

LSOM

**WELCOME
WEEKEND**

MAY THE 4TH, 2019

Welcome Packet

Long School of Medicine, UT Health San Antonio

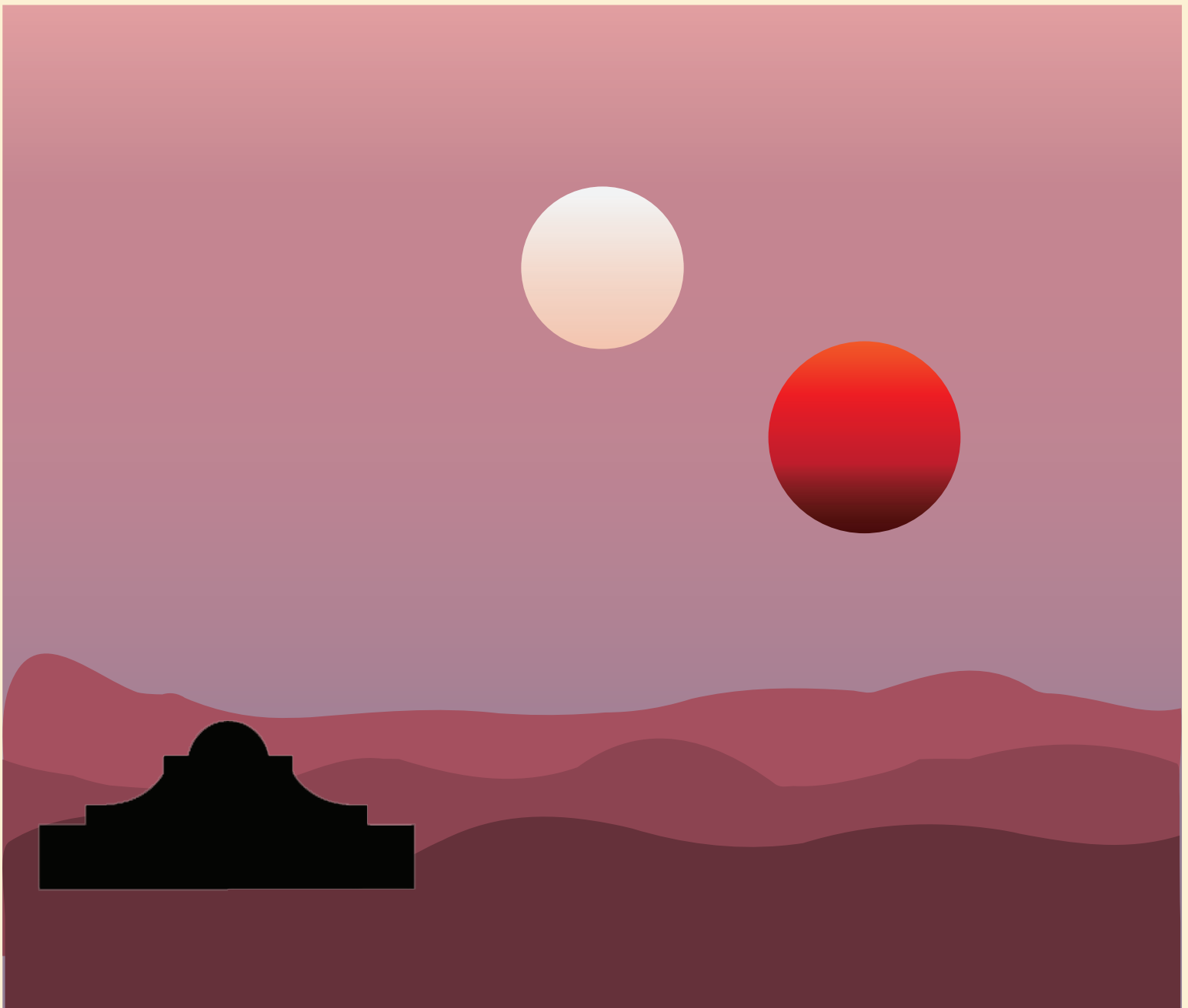


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Office of the Vice Dean for
Undergraduate Medical Education

May 4, 2019

Dear Medical Class of 2023,

It gives me great pleasure to welcome you to the Long School of Medicine at the University of Texas Health Science Center San Antonio. You have been selected from a very large applicant pool for your enthusiasm, compassion, dedication, and academic achievements.

You bring a wealth of diverse experiences, talents, and dreams to our school. I look forward to the many contributions you will make to our campus and community. You are embarking on an extraordinary and memorable journey. This is an exhilarating and challenging time to enter medicine. The pace of progress is rapid in all medical fields – you will finish medical school with more knowledge than you thought possible. We are here to make you as successful as possible, with a wide array of resources and opportunities to meet your own unique needs and interests.

I hope you graduate with much more than exceptional medical knowledge and clinical skills. You will be surrounded here by incredibly bright, gifted, and interesting people, so get to know them. Our community in San Antonio and South Texas is diverse in every aspect. There are many opportunities for extracurricular experiences, including membership in student organizations, research opportunities, caring for people in student-faculty collaborative practices, and much, much more! Medicine is very much an art that requires warmth, honesty, and compassion, as well as a sense of humor, so be yourself as you gain experience and knowledge. Keep ethics and humanism at the forefront as you become a physician.

I hope that your years here will be stimulating, enjoyable, and gratifying. We are all delighted that you chose our medical school and look forward to getting to know you.

Congratulations and welcome!

Sincerely,

Florence “Flossy” Eddins-Folensbee, MD
Vice Dean for Undergraduate Medical Education
Professor of Psychiatry

Long School of Medicine

A Warm Welcome from the Office of Admissions & Outreach

Dear New Long School of Medicine Students,

We are so excited that this moment is finally here!

You have been working towards this goal for a long time. You have spent countless hours learning about what a physician does, you have helped countless people in your service to your communities, and you have spent so much time studying! Now you will start to see the great rewards of your efforts. Before you know it, you will be helping others through your practice of the art and the science of medicine. A life that is rich in rewards is in your future.

It is with great enthusiasm that we welcome you to your new home-away-from-home, the Long School of Medicine. We promise you a fantastic education, and we promise you that we will always be at your side – teaching, assisting, and supporting you in every way.

Welcome to your dream come true!



Judianne Kellaway, MD, MEd, FACS
Associate Dean for Admissions & Outreach



Judianne Kellaway, MD, MEd, FACS
Associate Dean for Admissions & Outreach



Belinda Gonzalez, MPA
Director of Admissions



Sylvia Ramos
Administrative Assistant - Senior



Vanessa Torres, MSOL
Program Coordinator - Senior



Trey Ximenez, BA
Admissions Officer - Senior

Please don't hesitate to reach us at 210-567-6080 or LongSOM@uthscsa.edu if we may be of any assistance to you.

Welcome Weekend 2019 | CLASS OF 2023

Dear Incoming Medical Student,

Your Alumni and Student Relations team would like to take this opportunity to welcome you to UT Health San Antonio. Over the next four years, we will strive to enrich the educational experience of you and your classmates in significant ways.

Who We Are

The goal of Alumni and Student Relations is to enhance your student experience by establishing connections with students university-wide and to provide opportunities that build points of pride and loyalty.

Upon graduation, you will become a member of an elite group – UT Health San Antonio Alumni, which comprises all graduates and residents of our School of Medicine, School of Dentistry, School of Health Professions, School of Nursing and the Graduate School of Biomedical Sciences. UT Health San Antonio currently has more than 34,000 alumni.



Stay Informed

- E-communications and social media updates will keep you up to speed on alumni-sponsored student activities, school milestones, and alumni and student accomplishments.
- Students and alumni can build their professional networks and learn about upcoming events on our website, uthscsa.edu/alumni
- Follow us on social media! Twitter @UTHealthSAlumni; Instagram @UTHealthSAlumni and Facebook.com/UTHealthSAlumni

Get Involved

- Attend networking events for alumni and students.
- Local alumni participate in mentoring and shadowing programs to share their experiences and knowledge with current medical students.

Become Invested

- Each year, the School of Medicine Alumni Board awards more than \$20,000 in student scholarships.
- Since 2009, we have raised over \$340,000 for the Student Education Enhancement Fund allowing us to support medical mission trips, research projects, and community service learning initiatives.
- Every year, we help sponsor and host student events.



To learn more or to get involved, contact Chantel Maldonado, Senior Alumni and Student Relations Officer at (210) 567-6803 or maldonadoc4@uthscsa.edu

UT Health San Antonio Office of Alumni Relations | alumni@uthscsa.edu | (210) 567-3051
uthscsa.edu/alumni | Academic and Administration Bldg., 3rd Floor

TIPS FOR YOU NOW!

You should do these things ASAP and/or when you are prompted by the university:

- ☐ **File FAFSA**
 - Contact the Office of Financial Aid directly with any financial-aid related questions at 210-567-2635 or visit their website at students.uthscsa.edu/financialaid/.
- ☐ **Complete financial aid office scholarship application**
 - Pay attention to any and all emails sent to you by the Financial Aid Office
 - Also set up for direct deposit so you don't get your money by snail mail
- ☐ **Submit your transcripts to the registrar's office**
 - All final transcripts, including coursework successfully completed and degrees earned (if any), must be received in the Office of the Registrar on or before Friday, June 28, 2019. For more information, visit the Health Science Center catalog to view the university transcript requirements policy.
- ☐ **Complete your criminal background check**
 - \$35 fee
 - A successful background check is required prior to matriculation at the Long School of Medicine. You should have the background check completed by May 15. Please keep in mind it can take up to 3 days to complete a background check.
- ☐ **Waive or sign up for health insurance**
 - You can have your own private insurance or purchase insurance from the school.
- ☐ **Update your shot record**
 - University policy mandates a full completed immunization profile prior to registration. If you are currently employed, you might want to get your vaccines updated before you lose your insurance benefits. This will include getting a TB skin test as well.
- ☐ **Check for registration holds**
- ☐ **Join the Facebook group for your class**
 - Even if you're not a big Facebooker, this is a great resource for EVERYTHING – we update and remind each other of upcoming deadlines, share resources, and just generally support each other here.
 - <https://www.facebook.com/groups/399001574183710>
- ☐ **Get on the parking waitlist**
 - You must have your UTHSA ID number before you can get on the waiting list.
- ☐ **Make sure to check <https://oume.uthscsa.edu/admissions/newly-accepted-students/> for any other to-do items**

When you come to visit San Antonio to find an apartment, or when you move here:

- ❑ **Get badge access to University Hospital**
 - Take the D elevators to floor SL and the office is right in front of you.
- ❑ **Get student ID and parking pass from the parking office**
 - The parking office is located across from the nursing school
 - Make sure you look presentable in your photo—this photo lasts forever while you're at school → on your badge, your school file, and the class rosters.
- ❑ **Buy scrubs from University Hospital**
 - The hospital will lease you scrubs and wash them for you.
 - As of April 2019, University Hospital got brand new scrubs and scrub machines. The process for getting scrubs has likely changed in the meantime. Stay tuned.
- ❑ **Buy a stethoscope** - You can buy one on amazon or through The Medical Store. There is no particular model required. Make sure you get a decent one—it will become your new best friend! Check your email for more information on group discounts, as MS1s have historically gotten a group discount through The Medical Store.
- ❑ **Buy an anatomy dissection kit** - These are also available online and in the UTHSA bookstore.

Important Upcoming Dates:

❑ **Family Chat:**

Wondering what medical school will be like for spouses, parents, or significant others? Join Drs. Eddins and Kellaway, deans of the UME office, for a information session of The Long School of Medicine on **Friday, July 19, 2019**. More information will be announced as the date approaches.

