



## COLLEGE OF MEDICINE AND LIFE SCIENCES

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# THE UNIVERSITY OF TOLEDO M1 SURVIVAL GUIDE

**UNOFFICIAL!!!**

**Disclaimer:** This survival guide was created for students by students and is not officially sponsored by the university. If you find the rating of a coffee shop to be blasphemy or the restaurant list to be not up to your standards we are open to constructive criticism and want to make this as great as it can be for you all! This is the second year we have put this together so we know there will be plenty to improve upon and we want to hear what those are! This is a culmination of anecdotal evidence and opinions of current med students that helped author it. See your official student handbook for official information about the University of Toledo. Also don't sue us, we like it here and only have old furniture to our names.

# WELCOME CLASS OF 2029

First of all..... **CONGRATULATIONS**!!!! This is a huge step in becoming the physician you always dreamed of. Your M1 year starts to lay the foundation of knowledge you will use for the remainder of your career. You're going to meet so many great people along the way and these relationships will help you through those difficult times that are inevitable in medical school. It's going to be a roller coaster of emotions and challenges along the way and that's all part of the fun. Here at the University of Toledo there is a very collaborative and supportive culture and we, Medical Student Council Class of 2028, want to provide you with every resource that you can use to be as successful as possible. By no means do you have to read through this entire thing in one sitting. There is a lot of information here that can be overwhelming, boring, poorly written, and occasionally snarky. This is designed as a "one-stop-shop" for any information you may need so bookmark this page and reference it as needed. You are all amazing and are well deserving of your position here in medical school and we look forward to seeing you guys on campus and can't wait to meet you all!!

Good Luck!

- Medical Student Council - Class of 2028 -

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# Key Tips

1. A parking pass does not equate to a close parking space. Medical students are not the only ones who park on campus. We have pharmacy, nursing, PA, etc. so **PLAN AHEAD ON EXAM DAYS!**
2. Exercise!!! Keep your physical health in check
3. Obtain a real adult toolkit (hammer and screwdrivers at the very least) if you plan on assembling your own furniture. [Or ask the UTCOM Brute Squad](#)
4. Set a monthly reminder on your phone to pay rent and utilities.
5. If your apartment complex offers it, spend the extra money to get a carport or garage for your car. Can also install remote start on your car. Helps in the morning when you need to get to campus in the winter.
6. Always be ready for a sudden rainstorm.
7. Even in the summer, the classrooms and buildings can get really cold, so wear layers.
8. Meal Prep. Saves time and a whole lot of money.
9. Get a reliable coffee-mug/tea-cup or mug and a solid water bottle. (I'd go with a coffee thermos not a mug)
10. Carry granola bars or snacks in your backpack for the extra boost of energy. (chicken sandwiches in the cafeteria are also pretty decent and only cost a dollar)
11. Identify stress outlets (things you find enjoyable) before you start school.
12. Have a functioning laptop or tablet (preferably with a stylus) to take notes on.
13. **Don't** read Lippincott unless you have a dying urge to do so (on this note I would not buy books until classes start or never, most of the info you need is in a book called step 1 first aid which costs like 30 dollars).
14. It is **NOT** worth it to stay up past 2:30 AM to study for an Exam or Quiz. Just **DON'T**.
15. Never be afraid to ask questions, we are all students. That being said, you are student physician-in-training. Nothing more.
16. **DON'T BUY ANYTHING** before orientation. They give you a stethoscope that is dang good. Wait for discounts for buying study resources.

17. Do not feel like life is over if you aren't getting the grades you think you should be. Everyone struggles with different topics. Professors, peer leaders, and upperclassmen are there to help you out, JUST ASK!
18. Shadow in different disciplines that you never would have thought that you would enjoy. You learn something new.
19. Your stethoscope is just fine.
20. **Don't** overcommit to things. Learn to say "NO" (in a professional way obvi). Stretching yourself too thin is setting yourself up for failure.
21. Keep your blinders on. You are here for you and your career. Comparing yourself to other people is actually useless and a huge burden that only hinders you.
22. Find people you love and friends that treat you with nothing but the utmost respect and dignity. Find the people that gas you up and roast you out of love. Hold them close. They will get you through the dark days.
23. Medical School is supposed to provide you the tools and the knowledge to adapt to the changes and hold true the fundamentals of medicine. Though some things may be "unnecessary" or the subject matter may be "low-yield," I can promise you SOMEONE is dealing with that very subject matter in their real life, all the time, as a patient. Learn to enjoy and value the process.
24. Time: Being a medical student is about being responsible. If you get lazy, it will catch up to you! Remember, what works for one student does not mean it will work for you – learn your study type and above all, learn to manage your time.
25. Medical School is temporary. Family is forever.
26. Use TikTok and social media in moderation (or end up like [Elon](#)).
27. Get a WARM coat and quality waterproof snow boots!
28. Get a snow and ice scraper to keep in your car.
29. Do what works for you. Period.
30. Have fun! It'll be over before you know it.

# School Resources

## Academic Coordinators

**Kristen Mckeown:** [Kristin.Mckeown@UToledo.Edu](mailto:Kristin.Mckeown@UToledo.Edu)

**Lindsay Ferguson:** [lindsay.ferguson@UToledo.edu](mailto:lindsay.ferguson@UToledo.edu)

**Erin Muentzer:** [Erin.Muentzer@UToledo.Edu](mailto:Erin.Muentzer@UToledo.Edu)

## Academic Enrichment Center

**Location:** Mulford Café (basement of Mulford Library)

**Hours:** Monday-Thursday 8:00am – 5:30pm

Friday 8:00am – 4:00pm

**Phone Number:** (419) 383-6118

**Contacts:**

**Sarah Cullum**, Assistant Director [sarah.cullum@utoledo.edu](mailto:sarah.cullum@utoledo.edu)

**Jodi Wyman**, Learning Specialist [Jodi.Wyman@UToledo.Edu](mailto:Jodi.Wyman@UToledo.Edu)

**Website:** <https://www.utoledo.edu/med/depts/aec/>

## Medical Education

**Contacts:**

**Dr. Coral Matus**, Associate Dean for Foundational Sciences

[coral.matus@utoledo.edu](mailto:coral.matus@utoledo.edu)

**Dr. Jeremy Laukka**, Senior Associate Dean for Undergraduate Medical Education,

[jeremy.laukka@utoledo.edu](mailto:jeremy.laukka@utoledo.edu)

**Website:** <https://www.utoledo.edu/med/depts/medical-education>

## M.D. Admissions Office

**Contacts:** Dr. Randall Worth, Associate Dean of Student Affairs & Admissions

[randall.worth@utoledo.edu](mailto:randall.worth@utoledo.edu)

Dr. David Pearson, Assistant Dean for Admissions [david.pearson@utoledo.edu](mailto:david.pearson@utoledo.edu)

Danielle M. Dougherty, MBA, Director of Admissions

[Danielle.Dougherty@utoledo.edu](mailto:Danielle.Dougherty@utoledo.edu)

**Website:** <https://www.utoledo.edu/med/md/admissions/>

## Office of Student Affairs

**Location:** 1<sup>st</sup> Floor, Mulford Library, MS 1044  
**Hours:** Monday – Friday 8:30am-5:00pm  
**Email:** [HSCstudentservices@utoledo.edu](mailto:HSCstudentservices@utoledo.edu)  
**Phone Number:** (419) 383-3600  
**Website:** <https://www.utoledo.edu/med/studentaffairs/>

## Office of Financial Aid

**Location:** 1<sup>st</sup> Floor, Mulford Library, MS 1044  
**Hours:** Monday – Friday 8:30am-5:00pm  
**Email:** [HSCstudentservices@utoledo.edu](mailto:HSCstudentservices@utoledo.edu)  
**Phone Number:** (419) 383-3600  
**Contact:** Maura Conner, MBA, Program Manager, Graduate and Professional Financial Aid -  
[Maura.Conner@Utoledo.edu](mailto:Maura.Conner@Utoledo.edu)  
**Website:** <https://www.utoledo.edu/financialaid/hsc/>

## Office of Inclusion and Opportunity

**Location:** Mulford Library Building, Room 105  
**Hours:** 8:30am - 5:00pm  
**Phone Number:** 419.383.3438  
**Contact:** Dr. Carolina Wishner  
**Website:** <https://www.utoledo.edu/med/inclusion/>

## Student Health Services

HSC Student Health and Wellness Center  
Ruppert Health Center Room 0013 (lower level)  
Appointments: (419) 383-5000

Student Mental Health and Wellness Services  
Kobacker Center  
1400 E. Medical Loop  
Toledo, OH 43614  
Phone: (419) 383-3815

Family Practice Center  
3333 Glendale Ave.  
Appointments: (419) 383-5555

Main Campus University Health Center  
1675 West Rocket Drive  
Appointments: (419) 530-3451



## **Rocket Launch**

This is a formal mentoring program that will pair a couple of M1s with an M2. Take this opportunity to learn from someone who has been there and gone through what you had just a year prior. There is a wealth of knowledge to be shared and it's a great opportunity to meet students in the class above you. There will be a required number of meetings with your small group per year as well as two large meetings with the entire Rocket Launch cohort. You will receive an email informing you how to participate in this program in the early fall semester.

