission statement, committing to conduct all our endeavors "in a culture that supports diversity, inclusion, critical thinking and creativity" and to "cultivate excellence and collegiality within an inclusive community."

For decades, a cornerstone of our diversity efforts has been to improve recruitment and retention of underrepresented minority faculty, residents, students and staff. We recognize that, in our missions of education, patient care and research, bringing together people from varied places, backgrounds and training is essential for success; diversity of thought and perspective provides richer solutions to the complex challenges of academic medicine. Today, the percentages of people of color among medical students is 16 percent, 11 percent among medical residents and fellows, and 5.5 percent within the faculty. We are equally pleased with the progress made in our Division of Biology and Biomedical Sciences, Physical Therapy, Occupational Therapy and Audiology. All of these numbers represent progress, but we continually strive to do better.

In addition, we actively seek to avoid racial isolation on our campus and to provide effective opportunities for culturally appropriate mentoring and networking.

Toward that end, within the MD program, the Office of Minority Affairs was created in 1972 to promote diversity within medical education and to provide support for students throughout their tenure at the School of Medicine. In 1996 the Office of Diversity Programs was formed with the goal of recruiting underrepresented minorities and economically disadvantaged students and providing opportunities for all our students to develop the skills needed to attend to an ethnically and racially diverse patient population. In addition, for many years, a diversity retreat has been part of orientation for all medical

students, and more recently, diversity has become one of several key topics addressed longitudinally throughout all four years of the MD curriculum. Beyond the MD program, the Human Resources' Office of Diversity and Inclusion, established in fall 2013, has provided diversity and inclusion training to more than 7,500 people and spearheaded a school-wide survey that has provided valuable insight into attitudes and challenges on campus.

Although St. Louis has its share of racial segregation and social disparities, Washington University benefits from its proximity to the Central West End neighborhood and the city of Clayton — both bastions of progressive thought and inclusion of those from diverse backgrounds. The university also has a healthy track record of engagement, mutual respect and partnership with the broader St. Louis region. Our students, residents and faculty are deeply involved in community service and community-based participatory research. We “know” each other well.

The tragic death of teenager Michael Brown in August 2014 and the subsequent regional unrest was painful and challenging for the entire St. Louis region, including the Washington University community. Responding to widespread shock, anger and turmoil, university leaders encouraged institution-wide dialogue. At the Danforth Campus and the School of Medicine, the chancellor, provost, dean and administrative deans actively participated in numerous open forums and town hall sessions to discuss race and cultural awareness. Those meetings were well attended and structured to allow respectful, meaningful conversations. The work continues through ongoing forums and the work of several committees.

None of the factors above can fully inoculate us from an adverse event of racial or cultural intolerance that could stir campus unrest. But we do have a long, sincere tradition of acknowledging challenges and responding with empathy, open dialogue, and proactive leadership. All of that makes us strong.

We remain dedicated to ensuring that everyone feel welcome and celebrated as part of our campus community. Together, we all make a contribution to one of the best medical schools in the world.

– Will Ross, MD, MPH
Associate Dean for Diversity
Professor of Medicine, Renal Division



On Campus

Food Trucks

For those seemingly rare days when you can't get free lunch at a lunch talk, a plethora of delicious lunch options are only steps away at the food trucks outside of the FLTC. You can taste a world of flavor without having to leave campus as each day brings another smorgasbord of global cuisine.

Try channeling your inner Che Guevara at Guerilla Street Food or go for the gyro glory at My Big Fat Greek Truck. Want your sushi in burrito form? Or get in the Mardi Gras spirit by grabbing a New Orleans style po' boy at Completely Sauced. One can find any number of taco varieties throughout the week, but true food truck connoisseurs know to wait until Friday for SeoulTaco's mind-blowing menu of Mexican-Korean fusion inspired dishes. All in all, whichever truck you choose, you can be sure that you'll be getting your daily dose of flavor.



Food trucks are vital to the medical student's diet. These glorious trucks visit the medical campus every weekday.

– Daniel Friedman, M1



Four valiant M1s attempted to eat free pizza every day for as long as possible. They lasted more than six weeks!

Free Food

Other entries in this segment are going to offer advice on St. Louis' best Malay/Icelandic/Ethiopian fusion restaurant and which Farmer's Market you should buy your locally sourced, non-GMO, fair-trade produce from; I want to use this space to provide some pragmatic insight on the art of eating for free as a medical student.

You can work in a solid 10 meals per week by attending applicant pizza parties and breakfasts which come with the opportunity to relax with your classmates and meet applicants. Unfortunately, you're going to have to deal with crushing guilt when you realize you've eaten 100 slices of pizza in the past month as Dr. Linda Pike offers nutrition advice in her "Know Your Food" segments.

To round out the rest of your meals and to add some more variety/quality to your diet, you'll want to get involved with different student groups, attend lunch talks (beat the line and leave lecture/lab early) and special lectures/symposiums, and sit-in on Grand Rounds for different specialties at Barnes-Jewish Hospital. If you're trying to master the practice of free eating (defined as eating > 14 meals per week) you'll need to liberalize your definition of "interest." You're going to experience some mind-numbing lectures as a result, but you'll also stumble across intriguing projects your peers are involved with, insights to the lifestyle and practice of different specialties, and opportunities that will shape the trajectory of your career. Most importantly though, you'll have a full belly and wallet.

– Kevin Garza, M1

Edison Café in St. Louis Children's Hospital

During a long evening of studying (wasting time) in the carrels, chances are you might be running low on energy. You glance at your phone only to realize it's after 9:30 p.m., and every restaurant except for Jimmy John's is closed at this ungodly (for St. Louis) hour. Do not fear, however, because on the ground floor of St. Louis Children's Hospital lies your salvation: The Edison Cafe. Now, you may be thinking "why would anybody speak so glowingly about a hospital cafeteria?" Four words, my friend: 30 PERCENT STUDENT DISCOUNT. Simply flashing your student ID will give you discounts on the veritable treasure trove of food options that Children's provides. The grill? You bet! The comfort food section? Hell yeah! The salad bar? Damn straight! The list of foodstuffs goes on and on. The discount only applies on weekdays after 4 p.m. and all weekend hours, but paying less than eight bucks for a full meal of quality food is a deal that is hard to beat. Just remember that it is a hospital setting, so behave yourselves if you do decide to dine there.

– Vivek Hansalia, M1



Between Shell Café and constant lunch talks, you will never go hungry during the day at WUSM!

Shell Café

The most convenient dining option on campus is Sea Shell Cafe, named for its proximity to the ocean. It offers breakfast and lunch Monday through Friday from 7:00 am to 2:30 pm. The breakfast sandwiches are the perfect pick-me-up for those low-energy mornings. Lunch offers a variety of options including a fresh salad bar, various sandwiches and burgers, pizza, and two specialty made-to-order stations that rotate diverse, globally-inspired meal options. Pro-tip:

Befriend the staff for special treatment and perks.

– Russell Moore, M1



M1s often host pizza dinners with incoming applicants that are interviewing the next day.

Applicant Pizza Dinners

Free pizza is a staple of any medical student's diet. Fortunately for WUSM students, you can supplement an otherwise unhealthy diet with free pizza five nights a week. There are applicant pizza parties Sunday through Thursday night of every week from September through February. After a long day of studying or sleeping there is nothing better than dining with your fellow classmates and potential

future colleagues. Despite the gauntlet presented by Dr. Linda Pike's "Know Your Food" segment and the foreboding physiology atherosclerosis lecture, I truly hope you will carry the torch of attending these most sacred happenings.