❑ **White Coat Ceremony:**

The Class of 2023 White Coat Ceremony will be held on **Saturday, July 20, 2019** from 10:00 AM to 11:30 AM in the Tobin Center for the Performing Arts (100 Auditorium Circle, San Antonio, TX 78205). Professional attire is required for all entering students. Entering students will be required to RSVP online before **June 14**. The registration link will open soon. For questions, please contact Vanessa Torres, 210-567-6080, LongSOM@uthscsa.edu.

❑ **New Student Retreat and Orientation:**

The Class of 2021 new student retreat will take place from **July 22 – 23, 2019**. Upon returning from the retreat, orientation activities will take place on the UT Health Science Center main campus from **July 24 – 26, 2019**. More details about the retreat and other orientation activities will be sent closer to the event. For questions, please contact Dr. Roxanna Nelson, Medstudentaffairs@uthscsa.edu.

Survivor Guide to Financial Aid!

Hours and Location

- Medical School Bldg. RM 318L
- Hours 8 am to 5 pm
- No appointment is necessary
- Phone number 210-567-2635
- Website <http://students.uthscsa.edu/financialaid/>



FAFSA

- The **Free Application for Federal Student Aid** (FAFSA) and the renewal is available <https://studentaid.ed.gov/sa/fafsa>
- Now using "Prior Prior Year" tax information
- The 2019-2020 FAFSA opened October 1, 2018 using 2017 Tax Information. The 2020-2021 FAFSA will open October 1st, 2019 using 2018 Tax Info.
- Be sure to include our school code **003659**.
- Use the IRS Data Retrieval Tool when completing your FAFSA.
- All Medical Students are considered Independent Students. Parental data is not required.
- If selected for verification, it must be done on a timely manner.

Financial Aid Information

- Activate LiveMail account as soon as possible. All correspondence including Financial Aid Award Notifications will be sent to your Live Mail account.
- Sign Tuition/Fee Promissory note from the Bursar's office to have your tuition split between the semesters.
- Check your Financial Aid status at any time by logging in to My Student Center via <https://students.uthscsa.edu/>.
- Take care of "**Holds**" and "**To-Do List**" on the Tasks Tile in My Student Center. To-Do List items can cause a delay in aid being applied to your account in a timely manner.

- Complete your Subsidized/Unsubsidized Master Promissory Note (MPN) and Online Entrance Counseling with the Federal Direct Lending program at <https://studentloans.gov>.
- Financial Aid disbursements are generally credited to your tuition and fee account approximately 10 days prior to the first class day.
- Sign up for Direct Deposit on My Student Center to expedite refunds.
- Your financial aid package cannot exceed your Cost of Attendance.
- Cost of Attendance information can be found at:
<http://students.uthscsa.edu/financialaid/2013/02/cost-of-attendance/>

Awards

- Direct Unsubsidized Loan – Accrues interest from the day of disbursement until paid off. Interest of the loan, once established, will apply for the life of the loan. Interest rates are published every year for new loans. For 2018-2019 is set at 6.60%. Rates for loans first disbursed on or after July 1st 2019 have not been released.
 - 10 month max award: \$42,722
 - 11 month max award: \$44,944
 - 12 month max award: \$47,167
 - Aggregate loan limit: \$224,000
- Direct Graduate PLUS Loan – Credit based. Accrues interest from the day of disbursement until paid off. Interest of the loan, once established, will apply for the life of the loan. Interest rates are published every year for new loans. For 2018-2019 is set at 7.60%. Rates for loans first disbursed on or after July 1st 2019 have not been released.
 - Max amount: Unmet Cost of Attendance.
- State Aid: Designated Scholarship/Texas Public Education Grant
 - Award is Need-Based and based on funding for Texas Residents. Amount varies.
- School of Medicine Awards – Amounts vary and you must complete a UT Health San Antonio Scholarship Application. Link for submission becomes available via My Student Center only after receipt of valid FAFSA. Visit <http://students.uthscsa.edu/financialaid/2015/01/scholarships-for-medical-students/> for a list of awards. Selection of these awards is determined by the School of Medicine.
- Competitive and Recruiting scholarship are usually posted right before the start of the term. You must have a scholarship application on file every year.

Survival Tips!!

- Create a budget for yourself and track your spending.
- UT Health San Antonio now participates with www.cashcourse.org. This completely free platform provides information about anything related to money such as credit cards, debit cards, life insurance, car insurance, mortgages, bonds, stocks, student loans, interactive budgeting worksheets and much more! It takes only a couple of minutes to create a free account with your LiveMail Account.
- Only borrow what you absolutely need- recognize needs versus wants.
- Remember what you borrow today, will have to be repaid in the future with interest!
- If your circumstances change, please contact a Financial Aid Counselor to discuss options.
- Financial aid is intended to pay direct and indirect educational expenses for the student only.

Veterans Services

Our office can assist Veteran, Spouse and their Dependents with their education benefits.

- VA Federal Education Benefits
 - Certify enrollment for Post 9/11-Chapter 33, Chapter 30, Chapter 35, Chapter 1606 and REAP benefits, Vocational Rehabilitation Chapter 31
- Collect application and apply the Hazelwood Exemption for Texas veterans, dependents, and spouse. A complete application must be received before the end of the fall term in order to be considered for the academic year.

Student Loan Debt Management

Students are strongly encouraged to meet with a financial aid counselor at least annually to better understand their cost of attendance, tips on minimizing student loan debt, and review their current level of debt. An appointment can be set up in advance for individual debt-management sessions by calling 210 567 2635.

Choose the Best Laptop for You



**Dell Precision
5530**

- 2.9GHz Intel core i7
- 16GB
- 512GB SSD
- Windows 10
- ProSupport Plus with Accidental Damage (4 year)



**MacBook Pro®
15" Touch Bar™**

- 2.2GHZ Intel core i7
- 16GB
- 256GB SSD
- OS X® Mojave
- Touch Bar & Touch ID®
- AppleCare® + (3 years)



**Dell Latitude
7490**

- 1.6GHz Intel core i5 8thGen 8250u
- 8GB
- 256GB SSD
- Windows 10
- ProSupport Plus with Accidental Damage (4 year)



**MacBook Pro®
13" Touch Bar™**

- 2.3GHZ Intel core i5 8th Gen
- 8GB
- 256GB SSD
- OS X Mojave
- Touch Bar & Touch ID
- AppleCare + (3 years)



**Dell Latitude
3390 - 2 in 1**

- 1.6GHz Intel core i5 8th Gen
- 8GB
- 256GB SSD
- Windows 10
- ProSupport Plus with Accidental Damage (4 year)



**MacBook
Air® 13"**
(no retina display)

- 2.2GHZ Intel core i7
- 8GB
- 256GB SSD
- OS X Mojave
- AppleCare + (3 years)

Excellent Reasons to Purchase from TechZone



Student Savings

All UT Health students qualify for education pricing on select Apple® and Dell products.



Location

TechZone is located in the Medical School.

- Apple & Dell accessories
- Third party accessories
- Software



Business Class Laptops

Built to last
Easier to service



Custom Image Configuration

Preload Software
Antivirus
Preloaded browser shortcuts
Operation verification



Loaner Laptop Program

Available to students who purchase a laptop from TechZone.
No downtime during repairs. More time for studies.



Service Availability

ALTC location hours 6AM to 6PM
Telephone support Hours 6AM to 6PM
Three service locations across campus



Warranty Repairs

Apple & Dell certified technicians
Next day part availability
Warranty work only 48 hours



Extended Exchange Options

If laptop is defective, exchange can be made up to 45 days from date of purchase.
Loaner laptop provided during exchange process.



Wireless

Pre-configured for UT Health Wireless

If you are bringing your own laptop, here is what you need to know!

Your laptop must meet the minimum specs listed below.

Hardware

Processor: i5 series, 2.4GHz or better
Memory: 8GB or higher
Hard Drive: 256GB or larger (solid state drive preferred)
Wireless: AC capable
Resolution: 1366 x 768 (720p)

Software

Operating System: Windows 7 / Mac OS 10.9 or better
MS Office: 2013 Windows / 2011 Mac or better
Antivirus
Exemplify-Installed during Orientation
For Mac Users: Parallels & Windows OS

An appointment must be scheduled to verify the specs of your laptop prior to orientation. How to set up an appointment:

- Call into the Queue. Call 844-UTH-SCSA and follow instructions.
- Text into Queue. Text UTHSCSA to 210-960-8404 and follow instructions. (text message rates may apply.)
- Walk in and sign up for an appointment. Tech Support located on main campus, ALTC Building, Room 106 or Dental Bldg 4.476T.
- Download the QLess App -
(Need assistance with set up?
– call the IMS Service Desk
210-567-7777)



Apple



Android

If you bring your own laptop, you will be responsible for the following:

- Your own tech support.
- Contacting manufacturer for warranty work.
- No loaner laptop will be available for use.
- Less time for studies and anxiety when taking exams if your laptop quits working.
- There may be compatibility issue in classrooms and with WiFi, email, and presentations.
- You will be required to purchase and install your own software.
- Keep operating system and software up to date.

For more information regarding laptop appointments or specifications email IMS-ServiceDesk@uthscsa.edu or call 210-567-7777.

Important Phone Numbers

Briscoe Library

Located near the lecture halls, the library houses computers, classrooms, and private study rooms, as well as books and medical journals. There are also treadmill desks on the fifth floor! Many students study here, especially during test weeks. The library is open 24/7 for students, but be sure to swipe your ID card to get inside after hours.

Phone: (210) 567-2450

Hours: Sunday – Thursday 7:00 a.m. – 2:00 a.m.

Friday, Saturday 7:00 a.m. – Midnight

****open 24/7 to UTHSA students!****

Bursar's Office

This office processes tuition/fees

Located in 301L MED

Phone: (210) 567-2556

Hours: Monday – Friday 8:30 a.m. – 4:45 p.m.

Email Difficulties/Tech Support

Located in the ALTC on the first floor across from the bookstore

Phone: (210) 567-7777

Email: IMS-ServiceDesk@uthscsa.edu

Financial Aid

For assistance with student loans and budgeting concerns during medical school

Located in 318L MED

Phone: (210) 567-2635

Fax: (210) 567-6643

Email: Nystrom@uthscsa.edu (Ellen Nystrom, Director)

Office of Student Affairs

This office covers excused absences and many other things. Student Affairs works really hard to advocate for you and keep you on track to finish med school.

Located in the UME Office on the fifth floor of the Library

Phone: (210) 567-0558

Office of the Registrar

Verify your enrollment and register for classes! Also responsible for processes such as graduation.

Located in 317L MED

Phone: (210) 567-2621

Fax: (210) 567-2685

Email: registrars@uthscsa.edu

Safe Walk Program

Feeling unsafe? Want an escort to walk with you to your car or another building on campus? The Safe Walk program provides uniformed public safety officers to safely escort you around campus on request.

Call the UT Police Department at 210-567-2800, option 3, to request this service.

Give your name, affiliation with the university (medical student), student ID number, call-back phone number, your current location and the destination of your requested Safe Walk.

Remain in the area provided to the dispatcher. If possible, remain available at the phone number given to the dispatcher in the event you need to be contacted for address clarification or an update as to when public safety officer will arrive at your location.

Student Counseling

Houses not only the counseling office but also some really great massage chairs.

Located in Dental School Building Rm. 3.100R.1

Phone: (210) 567-2648

Hours: Monday – Friday 8:00 a.m. – 5:00 p.m.

Student Health Center

On Campus Clinic available to students for acute illness and immunization visits. Also the place where you must submit a verification of your private Health Insurance....must be updated EVERY school year!

Located in the Nursing School in Rm 1.422

Phone: (210) 567-9355

Fax: (210) 567-5903

Hours: Monday – Friday 8:00 a.m. – 5:00 p.m.

Student Life

This office assists with peer advising, new student orientation, various student activities and the many student run organizations! Associated with Wellness & Recreational Sports.

Located in 314L MED

Phone: (210) 567-2654

UT Police

Get your student ID and parking permit here! (And pay for any parking citations.)