# Academic Resources

**TLDR:** There are a million different things you can do to supplement your learning! Always start with the free things (YouTube, Anki, Osmosis, books from the AEC/library) and then see if you can get free trials to test out some of the paid things you might be interested in. Do NOT buy anything at first, you are still figuring out what learning style works best for you and it is likely very different from how you studied before. Once you have done the free trials and found what you are really interested in, wait until there are discounts before you buy!

## Books

Throughout the curriculum there are many great books that can be used. The first place to check is the **Academic Enrichment Center (AEC)** as they have many books that are handed down from year to year that are free to use. **Mulford Library** also has many books and you may be pleasantly surprised by what they have in stock.

## Online/Outside Resources

These will be discussed in sessions in the beginning of the year in further detail and give everyone an opportunity to hear from multiple students on what they prefer using and why. There are so many to choose from between Boards & Beyond, Pathoma, Sketchy, Anki, etc. **Do not buy anything** right off the bat! Take advantage of free trials and discounts and see what suits you. The Medical Student Council will get **discounts** to the class in the beginning of the year through group purchasing. To give a little description of the main resources people use:

### USMLE First Aid - Step 1

A lot of students call this book the medical school bible. Basically everyone has it, but basically no one buys it. You can get it for **free** when you sign up for the American Medical Association (AMA). Buy the 4 year membership. It'll be worth it. This book has a ton of information in it about just about any subject you will learn in medical school. Be wary though it is **NOT** everything you need to know for Step 1, but is an amazing resource for memory tricks and a quick look at major points to know about various topics.

### ScholarRx

ScholarRx is a comprehensive resource that is totally FREE to us. It provides a modular, customizable approach to studying with Rx Bricks, which are concise, high-yield learning modules covering key medical topics. The platform includes thousands of Step 1-style questions with detailed explanations, helping you reinforce concepts as you go. You can also create flashcards and build personalized study decks to fit your needs. Many professors integrate ScholarRx

into their teaching, and you can follow curated playlists to supplement lectures. Did I mention it's free?

## Boards and Beyond

Over 400 videos by Dr. Jason Ryan gives a 3000 ft view of the important topics, but summarizes those key topics really well. These videos are on average like 15 minutes in length and explain things in a simple manner that makes it very easy to grasp more difficult concepts. If you use the "Lightyear" deck in Anki you should have this program. Even if you don't use Anki or the Lightyear deck, this is an amazing resource.

## Pathoma

Dr. Sattar created and narrates over 35 hours of video that describe the high-yield pathology points which also comes with an associated book. Explains mechanisms of pathology in simple terms that are easy to grasp.

## SketchyMedical

This program is great for all of those visual learners out there. Even if you're not, this can still reap huge benefits in memory recall. There are 3 sections that can be purchased separately or together. SketchyPharm, SketchyPath, and SketchyMicro. SketchyMicro was definitely used by most with SketchyPharm and then SketchyPath being the least used. This is a program that you really should try before buying. It does not work for everyone, but is an amazing resource for those who it does work for!

## Q-banks

There are a variety of Question-banks available for purchase to supplement your learning. People often say that doing questions and learning from mistakes is one of the most effective ways of learning and solidifying material so these can be highly helpful. The downside is they are expensive. Black Friday always has killer deals for these.

Here are a few of the Q-banks that many of us used.

**USMLE-RX**: This will help you learn FirstAid inside and out. A good starter Q-bank for NBME prep.

**KAPLAN**: Can be some very detailed and difficult questions, but overall pretty good. Gives a very long detailed description of why answers are correct/incorrect. Good Q-bank to start using in M1 year for NBME prep.

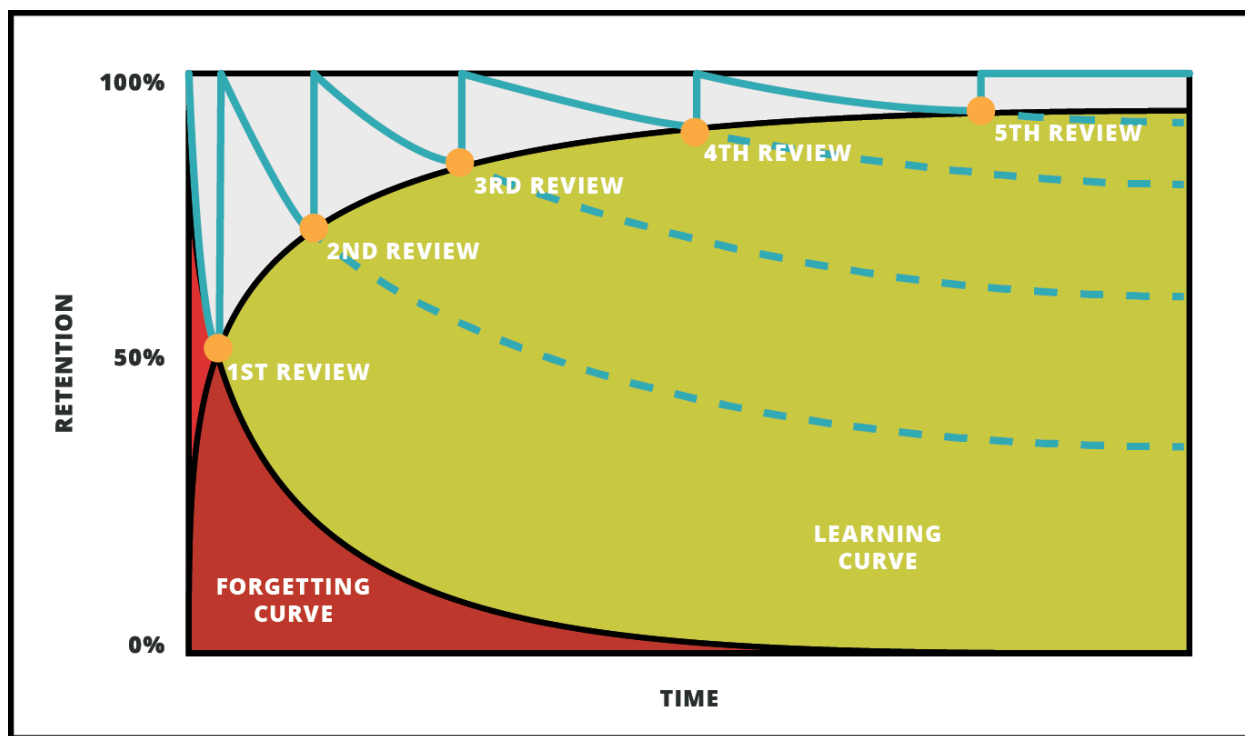
**AMBOSS**: Very integrated, and very difficult. Questions span multiple systems, so most questions are not that doable until in M2. Very good and user-friendly site.

**MEDBULLETS**: Free, open-sourced question bank made by other med students. Focuses on higher-yield, 'point and shoot' concepts. Questions may be poorly written. Very limited explanations.

**U-WORLD:** Don't use this until you start dedicated as an M2. This is the highest-yield, most gold standard STEP-1 test prep Q-bank.

## Anki

[Anki](#) is an open source spaced repetition flashcard software. Spaced repetition is an evidence based learning technique that increases memory retention. Without reinforcement, newly acquired information is easily forgotten. Think about the last test you crammed for -- while you may have performed well on your exam, it is unlikely that the information you learned is still readily available to you. Anki's algorithm is designed in a way where the more often you get a flashcard correct, the longer the time period is until you see it again. If a card is answered incorrectly, the interval is reset. The result is increased long-term retention via flattening of the "forgetting curve".



At first Anki can be quite overwhelming, but don't stress out! This guide will provide you with some basic information and you will also receive individualized instruction on operating Anki by M2s within your first few weeks of medical school.

Downloading Anki

## Downloading Anki

Anki is available for PC, Linux, and Mac. The Anki mobile app (AnkiDroid) is free for androids and \$25 for iPhones. Some folks avoid purchasing the app by accessing Anki through their iPhone/iPad's web browser. Many think the \$25 is a worthy investment.

Download Anki: <https://apps.ankiweb.net/>

## Downloading Add-ons

The beautiful thing about open source software is that it can be customized to the moon and back. Here are some of my favorite addons that I suggest you download. To download an addon, select Tools > Add-ons > Get Add-ons. Copy and paste the following codes, hit 'OK' and restart Anki.

Note: there are [tons](#) more that you can add, but I would suggest starting with these and holding off on customizing further until you are familiar with the software.