– **Conor Williams, M1**

Neighborhoods

Food in St. Louis

You will quickly find that the Central West End (CWE) is your go-to area for good eats and drinks, so begin your unending quest for edible satisfaction right here in our own neighborhood. I'm quite partial to the BBQ Saloon at Euclid and Laclede, which has awesome pork nachos and the delicacy of glazed alligator ribs. Have a drink at the bar, too! I also enjoy Wildflower across the street, particularly for Sunday brunch. If you walk a little farther north on Euclid, Little Saigon Cafe has some excellent Vietnamese food and very hearty portions! There are many more options in the vicinity as well, so I encourage you to explore for yourself.



One can find almost any type of food within St. Louis, from Afghan to Caribbean and everything in between.

Outside of the CWE, the University City Loop has lots of good places, along with your favorite hybrid Korean-Mexican joint, Seoul Taco. Then, if you go down in the Grove, be sure to check out Everest Café, which offers a 10 percent discount to medical students and has tasty and heart-healthy Nepalese and Korean cuisine. Outside of that, Washington Ave. downtown has lots of options, including Rosalita's Cantina, a big Tex-Mex bar and restaurant. I know there is also a Ruth's Chris downtown if you want to really go all out! I hope that that gets you started. Happy hunting!

– **Reece Clark, M1**

Central West End

Rasoi

As someone who loves Indian food, I have been personally recommended Rasoi many times by older medical students and Saint Louis residents. Rasoi has a tasty and affordable brunch buffet if you ever find yourself in the mood to stuff yourself with food and contentedly lay around all day after that. They also have some excellent lamb vindaloo (it's my fave so it's what I always order — sorry I can't speak to their other menu options). The vindaloo has a fantastic level of spiciness and the meat is cooked well. Their cocktails are average but they do have some interesting options if you're adventurous. It's also a nice sit-down restaurant with large tables inside if you ever find yourself in need of a place that can seat a bunch of people. Overall, I've heard there are better Indian restaurants in the area but in my opinion, you can't beat Rasoi's combination of taste and convenience.



Whether it's Indian, Thai or any other type of food you are craving, you can find it close to campus.

– Rina Amatya, M1

Tom's Diner

Tom's may seem like a dive bar (and it is) but what I didn't figure out until a whole two months into the school year is that Tom's has great food. Their chicken tenders are some of the best I've ever had. Tom's also have some of the cheapest drink specials I have ever seen in my entire life so take this review with a grain of salt since my judgment may have been impaired while eating there. If you're in the mood for a quick American meal (e.g. tuna melt, hamburgers, fried stuff) and the famous St. Louis delicacy, toasted ravioli, check out Tom's!

– Rina Amatya, M1

Gringo

Really awesome Mexican food with a twist! It's right on Euclid in the CWE and is a great place to go with classmates and friends/family that come to visit. The chips and fresh guacamole are on point and they have bottomless chips and lots of delicious different salsas. They make really awesome tacos that you can mix and match, as well as nachos, burritos, and loaded quesadillas. For more authentic options, they have handmade tamales made

daily, enchiladas, chilaquiles and tortas. For a slightly lighter option, they have a taco salad that you can add any of their meats or grilled fish to and it's super fresh and tasty. You also need to try the "street corn off-the-cob" on the side. Save room because they have a chocolate tamale, churro balls and a tres leches cake for dessert. Jeni's ice cream is also conveniently right across the street if you want to grab dessert there instead (or after dessert at Gringo...)

– Gabby Abrishamian-Garcia, M1

Jeni's

Jeni's is always my pick for dessert when I'm in the Central West End. This gorgeous, spacious store has some of the creamiest and richest ice cream in the area, featuring flavors like Brown Butter Almond Brittle (a must try!), Churro and Wild Lavender. They also have great waffle cones, as well as sundaes and ice cream sandwiches. Jeni's is a great place to hang out with friends or to go after a meal at one of the many restaurants within walking distance. Who needs frozen yogurt or gelato when you can get ice cream this good?

– Tina Hsu, M1

Pi Pizzeria

If you are like me and contemplated going to medical school in Chicago for the pizza alone, I have good news for you. Pi Pizzeria sells delectable deep-dish Chicago-style pizza. The deep-dish at Pi is definitely on par with, if not superior to, a lot of pizza places in Chicago. Pi Pizzeria also happens to be President Obama's #1 favorite pizza place, so you can't argue with that. π = amazing pizza.

– Michael Miles, M1

Oasis

Oasis is a great restaurant located right in the Central West End on Euclid. Fairly priced with almost no chance of a wait, you'll be sure to get authentic middle eastern food with even better arabic coffee. The gyros and platters are delicious and be sure to ask the owner/waiter/chef (one-man show!) for his recommendations. Oasis is a wonderful representation of the unique, traditional fare that you'll find just a few feet from the medical school!

– Hari Raman, M1

Wildflower

You had me at goat cheese! But seriously, Wildflower has not one, not two, not three, but FOUR appetizers and salads featuring goat cheese. Whether you choose their warm Goat Buster (goat cheese fondue) or sweet Goat Cheese & Herb Roasted Beets appetizer (think walnuts and maple syrup!), or if you opt for the berry-fresh Golden Chèvre salad (candied walnuts, julienned apples!) or savory Wilted Radicchio salad, you can bet your goat cheese fix will be thoroughly satisfied. Wildflower also has a \$5 Happy Hour Menu served daily from 4-6 p.m. with \$4 cocktails, as well as weekend brunch served until 3 p.m. Medical school is challenging, but not so challenging that you cannot indulge in a mimosa, bellini or Bloody Mary every so often over brunch!



A delicious café that features breakfast, lunch and dinner menu items, Wildflower is a high-quality restaurant with reasonable prices.

– Erin Klein, M1

Pickle’s

If you’re in the mood for a flavorful and robust sandwich spot, all you have to do is look down the street on Euclid from campus. Pickle’s Deli is a great spot to grab that sando that will satisfy your every hoagie craving. They have sandwiches to appease the meat-lover in the Reuben, the traditionalist in the Classic BLT, and the meatless-lover in the Famous Veggie. If sandwiches aren’t carrying your favor at the moment, they also have plenty of fresh and delicious salads, sides, and desserts. Fair warning though: many workforce members in the area know about this Euclid gem, so don’t be surprised to see long lines and packed tables around lunch time!

– Yusef Jordan, M1



Breakfast and brunch are available just blocks away at Scape. Enjoy crepes, waffles and more!

Scape

Scape is exactly what it sounds like, an e-Scape from free pizza and Chipotle when you are in a Treat-Yourself mood. Located on Maryland next to Bissinger’s (delicious chocolate confectioner), Scape American Bistro offers a diverse palate-pleasing menu from ambitious, fruitful salads to TLC infused, hand crafted pastas, to fresh and succulent seafood. While prices venture into

the “I should be making a doctor’s salary to eat here” range, Scape provides a great special occasion place with a relaxed yet upscale environment.