Located near the Nursing School building.

Phone: (210) 567-2800

Wellness & Recreational Sports

Responsible for the many intramural sports and other recreational activities available year round! Associated with Student Life. Contact Ben Rivers for more information.

Located in 314L MED

Phone: (210) 567-5220

Parking Permits 101

Follow these simple instructions to make sure you have a place to park on campus:

1. Go to <http://utpolice.uthscsa.edu/> and click on this link on parking:

Click on Services in the top bar

A screenshot of a dark orange rectangular button with the word "Services" written in white, sans-serif font.

Then scroll down and click on Parking Transactions Online:



2. Scroll down to "Permits" and click on "Get Permits" or "Add/Edit Waitlists"

3. You will have to log in using your UTHSCSA login.

4. Pick from the available zones using the map provided to you in this packet.

Find the zone you want, click add, and that's it!

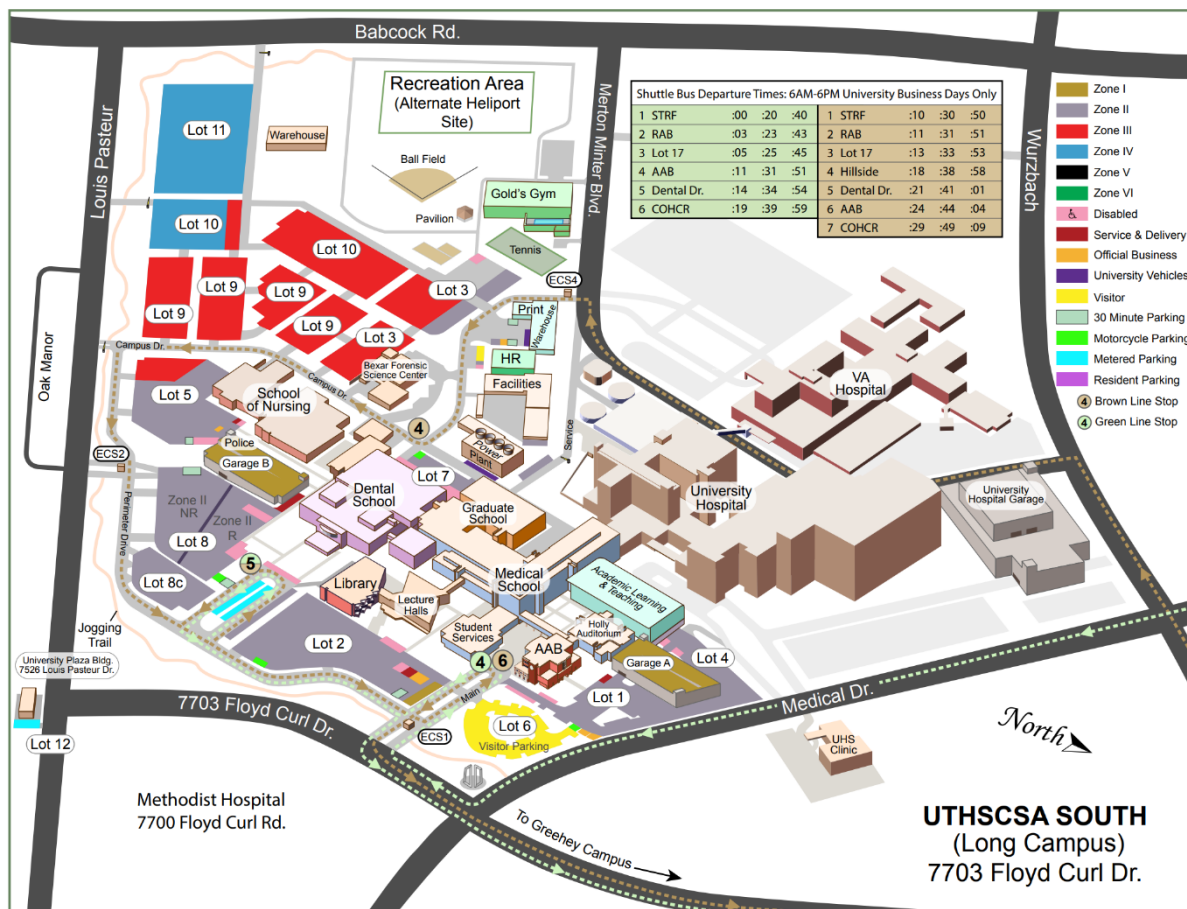
Helpful Tips:

- It might take a while for the system to let you purchase a parking pass. You can always go to the parking office.
- If a zone is not on the waitlist, then that means there are still spots available. You shouldn't have too much trouble getting the zone you want.
- Remember, you can only get on the waitlist for one zone at a time.
- Zone 2 is a 5-10 minute walk to the medical school. Zone 3 is a 10-15 minute walk to the medical school. Zone 4 is a 15-20 minute walk to the medical school. Zone 5 is off campus and has a shuttle to get on campus.

Parking Map & Fees

Fee Schedule 2017-2018	Price
Zone 1 Reserved	\$74.91 Monthly
Zone 1 Non-Reserved	\$46.83
Zone 2 Reserved	\$53.58
Zone 2 Non-Reserved	\$34.00
Zone 3 Reserved	\$53.58
Zone 3 Non-Reserved	\$17.00
Zone 4 Non-Reserved	\$8.50
Zone 5 Non-Reserved	\$7.25
Zone 6 Non-Reserved	\$9.66
Commuter	\$2.41
Motorcycle	\$4.83

These prices are given per month, but you will have to pay the whole year all at once when you purchase.



Best of San Antonio

Food and Drink

Chinese Sichuan House Golden Wok China Star Hot Joy Sun Sun Mencius HuHot (Mongolian) Lai Wah Golden Kirin Ding How Pearl Inn Sichuan Garden	Breakfast/Brunch Cappy's (weekend brunch) Supper at Hotel Emma Snooze Eggspectation Magnolia Pancake Haus Guenther House Snowflake Donuts First Watch Courtyard Café Best Original Do-Nut shop Pancake Joe's Blanco Cafe Culebra Meat Market Mimi's	Mexican La Fonda on Main Torchy's Tacos Taqueria Datapoint Mi Tierra Soluna Paloma Blanca Picante Grill Mama's Kitchen Chelas Tacos La Gloria Rosario's La Fogata El Bucanero	Italian Caparelli's Zio's Tre Trattoria Piatti Aldo's Il Sogno Piccolo's Lorenzo's Little Italy Paesano's	Date Night J Alexander's Perry's Steakhouse Whiskey Cake Bite Bliss Feast Supper at Hotel Emma Bob's Chophouse Cured Max's Wine Dive
Coffee Shop Local Coffee Rosella Revolucion Halcyon (open late) Cafe Martinez Indy Coffee Brown Coffee Co Cuppencake PRESS Coffee	BBQ Augie's Barbed Wire The Smokehouse Texas Pride Barbecue Rudy's (the original is in Leon Springs!) Two Brothers BBQ The Granary The Big Bib Smoke Shack	Thai Thai Bistro and Sushi Sawasdee (get the house curry!) Thai Restaurant Thai Dee Thai Basil Thai Taste Berni (Pho)	Fancy Night Out Paramour George's Keep Paesano's Luce Bohanan's Fleming's Bin555	Happy Hour Highlander Chuy's The Irish Pub Luce Cha Cha's Hofbrau Kona Grill Sherlock's Flying Saucer
Vegetarian/Vegan Green Vegetarian Garbanzo's Moshe's Golden Falafel Salata Dallah Mediterranean Pam's Patio Café The Cove La Tuna Grill Twin Sisters Bakery & Cafe	Burgers Willie's Grill & Icehouse Chris Madrid's Big'z Burger Joint Hopdoddy Texas Burger Company Chester's Broadway 50/50 The Cove Chester's	Bakery La Panaderia Bakery Lorraine Bird Bakery Kate's Frosting Nadler's Broadway Daily Bread Sol y Luna Bakery Cuppencake	Downtown Bars Paramour Friendly Spot Esquire Tavern Blue Box Brooklynite Ocho Blue Star Brewery Crockett's Coyote Ugly Howl at the Moon	North side (1604/281/Stone Oak/1-10) Bars Little Woodrow's Hoppy Monk Cross Eyed Seagull Copa Wine Bar Chicago Bar Cielito Lindo Lion and the Rose Area 31
Sushi Sukiban Uniko Goro's Sushi Fujiya Japanese Garden Sushi Zushi Yellowfish Sushi Wasabi Sushi Kona Grill Kumori's	Pizza Caparelli's on Main Paul's Pizza Roma Grimaldi Fralo's Ray's Pizzeria Stella Public House Dough Florio's Barbaro	Sandwiches Cappuccino's Potbelly's Sandwich de Paris Picnikins Jimmy John's Pam's Patio Kitchen Lenny's Panera Jason's Deli	Restaurants with Live Music The Cove Rosario's Sam's Burger Joint County Line The Rustic Fralo's	Places to Go Dancing Bonham Exchange Brass Monkey Kremlin Cowboy's Dance Hall Semeneya Live Phantom Room Floore's Country Store Grueene Hall
Delivery Jimmy John's Lai Wah Chicago's Pizza Marco's Pizza Golden Wok Sarika's Thai China Bistro Sun Sun Kitchen Paul's Pizza Roma	Mediterranean Pasha Garbanzo Mediterranean Grill Moshe's Golden Falafel Jerusalem Grill Papouli's Dallah Zoe's Kitchen	Indian Bombay Hall India Palace India Oven Tarka Indian Kitchen Spice Fine Indian Cuisine Biryani Pot	Medical Center Bars Flying Saucer Oak Hills Tavern The Highlander Little Woodrow's Vegas Bar Tonic Bar Baker Street Pub	

Local Business Recommendations

<u>Nails</u> Nails by Mai Dell at Olmos Nail Mi Amor Nails Nails Palace Quarry Nails Ann's Nails Lidaz Nails Avalon Nails Anisella's EcoChic	<u>Waxing</u> Day Spa at Folawn's The Wax Bar Nicole Georgio's Anisella's EcoChic	<u>Hair Stylist</u> New Beginnings (Lisa) Diamond Kut Kathy Bell at Smooth Lines Salon Folawns Day Spa K Charles Twirl Hair Salon Anisella's EcoChic	<u>Dry Cleaner</u> Comet Owl Cleaners	<u>Veterinarian</u> Dr. Lanier at Babcock Hills Vet Clinic VCA Oak Hills Animal Hospital Blanco Crossing Veterinary Hospital Becker Animal Hospital
<u>Women's Health</u> Dr. Lara Haun Dr. Ora Schwoppe Lone Star Ob/Gyn Seven Oaks Women's Center Dr. Hastings Dr. John Franka	<u>Eye Doc</u> Dr. Zayac with UTHSCSA Ophthalmology Dr. Amir at Bella Optical Eye-Deal Vision	<u>Dentist</u> Dr. Estrella at Wilderness Oaks Dr. John Huriega Dr. Dirk Dekoch Dr. Joseph Holmes Dr. Troy Knight	<u>Primary Care Physician</u> Dr. John Galan Dr. Kimberly Heller Dr. Alexis Weisenthal GI – Dr. Garry Gossen	<u>Dermatologist</u> Dr. Bahar Faroz
<u>Pet Groomer</u> Petsmart Best in Show Lucy's Doggy Daycare & Spa Wash Shake Wag	<u>Massage</u> Nicole Georgios Massage Envy Oak Heights Spa d'Sante Oak Haven Massage	<u>Fitness Classes</u> Gold's Gym Smart Barre g Rounds Orange Theory Fitness CrossFit Mettle Krav Maga Body Armor Ballistic Elite 210	<u>Yoga Studio</u> Bikram Yoga Free classes on Saturdays at Lululemon Athletica Gold's Gym classes!	<u>Shopping</u> La Cantera Mall North Star Mall Quarry Market The Rim San Marcos Outlets
<u>Bookstores</u> Barnes & Noble Half Price Books The Twig (in the Pearl)	<u>Groceries</u> H-E-B Whole Foods Central Market Trader Joe's Sprouts	<u>Cheap Gas</u> Costco Sam's Club Wal-Mart H-E-B	<u>Pharmacy</u> Physician's Plaza CVS Walgreen's H-E-B Target	<u>Farmer's Markets</u> Pearl Farmer's Market (Sat and Sun) New Braunfels Market (Sat) Chico Boys Fruit Club

Things to do and places to see:

- Enchanted Rock State Park
- Friedrich and Eisenhower Park—San Antonio has a great parks system! These are two of the gems!
- Fredericksburg, TX
- Schlitterbahn, Float the river (New Braunfels)
- Sea World, Fiesta Texas
- Wursthfest in New Braunfels (November)
- Fiesta (April)
- Poteet Strawberry Festival (April)
- Lavender Festival (May)
- Dia de Los Muertos (October)
- Pearl Brewery
- The Riverwalk—spans from the Pearl to the Missions
- Bike the Missions

Veritas



Veritas is the School of Medicine's student advising system. Incoming students are randomly assigned to one of 20 Veritas groups. The groups are clustered into 5 Societies: Jones Green, Holly Red, McFee Blue, Rockwood Yellow, and Esterl Purple. Each Veritas group is led by a clinical faculty member as well as 3 to 4 fourth year medical students

"Mentors in Medicine" (MiMs) and 2 to 3 second-year medical students "Veritas Peer Advisors" (VPAs). Medical students remain in their group for their medical school career. It is a cohesive and interclass system in which each class of students mentors the students following them. Our goal is to enhance the development of our medical students by fostering close relationships and assisting them to make career decisions and access resources in an informed way.