Image Occlusion	1374772155
Hierarchical Tags 2	594329229
Load Balanced Scheduler	208879074
More Decks Stats and Time Left	1556734708
More Overview Stats	2116130837
Customize Sidebar	1988760596
Special Fields	1102281552
Review Heatmap (download and open file)	<a href="https://github.com/glutanimate/review-heatmap/releases/tag/v0.7.0-beta.1">https://github.com/glutanimate/review-heatmap/releases/tag/v0.7.0-beta.1</a>
Pop-up Dictionary beta	<a href="https://github.com/glutanimate/popup-dictionary/releases/tag/v0.5.0-beta.1">https://github.com/glutanimate/popup-dictionary/releases/tag/v0.5.0-beta.1</a>
*AMBOSS add-on	<a href="https://www.amboss.com/us/anki-amboss">https://www.amboss.com/us/anki-amboss</a>

\* This add-on is incredible but you need an AMBOSS subscription first. DO NOT BUY AMBOSS YET! There are plenty of outside resources and you first need to decide what is right for you before committing. Also, the treasurer will organize group orders for outside resource subscriptions via Medical Student Council (MSC). Order through MSC so that you can save \$\$\$.

## Card Settings

Here are my settings. These can be adjusted according to your own personal preference. More details regarding what each of these settings mean will be covered in your in-person sessions.

On the main screen, click on the gear icon > Options and adjust the card settings as follows:

The image displays four screenshots of the Anki Options menu, arranged in a 2x2 grid. Each screenshot shows the 'Options group: Default' at the top, with a 'Manage...' button. A red warning message is present in each: 'Your changes will affect multiple decks. If you wish to change only the current deck, please add a new options group first.'

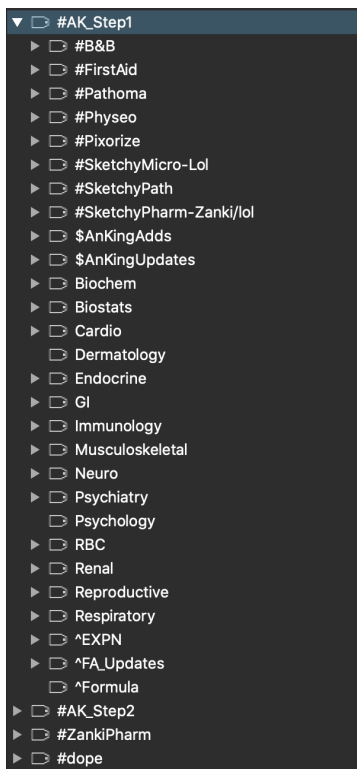
- Top-left screenshot (New Cards tab):** Shows settings for 'New Cards'. 'Steps (in minutes)' is 25 1440. 'Order' is 'Show new cards in random order'. 'New cards/day' is 9999. 'Graduating interval' is 1 days. 'Easy interval' is 4 days. 'Starting ease' is 250%. There is an unchecked checkbox for 'Bury related new cards until the next day'. Under 'Load Balance', 'Graduating interval' has 'Minimum' and 'Maximum' both set to 3 days. 'Easy interval' has 'Minimum' and 'Maximum' both set to 4 days. Buttons at the bottom: 'Help', 'Restore Defaults', 'OK'.
- Top-right screenshot (Reviews tab):** Shows settings for 'Reviews'. 'Maximum reviews/day' is 9999. 'Easy bonus' is 150%. 'Interval modifier' is 100%. 'Maximum interval' is 120 days. 'Hard interval' is 120%. There is a checked checkbox for 'Bury related reviews until the next day'. Buttons at the bottom: 'Help', 'Restore Defaults', 'OK'.
- Bottom-left screenshot (Lapses tab):** Shows settings for 'Lapses'. 'Steps (in minutes)' is 30 1440. 'New interval' is 20%. 'Minimum interval' is 1 days. 'Leech threshold' is 4 lapses. 'Leech action' is 'Tag Only'. Buttons at the bottom: 'Help', 'Restore Defaults', 'OK'.
- Bottom-right screenshot (General tab):** Shows settings for 'General'. 'Ignore answer times longer than' is 180 seconds. There is an unchecked checkbox for 'Show answer timer'. There are checked checkboxes for 'Automatically play audio' and 'Always include question side when replaying audio'. Buttons at the bottom: 'Help', 'Restore Defaults', 'OK'.

## Cool, how do I get started?

There are two main ways to use Anki. You can choose to create your own cards, or you can use premade decks.

	Pros	Cons
Creating your own cards	<ul style="list-style-type: none"> <li>You are actively studying while creating cards</li> <li>You are more likely to get class-specific minutiae correct</li> </ul>	<ul style="list-style-type: none"> <li>Can be time consuming</li> <li>Making quality cards takes some practice (<a href="#">here is a video about making quality cards</a>)</li> </ul>
Using Premade cards	<ul style="list-style-type: none"> <li>Major time saver</li> <li>Cards are formatted well and already include additional resources to aid in learning</li> </ul>	<ul style="list-style-type: none"> <li>Risk of blindly memorizing without understanding</li> <li>Premade cards may not cover all topics that are taught (and subsequently tested) in class.</li> </ul>

## Sooo what's that premade deck you mentioned?



There are two main deck options. [AnKing V9](#) (see first comment of thread) is the most up-to-date version of the original Zanki deck. This deck is extensively tagged and each card includes images from first aid and other external resources. [Cheesy Lightyear](#) is another deck that many people like. This deck was made to go hand-in-hand with Boards and Beyond. Do not do both decks. Do your research, pick one, and stick to it!

Step 1: Enter the browse menu, select all cards and suspend them (Ctrl-J or ⌘J) so that they appear to be highlighted yellow

Step 2: Search for relevant cards using the tagging system and/or typing keywords in the search bar. Cards can also be moved into new decks (Ctrl-D or ⌘D) so that you have them in one location.

Step 3: Unsuspend (Ctrl-J or ⌘J) relevant cards, return to the home screen, and start studying!

← Here is what the AnKing V9 tagging looks like. To sort by tags, select Browse on the home screen.

## **Anki Advice**

- Try your best to not fall behind in your reviews! They add up quickly and are a fast track to burnout. When you inevitably need to take a day off, try and use the “study ahead of schedule” feature.
- Pomodoro timers will be your best friend. Play around and find the optimal timing for yourself.
- If you keep getting a specific card wrong, reformat it.
- If you feel like you’re getting a bunch of cards wrong in a row and making silly mistakes -- take a break! Don’t anki until your eyeballs fall out. Get some fresh air or watch a video on the content until you’re ready to come back.
- After becoming familiar with the software and using Anki consistently, incorporate the [speed focus addon](#) and consider investing in a controller. Learn more [here](#).
- Do not ignore class content. Fill in the gaps by making your own cards.
- Studying with Anki is useless if you are not applying your knowledge. Utilize practice questions Peer Leader sessions and question banks to assess your understanding.
- Trust the algorithm. Answer cards honestly and let the program do the work.
- ANKI IS NOT FOR EVERYONE!!! Anki is not a golden ticket. If you try it and it just doesn’t work for you, that is okay. I know plenty of people who never use Anki and do great in school.
- Put your blinders up. Focus on what you’re doing. Prioritize your mental health. In the beginning of medical school it is really easy to fall down the rabbit hole of comparison. Trust yourself... you’re not an imposter. You made it here for a reason and you deserve to be here.
- Additional questions? Stop into the AEC and they will hook you up with an Anki master.

## **Anki Resources**

[Blank Anki Schedule](#) - Use this template to track your anki and external video progress

[Anking FAQ](#) - This website is great! Anking has a lot of helpful information on here.

[Anking Youtube](#) - Lots of youtube tutorials on how to navigate Anki

[Med School Anki Reddit](#) - Individualized help, deck updates, and memes



## Computers

All lecture material is delivered to you via powerpoints and/or PDF files, which makes using a laptop pretty extremely convenient (though not completely necessary if you don't want to). You will do all of your testing through computerized software: ExamSoft, which will run on PC based laptops and Macbooks. Be advised that iPads and chromebooks do not run our testing software.

If you don't feel like buying a new laptop, or if you are worried about your personal laptop failing you, computers can also be borrowed for quizzes/exams. An email is usually sent out the class notifying you of the required report time for each quiz/exam as well as a reminder to notify **Bob Frye** ([robert.frye@utoledo.edu](mailto:robert.frye@utoledo.edu)) if you need a laptop to use during the quiz/exam.

There are also computers on campus that you can use. There are both Windows and Macs. Many of these are in the library, but there is a computer area within HEB that has a cubicle style with a computer in each section available for use.

WAIT BEFORE BUYING A BUNCH OF PROGRAMS!!! Microsoft Office (Word, Excel, Powerpoint, OneNote, etc.) can be downloaded **FREE** through the university for both PC and Mac users. Use the link for a guide on how to install and download it:

<https://www.utoledo.edu/it/office365/how-to/microsoft-office-download-and-install-guide.html>

## Note Taking Apps

If you plan to take notes digitally instead of with a pen and paper (like what 99% of our class does) then you will need to choose a note taking app. Here are a few of the most popular used by our class.