– Yusef Jordan, M1

El Burro Loco

As a Texas native, finding good Mexican food in St. Louis was a huge plus. El Burro Loco offers a very convenient, fantastic option for Mexican food in the CWE. I can go there every day in a week and get something different, from the classics to some Burro Loco specialties. The margaritas are also great for those that want to chill out or take a break from studying. Located just north of the Euclid and Maryland intersection, Burro Loco is a must-try for those looking for delicious Mexican cuisine.

– Nick Spies, M1

The Hill

If you love some great Italian food like I do, the Hill is where you need to go. This area of St Louis, a short drive down Kingshighway from Central West End, has many restaurants to choose from. Guido’s is always a popular choice, with a variety of pizzas and tapas to choose from. Mama’s on the Hill is a long standing tradition in the area as well, with a variety of great pastas to choose from. For a fine dining experience, Charlie Gitto’s has the best food I have eaten in St Louis. Whether it has been the chicken marsala, spaghetti and meatballs, seafood risotto, arancini, fried ravioli, or steak, all of my meals at this restaurant have been phenomenal. For dessert, stop by Gelato di Riso for some traditional gelato (however it is closed in the winter). And for a great coffee spot to study, head over to Shaw’s Coffee!

– Natalie Griffin, M1

The Grove

Sameem

If you’re looking for some really flavorful food, Sameem is a great Afghan restaurant in The Grove, only a five-minute drive from campus. The owners are friendly and love to share their food and culture with you, and the dishes are amazing. From the Qabulli rice with lamb falling off the bone, to their grilled kebab platters, to great vegetarian dishes like their eggplant burani, there’s a range of authentic flavors to choose from. The entrees are mostly between \$10-\$15, and the portions are pretty large. The restaurant itself is small, so making a reservation on the weekends is usually a good idea!

– Fatima Alvi, M1

Tower Grove

Banh Mi So

If you're looking for real Vietnamese food, don't forget about Banh Mi So! It's a small, unassuming building on Grand that serves up some of the best fresh spring rolls I've ever tried. Many of their dishes seem pretty simple, but you'll soon find it's simple food done right. The tofu curry, the standard beef pho, and their banh mi all exceed expectations with their depth of flavor and authenticity. Your waiter will probably be the owner, who is passionate about his food and excited to share it with you. It's also vegetarian friendly!

– Patty Lu, M1

Lulu's Local Eatery

Lulu's Local Eatery is the perfect place to go for great healthy food. Everything there is vegan, all natural, plant based, and most importantly, so, so delicious. It is owned by a cute couple who lived abroad in New Zealand working on an organic farm. My favorite entrée there is the Winter Quinoa Bowl. It is the perfect medley of warm quinoa, shredded carrot, walnut parmesan, cranberries, kale, roasted butternut squash, cauliflower, and caramelized leeks with kale pesto sauce. YUM! Lulu's is a great place for both takeout and dining in. Whenever school gets really busy it is my go to place! It is about 15 minutes away in Tower Grove South — a super fun neighborhood lined with eclectic shops and ethnic delicacies. When the weather's nice, make sure to check out their outdoor patio!

– Lily Chen, M1



St. Louis prides itself on its mouth-watering, finger-licking barbecue.

The Shaved Duck

St. Louis is known for their barbecue, and The Shaved Duck is no exception. Their burnt tips were recently rated first in the country against 99 other barbecue restaurants. (If you don't know what they are, time to change that!) It's a barbecue place, so expect a lot of succulent meat (chicken, pork, tri-tip) but don't hesitate to try their loaded fries and even the shrimp and, of course, duck. For those who are more of the salad-type, there are plenty of options as well. There is a large drink menu with a great selection of both alcoholic and non-alcoholic beverages. Definitely a top spot in St. Louis. Just make sure you are prepared

for a long wait time because many more people also enjoy this spot!

– Julian Clarke, M1

Rooster

This cozy brunch spot is nestled in the heart of Tower Grove. The menu is expansive and features a wide variety of treats to satisfy any palate. The brunch burgers are delicious, the scrambles feature original ingredients, and the farmer's platter is generously sized and delectable. The true must-haves on the menu are the dessert crepes. If you're in the mood for a solid brunch after a long week of classes, definitely hit up Rooster, it won't disappoint.

– Nick Pickersgill, M1

Downtown

Broadway Oyster Bar

I've never been a huge fan of Cajun food, but Broadway Oyster Bar changed my mind. Hidden on a small street in downtown St. Louis, this restaurant looks a bit dive-y at first, but it quickly becomes charming and inviting once you enter. Broadway Oyster Bar serves traditional Creole dishes like gumbo and shrimp etouffe, but, as the name states, they also excel in oysters. They have a wide variety of oysters to choose from, and they're all fresh and delicious. Broadway Oyster Bar also has live music on the weekends, so this is a great place to go with friends!

– Tina Hsu, M1

Bailey's Range

Just outside the heart of downtown, Bailey's Range is a true St. Louis gem. It's a burger joint and bar combo, with so many options you couldn't possibly exhaust them in your time at WUSM (even if you're in the MSTP). Their shakes are also incredible. Boozy-shakes are their specialty, but the non-alcoholic options are just as good! They also have a "burger battle of the month," where two unique burger options compete to be the most ordered, and the most popular burger stays on the menu. In the later hours of Fridays and Saturdays, Bailey's Range becomes a pretty popular social scene as well. Overall, it is one of the best burger and shake places you're ever going to find. I highly recommend you try it.

– Nick Spies, M1

Clayton

Tani Sushi Bistro

Coming from California, I never expected to find good sushi in St. Louis, especially anything that could meet my extremely high standards (for sushi). However, I was happy to find out that Tani Sushi Bistro, located in Downtown Clayton, has great sushi and appetizers. They have a lot of standard rolls, including nigiri and handrolls, that all use

extremely fresh fish. Even better are the rolls. With rolls like the Oh My God! roll (a roll that's on fire) and the Jurassic Park roll, Tani Sushi Bistro has a huge variety of creative rolls to choose from. There are also plenty of options for those who don't like seafood, such as bento boxes, noodle plates and rice dishes. Most importantly, Tani Sushi Bistro has some awesome cocktails. If you're looking for a nice sushi joint with a club-like vibe, make sure to check this place out!



Tani Sushi Bistro's all-you-can-eat sushi is the best way to celebrate finishing finals.

– Tina Hsu, M1

Remy's Kitchen and Wine Bar

Remy's is a great Mediterranean wine bar to head to in Clayton if you want to get out of the CWE. The menu offers a mix of tapas-style small plates and standard entrée sized plates. They also serve complimentary olive tapenade with bread to hold you over while you wait for your food! The scallops with spinach and goat cheese, veal meatballs, and the grilled salmon with soy and honey glaze are all absolutely delicious. Of course, the wine selection is also abundant and they offer wine "flight" tastings with three different wines to pair with your food. On certain nights, there is live Spanish-style music that adds to the light atmosphere of the restaurant. Overall, the combination of great food and a relaxing environment makes Remy's a great choice for a night out with a date, family or friends.

– Tamara Cameo, M1

Half and Half

If you love brunch, then you need to try Half and Half in Clayton! It is a super cute local eatery with a cozy, kitschy atmosphere and tasty all-day (well, it closes at 2 p.m.) breakfast and brunch food. On weekends it can get busy since it is also popular among undergraduates, so you may need to wait a bit before being seated. A few favorites are the Clara cakes (a different take

on pancakes), the salmon “hash,” and of course you can’t go wrong with their breakfast sandwiches served on fresh biscuits. They also have weekend specials that are always unique and just as delicious as the rest of their menu items. If you go, don’t forget to order the homemade donuts and a cup of coffee to pair them with!