This year we look forward to welcoming you at the annual MS1 retreat July 22nd & 23rd! You can expect games, fun, and a competition amongst the different Veritas societies. You will have the chance to meet your classmates and MS2 VPAs as you celebrate the start of a great adventure.

One color will leave with the bragging rights and the society cup, but everyone will leave with new friends ready to kick off the first year of medical school! See you there!



Like us on Facebook and visit our Website:
Veritas - UT Health San Antonio Long School of Medicine
<http://som.uthscsa.edu/StudentAffairs/veritas.asp>

Neighborhood & Apartment Guide

Neighborhoods:

The Villas at Northgate.

Babcock and Hamilton Wolfe. It is a gated community that has town homes. Most are 3 bed 2.5 bath. Safe neighborhood and only about a 5 minute drive from campus. Many UTHSA/medical people live here

Rockwell Village.

Rockwell Village is certainly a safe place. It's a gated community that already has plenty of students living there. It's about 15 minutes to school during rush hour, 5 minutes otherwise, and it is within walking distance if necessary. Its negatives include a gate that sometimes doesn't listen to your remote (you need to punch in your key manually) and that it does not have some amenities found in apartment complexes like a pool or workout area.

Wurzbach and Newcome.

Safe neighborhood though some intense drivers despite speed bumps. Pros: lots of space/large kitchen, with private retreat and backyard. Cons: Not as easy to get maintenance (or at least feel guilty asking), not as much control over utilities especially since most houses in the area are old/not as well insulated/up to code.

Summerwood.

A new subdivision with houses still being built and many newly renovated houses. It is a gated community near Medical and Babcock.

Wurzbach between Babcock and Evers.

Safe neighborhood. Pros: park in a garage, have a dog, host parties, and don't hear neighbors' noise, study at home comfortably. Cons: pay your own electricity, water, cable, yard upkeep on top of rent.

Lochwood Estates (~4 mi northwest).

It's a small neighborhood (one circle of houses). Pros: Very quiet, safe. Mostly older couples. Not too many kids. I have a sizeable backyard, so it's nice for my two dogs. It's also a big, nice house (esp for a student). Close to HEB (<1 mi). Access to both Bandera and 410 via Eckhert, I-10 via Huebner, and 410 via Babcock. Cons: Maintenance and setting up a house. There are a lot of things you have to take care of in the beginning that take time. Also very expensive up front. The area isn't well-lit at night, so it can be a bit creepy-- especially with the deer. Tips: I would've picked a smaller house if it were my money. Get roommates. I like having my own place to go home, but it takes time and money to maintain. I like the area I live in, but it is farther away.

Hidden Cypress

Disclaimer: I'm married and we have 3 (soon to be 4) kids, so my situation and my pros/cons may differ from most med students. I rent a 3BR home (I think most houses in our neighborhood are 2-4BR). It's on Huebner, very close to the intersection of Huebner & Babcock, about 7 min from school. Pros: Very quiet, safe and nice. Great location (close to UTHSA/Rhodes elementary school (which is a really good school BTW)/grocery stores/churches/drug stores/redbox/mechanics/gas stations/etc). The houses are decent size (good sized BRs, big DR/LRs) and have yards big enough for kids to play in but not too big to take care of with minimal time. Cons: more expensive b/c of the good location/nicer housing.

Woodridge

Very safe, not gated, about 10-15 minute drive to campus, easy access to I-10, great for families.

Oakland Heights.

Located off Vance Jackson/DeZavala. I like it a lot because of the safety of the area and close proximity to the Rim, Fiesta Trails, and Huebner Oaks

Olmos Park Terrace.

VERY safe neighborhood (east of San Pedro only), very quiet, nice neighbors. Able to remodel and get money back if I ever sell! Great house prices if you have the money for a down payment...mortgage is less than 1100 a month for 3 bedroom, 2 bath.

Villas of Oakcrest

Small, gated cul-de-sac of townhomes off of Wurzbach and Babcock. Very safe. Neighborhood is mostly older couples, but there are a few UTHSA students/medical personnel living there as well. All homes have small yards.

A word about owning a home from an MS1:

Pros: The extra interest from a mortgage does not create a greater loss than paying rent. Most obviously, this is because you would be presumably paying both with the same student loans or other money source (working spouse). Other pros include customizing any way you want and offering rooms for rent to fellow students or other vagrants.

Cons: Make sure you include closing costs on a mortgage. The mortgage process can also be difficult (You won't get a mortgage if you're buying on your own and using student loans to pay monthly payment! You'll need to find a way around this that isn't mortgage fraud.) Other cons include having to do/pay for your own repairs and any hassles involved in selling or renting your house after your four years.

Apartments:

Abbey at Medical Center 210-441-7098

5460 Rowley Rd, San Antonio, TX 78240

Distance: 5-10 minutes

Website: <https://www.abbeyresidential.com/apartments/tx/san-antonio/medical-center/>

Rent: 1B from \$739, 2B from \$920

Gated: No

Parking: Good

Pool: Yes

Pets: Yes w/ deposit

Workout facility: Yes

Review #1: Amenities- Stackable washer/dryer in the Ashton floor plan only, connections in others; built-in bookcases, fireplaces, walk-in closet, newly remodeled, ceiling fan in all bedrooms, 2 pools, 24 hr fitness center. Discount for UTHSA students. Quiet, great management and maintenance staff.

The Addison 210-593-9000

2810 Babcock Rd, San Antonio, TX 78229

Distance from UTHSA: 2.1 miles; 5-10 minutes

Website: <https://addisonmedcenter.com>

Rent: 1B from \$1000

Gated: yes

Parking: Good; covered

Pool: yes

Pets: yes

Workout Facility: yes

Comments: brand new complex on Babcock.

Bella Madera Apartments 210-493-1700

2914 Olmos Creek Drive, San Antonio, TX 78230

Distance from UTHSA: 6.1 miles, about 15-20 minutes

Website: <http://www.thebellamadera.com/>

Rent: 1B from \$753, 2B from \$1195

Pets: Yes

Pool: Yes

Parking: Yes. Covered and Garages available for a fee

Review #1: Gated complex includes gym and beautiful pool. Very safe neighborhood. Good location, but far from the med center. Discounts on deposits available for UTHSA students, also ask for move-in specials.

Boardwalk at Med Center 210-521-2474

7838 Huebner Rd., San Antonio, TX 78240

Distance from UTHSA: 3.5 miles (10 min drive)

Website: <http://www.boardwalkmedcenter.com/>

Rent: \$870 1B (Trash fee + water usage add roughly 20 bucks a month); 2B from \$1182

Pets: Yes (\$400)

Pool: Yes

Parking:

Review 1: Awesome, always plenty of spots available and friends can stay overnight without worrying about being towed. \$25 month for covered parking; or more for a garage unit.

Review 2: Legit we love our apartment so much! It's such a great price for the quality! Our pool is gorgeous and I use our little gym all the time! It's super dog friendly!

Review 3: Really nice complex! Some of the bad reviews are about old staff; the new management is really great. Close to school but far enough away to not hear sirens all the time. This can be a pricey apartment and you'll need a parking pass for school.

Review 4: A bit further from campus than other apartments but my unit is HUGE and way cheaper than others within walking distance from school! Totally worth the drive, in my opinion. The gym kind of stinks, but Gold's is included in our tuition and this is near a nice neighborhood so there are definitely ways to meet your exercise needs here!

Student discount: 3% off the rent, above includes discount

Boardwalk Research 210-455-0867

5505 Research Drive., San Antonio, TX 78240

Distance from UTHSA: 3.6 miles (10 min drive)

Website: <https://www.boardwalkresearch.com/>

Rent: 1B \$1079-1224; 2B from \$1399-1575

Pets: Yes (2 maximum; deposit \$200-400; monthly rent maximum \$15; pet policy fee \$300-500

Pool: Yes

Parking: Detached garages and carports available

Comments:

Review 1: Gated community, stand-up tanning beds, private cabanas available at pool, executive business center iLounge, covered outdoor fireplace lounge, outdoor California-style chef station, off-leash dog park and washing station, fitness center with individual TVs, multiple picnic and BBQ areas.

Review 2: Close to everything you'll need. Little further from campus, but worth the 10 minute drive. Walls are super thin, so if your unit faces the street, the traffic noise can be pretty loud.

Boulder Creek Apt Homes 210-910-5889

12330 Vance Jackson Road, San Antonio, TX 78230

Website: <http://www.bouldercreekluxuryapts.com>

Rent: 2 Bed/ 2 Bath 1200 a month, students receive 3% discount

Distance from UTHSA: 4-5 Miles; hard commute with traffic

Parking: Good

Pets allowed: Yes, with monthly fee and partially refundable deposit

Pool: 2 very nice pools, 1 hot tub

The Branch at Medical Center Apts 833-267-1098

7207 Snowden Rd, San Antonio TX 78240

Website: <https://www.thebranchatmc.com/>

Rent: 1B from \$660, and 2B from \$985

Distance to UTHSA: 5-10 minutes

Parking: Good

Pets: Yes

Pool: Indoor

Review #1: You could choose an apartment that looks only into woods; there are deer that come right up and graze right in front of my window regularly. It's quiet. Indoor heated pool, outdoor pool, 24 hr gym facility. Close to everything that you'd likely need. A number of dental and medical students live in Chapel Ridge as well. I only recommend living on the side of Chapel ridge that I do. They have another set of buildings that is sandwiched by Snowden Rd and Wurzbach Rd. and there have been some major issues there. I've not had a problem on my side (off Snowden, next to some lovely woods) at all.

Broadstone on Medical Apts 210-880-0400

4900 Medical Drive, San Antonio, TX 78229

Distance from UTHSA: 15 min walk to Greehey campus

Website: <https://www.liveatbroadstonemedical.com/>

Rent: 1B from \$735, 2B from \$925

Parking: No covered parking, gated community, not assigned spaces, but there are plenty of places to park.

Gated: yes

Pets allowed: yes, with extra fee. Weight limit is 50lb for dogs, and certain breeds aren't allowed.