**OneNote:** FREE. Most popular option with our class. Import powerpoints/PDFs, "hand-write" notes right on the slides digitally with your tablet. Sync your notes to all your other devices through OneDrive.

**Notability:** Mac exclusive. Does all the same stuff as OneNote.

**Others:** Some people use vanilla Word, Excel, Google Docs, to take down notes. Whatever you use, be consistent and develop your method.

## Intro to Curriculum

**TLDR:** There are essentially two types of learning: in-person (TBL, ICL, CPC, and IPE) and remote (ICL if you listen to recordings, LMs). In-Class Learning (ICL) can be remote if you would prefer to listen to the recordings afterwards rather than attend class, but be careful as it is very easy to get behind and every so often there may be issues with the recording software. Otherwise the biggest takeaways are that everything is pass/fail (70% or above), you need to download quizzes/exams the night before on Exemplify, and make sure to check your schedule frequently for required classes if you aren't planning on going to class!

## Team-Based Learning (TBL)

Team Based Learning is a portion of the curriculum that helps to reinforce the importance of working well in groups and the concept of group accountability that is becoming increasingly important in medicine. In the beginning of your M1 year, you will be assigned into groups of 4-5 people with your classmates that will be in place for both the M1 and M2 years. These groups will not only be used in TBLs but will also be used for anatomy labs and other experiences.

A typical TBL session consists of a ten question quiz that is taken individually called the IRAT (Individual Readiness Assurance Test), and then repeated as a group as the GRAT (Group Readiness Assurance Test). Following the IRAT and GRAT, professors create an application (cases) portion that is completed as a group and discussed at large with the class. The case discussion portion is not graded correct/incorrect but is more so to stimulate thinking through tougher cases that will reinforce topics in a practical, clinical setting.

## In-Class Learning (ICL)

In-class learning is just a fancy term for lectures. These are presented within the main lecture hall (HEB 100). Topics range from the foundational sciences, business of medicine, ethics, etc. There is typically a 5-10 min break between each hour allowing students to stretch their legs and refocus for the upcoming lecture. These are also recorded and will be available on Blackboard once all lectures for that day have finished. The style of these vary drastically depending on the lecturer. PollEv (a website designed for questions) is often used throughout the lecture to ask students questions to make sure they are understanding important concepts.

## Learning Modules (LMs)

Learning modules are e-learning modules that are created by different members of the educational staff. Some have video recordings, others have audio recordings, and then some are simply to be read through. There are often questions throughout or at the end of each LM that will reinforce key concepts. These can be completed at the leisure of each student - just know that they **will** be tested on in the following quiz/exam.

## Interprofessional Education (IPE)

The goal of the program is for students to gain an understanding and appreciation of the roles and scope of practice of different professions and the impact of “team” on patient care and quality improvement. This is a newer addition to the curriculum so things may differ for you guys but based on what we did, every other Friday during Thread 1 we met with our IPE group (about 10-15 people with a mix of MDs, nursing, PA, OT, PT, etc.). In Thread 2 there were a few required experiences that took a few hours a piece but were very low stress and fun! The activities varied widely, but each had the focus of learning to appreciate the people you will be working with for the remainder of your careers.

## Electives

There are many electives available to take at the University of Toledo College of Medicine and Life Sciences (UTCMLS) starting Thread 2 of your M1 year. Some of these are actual courses

you can take (generally once a week for about 2 hours) or others are opportunities outside the classroom setting to get elective credit. A full list with descriptions can be found here:

<https://www.utoledo.edu/med/md/curriculum/preclinical/electives.html>

## Grading

All grades in your first two years will be pass/fail. You will still receive a percentage for each quiz/exam you take and you will be required to have a 70% or higher overall. There are also NO “CURVES” – what you see is what you get. So, it doesn’t really matter how well or how badly your classmates do – your grade is your grade. The only type of “curving” done if a large percentage of the class misses that question then it may be thrown out. But this doesn’t happen very often – maybe 1-2 questions per exam – so don’t count on that bringing up your grade.

Some of you will continue to achieve the grades you were accustomed to earning during college, but most will have to make mental adjustments regarding your expectations. Remember, you are in a class with a bunch of smart people – that’s what medical schools accept. So, a B in medical school is certainly a big accomplishment whereas you might have gotten an A in the same undergraduate course. Whatever the case may be, you will probably have to work harder than ever before. It won’t be easy, but it’s not impossible either.

**A final note:** if you ever find yourself in academic trouble, **PLEASE, PLEASE, PLEASE** talk to your professor, Sarah Cullum, or the course director! She might be able to redirect your approach to the subject, help you outside of class, and may be able to set you up with a 2nd year tutor. And **ALWAYS ASK QUESTIONS IN CLASS** - that’s the way we all learn! Almost all professors have an open-door policy for medical students so reach out! Your fellow classmates are also a great source of help, don’t be afraid to go outside your normal study group!

## Remote Learning:

### Blackboard Collaborate:

All of the lectures and required sessions are given through Blackboard Collaborate. In addition, every session is recorded and can be accessed at your leisure through Bb Collaborate. The recorded sessions are available to watch very soon after the session ends, and each lecture is recorded separately. A lot of people download speed controller browser extensions so that recorded lectures can be viewed at higher speed.

### PolLEV:

PolLEV is an online service that professors and peer leaders in the Academic Enrichment Center use to ask questions during class and review sessions. But don’t fret, PolLEV questions are never graded! Professors typically use it to gauge understanding, and they very often include concepts that show up on quizzes and exams!

### Collaborate Ultra:

This is a video call software that is available within the Blackboard site. It is often used for required remote sessions, such as the specialty exploration sessions hosted by the Office of Student Affairs (OSA) or infrequently some In-Class Learning (ICL). Sometimes it will also be used for extra-curricular events and other things. You can find the tab for it on the left hand side when in a course or organizations dashboard.

Exemplify:

Exam taking software that you download on your personal computer. You then take your computer in with you on test days to take the quiz/exam in-person in HEB 100. You need to download exams before you can take them, so if it's the night before the exam, **MAKE SURE YOU DOWNLOAD YOUR EXAM**. Last thing you want is for it to be 5 minutes before the exam when you realize that you forgot to download. I guarantee at that moment your internet will decide to be **EXTRA** slow.

# M1 Courses

**TLDR:** You will have 4 courses your first semester/thread: Human Blueprint (essentially a few weeks long review of all of your pre-requisites), Immunology, Hematology/Oncology, and Infectious Disease. The next semester you will begin anatomy lab and will be dissecting your assigned cadaver with your group about once a week. During the 2nd semester/thread, you will take 3 classes: neurology, musculoskeletal, and psychology. Throughout all of this will be Principles of Clinical Medicine classes which discuss the more practical aspects of medicine such as business practices, legalities, and how to have difficult conversations with patients. Then you will be done with your first year of medical school!

## ***Human Blueprint***

Welcome to the first system of medical school! A lot of biochemistry is covered here and for many of you that may mean it's a lot of review material, but there will be diseases and other topics you probably did not cover in your undergraduate biochemistry course (if you took one). Genetics will also be covered here as well as an additional introduction to pathology and histology that we did not have the opportunity as a class to learn here so I cannot say too much about that besides the fact that you will have that material within this course. Do you like learning modules (LMs)? Well you probably won't by the end of this unit. Learning modules will be a daily task you have to do that are associated with the lectures for that day. They may not show up on the weekly calendar, but if you look within that day's lecture material you will find a couple of LMs. Make sure you are looking in each day's folder within Blackboard as these can be missed if you do not. The material within these learning modules WILL show up on quizzes and tests. As far as outside resources go for this unit, Board & Beyond is probably your best bet.

Course Director(s): [Dr. Kathryn Eisenmann](#)

## ***Immunity***

Immunity is a pretty short unit that gives quite a bit of self-directed learning (SDL) time which according to the schedule will be for the immunology case book. Many students read these and found them very helpful especially in regards to exam questions. They present a case and the typical symptoms of a disease associated with some aspect of immunity. Some of the lecturers will include these cases within their lecture material some will not, so you won't have to read all of them if you do not want to. Board & Beyond as well as Pathoma were good outside resources for this unit, but this unit would be important to stay on top of lectures as they provide much more information than outside resources that you will be tested on. \*\*NOTE Immunity is now happening before Heme/Onc due to student feedback. This is the first time they are doing this, but it makes sense to learn about the cells of the blood before learning about the diseases of blood so this \*should\* be a pretty cohesive order to your systems.

Course Director(s): Dr. Viviana P. Ferreira ([viviana.ferreira@utoledo.edu](mailto:viviana.ferreira@utoledo.edu))

## ***Hematology and Oncology***

As if the title did not give it away, in this course you will learn all about blood and its contents as well as neoplasms. This is a fairly short unit, but has a lot of important information that will come back. There are a decent amount of LMs for this unit as well, but not as many as Human Blueprint had. You will see histology slides and look at them and just think to yourself... wut?... Don't worry. That's how many others felt. You will get more comfortable with it the more you are exposed to it. For outside resources, Pathoma was really helpful here as well as Boards & Beyond. Pathoma has great explanations that Boards & Beyond does not really get into. Boards & Beyond is more of a 10,000 ft view of the material in most cases.