– Tamara Cameo, M1

Pastaria

Pastaria, located in the heart of downtown Clayton, is the perfect place to de-stress with classmates, to get treated by parents, and even to carry-out from for late nights at the Danforth Campus library. The wood-burning ovens and hearty conversations fill this modern trattoria with warmth and comfort, making the Pasteria a wonderful restaurant for any occasion! First, begin with freshly baked bread with a selection of dipping oils. Definitely do not skip the crispy risotto balls with herb aioli and marinara. The perfect treat after an anatomy exam! Looking for something a little more “guilt-free”? Get your daily dose of folates from the shaved kale salad! Or if you're feeling a little less traditional, try the delicate orange and olive salad, garnished with tarragon. Then the main attraction: PASTA! There is a flavor to satisfy all taste buds. Need the meat? Try the garganelli with rich braised beef. Vegetarian? Try the chitarra al pomodoro with fresh basil and tomatoes. And my personal favorite, the cacio e pepe! It's basically an adult-ified macaroni and cheese! Finally, be sure to save room for an assortment of gelato and sorbetto. Visit the counter to sample each flavor before bringing home a pint of your favorite! Pastaria is no secret, which means that the restaurant can get pretty crowded! But not to worry! Download the app NoWait to avoid the long line!

– Caroline Min, M1

Companion

Companion is a café style restaurant that serves fresh bread, pastries, salads, soups and sandwiches. Located in Clayton, you can find it within walking distance of the Sweat boxing gym. Walking into Companion you’re immediately greeted with the scent of freshly baked bread. No matter if you’re looking for a tasty lunch date spot, a palliative hangover meal, or post workout snack, Companion has you covered. Their French dip sandwich is subpar to none, and it’s always nice to pick up a fresh loaf of bread or a pastry for later. With plenty of outdoor seating, it’s a great place to eat outside during nice weather. Price ranges around \$10-15.

– Connor Liu, M1

City Coffeehouse + Creperie

As awesome as the Central West End is, sometimes you just need to escape it. The perfect place to get brunch after a grueling week of exams or a lazy Sunday is the City Coffeehouse and Creperie. Located in downtown Clayton, a neighborhood 15 minutes west of campus, the Eurocafé-style Creperie is the coziest place to eat amazing food and catch up with friends (and drink mimosas, if you're into that). As a St. Louis native, I have been going here with my high school friends for years, and I consider it one of my favorites in the city. I highly suggest getting a savory crepe on buckwheat and a sweet crepe on white flour, and splitting with a friend. There are multitudes of combination options, and you can have something completely different every time you go. Definitely an STL must-try!



Whether it's gooey butter cake or a delicious handmade donut from John's Donuts, your sweet tooth will never go unfed in St. Louis.

– Tanvi Subramanian, M1

The University City Loop

Sauce on the Side

When my sister found out I was coming to St. Louis, she insisted I try Sauce on the Side. I took her advice and I was not disappointed. This restaurant sells amazing specialty calzones made from fresh ingredients and a variety of different sauces to choose from. Both locations (Downtown, Clayton) have a really cool vibe, and I always make sure to take friends there when they come into town to visit.

– Michael Miles, M1



International and fusion food can be found all over St. Louis.

Fork & Stix

Whenever I'm looking for reliable and authentic Thai food, I always head to Fork & Stix. Located near Delmar Blvd., this restaurant looks unassuming but boasts a wide variety of Thai and Japanese dishes. There are tons of rice and noodle dishes to pick from, as well as salads, desserts, and traditional drinks like Thai tea and Thai coffee. The food is always fresh and piping hot, and portion sizes are filling but not too large. Fork & Stix is a great place to go for a

relaxing lunch with friends, and the food, along with the restaurant's charming ambiance (all drinks are served in little mason jars and there's cool graffiti on the walls!) really add to the experience

– Tina Hsu, M1

Salt + Smoke

Located in the Loop, Salt + Smoke is a reasonably priced barbecue joint with a great craft beer list. During the summer, it has nice outdoor seating, which can be a lovely place for people watching. The burnt ends and white cheddar cracker mac-n-cheese are not to be missed. I think the portions are pretty gigantic (usually enough for lunch the next two days!), but my male classmates are inclined to disagree. No matter what you choose, you will not be disappointed.

– Erin Klein, M1

U City Grill

The definition of a hidden gem, U City Grill is a hole-in-the-wall Korean restaurant located on the West end of the Delmar Loop. With about only eight stools around the bar, what it lacks in seating it makes up for in the authenticity of its Korean food. From bi bim bap to Korean fried rice, U City Grill's lone owner and chef will satisfy your fix for a home cooked Korean meal. Within walking distance from the Danforth campus, you will need to catch a ride to find this nondescript restaurant. Prices are reasonable, an order of bi bim bap or Korean fried rice will land you somewhere in the range of \$8-10 depending on whether you opt for a fried egg on top. Because it is staffed by just the owner, wait times are longest during its dinner rush but are usually not longer than 15-20 minutes. You may feel obligated to strike up a conversation with the chef given the small setting, but don't feel bad if you're unable to break through his stoicism.

– Connor Liu, M1

Mission Taco

Owned by the same group as Tortillaria, Mission Taco has good vibes and great food. I have tried all their tacos and you can't go wrong with any of them/all of them; the Portobello taco is a particular standout to me. They have a very solid beer list (shoutout to Civil Life American Brown!) that goes all too well with tacos. There is often a significant wait, so you can reserve a spot ahead of time using the NoWait app or just sit it out. I've spent some great spring/summer/fall afternoons outside with a beer taking in the sights and

sounds of the Loop while waiting for a table. I should also mention that after 10 p.m. they have a deal where you can get \$2 tacos and \$2 tequila shots; do with that information what you will.

– Rob Gallo, M1

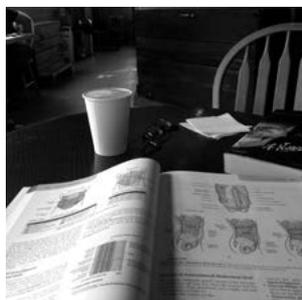
Sweetie Pies

If you find yourself craving some soul food, or just want to study firsthand the atherosclerosis you learn about in physio, you will find few places better than Sweetie Pie's, located just a few blocks south of the medical school. When you walk in, you'll probably join a long line (don't worry, it's worth it) leading up to a cafeteria-style serving area where you're faced with enormous portions of fried chicken or fried catfish together with mashed potatoes, macaroni and cheese, fried okra and cornbread, among many other options. Also, be sure to remember to add on an amazing piece of peach cobbler or some bread pudding to round out your visit. You will likely end your meal in a food coma, but it's definitely worth it to experience this bit of Southern soul in the middle of St. Louis. Added plus: The restaurant is featured on a reality show on the Oprah Winfrey Network, so you never know if this will be your path to realityTV stardom!