Pool: yes, one open year-round

Review #1: Pros: Good price for an apartment that comes with a washer and dryer. Maintenance has been quick (same day as I put in the request) and has corrected problems in the 9 months that I've lived here. Fireplace. Spacious.

Cons: No real pantry or much storage space inside the apartment. There is shelving space above the washer and dryer, but I keep my laundry detergent and miscellaneous items there. I had to buy an extra shelf for food. The linen closet has the water heater in there and there is a storage closet on the patio. An older complex.

Review #2: These are old apartments so make sure there is no mold in the AC vents, everything else is good, you wouldn't have to worry about parking on campus b/c you can easily walk to school.

Review #3: It is an ideal location, the environment is good, and managers are nice.

Review #4: Really dirty apartments, extremely rude staff, far from the main campus, not suited for students who do not have a car. The bus stops are very far from the apartment building, roaches are common, very poor maintenance, very expensive for what you get.

Review #5: I park on the street for easier access to Wurzbach. The complex is older than several other complexes in the area. The management and service staff are nice and helpful, however if you want a modern apartment, this is not the place for you. My building is pretty quiet and the neighbors seem friendly. Utility costs are pretty low, which is great.

Review #6: While not fancy, these apartments are good for the money and distance from school. The staff is easy to work with and there are more parking spots than residents. Security is good and I have had no pest issues. One main selling point for this place is that dryer and washer are included. Pets require an additional security deposit and monthly fee on top of rent. Yearly rent increase is around \$20. It may not be as nice as some other close complexes, but it works for a grad student on a budget. Overall, good place to live.

Review #7: Good: washer and dryer in apartment, available guest parking, close to campus (especially Greehey). Bad: roaches, clogged pipes, washer, dishwasher, and water heater have all broken down in less than 1 yr. small apartments with very limited storage/closet space, mold issues, they don't allow reptile pets.

Review #8: Great place to live. Within walking distance to the school and also has its own laundry machine!!!

Carlyle Place Apartments 210-591-7229

1751 Babcock Rd, San Antonio, TX 78229

Distance from UTHSA: 0.6 miles (Babcock & Louis Pasteur intersection)

Website: <http://venterralliving.com/carlyleplace/about>

Rent: 1B from \$969, 2B from \$1169

Parking: Great – reserved covered parking

Pets allowed: Yes

Pool: Yes

Fitness Center: with TV 24/7

Maintenance Service: 24 hours

Comments: Gated community with video monitoring. Outstanding office staff and maintenance. Often same day maintenance, if requested early enough and first time fixed. Working alarm system included in rent for every unit, monitoring is extra. Covered parking is an add'l \$20/mo. Well lit complex. Professional pest control visits are free upon request. Provide scented doggy bags throughout the grounds. Units can include W+D. No laundry facility on site. Courtesy officer is available in case of emergencies or suspicious activity. Quiet. The walls are not paper thin so you cannot hear your neighbors. Free installation of any internet/phone/cable service with TWC if you schedule through leasing office for first-time TWC customers. You can realistically get your refundable deposit back. No renters insurance required. Student discount available.

Chroma 210-782-8033

5039 Hamilton Wolfe Rd, San Antonio, TX 78229

Distance from UTHSA: 2.5 miles (7 min drive)

Website: <https://www.chromaapts.com/>

Rent: 1B \$1078-1203, 2B from \$1443

Parking: Attached and detached garages available

Pets allowed: Yes (Maximum 3; Pet fee \$300)

Pool: Yes

Fitness Center: Yes with spin room (sometimes offer classes)

Comments: Gated community, outdoor living areas, exclusive dog park, professional business center, Wi-Fi coffee bar, community game room.

Review #1: The apartments and facilities are all really new, nice, and pretty. However, it tends to be more on the expensive side and there have been continuous problems with the gate not working. They were recently acquired under new management, and the new management seems a lot better. Either way, I've had a good time living here and haven't had many problems.

Review #2: Close, clean, nice amenities, but recent events (car tire thefts) not the property owner's fault.

Deer Oaks Apartments 210-616-0725

7230 Wurzbach Road, San Antonio, TX 78240

Distance from UTHSA: 5 min drive, 20 min walking distance

Website: <https://www.deeroaksapartments.com/>

Rent: 1B from \$665; 2B from \$920

Pets: Yes, with \$350 deposit but there's no additional monthly pet rent

Pool: Yes and two lighted tennis courts

Gated: No

Parking: Big parking space

Review #1: The management and maintenance staff are great; they're very friendly, responsive, and quick! The complex is fairly quiet and has a pretty good pool. The apartments aren't the newest, but they're still in fine shape, and everything works well. My only complaint is the water heater in the smaller apartments isn't very big so you can't take long showers. I haven't had any problems with vandalism/break-ins, though supposedly there was a recent break-in (management distributed a flyer to tell us about the break-in and provided safety tips). The area is well lit and I've always felt safe. All apartments have a washer/dryer hook-up, but the on-site laundry area isn't bad and it's never busy. The complex is clean and the trees/landscaping make it look pretty. In general there are nicer/fancier apartments out there but this place is great for the price, especially considering the close proximity to campus.

Review #2: Proximity is great. The cheapest apartments are very small but worth the price. The place is a little older so it's not as fancy/nice or up to date as some others but it's not bad. Maintenance is great! They always come immediately and are always able to fix any issue. The pool usually isn't very busy. The complex overall is very quiet. I've never had a problem with crime either (break-ins, etc.) though supposedly there have been break-ins or vandalism in the area (management sends out a letter anytime something happens). The laundry facility is small but nice and rarely used (and all apartments have a W/D connection). Overall, not a bad place to live; I've lived here for 3 years and will be renewing my lease again.

The District at Medical Center 210-960-8270

5114 Medical Drive, San Antonio, TX 78229

Distance from UTHSA: 1.5 miles (5 min drive)

Website: <https://www.districtatmedicalcenter.com/>

Rent: Studio \$875-1078; 1B \$875-1737; 2B \$1231-1897

Parking: Controlled access garage

Pets allowed: Yes (Maximum 2; Maximum weight 35 lb; Pet fee \$300; Pet deposit \$300; Breed restrictions)

Pool: Yes

Fitness Center: yes, with yoga/aerobics

Gated: Yes

Comments: Starbucks bistro, WiFi cafe, professional billiards, guest suites, valet trash pickup, multimedia center, private pet park, gourmet catering kitchen, reading lounge, lobby fine art gallery.

Review 1: Really nice modern apartments. Close to campus with frequent community events and fast maintenance. A bit pricey per square footage. Dog park is small and far away. Despite the keychain access, it can be pretty easy to get into the complex, but much better than open complexes. Sometimes seems like they waste money on aesthetic.

Firewheel Apartments 210-201-0428

6155 Eckhert Rd, San Antonio, TX 78240

Distance from UTHSA: 2.9 miles (8 min drive)

Website: <https://www.alapts.com/apartments/tx/san-antonio/firewheel/>

Rent: Studio \$904-954; 1B \$1024-1230; 2B \$1574-1624; 3B \$1774-1824

1 ½ months free on select housing options!

Pets: Yes

Parking: Garage and covered parking available

Pool: Yes

Fitness Center: Yes

Comments: Outdoor fireplaces and lounge areas, open air party patio and sunning deck, 24-hour package lockers, gaming lounge, cyber social spaces, WiFi community hotspots, relaxing loggia, terraced veranda, courtyard and green areas, Starbucks coffee cafe, outdoor grilling stations, valet trash service, and unlimited supply of hot water.

Hawthorne House (833) 869-7200

7403 Wurzbach Rd, San Antonio, TX 78229

Distance from UTHSA: within walking distance; 5 minute drive

Website: <https://hawthornehouseliving.com/>

Pets: yes

Parking: garage

Pool: yes

Review: Brand new build. Little on the expensive side but super close to campus.

La Mirage 210-696-6700

8050 Oakdell Way, San Antonio, TX 78240

Distance from UTHSA: 1.8 miles

Website: <https://www.lamirageapt.net/>

Rent: 1B from \$750; 2B \$1007, 3B from \$1324

Pets: Yes

Pool: Yes

Other amenities: Has jogging path, playground, picnic areas with BBQ grills

Parking: Covered and detached garage available

Courtesy patrol available

Review #1: Would have better review but the pools are a little dated and there are a lot of tenants who don't clean after their pets.

Medical Center Apartments 210-504-2789

5055 Von Scheele Drive, San Antonio, TX 78229

Distance from UTHSA: 15-20min walking, but can take the shuttle in every 20min.

Website: <http://adaraportal.yottareal.com/pages/HomePage.aspx?Id=58>

Rent: 1B from \$789; 2B from \$964, 3B \$1189

Pets allowed: Yes

Pool: Yes

Parking: Included. Covered parking available for extra. Has gated access.

Review #1: I recommend Medical Center Apts because of their proximity to campus. The complex is well-managed and I plan to stay here for another year.

Review #2: The apt is not very big, but the view outside is pretty good. The most inconvenient I think is there is only one place to throw away the trash.

Review #3: The rooms are clean, no bugs (at least not that I could find). The management is nice. They usually come soon when you schedule the maintenance. Cons: Some of the rooms are noisy because of the AC.

Review #4: It's an ok place to live in, it is very convenient distance wise, especially if you are walking to the university and don't have a car, but if you have a car and distance is not an issue you probably can find better, cheaper places!

The Pinnacle at Oak Hills Condominiums 210-949-0174

7342 Oak Manor Dr, San Antonio, TX 78229

Distance from UTHSA: 0.3 miles (walk to campus)

Rent: Call for details (Very expensive; Electricity included in rent)

Gated: Yes

Parking: Yes (uncovered and garage parking available; limited visitor parking)

Pool: Yes

Fitness Center: Yes

Comments: Barbeque area, business center, clubhouse, laundry in unit.

Review #1: The location is awesome and they are all new and clean! Walking distance to school and local coffee. However, they are privately owned so it can be hard to find a place so prices may vary.

The Preserve at Fredericksburg 210-691-2787

10422 Huebner Rd., San Antonio, TX 78240

Website: www.preserveyourlifestyle.com

Rent: 1B from \$1079, 2B from \$1365

Distance to school: 2.2 miles

Gated: yes

Parking: Resident parking only. Visitor parking located outside on sidewalk

Pool: Very nice pool with large hot tub

Pets: Yes, very dog friendly. Two dedicated leash free dog parks and walking trail.

Student discount: No discounts for students but provide USAA discounts.

Review #1: The GOOD: Very nice apartment with amazing landscaping, pool, club house, walking trail and gym. Really dedicated to the overall atmosphere of complex. The interior includes granite countertops, washer and dryer included, carpeted rooms, laminate wood in the kitchen, nice appliances, and everything is energy efficient. They also provide catered dinners for the residents at least once a month. They have a computer/conference room that is 24/7 and is a nice place to study or print lots of papers for free. They have bicycle rental so if you're brave enough, you can bike outside of the complex. The Flying Saucer is also 2 miles away.

The BAD: Pretentious residents with first world problems that you can easily hear outside or indoors due to the thin walls in certain parts of the apartment. Constant reminder that you're a poor graduate student when you see multiple Mercedes, BMWs, and Porches driving around.

The UGLY: It is really expensive!! (Rent starts at \$900 for a 1 bedroom and only goes up from there, valet trash pickup is an additional \$35 and cable is required and costs \$45). Luckily the apartments are energy efficient (double pane windows, programmable thermostat which you can control remotely on the computer) so the cost of electricity and water is not very high. This is not within the budget of one grad student and will require a roommate/spouse/partner.

Providence Estates Apts 210-699-4700

6298 Lockhill Rd, San Antonio, Texas 78240

Distance from UTHSA: 1 mile

Website: <http://www.liveprovidenceestates.com/>

Rent: 1B from \$909
Pets: Yes
Pool: Yes
Student discount: Yes
Review #1: Great place, but expensive.