Course Director(s): [Dr. Kathryn Eisenmann](#)

## ***Infectious Disease***

This is a long unit and there are so many bugs and drugs (SOOO MANY!!!). You'll learn all about viruses, bacteria, parasites, fungus, and the drugs used to target all them nasty things. Some things will make you never want to swim or eat again. The biggest resource that a lot of students used for this course was SketchyMicro and SketchyPharm. I won't lie to you, you may be watching 2 hours of Sketchy after lecture in order to keep up with the material (recommend that you watch the relevant sketchy videos prior to class tho). The nice thing though, is the videos are actually pretty enjoyable and are amazing memory tools. However, DO NOT neglect lecture material. "Low-yield" material from lectures not found in outside resources is highly tested in this class. The exam questions for this unit start to get longer and have more of a clinical vignette style, but there are still those quick one sentence questions that you are used to at this point. A lot gets thrown at you here and some lectures can have 100+ slides in an hour, but use those skills you've acquired to determine the important information and comb through it all. After this, it's winter break so push through those last few weeks and you'll finally be able to take some time off :)

Course Director(s): [Dr. Mark Wooten](#)

## ***Neuroscience in Health & Disease (NIHD)***

Winter break is over and it's time to start studying again! Unfortunately. This one a lot of people will argue saying it is the most difficult of your M1 year. You will have an anatomy portion focused on the brain, skull, and spinal canal, but there won't be many "traditional" dissections like there will be in MSK. There are a couple dissections (namely the skull and face), but will largely consist of observation and slicing the brain and neural structures. You'll learn to read MRIs and CTs (on a very basic level) to where you can look at it and say "that white thing probably shouldn't be there" and make an educated guess on what it is. The arteries and nerves in the head and neck can be quite tumultuous in their paths but repetition in both the anatomy lab and reviewing lectures/LMs will do a lot of good. If you use outside resources here for the anatomy portion, be cautious as what we need to know for class and boards is different (and less) than an anatomy specific resource may try to teach you. There is an Anki deck people use called [Dope](#), but I would use this with great caution. You can spend a lot of time going through cards that are not necessary to know as medical students. Personally, I would say skip it, but other students used it so that's why I brought it up. People used this [quizlet](#) deck as well for the anatomy portion. Boards & Beyond was a great resource for this system. A lot of videos to

quickly summarize important diseases and other relevant subjects. University of Michigan also created a [website](#) for anatomy that has some useful practice questions and more cadaver photos that you may find helpful. Netter's remains gold.

Course Director(s): [Dr. Jeremy Laukka](#)

## **Anatomy**

Welcome to the world of the Anatomy lab! This is the first course you'll have exposure to your cadaver that you will share with your TBL and another TBL. I won't dive into the details, but basically five people are dissecting at one time which is half of the people for that body. At the end of the lab period, the other half of the groups come in and you discuss and teach what was dissected. The anatomy practical, which is the only test in the anatomy lab during this unit, is not something to push off studying for. Set aside some time to make it to the lab and review structures with a group of people throughout the course. It'll pay huge dividends when the practical comes around at the end. Going to the lab also helps with the visualization of how structures are oriented in space compared to each other that you can't always get from a book. Find a set of scrubs and old shoes to wear to the lab. You won't impress anyone with formaldehyde scent and stains on your fresh new UT sweatshirt. Go to AEC lab review sessions. The lab is open 24/7 so if you're feeling like a 3am study session, go for it.

Course Director(s): [Dr. Hamoun Delaviz](#)

## ***Musculoskeletal System (NMSK)***

The Musculoskeletal (MSK) system is unlike any system you have had up until this point. You are introduced to the anatomy lab (with a very intense focus on DISSECTION), the sim center, and many other resources that you wouldn't have used for prior courses. This is a long system so be prepared for that. You will learn all about skin, bones, nerves, muscles, etc. and apply that knowledge in the anatomy lab and practical. [CompleteAnatomy](#) was a very helpful resource in visualizing just about every way you could imagine. You can isolate nerves, muscles, etc. and see how each muscle moves, see how the vessels course through everything, and so much more! People also used an Anki deck called [Dope](#), but it has much more detailed cards and information than we need to know as medical students. You may find yourself spending way too much time trying to crawl through what cards are relevant and which are not, but that's up to you. There is also a [quizlet](#) that has a lot of cadaveric flashcards that people [converted](#) to an Anki deck. We did have access to Net Anatomy (UT provided this) which had cadaver photos which is very helpful in the anatomy practical portion. If you are an atlas person, Netter's is the gold standard, and for some students is all they use.

Course Director(s): Dr. Wendy Lackey-Cornelison ([wendy.lackey-cornelison@utoledo.edu](mailto:wendy.lackey-cornelison@utoledo.edu)) & [Dr. Hamoun Delaviz](#)

## ***Behavioral Science and Psychiatric Medicine (PSCH)***

This will be one of your shortest systems of your M1 year and you'll be on summer break before you know it. I thought this was very well put together as far as the order of material presented. There will be quite a big chunk of drugs you will learn in this unit so stay on top of these and don't cram until the end because they will come back and bite you if you do. It is a very lecture

heavy unit, but not very many LMs which I saw as a positive. They will give you the DSM V criteria for every disorder, but generally they don't get that nitty gritty when testing. It is more of recognizing and distinguishing between different disorders/diseases that you should be able to do. Boards & Beyond is probably the best outside resource here for most topics and then SketchyPharm for the large amount of drugs thrown at you.

Course Director(s): Dr. Jason Levine ([jason.levine2@utoledo.edu](mailto:jason.levine2@utoledo.edu))

## ***Principles of Clinical Medicine (PCM)***

This is not a separate course, but is integrated within the entire curriculum (M1 and M2 years). This is the aspect of the curriculum involved with standardized patients (actors/actresses), ethics, business of medicine, communication skills, etc. This content is still tested on your quizzes and exams as well as Step, so take it seriously and enjoy this material. It can be some of the most thought provoking material that will be presented to you.

The physical exam skills sessions are very low stress and as long as you do the recommended prep work you will be fine. You will have to dress up for these in your white coat. It's probably a good idea to just leave it in your car so you always have it with you. It wouldn't hurt to have a whole spare outfit in your car of nice looking clothes that you can toss on really quick in case you forget you had PCM that day. Use these sessions to ask questions and practice real life exam skills. Most people have no idea what they are doing there the first time so don't feel like you can't ask to practice more. This will pay huge dividends when you actually have to perform these for a grade. You will have an Integrated Clinical Skills Exam (ICSE) at the end of each thread that will test specific skills taught during that thread. For example, in Thread 1 you will learn how to do a basic abdominal exam and your patient may come in with abdominal pain and you will be expected to complete a physical exam as well as focused history to come up with a primary and secondary diagnosis.

Integrated Clinical Experience (ICE) will begin in Thread 2 of your M1 year. You will be assigned a physician that you will have to spend ~4 half days with that is essentially shadowing, but some will let you actually do things depending on the specialty and physician. For example, I was able to interview patients as well as practice a SOAP note (you'll learn what these are). You obviously won't be performing open heart surgery if you get a cardiothoracic surgeon, but you may get to hold traction. You can try and ask for a specific specialty, but there are no guarantees. You will get a new assignment each thread after that.

Course Directors: [Dr. Coral Matus](#)



# Student Testimonials

**TLDR:** Don't get too caught up in the stress of medical school and don't be afraid to ask for help! Explore things that interest you, do the best you can without stressing yourself out, and most of all have fun!

Here are some bits of advice and *wisdom* from the board of the Medical Student Council.

1. My most important piece of information is not to lose sense of who you are in the process of medical school. Medical school is wonderful but it is not the be all and end all of your life, there are other things that are important and getting in the practice of balancing these things is very important from the get-go. You will be a better physician who can deliver high quality, equitable care to your patients if you prioritize self care and avoid burnout at all costs. In your first weeks these words may escape you but please revisit them! I have had to learn not only how to manage my time, but how to manage my ENERGY in medical school. Keep track of your energy and use high energy moments to study. It's not about the time you invest into studying, it's about the quality of when you do actually study. Good luck on your first year, it will go by fast!

2. Congrats on your acceptance to UTCOMLS! These next few years will be busier than you ever expected, but they will also be a blast! My biggest piece of advice would be making sure you learn to manage your time effectively. This has definitely been difficult for me and I still have a ways to go. Early-on, I solely focused on learning the material being presently taught and neglected to set time aside to review past material. However, if you take just an hour to review everyday, you will save a ton of time in the long run. Also, set aside time everyday to workout as this will not just help physically, but also mentally. Finally, remember to have fun and relax every once in a while!