– Max Schaettler, M1

Coffee Shops

Neighborhoods across St. Louis boast quirky corners where you can load up on caffeinated elixirs and enjoy a laid-back study space. Sit alongside freelancers effusing artistic and journalistic creations. Imagine you are one of them while instead you fill your brain with endless physiological facts. Be sure to take up an aggressive amount of space with your laptop, Netter's Anatomy flash cards, stethoscope, textbooks, bricks, etc. Some favorite spots, in order of closest to farthest from the Central West End: Northwest Coffee Roasting Company, RISE Coffee House, Café Ventana, Living Room, and Sump Coffee. Sump Coffee, a couple blocks south of Cherokee Street, is an excellent St. Louis experience and your hipster dream come true. Beans are roasted on-site, and adding cream and sugar is prohibited! Also, there is a Starbucks in the Central West End.



Writing your most recent screenplay? Needing to get away for a cup of joe? Do not fret, coffee shops are never far away.

– Christine Averill, M1



advice

ADVICE

From Glenn Conroy, PhD, and Jane Phillips-Conroy, PhD Professors of Anatomy

What advice can we give you from the perspective of our many years' teaching Anatomy here at WUSM (66 Phillips/Conroy years and counting ...)?



"Have fun. This is not incompatible with learning!" – The cutest couple at WashU

About Anatomy:

- Don't let the huge amount of material overwhelm you. You will definitely not KNOW anatomy by the end of the course, but you will have achieved a level of familiarity and knowledge that you would never have imagined when you began the journey.
- Enjoy the experience. Anatomy lab is a vital, wonderful place. You have to attend lab to pass the course, but you will soon find that you learn more here than you've ever learned anywhere: what lies beneath the skin reveals human commonality and individuality as written in the pattern of blood vessels, nerves and muscles.
- Talk LOTS to your lab partners and the faculty. We love teaching you ... Corral us if we don't get to you as often as you'd like. Tell us you'd like more visits. Don't be shy.
- Consider carefully the wisdom of accepting upperclass students' "advice" that you don't need to work hard in Year 1. You do! Not competing is not the same as not working hard. Honor the wishes of the donors, your future patients, and the sacrifices made by your parents by learning as much as you can.
- Have fun. This is not incompatible with learning!

About Life (i.e. Medical school, but much more):

- Exciting journeys are often beset by obstacles and detours. All can be productive. There are many guides to help you find the course. Seek them out; don't wait for them to find you.
- Take advantage of the many intellectual delicacies and delights offered you as a student at this most amazing institution.
- Don't forget to sample from the artistic buffet that St. Louis offers. Go to the Symphony!
- There's more to eat here (and much better foods for you) than fried ravioli. Offset your 60 percent (free) pizza diet with fresh fruit and vegetables.

- Get outside! Forest Park is your backyard. We've seen coyotes, wild turkeys, great horned owls, redtailed hawks and more.
- If your diet consists mostly of white or beige food you're in trouble.
- Realize that important, lifelong relationships may be forged in the Anatomy lab. We speak from personal experience!
- Don't forget to say hello when you pass us in the corridors!

From Koong-Nah Chung, PhD Dean of Research

Your first year at WashU is pass-fail. Form strong bonds with your classmates, collaborate and support each other. You will spend the next four years with your peers, and they will be your life-long friends and colleagues. Get to know the faculty, administration, and staff — we are here to help you succeed. Find an advisor or mentor who takes an interest in you. Your mentor will help you navigate medical school, and if you're lucky, you may get a home-cooked meal out of it. Stay grounded by volunteering in the community. Have fun and stay sane by getting involved in school clubs and continuing with your hobbies. Get to know St. Louis. There is no shortage of entertainment, including the world champion Cardinals, the world famous zoo, the science center, the art museum, and Forest Park. 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 ask her about her favorite rapper. Hint: He's slim, and he's shady.

From Will Ross, MD, MPH Associate Dean for Diversity

Welcome to Washington University School of Medicine in St. Louis! While the latter distinction (in St. Louis) was added to differentiate us from other similar sounding, high-performing medical institutions that don't provide as much free food, we've found our association with St. Louis to be one of mutual benefit. On your arrival you will be captivated by the beauty, vitality and progressive spirit of the Central West End, and most of you will decide to reside in this very charming neighborhood. My wife and I raised two daughters in the Central West End and would not have dreamed of being anywhere else in St. Louis.



Dean Ross poses with students.

However, several blocks from the medical center you will find neighborhoods grappling with generational poverty and escalating rates of sexually transmitted infections and chronic diseases. Even more, you have all witnessed the tremendous social upheaval in Ferguson, a small town within North St. Louis County. The St. Louis region is not immune from the social ills that plague our nation's urban core: inadequate housing, high rates of joblessness or lack of livable-wage jobs, underperforming public schools, insufficient support of public health, and bias, whether explicit or unconscious, towards communities of color, as evidenced by police profiling of African American and Latino males. As one of the largest employers in St. Louis, we have a responsibility to be diverse and inclusive. We stand by our efforts to recruit a workforce that can fulfill our mission of advancing human health in a culture that supports diversity, inclusion, critical thinking and creativity. We pledge that everyone – no matter his or her race, religion, gender, sexual orientation or sexual preference, national origin or disability and regardless of position – should feel welcome and appreciated as part of our campus community. We accept our unique urban enclave for all its glory, and will not shy away from engaging with the St. Louis community to help eliminate the social factors that contributed to the crisis in Ferguson.

As an incoming student you will be immersed in the fascinating world of scientific discovery and medical innovation, but you will not be allowed to forget that the true purpose of medicine is to uplift the human condition. We hope our Washington University Medical Plunge (WUMP) and Diversity Retreat experiences will compel you to become a force for good in the St. Louis region. Many of you will go on to become leaders and volunteers in the Saturday Free Health Clinic, Casa de Salud, the Nutrition Outreach Program, and other student-run programs that collaborate with the St. Louis community. During your years in medical school, make sure you connect to the greater community and experience the tremendous personal satisfaction of service; acknowledging the marked difference you can make on the lives of those less fortunate. Allow yourself to be trained, in essence, in our medical center without walls. Your overall experience as a medical school student will then be much more rewarding at Washington University School of Medicine. In St. Louis.

From Gregory M. Polites, MD
Assistant Professor, Division of Emergency
Medicine, Former Course Master for the
Practice of Medicine



**"Be kind to each other.
 Encourage each other.
 And make time for each
 other." – Dr. Greg Polites**

As first-year students, you are about to begin one of the most transformative experiences of your lives. One of the things that makes this experience so unique is that you will be sharing it with a relatively small group, your fellow first-years; your medical family, so to speak. Almost all of you will become friends. Many of you will become close friends. And some of you will become best friends whom you'll stay in touch with for the rest of your lives. So always remember that you are in this together. All of you, whether you admit it or not, are a little nervous. And that's normal. But together you'll move through this experience and do well. You will need each other — to learn from, to support, and to share times of both sadness and joy. So be kind to each other. Encourage each other. And make time for each other. If you do this you'll find that this transformative experience is so much more rewarding because you shared it with those who did it with you. Good luck!

From Ali Houston-Ludlam (a First-Year MSTP) for Other MSTPs

First, make time for the things that bring you joy. Taking time to do what makes you happy is just as important as any school-related activity you do. Along these lines, make time for the people in your life that aren't MSTP or in the medical school. They will often help you gain some clarity and peace when you feel overwhelmed or disenchanting with medical school. Regarding school activities: Don't say yes to every interesting opportunity/group/event. WashU is a wonderful place with much to offer, which can make it harder to carve out the time you need to take care of yourself — academically and otherwise. There may be times that you miss research or feel like you're removed from science. You're not alone in feeling that way, and many of your MSTP classmates will probably feel the same. It's helpful to me to think that this is part of the process that will help you do better science in the future. Lastly, utilize the guidance and support offered by many people — your classmates, the "older" MSTPs, and the MSTP admin in particular — to help you along this unique and exciting journey.