Riverstone Apartments 210-348-5450

8711 Cinnamon Creek Drive, San Antonio, TX 78240

Distance from UTHSA: 1.3 miles

Website: <https://www.riverstonesa.com/>

Rent: 1B from \$665, 2B from \$885

Pets: Yes

Pool: Yes

Parking: Fair

Student discount: No

Review #1: Good: I like the sense of community I feel at my apartment complex. My neighbors are nice. Every month or so, the leasing staff tries to have some sort of party or event to encourage residents to get to know their neighbors. The leasing staff is very friendly and helpful (they bake fresh cookies every day for residents). Based on personal experience, the staff does everything they can do resolve any issues in a timely manner (like within 24 hours). I feel safe walking at night (gpm) from UTHSA all the way to my apartment. There are a lot of students (college, medical, etc.) near my unit but there are families in the entire complex.

Not-So-Good: Lately, one of my neighbors has been too noisy. She's calmed down a bit due to complaints. One thing that I can say is that the leasing staff enforces their noise ordinance policy. Each resident gets three warnings and after that, they will ask you to leave (and you still have to pay rent until your lease is up even though you are no longer physically in the unit). They have asked one of my neighbors to leave already.

San Antonio Station Apartments 210-614-3679

7458 Louis Pasteur Dr, San Antonio, TX 78229

Distance from UTHSA: 5 mins by walk

Website: <http://www.sastation.com/>

Rent: 1B roughly \$650+, 2B roughly \$800+

Utilities: Gas, water, sewer & recycling are included in rent payment. Tenant pays for electricity. A priority waiting list is available (apprx 10 on current list). The holding deposit becomes your security deposit for the apartment.

Pool: Yes. Also has a small work-out gym.

Pets: Yes

Parking: Great

Gated: no

Review #1: Great location (the closest apartment to campus!!!), great price, TV/game room, and good office management. This place is pretty good. The good thing about it is that they have pretty good management, they fix things pretty fast (doesn't mean a lot of things are broken although it's an old apartment complex). The apartment is so close to school and the medical center area is a very safe area. The bad thing I don't like about this apartment is that the manager sometimes gets into the apartment without letting you know, which makes me a little uncomfortable.

Review #2: Best maintenance, cheapest, friendly apartment manager, they provide clean apartments, closest to school.

Review #3: This place is very close to the school. I actually walk every day and did not even purchase parking when I got here. The residents are mostly students and everyone is very nice. This place is a perfect example of "you get what you pay for" so everything is a little old and the walls are extremely thin. That being said, it is cheap and worth it to me. I recommend it.

Review #4: Kind people in the office, less noisy and quiet, but a bit expensive compared to other apts that are a bit distance from the school.

Review #5: This is a nice place to live, really close to campus. Shuttle runs from 8 am to 6 pm. Maintenance is good. Once my bath tub peeled off, I ask them to help me fix it. It took them an afternoon to finish the repair and it was all good except the smell.

Review #6: Close to the main campus and the conveniently located- just across the street.

Sienna Ridge Apts 210-641-9900

5903 Babcock Rd, San Antonio, TX 78240

Website: <http://siennaridgeapartments.com/>

Rent: 1B from \$995-1055, 2B-2B from \$1345-\$1555, 3B-2B from \$1595-\$1685

Distance to school: 5-15 minutes depending on traffic

Gated: Yes

Parking: Good

Attached garages for 1 & 2 cars with automatic door opener are available

Pets: Yes w/ deposit

Review #1: Population is a handful of students, some families, and a lot of older folks. One great feature is that everything in this community is one level, so there are no apartments on top of you. I like the quiet and feel safe here. The people who work here are very friendly and professional and courteous. They won't tow visitors' cars here, unlike other complexes. There's no pool or workout room.

SYNC at Arden Park Apts 866-767-6529

8638 Huebner Rd, San Antonio, TX 78240

Distance from UTHSA: 2.8 miles (8 min drive)

Website: <https://www.syncatardenpark.com/>

Rent: 1B \$785-1215, 2B-2B \$1129-1435, 3B-2B \$1549-1650

Gated: Yes

Pool: Yes

Fitness Center: Yes

Parking: Attached and detached garages available

Pets: Yes (A \$200 pet deposit, \$300 non-refundable pet fee, and a monthly pet rent of \$15 will be required per pet; strict breed restrictions)

Comments: Business center, childrens play park, clubhouse with billiards, pet bark park, storage units available, WiFi cafe hotspots.

Ventana Apartment Homes 210-201-1429

11020 Huebner Oaks, San Antonio, TX 78230

Distance from UTHSA: 10 minutes

Website: <https://venterralliving.com/apartments/ventana/>

Rent: 1B \$895+, 2B \$1,155+, 3B \$1,420+

Pets allowed: Yes! Lots of neighbors with dogs.

Pool: 2 pools because it is a large complex. Has fitness center.

Parking: tons of spaces & covered parking & gated access.

Convenient to shopping centers and restaurants & within walking distance.

Review #1: I really enjoy living here because it is across from the AMC movie theater, Flying Saucer, tons of food and shops as well (in Huebner Oaks shopping center). I never have to travel more than 10 minutes for anything I need. My apartment is very large with a front and back patio.

Villas at Medical Center 210-503-1860

5623 Hamilton Wolfe, San Antonio Texas 78240

Distance from UTHSA: 2 miles from campus

Websites: <https://www.villasatmedicalcenter.rentanapt.com/>

Rent: 1B \$899-1173, 2B \$1088-1276, 3B \$1446

Property is shown by appointment.

Pets allowed: Yes

Pool: Yes, it is well-maintained. Has 24/7 fitness center.

Parking: Parking is great. It is a gated community and there are a lot of available spaces for parking. If you do have visitors, you have to go to the front office to get them a parking pass.

Review 1: Maintenance is great and this location is affordable. It is a newer property. The staff is welcoming and they get things done in a timely manner.

Review 2: Great place to live but terrible management! Rent is reasonable but the electricity bills are higher than I've ever paid before! Also a lot of google reviews about hefty sums upon moving out.

Villas of St. Moritz 210-598-5208

Address: 7221 Lamb Rd, San Antonio TX 78240

Distance from UTHSA: 1.5 miles

Website: <https://www.rentvillasofstmoritz.com/>

Rent: 1B \$645-745, 2B \$825-935

Pets allowed: Yes

Pool: Yes Also has tennis and basketball courts and fitness center.

Parking: Yes – covered. Access Gates: Yes.

Comments: I think this apartment complex is one of the less expensive ones but is still close to the Main Campus (20 min walk or 10 min drive). The staff is very friendly and helpful! When something is wrong, I go to them and they take care of the issue within a day. I find that there's always parking available, and most of them are covered parking (which you do not have to pay extra for!) There are a lot of families with kids in this neighborhood, so if you do live downstairs you might have issues with your neighbors upstairs especially if they have little kids. My only real problem is that the kitchen does not have an actual vent, so when I am cooking the smell always ends up lingering in my place for a while. Overall, I think it is a good place to live! The unit is fairly spacious, the views are nice, and it is a gated community.

Walnut Hill 210-616-0140

2626 Babcock Road, San Antonio, TX 78229

Distance from UTHSA: 1.5 miles

Website: <http://www.walnuthillapts.com/>

Rent: 1B \$590-719, 2B \$799-869, 3B \$1099

Pets Allowed: Yes

Pool: Yes – 2. and two tennis courts & a fitness center.

Parking: Good

Gated: No

Review #1: One of the few apartment places which have water and garbage pick-up free of charge and also have direct deposit rent pay (there is a small discount if you enroll in direct pay). The apartment complex is old but not bad if you're looking to save money. It's a 15 minute walk to school if you don't own a car. The management is not bad either and they usually fix things pretty fast. All-in-all a good bargain for graduate students who are looking for cheap, but livable apartment.

Review #2: This apartment complex is a nice place to live. It is one of the few places that have a cheaper monthly rent, and it's not too far from campus (usually a 15 minute walk to campus). The rent fee covers garbage and water utilities. The downside is that management is slow in fixing any problems in the apartment. However, it's worth renewing the lease.

Windridge Apartments 210-614-3343

2502 Babcock Road, San Antonio TX 78229

Website: <http://www.liveatwindridge.com/>

Distance to school: 3 minutes driving; 15-20 minutes walking

Rent: 1B \$600-740, 2B \$770-920

Gourmet Coffee Bar: Yes

Pets: Yes

Parking: On Site Gated: No

Pool: Yes and 2 tennis courts.

Workout facility: No

Review #1: Washer/dryer in select units only, pool, staff is friendly and accommodating; friendly tenants, thin walls, Babcock Street is very busy all times of days, thus traffic noise. Currently updating exterior of facility. Safety a concern – across the street is Fast Eddies"

Whispering Creek Villas 210-641-7798

5303 Hamilton Wolfe Road, San Antonio, TX 78229

Distance from UTHSA: 1.5 miles

Website: <http://www.whisperingcreekvillas.com/>

Rent: 1B/1B \$945-1140; 2B/2B \$1275-1510

Pets: Yes w/deposit

Pool: Yes

Parking: Yes. (covered parking \$45/mo, garage for \$75/mo)

Student discount: Available

Review #1: It's a fairly secluded and quiet place due to its apartments existing in a slight virtual depression in the earth and considerable arboreal development, and while pricey (and apparently getting considerably pricier due to acquisition by a different RE group) offers decently sized rooms. Maintenance is a little iffy -- reporting paperwork is perfectly usable and response time is measured in days, but what should have been a simple job of replacing a shower handle's screw ended up involving a complicated adapter that completely altered functionality, for example. On the flip side, no more than a single cockroach in the time I've lived here (probably luck).

Apparently there is pest control weekly; have never used it. Has a common area with fairly small workout room and business center, plus a lounge. The center's wifi works now, but none of these

rooms are currently available 24 hours a day despite having locks specifically installed for that, though the doors may be opened past closing hours (to 10pm or so, after which entry is impossible). Your personal mailbox is near the front office, outside the gate. This system of receiving mail (with large packages going to the front office) works well so far. There was an outgoing mailbox, but it was broken into on multiple occasions; this has not been replaced so there is no obvious outgoing mail from the apartment.

Review #2: Also has a basketball court, sauna, outdoor spa, gym, outdoor grilling and picnic area, etc. What I really like about this apartment complex is that they have regular events and get together (game nights/casino nights/pool parties). There is also a fantastic trail right outside the complex for running. A very good experience living here!

Review #3: The management here is great. They are very friendly and respond to requests quickly. There are online maintenance requests and online rent payment. Front office is open 7 days a week, there is a 6am-11pm workout room and sauna, and business center with PC and Mac access, with scanner, copier, and free faxing. The property is very large. There is a beautiful outdoor kitchen with gas grill, sink, refrigerator, and tables. There is plenty of space for pets and I see many people walking medium to large dogs. There is also a basketball court. There is valet trash pick-up service 5 days a week, and a self-service recycling bin. All apartments come with a programmable alarm system, washer & dryer. Top floors have vaulted ceilings and fireplaces. I haven't had any bug issues, they send pest control around regularly. The property is kept very clean, and all the residents are very friendly as well. I highly recommend this apartment complex. Most people here are affiliated with UTHSA and it feels very safe. Management consistently hosts community events like game night or pizza parties. There are often additional small events like Taco Tuesday, when they hand out free breakfast to residents leaving for work in the morning, or Happy Hour with free beer for residents coming home. Often, they will have Marco's Pizza send someone to sell pizzas for \$5 at the front gate. I am very satisfied with this apartment complex. It's far enough away to avoid the traffic of UTHSA, but definitely close enough to bike.

Wolfe Run Apartments 210-699-6030

8602 Cinnamon Creek Drive, San Antonio, TX

Distance from UTHSA: 2 miles

Website: <http://www.wolferunapts.com/>

Rent: \$700 1B/1B cable included

Pets: Cats and dogs, with a fee. \$200-\$300.