3. Welcome to UT College of Medicine! My biggest piece of advice would be to embrace your fellow classmates, older students, and faculty as you begin your first year. I attended a lot of AEC Peer Leader sessions, where older med students serve as tutors and answer any questions. It makes life a lot easier when you can share study resources, spreadsheets, memory devices, etc. with each other. The faculty are very receptive to questions and want you to do well! If you choose to attend class live, you can ask questions on the spot, but you can always email or post on the Blackboard discussion board. I think it's also important to 'keep your blinders up' to a certain degree when it comes to how others are studying. Everyone worries about not studying enough, using the right resources, time management, etc. It takes time to figure out your routine and study strategy. If something works for you, stick to it! And have fun and take time for yourself!

4. There are multiple places to study around Toledo, and not just on the Health Science Campus. Other study spots include coffee shops, the undergrad library (5 floors), and the Law Center Library at the Main Campus.

5. There is a TON of content thrown at us, but rest assured that just about everyone in medical school has the baseline intelligence needed to absorb it all. It's a matter of putting in the work and studying smart/ efficiently. Throughout college, I found it quite possible to only study the days leading up to an

exam. That will not work here no matter how smart you are. What helps me a lot is to have set goals to complete each day in terms of content (ie. I want to review yesterday's lectures in the morning + go through today's in the afternoon). It's important not to go overboard though. Burnout is very real, and I hear 3rd year is where the "fun" really begins, so you don't want to empty your tank before that. Give yourself free time. It is very possible to have a chunk of free time most days, but it will take good time management and planning on your part. Other than that, don't be afraid to get involved with student orgs; time commitment for most of them is quite minimal (we are all med students here). Make friends and enjoy your free time. 1st year of med school is quite a ride and a day here feels like five, but it doesn't have to be something that consumes your life.

**6.** Congratulations on being accepted to the University of Toledo School of Medicine! Over the next few years you are going to accomplish some of the hardest, most rewarding feats of your life. It's exciting but also scary so we're here to try to make it a little less daunting. One of the best pieces of advice I can give you is that it is ok, and completely normal, to take some time figuring out what type of studying works best for you. Honestly, I've studied differently in every new system. Using resources like Sketchy and Pathoma may be great for infectious disease but may not work well for gross anatomy. So change when you need to and when you aren't sure how to proceed, reach out to your classmates as well as members of the M2, M3, and M4 classes. We all want you to succeed and are more than happy to help you along the way.

Of equal importance is your own well being; mentally, emotionally, and physically. Medical school can be very overwhelming and will easily take up 100% of your time if you let it. Make sure you take time for yourself. Make your hobbies a priority. I've found it is all too easy to talk myself out of going for a run because of all the studying I need to do, but I always feel so much better and more productive when I take the time to exercise. So, as you prepare your study schedule, be sure to include some breaks to enjoy whatever it is that makes you happy aside from medicine. You're going to do great!

**7.** The biggest piece of advice I could give would be to come into medical school with an open mind. Explore the specialties and see what interests you and what does not by shadowing and talking with clinicians. Assuming you won't like something and writing it off too soon is not going to do you any favors. All the material you learn may not be your favorite, but you go through different clinical rotations and could very well use that knowledge to improve a real person's condition. Some details may not seem important or "high-yield" to you at the time, but the person dealing with that specific mutation/disease/etc. is experiencing real suffering. Embrace the different possibilities that are out there. You never know where you might end up!

# Medical Student Council

**TLDR:** If you ever have any questions, need some advice, or just want to chat, contact any of the people on this list! You can find their email just by typing their name into Outlook, and any of us would be delighted to talk to you!

Medical Student Council (MSC) are the student elected officials for medical students. We strive to improve the experience you will have here at UTCOM and are always here to serve our fellow peers. We meet with administration regularly and discuss issues, concerns, etc. that have arisen and are clear to communicate with the class what the solutions will be. We are always open to hear from our peers and would love to hear from all of you! If you have any questions or concerns, please feel free to reach out via email at [medstudentcouncil@utoledo.edu](mailto:medstudentcouncil@utoledo.edu) or to an exec member on GroupMe.

## Executive Board

### **President - Priyanka Pulvender**

- Speak with administration on behalf of students as the primary liaison for all four classes
- Run monthly meetings held between Medical Student Council and Medical Education/the Office of Student Affairs
- Schedule and hold meetings with other departments throughout the University and College of Medicine as necessary
- Monitor the Medical Student Council email inbox
- Facilitate and collect student feedback on important class issues
- Help other executive board members plan and run events
- Serve as the student representative to the UTCOMLS Alumni Association and attend their meetings

### **Vice-President - Holly Heck**

- Act as voice of students in conjunction with President to administration
- Assist President in organization duties and event planning
- Coordinate and plan Legacy Lecture
- Attend all meetings with president, including Alumni Association meetings

### **Pre-Clinical Liaison - Kate Simer**

- Helps with the transition of being accepted into UTCOM and the first two years as a medical student at Toledo
- Be the main source of contact for all liaisons
- Runs Class of 2029 Facebook and GroupMe

### **Treasurer - Nipun Jayatissa**

- Serve as the Chief Financial Officer of Medical Student Council
- Compile and manage the budget and funds provided to MSC by the Office of Student Affairs
- Coordinate, plan, and execute all of the class discounts for various outside resources

**Secretary - Ben Jones**

- Serves as the Chief Administrative Officer of the Medical Student Council
- Manages the MSC Outlook account and takes minutes for all General Body Meetings, Administration Meetings, and Executive Board Meetings
- Serve as the Primary Contact for all Student Organizations to enhance organization, planning, and communication

**Publicist - Michelle Mosko**

- In charge of consolidating efforts from each month & crafting the MSC newsletter
- Runs the social media pages (Facebook, Instagram) & bulletin board (this also includes taking board pictures)
- In charge of advertising efforts for events (flyers, social media, etc.)
- Updates & reports changes/additions to the Student Feedback Google Form
- Coordinates submissions for the Humans of UTOLEDO initiative, including interviews, photos, and write-ups

**Diversity and Inclusion Chair - Shreya Bhoopathi**

- Advocate for inclusion of topics including, but not limited to, social determinants of health, implicit bias, inequality in medical care, and diversity into curriculum
- Represent student body to administration's Diversity Task Force
- Support and coordinate events with advocacy student organizations

## Liaisons

**Financial Aid - Nipun Jayatissa**

The Financial Aid Liaison is an individual position that meets semesterly with the Assistant Director of Financial Aid for the Health Science campus (Maura Conner, email is [maura.conner@utoledo.edu](mailto:maura.conner@utoledo.edu)). This position serves as a bridge between the Financial Aid office and students. Its main role is to be an advocate for student financial wellness and function as a point of contact to direct students to the appropriate financial resources for their individual concerns.

**Library, Technology, and Testing Center - Kylie Speiker**

The IT/Library/Testing Center liaison meets with the Information Systems Director at least twice a year and as needed to communicate student concerns related to network connections, the virtual lab, all printers/computers, the MSC website, etc. This position also ensures that there is adequate student relaxation and study spaces.

**Office of Student Affairs - Grace Arcuri**

The Office of Student Affairs Liaison's main role is to be a point of contact between the Office of Student Affairs and the student body. If students have questions, concerns, or ideas, they can reach out to the liaison to discuss with OSA, and the liaison will generally represent the interest

of fellow students when speaking with OSA. OSA can also use the liaison to get more information about students and discuss different ideas before they are shared with classes.

#### **Executive Curriculum - Darren Miller**

The executive curriculum is made up of about 30 faculty members and four students (one from each year). Meetings are held monthly to discuss, finalize and vote on any changes to the curriculum. This includes new courses or alterations created in the foundational science and clinical curriculum committees. The liaison's primary responsibility is to voice student feedback/provide student perspective on changes that will affect their class.

#### **Foundational Sciences Curriculum - Hannah Almlie**

The Foundational Sciences Curriculum committee meets monthly to go over issues with the curriculum and to hear updates from other committees. This committee also discusses potential changes to electives, syllabi, etc. to make sure they fit well into the curriculum. The Foundational Sciences Curriculum Liaison is the person the class can come to when they have an issue with the curriculum and classes. Discussion is open and opinions from the students are sought often when evaluating the curriculum.

#### **Interprofessional Education Liaison - Nick Bittel**

The Interprofessional Education (IPE) Liaison pursues the goal of unifying and integrating professional and graduate schools and actively encourages interprofessional education. This liaison serves as a student voice when communicating with administration regarding the IPE curriculum.