From Lisa Moscoso, MD, PhD Dean of Students

You're in — Congratulations! I am here to support you on your journey as you transform into a doctor. Yes, transform into a Doctor! That will happen in the next four or more years.

There will be many joys and challenges on this journey. As you begin medical school, it will be important to develop a community of support to celebrate your joys and be there for you in the challenging times. Many of you may have an extended eCommunity and I would encourage you maintain that virtual community while growing face-to-face relationships with classmates, mentors, other graduate students, and others at WU and in St. Louis with common interests.



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

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:

- Build relationships, 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 Linda Pike, PhD

Course Master for Molecular Foundations of Medicine

Medical training and medical practice are mentally and physically demanding, so staying healthy is really important. It is never too early to develop the kinds of habits that will hold you in good stead over the long haul. Taking care of your body is an important part of maximizing your mental focus. Study hard, but know when you have reached the point of diminishing returns and take an activity break. You will learn more efficiently and feel better. Participate in physical activities that you enjoy, that keep you fit and that reduce your stress. Stress reduction is key. Develop a group of friends you can look to for support during the inevitable low points. And you are what you eat, so eat healthy foods and avoid sugar binges. Except for chocolate-covered raisins. They're good any time.



"Participate in physical activities that you enjoy, that keep you fit and that reduce your stress. Stress reduction is key." – Dr. Pike



WUSM Alum Brian Edelson is now Assistant Professor of Pathology and Immunology.

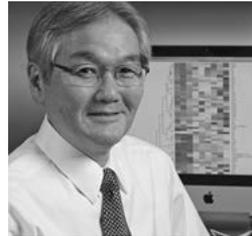
From Brian T. Edelson, MD, PhD WUSM Class of 2004 and Course Master for Immunology

Enjoy first year and don't get overwhelmed by the details. See the big picture. You will never again have this amount of free time to explore what interests you in biology and medicine. If you find a topic you like, go to the library, find a comfy spot, and read about it in real books, not just on your laptop! You will get to touch the pages and you will remember more this way. Take the time to do more than just watch videos of your lectures. Come to class and enjoy listening to great teachers in person. Actively take notes by hand during lectures and you'll need to study less later. You will also gain a stronger connection to the material, your classmates, and to the faculty.

From Wayne M. Yokoyama, MD Director, MSTP

For all M1s:
No know-it-alls

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



"Pause to think about what you're learning and keep track of things that don't make sense to you." – Dr. Yokoyama

Then it hits you. There's sooo much to learn! And it seems to be more important than ever that you memorize everything you hear in class, and read in your textbooks. If you don't remember that one formula from your Biochem lecture, your (future) patient could die! Not only that, but it seems like all the other med students remember everything!

Relax. Feeling overwhelmed is normal. Take a deep breath. Take another one. (That's enough, otherwise you might pass out from hyperventilation! More about that in second year.) You're here because we know you can do the

work, and that you will make a fine physician. If you're still stressed out, you should know that there's no embarrassment in getting help (not just academic) from others, be it your fellow classmates, family, or a counselor.

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

For MSTPs:

Pause to think

You will learn how the human body works from head to toe, from gross anatomy to subatomic structures, at least as we understand it, circa 2016. This complete systems overview will be invaluable in helping aspiring scientists, not just MSTP students, relate research findings to the clinic. However, some of the current concepts and "facts" you will learn will prove to be wrong. That's right (actually still wrong!). We just don't know our ignorance (yet).

It is certainly much easier to learn the material 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're learning and keep track of things that don't make sense to you. They will be great projects to work on in the future. (I am tempted myself to sit in on your classes to not only catch up but also to find great opportunities and problems on which to work!)



appendix

Student Groups

Arts and Athletics

Arts Commission
 Hippocrene
 Histones
 MedBall
 Medical School Musical
 Social Dance Club
 WUSM Fit
 WUSM Write
 Yoga Club
 Your Film Society (YFS)

Government and Policy

American Medical Association (AMA)
 American Medical Student Association (AMSA)
 American Medical Women's Association (AMWA)
 Asian-Pacific American Medical Student Association (APAMSA)
 Association of Women Surgeons
 Graduate Professional Council
 Health Economics and Policy Interest Group (HEPIG)
 Institute for Healthcare Improvement (IHI)
 Medical Student Government (MSG)
 MO M-1 Conference
 Physicians for Human Rights (PHR)
 Student National Medical Association (SNMA)

Service and Support

Christian Medical Association (CMA)
 Community CPR
 Culinary Medicine Program
 Forum for International Health and Tropical Medicine (FIHTM)
 Geriatrics Outreach Group (GOG)
 Graduate Professional Council
 Health Outreach Programs (HOPS)
 Health Professions Recruitment and Exposure Program (HPREP)
 Histones
 Jewish Medical Student Association
 Medical Students For Choice (MSFC)

Service and Support (contd.)

MedSpan
Mental Health Outreach Program (MHOP)
MO M-1 Conference
Pediatric Outreach Program (POP)
Perinatal Project
Physicians for Human Rights (PHR)
Public Health Interest Group (PHIG)
Saturday Neighborhood Health Clinic (SNHC)
Smoking Cessation
Student Support Services (SSS)
Students Teaching AIDS to Students (STATS)
Sun Protection Outreach Teaching by Students (SPOTS)
Sustainability Group
Washington University Medical Plunge (WUMP)
WUSM Write
Yoga Club
Young Scientist Program

Specialty Interest Groups

Anesthesiology Interest Group
Emergency Medicine Interest Group
Family Medicine Interest Group (FMIG)
Internal Medicine Interest Group
LGBT Health Interest Group
Neurosurgery Interest Group
Obstetrics and Gynecology Interest Group (OGIG)
Oncology Interest Group (OIG)
Ophthalmology Interest Group (OIG)
Orthopedic Surgery Interest Group (OSIG)
Pediatric Interest Group (PIG)
Plastic Surgery Interest Group (PSIG)
PsychSIGN
Radiology Interest Group (RIG)
Student Interest Group in Neurology (SIGN)
Surgery Interest Group (SIG)
Wilderness Medicine Interest Group (WMIG)

Housing

The Ashley

4954 West Pine Ave.

(314) 803-2024

- One-bedroom starting at \$850; two-bedroom starting at \$1400
- Utilities: Includes all utilities except for electric and cable/internet
- Amenities: Washer/dryer in each unit
- Parking: Gated parking available
- Pets: Pets are welcome with \$250 deposit (25 pound weight limit)
- Walk: 11 minutes

Aventura at Forest Park

4431 Chouteau Ave.

(314) 534-2837

www.avforestpark.com

- One-bedroom starting at \$1195; two-bedroom starting at \$1445
- Utilities: Not included
- Amenities: Fitness center, pool, courtyard, BBQ area, washer/dryer in each unit
- Parking: Free gated parking
- Pets: Pets are welcome with \$350 fee
- Walk: 12 minutes