Pool: Yes

Parking: Covered for residents, plenty of uncovered for guests.

Student discount: Make sure you ask.

Review: I really like living here, and plan on renewing my lease. They have 3 basic floor plans based on how many you want to live with - I chose to live here because I wanted to live alone in a safer-feeling environment than most of the other places I found. Full size washer/dryer are included, as is valet trash/recycling pick up. The apartment also comes with an alarm system. I also went with this complex because I really liked the staff and they had solid reviews. The appliances and buildings are typically a little older, but whenever I have had a complaint it has been addressed within the week. There is an "office" and a small workout room that are open 24/7, but I don't really use them. There is also a bus stop going both directions (to and from the university), but I discovered it takes about the same amount of time to walk as it takes to drive (due to where I park on campus).

Wellington Estates 844-361-8195

6623 Callaghan Road, San Antonio, TX 78229

Distance: 1 mile from UTHSA campus

Website: <http://www.wellingtonestatesapartments.com/>

Rent: Studio \$599, 1B \$689-740, 2B \$825-935, 3B \$999-1235.

Pets allowed: Yes

Pool: 2 pools and has a fitness center

Parking: 1 designated covered parking spot

Maintenance Service: 24 hours

Review #1: As a student this was the best bargain (price/sq feet) I could find. My unit doesn't have laundry in it so I use the 2 in complex laundromat rooms. My utilities and electric was less than \$50/month. I loved how much extra money I got to save. Short drive to campus. Definitely recommend it. I didn't know any other students in my complex though. Felt safe--no vandalism or ghetto scary people. When I signed a 12 month lease, I got 1 month free plus the \$10/month discount. A little older complex (70s) but I wouldn't change because of how cheap the rent is compared to other complexes. (I'm moving out to buy a house, which I also recommend. It's affordable with our stipend pay alone; I didn't need a co-signer).

Upperclassmen Advice for Incoming MS1s

Welcome Class of 2023! Congratulations on getting into medical school! The next few years will contain some of the most exciting times in your life, but all this information about medical school may leave you puzzled and a little overwhelmed... DO NOT PANIC! We have all been there, felt the same way, and successfully got through it. We put together this packet of advice to remind you that you have so much support--so many people want to see you succeed! Here is some helpful advice to help you along the way. Some of it might not make sense now, but it will later.

During Welcome Weekend, you will have the chance to hear advice from tons of students with varying backgrounds, study habits, and goals. Remember – not all advice is right for you. Listen to different opinions, ask upperclassmen, but know that things change and everyone is different. Ultimately, you will figure out what is right for you!

GETTING ACQUAINTED

"The class seems so big, but all the students seem to know each other and get along so well. I am worried that I won't know anybody. How did you all get to know each other and become so close?"

- Medical school is unlike undergrad in that there are no different majors or different class schedules. Everyone is studying for the same things at the same time, which builds a sense of community and you'll just naturally get to know people.
- Don't worry about being lonely or having trouble meeting new people! You will essentially be forced to meet your wonderful classmates through activities with your Veritas groups, TBL, synthesis cases, and anatomy lab.
- Going to social events, going to class, join the Facebook group. I was really nervous at first to go to events alone, but everyone going to social events wants to make friends, so don't be afraid! Also join interests groups or sign up for intramurals. Don't over-extend yourself the first semester, but playing soccer once a week really helped me de-stress and I met some really cool people.
- Having a roommate and living in an apartment complex with lots of other medical students made social stuff easier since we could go together.
- Start by going to class at the beginning of the year. Go to class events. Join an intramural team. Participate in service projects. You meet people when you work alongside them. Join a club or two and get involved!
- Go to all of the mixers early on. You'll meet a TON of people that way. But even after those pass, don't be afraid to introduce yourself to people. Everyone here is so open and accepting of others. All you need to do is put yourself out there.

- I met some of my friends during Welcome Weekend and kept in touch through Facebook until school started. There are a lot of opportunities to meet your classmates through small groups, social events, IM sports, and interest groups.

What kind of computer do I need, and where should I get it?

- The most important thing is to pick a computer and operating system that you are familiar and comfortable with. All other factors and features are secondary. Definitely invest in something that will last - your computer will be the single most used object you buy in med school. Thus, you want something that you can efficiently use, since the majority of your study material will be electronic. Get a screen that won't hurt your eyes when reading pages of text.
- It is simple and easy to get your computer "cleared" by UTHSA. If you have your own laptop, use it! Buying your own independently will allow you to get the specs you want. If you don't care about what it has and don't want the hassle, check out what the school has to offer. You can also buy insurance for your computer through the school if you buy it through Techzone, which is definitely helpful.

How should I study for each module? Are there any extra resources you recommend?

- First Aid is a great resource that pulls together the most important facts all in one place, and you can start using it early!
- Ask upperclassmen as time goes on! Definitely use First Aid, but asking upperclassmen is the best way to get specific study tips—this is part of what makes Long such a great place to train! P.S. this advice holds true for much longer than just first year.

These are the classes you will take your first block of med school with some helpful hints from upperclassmen:

- **Molecules to Medicine (M2M aka Biochemistry + Genetics):**
 - Don't wait to study! A lot of this material will be repeat from undergrad, but it comes at a much faster rate. Starting your studying early will keep the amount of content on the first exam from being too shocking.
 - For every module all test questions will be asked as clinical vignettes. You will learn a lot of diseases in M2M, but do not think just because you will be given a clinical vignette, that the questions will be about diseases. Learn the underlying pathways and familiarize yourself with them prior to the lectures.
- **Language of Medicine (LOM aka Anatomy):**
 - Attend lecture, study Galen (you will learn what this is later on), read the handouts, and get a weekly lab tutor. Lab tutors are MS4s who have done this before and will quiz you on your cadavers. They also offer group tutoring on the weekends and those sessions are GOLD. There are also weekend MS2 tutor sessions. Before the final, spend time in the lab with your cadaver identifying structures.

- **Clinical Skills tools you should DEFINITELY get:** Stethoscope
 - They will tell you to get a reflex hammer, ophthalmoscope, and otoscope as well as other things, but all of those tools are provided in the clinical skills rooms.

STUDY/SCHOOL

What is your advice on working in the various groups (TBL, Synthesis Case, Histology Lab, Clinical Skills, etc.)

- Get to know your teammates! You'll spend a lot of time with these people, and having good friendships makes the time that you're sitting through long TBL discussions much more enjoyable. Don't be afraid to speak up! Learning how to discuss medical problems with your classmates (i.e. future colleagues) is an essential skill to learn while in the classroom. When all group members are willing to give their input during a discussion, the time spent in TBL and Synthesis Case is a lot more enjoyable. Additionally, you really do need to be prepared for TBL and Synthesis Case activities. It may seem like a hassle to study for all of those Friday morning iRATs, but when you all come prepared, the group performs better.
- Be patient. It's a new learning format for many students but your TBL and synthesis case peers will be people you are going to spend a lot of time with so play nice.
- Be a strong team member! Your team relies on you. Also, the things you learn during these sessions seem to stick in your memory pretty well, so be active.
- Work hard, come prepared, and be nice and you should be fine. If you are a quiet person, push yourself to speak up more. If you tend to do a lot of talking, allow some of your teammates to give their input.
- Be nice. Prepare well for the group work, but being a good team player is crucial to learn during preclinical years—this will be important when you're on a new team every week (or so it feels) during third year!

How do I decide whether or not to go to class? Are classes required?

- Some classes are required, but many of the lectures are not. Deciding whether or not to go to class is really based on how you best learn. For some people having the live interaction with the professor keeps them more engaged in the lecture, whereas others prefer watching the videos so that they can pause when they begin to lose focus or even watch the lecture at 1.4x, 1.6x or 2x. Try out a week of both (attending lecture and streaming) and decide which you prefer.

Studying in medical school compared to undergrad.

- You can't afford to start studying the day or week before an exam. Medical school is a marathon and you have to work on your classes every day. Whatever time management strategies you have from undergrad, keep and fine tune them now...you'll definitely need them.

- Even though the material isn't necessarily complex, the amount of material you are required to know is significantly more than in undergrad, and it's coming at a much faster pace. It felt like our first module (2 months) covered most of what I studied during my 4 years of undergrad. Therefore, you will have to do a lot more studying than you did in undergrad. Do your best not to get behind, and get on a consistent schedule. You will be able to put enough time into studying and also have time for other things though.
- There will be a lot of work. And there will never stop being lots of work for the next few years, so take your time and work on adjusting to the demands of med school. Find what works for you in terms of lecture vs streaming, which outside resources work best for you, where you study best (library, home, coffee shop), and if you work better solo or with a group.
- The difference is not NEARLY as much as I was expecting. I definitely still do have a life, which I doubted I'd be able to keep once med school started.
- Make sure you find a place you can really focus, sit, and read for a long time.
- You study more, but you'll also learn to study better.
- A lot more, but with a different focus than undergrad science courses. It's more clinically-oriented.
- I would've laughed at myself two years ago if I started studying for a final 2 weeks in advance...but its medical school, it's supposed to be hard and more detailed. It is surprising how much information can be presented in a morning, much less a week! But this is all we have to do--this is our job! Stay on top of it and it will be less overwhelming come exam time.
- If you combine all that kept you busy in undergrad, it's about equal to med school.
- Very different; you are expected to learn a lot more in a much shorter amount of time.
- Try out a few different things and see what works for you! Don't be afraid to ask for help from your classmates, the faculty, the upperclassmen, and the deans. We are all here to help. Most importantly, take care of your mental health and wellbeing.

General advice on mastering the amount of material you are required to learn

- I plastered a room in my house with huge whiteboards from Lowe's (\$13 each).
- Take notes on the material, make charts, and draw pictures, make mnemonics, and label blank anatomy slides. Get creative and organize the material however you need to help you learn it.
- Study efficiently without distractions, take breaks when needed, talk out loud and explain concepts with friends
- REPETITION REPETITION REPETITION. A lot of this material is straightforward and makes sense conceptually, but you'll need to look at it a lot of times before it actually sinks in. Talking it through with other people is invaluable. Also, make it fun if you can!
- Keep up with the material. Study each day what was covered in class that day, so that you don't fall behind.

"What should I do the summer before medical school?"

- Enjoy it as much as possible--if you want to travel...do it! Spend time with family, friends, and your significant other.
- Make sure you have a handful of business casual outfits. Noise cancelling headphones, a comfy desk chair, an external monitor, and a comfy mattress were all great purchases. Set expectations with family, friends, and significant others regarding how much time you'll have outside of school (it won't be that much your first semester).
- Enjoy your summer! I thought it was really nice to move into my apartment well before white coat ceremony and retreat. I was settled and relaxed before school commitments started, and I had some time to explore San Antonio and get acquainted with the area. Would highly recommend!
- This is your last REAL summer. Once med school starts, people expect you to make "efficient use" of your off time and actually do stuff. Absolutely nobody expects you to do anything impressive before then. So hang at the pool and sleep a bunch.
- Get in shape, go to the beach, get lots of sleep and have fun! If you can move here a week before school starts to get settled and see the town and meet a few people I would definitely encourage it.
- TRAVEL. READ. Do as much physical activity as you can. Take some time to think about the upcoming year and set some priorities.
- RELAX! You have a long journey ahead of you and it's gonna be full of challenging stuff. If you're here, everyone knows that you're capable of making it. The last thing you wanna do is get started on that journey too soon.
- Relax! Get comfortable in San Antonio, enjoy the city, and enjoy your friends and family. Get organized maybe, but don't study! Treasure any breaks you get.
- Do things that make you happy! Travel, read tons of books that have nothing to do with medicine, watch all the Netflix you can, spend time with friends and family, be outside—the next four years are going to be a grind! Enjoy this time and make the most of it.