#### **Curriculum Evaluation - Mohammed Kuziez**

The Curriculum Evaluation Committee meets monthly and evaluates both pre-clinical and clinical aspects of UTCOM by considering student feedback from end-of-system reviews, student performance in each system/clerkship, and corresponding tests such as NBMEs and Step 1, 2 CS, and 2CK. This liaison is responsible for attending the monthly meetings, taking minutes, and contributing to discussions when applicable. This allows for a student voice to have influence in UTCOM's curriculum,

#### **Public Health Liaison - Olivia Thomas**

The Public Health Liaison works to promote public health education, advocacy, and outreach within UTCOM and the Toledo/Lucas County area. Responsibilities include:

- Attending monthly meetings for the Toledo Lucas County Board of Health
- Connecting students and student organizations to public health resources
- Creating and maintaining a working relationship between members of the Board of Health, UTCOM administration, and the student body
- Creating public health education events for the student body, leveraging relationships with the Board of Health and Health Department

# Clubs and Activities

**TLDR:** Try new things without any pressure! There are clubs for every interest on the medical campus and undergraduate campus, so you will be able to find many things that will interest you. Just be sure to find balance and don't overload yourself!

The University of Toledo College of Medicine and Life Sciences offers a wide array of clubs and activities that you can take advantage of. They all vary with different goals, personalities, and visibility on campus. They are a great way to meet new people that share a common interest and hopefully take some stress out of your life. Many organizations are fairly low commitment and are great ways to not only meet your classmates, but students in classes above you, as well as residents/attendings. Never be shy about signing up for a club or attending a meeting even if you are not sure if you are interested or not. This is the time to explore the countless options out there! Some organizations will put on workshops as well, such as learning about intubation, central line, lumbar puncture, etc.

## Student Orgs

There are many different organizations at UTCOMLS, so odds are if there is something you are interested in, then there is probably an organization for it. There will be a **student organization fair** early in the first thread where you can learn more about each organization and sign up to be a member (this is not your only opportunity to sign up)! You can also visit [invonet.utoledo.edu](http://invonet.utoledo.edu), which is the University's site for all student organizations. To find organizations in UTCOMLS, be sure to apply the 'Health Science Campus' filter in the 'Organizations' tab. Here is a current list of active medical student organizations:

<https://docs.google.com/spreadsheets/d/1s4KWQq-gh96arY76CU0xXh-cF1LiXl3lpnPCaLRVldl/e/dit?usp=sharing>

## Lifestyle

BALANCE, BALANCE, BALANCE!!! If there is one thing you take away from this entire guide, it would be to maintain a balance throughout your medical school career with friends, family, and school. There will always be something you could be studying, but that does not mean you should be studying 24/7. Take time off. Enjoy the opportunities around you to blow off some steam and recharge!

## Academics

Medical school provides you with the information to be the best possible physician. That should be your goal and your number one priority. That being said, make sure you set aside time to **study efficiently and effectively**. A lot of material will be thrown at you and if you do not have a proper study schedule, you will struggle. No one expects you to know from day one how to study for each unit. In fact, you should **adapt your study habits to each unit** because you will see that previous methods do not work the same across all units. M2s and the AEC are excellent resources for tips on studying, but remember, only you know what will work for yourself. No two people study exactly the same. If it works for you, that's all that matters. There are many spaces across campus that are great for studying, whether you want to be alone or in a group.

## Maintaining Your Mental Health

It is very easy to get caught up in school and forget about what the end goal is. Volunteering at the Community Care Clinic or practicing intubations at a workshop can help remind you of the joy that this career will bring you. Use your support groups and reach out at any time you feel like you're not yourself! There are many opportunities on campus that promote mental wellness, such as Wellness Wednesdays in the AEC, which provide an opportunity to relax and socialize with your classmates for an awesome study break in the middle of the day.

## Relaxation

Medical school can feel very overwhelming at times, especially in the beginning. The volume of information is unlike what most people have experienced and the time required to stay on top of it can be very draining. It is important to set aside time for yourself. Build this into your schedule! Do something you enjoy outside of school. Join a soccer team, go to the movies, play video games, etc. It will increase your efficiency in studying and you'll have something to look forward to! Don't feel guilty about relaxing; it is a necessity.

**Plan to do big events after exams!** I know that this may seem like a niche thing to think about, but it can be really enjoyable to do fun, big group activities following exams. For example, there is a Sandpiper river cruise along the Maumee river. Your class is full of awesome and interesting people, so enjoy the moments when you don't have to study!

## Exercise

Studying for hours and hours often means minimal movement and physical activity. Your eyes will need a break from a screen and exercising is the perfect way to do that! Forming the habits early will pay off in the end. Build a schedule and stick to it. Exercise doesn't have to be lifting heavy things and putting them back in the same spot or running 100 miles a week. Find a goal you want to reach and stick to it, whether that is being able to touch your toes without bending your legs, running a 5k, etc. There are **two** gyms that are open to you throughout the year. Morse Fitness Center, which is located on the 3rd floor of the hospital, has an indoor track, basketball court, free weights and machines, and cardio equipment (treadmills, rowers, ellipticals, stairmaster, etc.). Main campus has a much larger student recreation center that has a pool, large indoor track, multiple basketball courts, rock climbing, free weights, machines, etc. There are also many local gyms that you can check out.

Check out **gym hours** here: <https://www.utoledo.edu/studentaffairs/rec/>

## Running Stuff/Triathlons/Biking Extra Info

### Local Shoe Stores

Dave's has locations in Sylvania, Perrysburg, Findlay, and Delta. Second Sole has a location in Perrysburg. I may be biased, but Dave's is awesome! They have shoes, fitness gear, and anything you may need. They also have big tent sales where they sell stuff for like 50% off.

### Races/Group Runs

If you're into racing, look into the Toledo Roadrunners. They have a website with most of the races in the area. Get a membership! They're cheap and you get discounts on races. There are also some TRR groups you can run with. Post on the Facebook page to get connected. I want to mention a few of my favorite races: Glass City Full/Half Marathon/5k in April, Boy Scout Half Marathon in September, Midnight Special on New Year's, and TigerTown 500 in July. There's a race just about every weekend. Also check Dave's page for races. They have some fun ones, like the Blarney Shuffle around St. Patty's Day. The "water" stop is actually beer.

There's also a running club at UT (main campus), the UT Cross and Track club. Check out the Facebook page for details.

### Triathlons/Biking Stuff

Dave's runs a triathlon/duathlon series every summer. There's a group called Tri Toledo you can check out. There's also a UT club starting up this year. If you're into cycling, check out the Maumee Valley Wheelmen. There are also less competitive, more casual biking groups. See above for info about trails and mountain biking. Also, there's a century every August called the Mad Anthony River Rally. It's fun and really well-run.

## Campus Life

**TLDR:** Make sure to renew your parking pass every year and **ONLY** park in white lined spaces in "C" parking areas to avoid a ticket! Good wifi is available everywhere on campus if you log in with your email ([First.Last@rocket.utoledo.edu](mailto:First.Last@rocket.utoledo.edu)) and password. There is a cafeteria, gym, prayer spaces, and many study spaces on campus as well!

## Parking

Depending on the day, parking can be a bit challenging. If there are exams for both the M1 and M2 classes, expect to get to campus a lot earlier if you want to guarantee a spot that isn't really far away. Students can park anywhere there is signage for "**C**" **permits** if you purchased a parking pass. **DO NOT PARK IN YELLOW LINED SPACES;** these are for faculty. Students can only park in white lined spaces. In addition, park so that your license plate can be seen/isn't blocked by another car. Tickets are normally around \$60-70, so you want to avoid them! More info on parking and to get your parking pass, [go here](#).

## Tunnels

These will be your best friends in the winter and poor weather. There are ground level tunnels and underground tunnels. The underground ones can be a bit confusing so if you are in a rush,



don't use these for the first time. They go all the way to the Radisson Hotel and connect basically the entire health science campus with the hospital.

## Lockers

You get these at the beginning of the year, most people don't use them. They are located in the basement of Mulford. They aren't very big, but they have enough space to store some books, a stethoscope, etc.

## Student IDs

Carry these with you everywhere because they will allow you access into many different spaces. Be advised....**the picture you submit will be the photo on your ProMedica ID,** so make sure it is professional and clear!

## Wi-Fi

You will want to connect to EDUROAM. You will sign in using your UTAD@rockets.utoledo.edu and your UTAD password. You can also use the Utoledo Guest, but you will have to sign in every time you connect.

## Food and Drink on Campus

The hospital cafeteria has a grill, soup and salad bar, desserts, soda, coffee, etc. There is a Starbucks just inside the main entrance to the UTMC, and a Dunkin' right off Arlington and Byrne.

There are microwaves (and fridges) in a few places that you can use to warm up your food. These are:

1. Cafeteria: ~9 microwaves that are on both sides of the checkout line, as well as a few in the dining area.
2. Student Lounge (Basement of Mulford Library): 1 microwave and a refrigerator/freezer that you can store your food in
3. The Treehouse: 1 microwave and a refrigerator/freezer
4. Student Alumni Lounge (in HEB): 1 microwave and refrigerator/freezer
5. The AEC: 1 microwave

## Recreational Activities

It's important to take a study break here and there. It's not effective to sit in the library for 8 hours and only get up to use the bathroom. These are some relaxing places you can go on campus to destress:

1. In the basement of Mulford Library, there is a Student Lounge that has a pool table, ping pong table, a piano, a microwave, and a refrigerator/freezer. Grab a few friends for a study break and relax for a bit!
2. Every Wednesday, there is an event called "Wellness Wednesdays", which are put on by different clubs/interest groups. These events vary in the food and activity planned but can be anything from a simple mixer with bubble tea to decorating cookies.