Del Coronado

4949 West Pine Blvd.

(314) 367-4949, dlc@villagegreen.com

<http://www.delcoronadostl.com>

- One-bedroom starting at \$910; two-bedroom starting at \$1260 or \$1610
- Utilities: Includes all utilities except for electric and cable/internet
- Amenities: Fitness room, lounge
- Parking: Gated parking \$60/month; uncovered garage \$70/month; covered garage \$80/month
- Pets: Pets are welcome, with \$250 deposit and \$20/month
- Walk: 11 minutes

The Hawthorne

4475 West Pine Blvd.

(314) 531-4400

<https://millsapartments.net/apartments/hawthorne>

- Studio starting at \$689; one-bedroom starting at \$765; two-bedroom starting at \$969
- Utilities: Includes all utilities except for electric and cable/internet
- Amenities: Study lounge
- Parking: Garage parking \$60/month
- Walk: 12 minutes

Montclair on the Park

18 S. Kingshighway Blvd.

(314) 361-0540

www.montclairapts.net

- Studio starting at \$660; one-bedroom starting at \$765; two-bedroom starting at \$1090
- Utilities: Includes water and heat
- Amenities: Rooftop terrace and fitness room
- Parking: Surface parking \$50/month; garage parking \$95/month
- Pets: Pets are welcome, with a deposit
- Walk: 10 minutes

Monticello

4535 Lindell Blvd.

(314) 454-3515

www.monticelloapts.net

- Studio starting at \$560; one-bedroom starting at \$615
- Utilities: Includes water, trash, sewer and gas
- Parking: Garage parking available
- Pets: Cats only, \$300 deposit required
- Walk: 14 minutes

Olin Residence Hall

4550 Scott Ave.

facilities.med.wustl.edu/olin-residence-hall/

Single \$556; Large Single \$670; Solo Suite \$814

(monthly on a 12 month contract)

- Utilities: all utilities included in monthly rent
- Amenities: Fitness room, study lounge, penthouse lounge and terrace, library with piano and free book and DVD rental, full-size basketball court, weekly housekeeping and on-site coin laundry
- Parking: \$57/month
- Walk: None

Parc Frontenac

40 N. Kingshighway Blvd.

(314) 367-8225

www.parcfrontenac.com

- Studio starting at \$1020; one-bedroom starting at \$1200; two-bedroom starting at \$1860
- Utilities: Includes water, trash, and sewer
- Amenities: Rooftop terrace, fitness room, and business center
- Parking: Gated parking \$50/month, garage parking \$75/month
- Pets: Dogs are welcome
- Walk: 12 minutes

Park 44

4444 West Pine Blvd.

(314) 371-3544

www.park44apartments.com

- Studio starting at \$695; one-bedroom starting at \$950; two-bedroom starting at \$1165
- Utilities: Includes gas, heat and air conditioning
- Amenities: Patio/balcony, lobby with coffee bar
- Parking: Garage parking is \$45/month
- Walk: 13 minutes

Park Lane Apartments

4907 West Pine Blvd.

(314) 304-3747, sid@asprient.com

asprient.com/property/park-lane/

- Studio starting at \$660; one-bedroom starting at \$775; two-bedroom starting at \$1100
- Utilities: Includes all utilities except cable/internet
- Parking: Gated parking \$50/month
- Pets: \$200 deposit required + \$20/month
- Walk: 10 minutes

The Parkway

4961 Laclede Ave.

www.apartmentstlouis.com

- Studio \$725; one-bedroom \$825 or \$875
- Utilities: Includes all utilities except for cable/internet
- Parking: On-street or surface parking available

- Pets: Cats only, \$150 non-refundable fee
- Walk: 12 minutes

Tramore Castle

4525 Lindell Blvd.

(314) 367-2144

leerealtyproperties.com/index.html

- Two-bedroom starting at \$825; three-bedroom starting at \$1050
- Utilities: Includes all utilities except for electricity and internet/cable
- Parking: Outdoor parking is \$35/month; garage parking is \$65/month
- Pets: Cats are welcome
- Walk: 14 minutes

The Residences at Forest Park Hotel

4910 West Pine Blvd.

(314) 367-3300

www.forestparkstlouis.com

- Studio starting at \$1285; one-bedroom starting at \$1300; two-bedroom starting at \$1725
- Utilities: Includes water and trash
- Amenities: Washer/dryer in each unit, fitness center, billiards room, outdoor patio
- Parking: Free gated parking
- Pets: Pets are welcome
- Walk: 10 minutes

West End Terrace

4466 Greenwich Ct.

(314) 533-8444

www.apartments.com/Missouri/St-Louis/West-End-Terrace/27351

- Studio starting at \$799; one-bedroom starting at \$917; two-bedroom starting at \$1160
- Utilities: Includes sewer and trash
- Amenities: Pool, courtyard with grill, fitness center, washer/dryer in some units
- Parking: Free gated parking
- Pets: Pets are welcome
- Walk: 17 minutes

First-Year Class Schedule

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

Curriculum

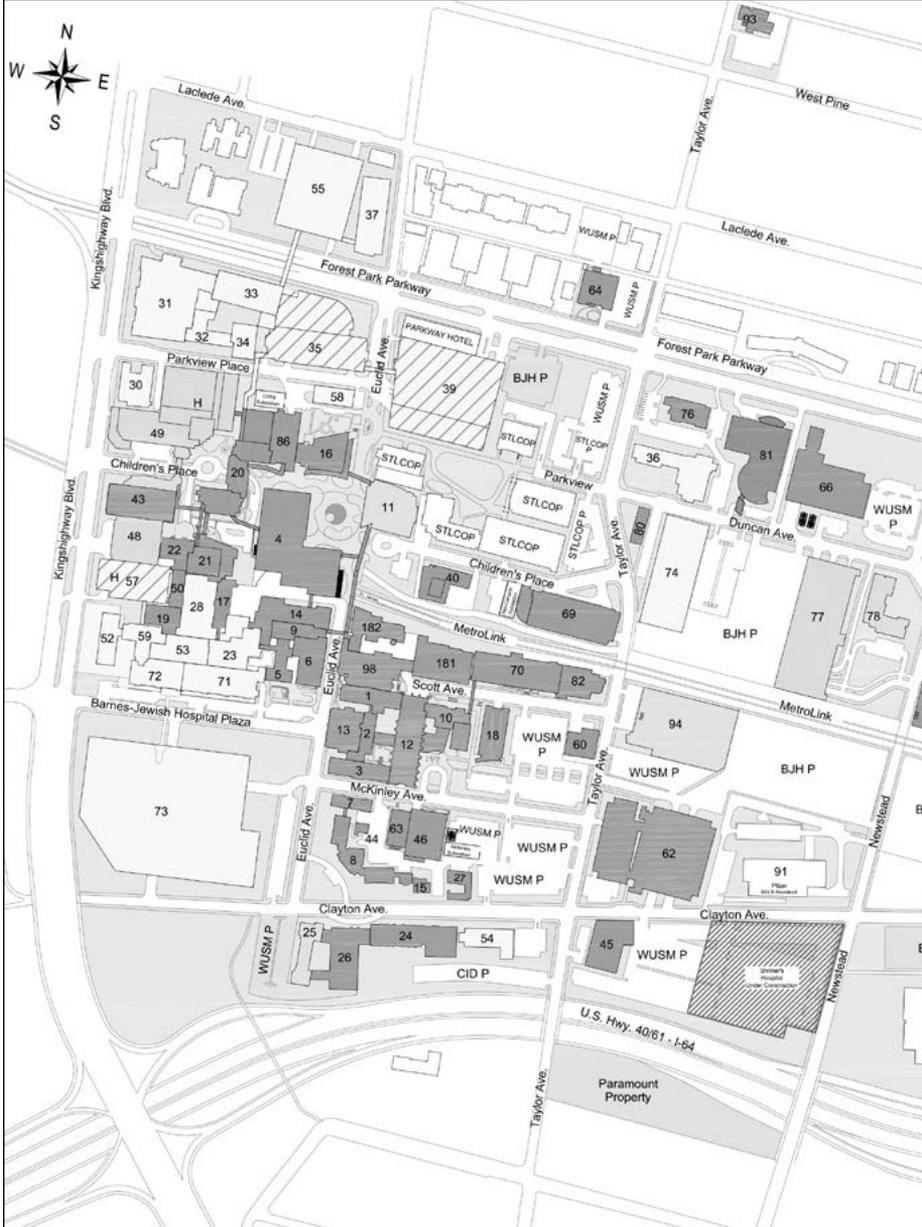
FIRST-YEAR COURSES		SECOND-YEAR COURSES	
AUG	Cell & Organ Systems Biology	AUG	Pediatrics Otolaryngology
SEP	The Human Body, Anatomy, Embryology & Imaging	SEP	Cardiology Pulmonary Renal & GU
OCT			
NOV	Molecular Foundations of Medicine	NOV	Endocrinology GI & Liver Skin & Bone
DEC	Cell & Organ Systems Biology Microbes & Pathogenesis Immunology Medical Genetics	DEC	Nervous System Psychiatry Infectious Disease Rheumatology
JAN			
FEB			
MAR			
APR			
MAY	Neural Sciences Pharmacology	MAY	Hematology/ Oncology OB/Gyn
Selectives		Pathology	
Practice of Medicine		Practice of Medicine II	