OTHER WORDS OF WISDOM

Things we wish we'd known before starting med school:

- Life gets better after first semester! Many of us have found the organ-based modules (with the occasional Clinical Skills class thrown in) to be much less time-consuming than having M2M, Anatomy, and Clinical Skills every week, all at once. Work hard, and get through it knowing that your load lightens after Winter Break!
- You are going to study A LOT, but you are more than capable of doing it.
- You can have fun in med school, it just takes time and learning how to balance the different things going on in your life. School should come first, but don't let that keep you from making friends, exploring the city, and having fun on the weekends. Success in school is everyone's goal, but if you are not happy and healthy, you will have a much harder time achieving it.

- The best advice I can give you is something a second year told me, "you don't have to know everything right away; you just have to know it by the test." There will be people who remember everything after reading the syllabus once and some people who don't have everything come together until the week (or night) before the test.
- It gets better! Different people struggle through different modules. You will be OKAY and you will get the hang of it.
- Don't continuously compare yourself to others because it will stress you out and what works for them may not work for you.
- Expect to make great friends, but don't expect to be hanging out with people and studying together every day. If possible, reserve time to hang out and do things completely unrelated to school. Separate work and play as much as possible. If you're going to work, work hard, and if you're going to play, go all out.
- I wish I had really understood that it is okay to get involved in electives and extracurricular activities during first year without affecting grades. Also, I wish I had enrolled in the Global Health elective before it filled up so I could go on trips this year!
- Staying physically active is SO important. I never thought I would miss the simple things in life so much, like hanging out at a coffee shop and reading all day. You WILL miss out on major events in your friends' lives. You will feel like your college/high school friends/family don't understand what you are going through (and you're right--they don't). Your classmates will become your greatest support system during this time, so rely on them.
- How much hard work it would actually be. Don't be afraid to get help, it's not that you're dumb, it's just that it's hard.
- Don't compare yourself to other people. You are smart enough and you are capable. You did not get into medical school by accident. Your M2M grade does not determine how good of a doctor you will be. Believe in yourself and make time for friends and family.

"How can I get involved in shadowing, research and clinical practice opportunities?"

- Student-Faculty Collaborative Practice Clinics, Global Health trips, Frontera de Salud
- Ask, ask, ask.
- Find a doctor or mentor and just ask! Keep an eye out for emails with opportunities. If you know you are interested in something specific seek out someone who works in that field, search the UTHSA website, or ask one of the advisors.
- UTHSA will assign you a preceptor to shadow once a month – do your best to get to know them!
- Don't feel pressured to get involved in research in during your first two years. I didn't do anything research-related during my preclinical years and found so many opportunities to get involved in clinical research with my attendings just by asking questions during third year.
- Student-Faculty Collaborative Practice Clinics are a great way to build your clinical skills, interviewing, and medical knowledge. You will be able to interact with real patients and have a hand in their care! Find time during your first semester to attend at least one or two clinics.

Housing/roommates

- Start looking early for apartments, and know that it is much cheaper if you find a roomie.
- Don't be afraid to live by yourself. You WILL still meet people, and it doesn't have to be an isolating experience. Sometimes it is nice to know that you don't have to worry about a roommate.

Parking

- You can add yourself to a waitlist if your desired zone isn't available. Zone 2 is right next to the library and lecture hall. Zone 3 is a little further, but still within reasonable walking distance, and is about half the price.
- Avoid a parking permit if you live within walking distance to school.
- Walk or bike if you can

Non-science major

- Consider doing non-science major tutoring if you think you may be weak in other science areas.
- There is a lot of support for non-science majors.
- I know a lot of people are going to say to not do the Molecules to Medicine pre-work that they send out over the summer, and most of you probably don't need to. HOWEVER, if you took time off in between college and medical school OR were a non-science major, I highly recommend (at least briefly) looking through the material.

Married/significant others

- It's a little harder to be spontaneous, so just make sure to plan time together
- Make time for your significant other every day, whether it is in person (or via phone, email, text messaging, video chat, etc. if long-distance). Long distance relationships ARE DOABLE in med school! Schedule date nights and stick to them. If you are dating or married to someone who is not a med student, don't overwhelm them with too much medical info.
- You have to be devoted to each other. Med school is probably one of the hardest things you'll ever do. Your life and you will change more in the first 6 months of med school than in the previous 20 years combined. You have to make them a part of that process, or else you will grow apart. It's been really difficult for us, but we're sticking together.
- Include them as much as possible and put away your laptop/phone/books every so often and really give them your undivided attention. Also, practice your exam skills on them! Seriously!
- If you are doing a long-distance relationship during medical school, you must be intentional about making time for your SO. Talk to them every day, and schedule at least one day a week for Skype/FaceTime dates. You will feel overwhelmed with school, but at the end of the day your relationships with family and your SO are more important.

Research opportunities

- Take advantage of shadowing during less busy times of the year (at the beginning of a module, during breaks if you are in town, etc.). If you want to do research over the summer, look into possible opportunities before Winter Break so you can get any necessary paperwork done, talk to your PI, etc. before January when many research application deadlines are.
- Start looking for a research mentor in October if you want to do research the summer after first year. The application is due when you get back from winter break, but it's not the sort of thing you can do the night, or even the week before.
- Trauma shadowing at UH is really fun! Also, the Student-Faculty Collaborative Practice Clinics remind me of why I came to med school in the first place.
- Every physician I've contacted is eager to have students work with them. All you have to do is ask. Don't be afraid to follow up with another e-mail or phone call. Physicians get busy and genuinely forget. They aren't trying to blow you off.
- It's as easy as emailing a faculty member. Do it as much as you think you can handle.

Pets

- Cats. Low-maintenance, but it's nice to come home and relax for a few minutes by petting them.
- Cats are SO EASY!! Definitely recommend getting one if you're hesitant about the time commitment involved in having a dog.
- Dogs take up a lot of time. During your first two years, you will have plenty of time outside of class to care for a puppy/dog, but third and fourth years will be challenging. Think ahead and plan appropriately.
- I go to VCA at Oak Hills for boarding. They seem to take good care of my dog. I don't know if I'd recommend a puppy during school (unless you have others to help care for it).

Balancing finances

- Make a budget and stick to it (I use an Excel spreadsheet that I update constantly based on what I spend). Only borrow what you really need--if you find you have extra that you don't need, return the funds to the school! Consider paying interest on unsubsidized federal loans while in school (include this in your budget).
- My recommendation: take all the \$ and give back what you don't need. The last thing you need is to be stressing about money during med school. That being said, be conscious about you're spending and live frugally.
- Take out minimum loans. They always say, "live like a student now so you won't be living like a student later."
- Apply for all scholarships you can.

Picking a specialty

- Go to interest groups; you learn stuff and get free food!
- If you have no idea, chill out. You'll gravitate toward your interests naturally.

- Ask questions! Go to career days! Read about specialties during less busy times. Talk to MS4s, residents, attendings.
- Start exploring early (shadowing different fields, etc.). Don't discount ANYTHING. Try to keep an open mind, but recognize aspects of your personality that might fit better with one field than another.
- Accept early on that you know nothing about anything, that you WILL change your mind, and then shadow someone in any field that sparks your interest.
- Shadow as widely as possible! Definitely keep a running list of things you like or don't like, but know that you will change your mind roughly 17 times during your third year alone. My best advice is to keep your mind open during first and second year and use your third year to decide.

Exercise:

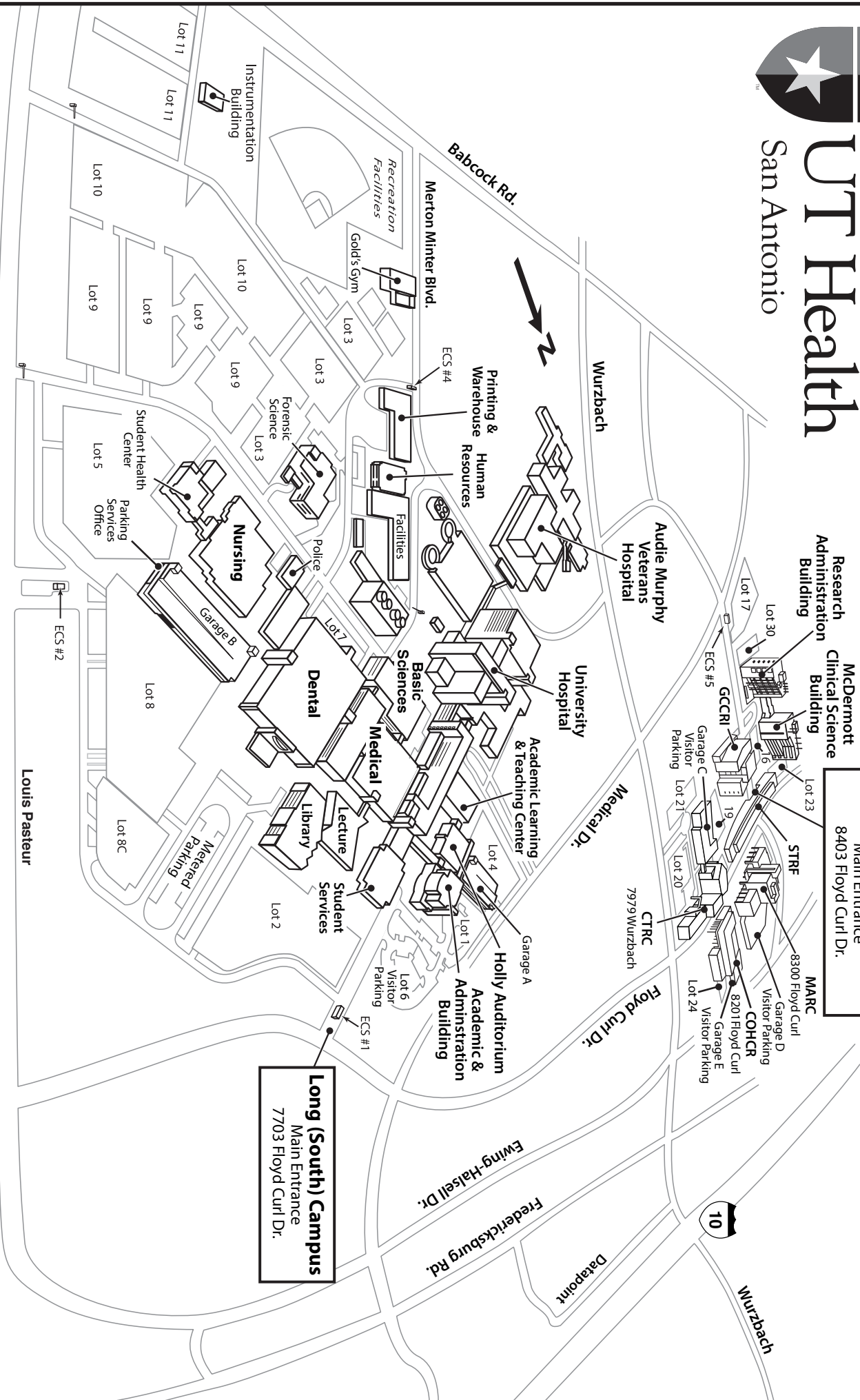
- Join an IM sports team. They're relatively low-commitment, but good fun and easy exercise.
- Gold's! You pay for it in your tuition. Cardio kickboxing, Yoga classes and Body pump are all excellent group classes.
- Consistently do what you enjoy. And stay active. You'll feel better. Find a way to work physical activity into your daily routine and you will find that it really improves your overall attitude.
- Our gym is great! I liked being part of a sports team with my classmates and I recommend it. You're going to be spending a lot of time sitting in a chair so any chance you get to prevent muscle atrophy, do it!
- Med school is better when you do things that make you happy, whether it's exercising or lazing about.



UT Health San Antonio

Greehey (North) Campus

Main Entrance
8403 Floyd Curl Dr.



ECS: Entry Control Station (guard station)

Long (South) Campus
Main Entrance
7703 Floyd Curl Dr.

Louis Pasteur