THIRD-YEAR COURSES	
JUN	
JUL	Medicine Clerkship
AUG	
SEP	
OCT	Surgery Clerkship
NOV	
DEC	Neurology Clerkship
JAN	OB/Gyn Clerkship
FEB	
MAR	Pediatrics Clerkship
APR	Psychiatry Clerkship
MAY	Selective

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

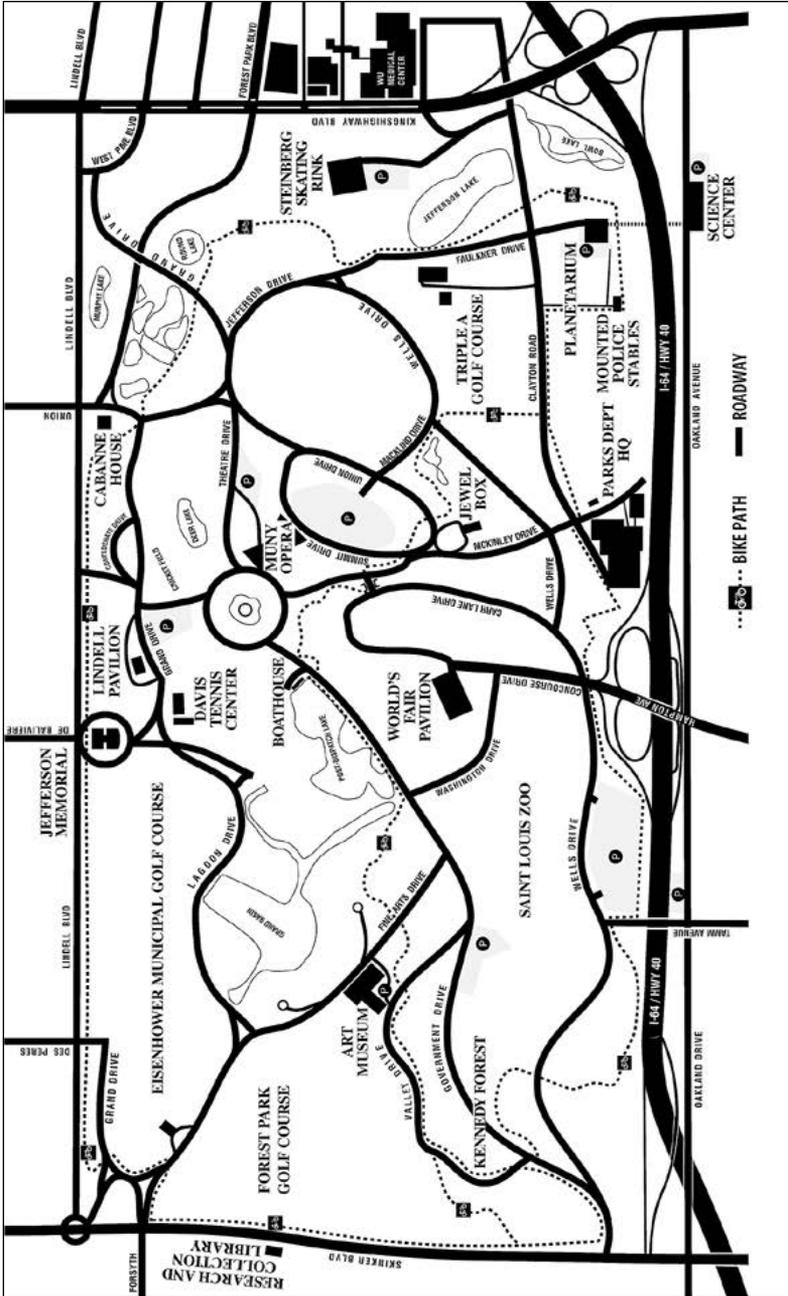
Practice of Medicine III

Washington University Medical Center





Forest Park



Helpful Phone Numbers

Medical Campus Main Switchboard	362-5000
Danforth Campus Main Switchboard	935-5000
American Messenger	888-247-7890
Athletic Facilities Information Desk (Danforth Campus)	935-4619
Barnes-Jewish Hospital (North and South)	747-3000
Bookstore	362-3240
Computer Support	362-7798
Curriculum	362-6838
Deans	
Dean Perlmutter/Executive Vice Chancellor for Medical Affairs and Dean of the School of Medicine	362-6827
Dean Awad/Medical Student Education	362-7122
Dean Chung/Student Research	362-6857
Dean Diemer/Career Counseling	362-6251
Dean Evola/Registrar	362-6848
Dean Moscoso/Student Affairs	362-6843
Dean O'Neal/Financial Aid	362-6845
Dean Ratts/Admissions Office	362-6844
Dean Ross/Diversity Programs	362-6854
Dean Stevenson/Diversity Programs	362-6854
Dean Whelan/Education	362-7800
Libraries	
Olin (Danforth Campus)	935-5420
Bernard Becker (Medical Campus)	362-7080
Olin Hall	362-3230
Room 100	362-6848
St. Louis Children's Hospital	454-6000
Security	362-HELP
Security Escort	362-HELP
Shuttle Bus Information (Danforth Campus)	935-4140
Student Health Services (Dr. Winters)	362-3523
Student Programs (Andy Wiegert)	362-8541
Transportation Services (Medical Campus)	362-3100

2016 - 2017

DIS-ORIENTATION GUIDE



Washington University in St. Louis

SCHOOL OF MEDICINE

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