3. The AEC usually has activities for students to engage in. You can go in and just talk with other students and staff there, do a puzzle with everyone, or take advantage of the massage chairs (highly recommended). **Most days, there is also a therapy dog there!**

## Printing Areas

There are a few places to print on campus. You get 2200 pages of printing a year, but most people do not use anywhere near this amount. There is only black and white printing available on the health campus, so if you need color printing, you may need to go to Carlson library on main campus. There are two main locations you can print:

1. **Mulford Library:** There is a computer area on the left before you walk up the stairs to the 5th floor (main floor) where you can print. There is also a computer lab on the 5th floor and a computer on the 6th floor with a printer you can use.
2. **Computer Lab in HEB:** In the Health Education Building (HEB), which is where your classes will be held, there is a computer lab that offers use of computers as well as printing. This is a cubicle-style study area if that is your preference.

## Study Areas

There are a bunch of places you can study on the Health Science Campus (HSC), but don't forget that main campus is just down the street if you are looking for a change of scenery. Check out different areas and see what suits you best! As far as the HSC, here are some of the areas people commonly study:

**1. Mulford Library:**

On the 5th floor (main floor), there are large tables that generally have 4 chairs per table. Most of the tables have 4 outlets per table. Sitting by the windows is a good way to get some natural light, but depending on which side of the building you sit on and the time of day, the sun can be pretty brutal if it's rising/setting, especially if you are fair skinned. There are also study rooms within the library that vary in size, from one table and chair to about 10 chairs. Some rooms have whiteboards that you can use as well.

On the 4th floor, there is a large conference room that many larger groups use to study while having more privacy to talk things out. There is also a computer lab that has computers for students to use. There are some couches and tables towards the back as well.

On the 6th floor there are tables that have 4-6 seats per table. It is generally quiet up there and can be a bit chilly, so make sure to have a sweater with you if you get cold easily. This is not a huge area and it has no windows, but if you want to be away from distractions, this is a good place to be.

**2. The Treehouse**

This is a silent area to study on the top floor of the Library Annex. There are height-adjustable tables and booths. This is open 24/7, so if you are a late night studier this may be the place for you. Sometimes the doors are locked, but using your student ID will get you in.

**3. Computer Lab in HEB**

This cubicle-style area has a computer available to use. This is in a somewhat highly trafficked area, so if you need total silence, this may not be the place for you.

**4. Your classroom**

You have badge access to your classroom at all hours. Just make sure there is no other event going on (like a student org meeting).

**5. Random nooks**

Just wander around the campus and buildings. You will find random study areas, such as the space outside the anatomy lab, the lobby and hallways of the sim center, outdoor tables, the alumni lounge with its pool table, or even throughout the Collier building.

## Prayer/Meditation Spaces on Campus

There are a few places on the health science campus available for meditation/prayer:

1. 2nd floor of the main hospital above the lobby w/ the grand piano
2. In the Health Education Building (HEB) across from the classroom tech office when leaving the doors in the front of the lecture hall of HEB 100
3. In Mulford Library in the pseudo-basement space (you can take a set of half-stairs down from the first floor into a landing area with a couch)

# Housing

One of the best things about Toledo is the affordable housing. It is recommended, though, to take a look at anywhere before signing a lease. Come with a checklist (preferably not one in your mind, but a physical list) of amenities you are looking for because it is easy to miss something like a washer/dryer or extra storage for your holiday decorations. Don't only look at the place you will be moving to, but the surrounding community, too. In the past, there have been students and/or student's family members who bought homes in the area, which may be another option as well. A lot of students will use Facebook to find roommates prior to the beginning of the year and/or advertise places that they may be moving out of that are good places for medical students. There is an Excel spreadsheet/Roommate Finder that has been created (posted in the Facebook) that has people looking for roommates and housing.

There are a lot of the common apartment complexes that fellow medical students live or have lived in (<https://docs.google.com/spreadsheets/d/10vI2PqxD8-uExO2BPrUvayOOaRWwqCVbdh6AQvvgS2l/edit?usp=sharing>). This is by no means an exhaustive list, and the rent prices may not be exact, but they should give a good ball-park number. If you have any questions about living situations or potential housing, please reach out to [medstudentcouncil@utoledo.edu](mailto:medstudentcouncil@utoledo.edu).

# Things to do in/around Toledo

**TLDR:** There are a million things to do and places to eat in Toledo! If you want some good suggestions, ask Toledo natives in your class and/or ask upperclassmen (or look at the below list).

## Zoo

The Toledo Zoo and Aquarium is one of the best zoos in the United States. For the love of hu-manatee you have to see this place. They have so many different exhibits (over 720 different species) and it is a great place to spend a few hours to see some cute animals. They do have a small discount if you live within Lucas County (bring your ID if it shows your current address or have a utility bill). They are also open during the winter for Zoo Lights, where the entire park is lit up with Christmas lights and is a nice place for a date night or just to hang out with friends. In the winter, though, many of the exhibits are closed, so if you want to see all the animals “toad-ally” hit up the zoo prior to the winter.

## Art Museum

Jealous of all your classmates posting snaps of themselves somewhere where it looks like they are floating in space? They are at the Art museum, so go get your own cool selfie. They also have a really impressive art collection including a Monet. Also, it is a good early date spot if you want someone to think you are sophisticated and not just a surgery gunner.

## Live Sports

One of the biggest things that you can do in Toledo that is both affordable and fun is attending live sporting events. Whether going to see a **basketball game** at (Savage arena... yes, a great name for a venue) or a **football game** in the Glass Bowl, these are free sources of entertainment. There are also very affordable **hockey** (The Toledo Walleye) and **baseball** (the Toledo Mud Hens) games downtown and tickets plus parking shouldn't run you more than \$15-20. The environment for sports in Toledo is amazing, and while baseball is AAA and hockey is a couple of divisions below the pros (ECHL pride), the stadiums always have committed fans. Baseball games tend to be a little more relaxed, but the hockey games are intense and definitely get to the 8000+ capacity almost every game, especially on weekends.

## Parks

The park system in Toledo is fantastic! The parks are beautifully kept and there is a lot of variety, whether you are looking for running trails or somewhere for a picnic. Go out and enjoy all of the nature! See more info on the local metroparks here:

<https://metroparkstoledo.com/explore-your-parks/>

### Greater Toledo Area Parks

## **Swan Creek**

1 mile from med campus. Has paved and gravel/dirt trails. Not super big, but probably about 6 miles total. Also, there's fitness stuff (pull-up bars etc) by the Glendale entrance.

## **Wildwood**

Off of Central Ave. Biggest park other than Oak Openings. Paved trails and dirt trails. Picnic tables, playground, open field for Frisbee/games. HEATED BATHROOMS IN WINTER. Paved trails plowed in winter. There is also a little garden and the Manor House, which you can tour. You can access this park from the University-Parks Bike Trail.

## **Sidecut**

In Maumee off of River Rd (the road might be called Broadway at that point). Mostly gravel/grass/dirt paths right along the Maumee river. The north side also has a nice scenic path (think prom pictures) to walk around some canal locks but is not good for running. If you cross the bridge at the south end of the park across the Maumee River, you can take a bike path through Perrysburg to Fort Meigs.

## **Secor**

One big dirt/grass loop.

## **Ottawa Park**

Parking is off of Kenwood (or the road might be called North Cove at that point). There's a 3ish mile paved loop around the perimeter with some mild hills. There's some fitness equipment (pull-up bars, etc.). Inside is a golf course and 6+ miles of mountain biking trails. They're awesome and hardly anyone ever uses them. Seriously, it's like they're a hidden gem.

## **Oak Openings**

This is by far THE BEST PARK IN NW OHIO. It's in the town of Whitehouse, so it's about 20-30 minutes away, but SO worth it. The park is huge. There are horse trails, paved trails, gravel trails, single track trails, etc. There's fishing. There's a 13 mile mountain biking trail. My favorite is the Scout trail, which is 15.5 miles long. They also have short trails though. There are unique ecosystems in Oak Openings found only in a handful of other places. Want sand dunes? Pine forests? Oakland prairie? Also, the Wabash-Cannonball bike trail runs through here.

## **Farnsworth**

This is a 10 mile long gravel trail along the Maumee River in Waterville. It's shaded and there's a bathroom at the end, so it's great for long runs! They just paved the first mile or so of it.

## **Botanical Gardens**

Okay, so this is not a great place to run or bike but it is BEAUTIFUL and also FREE!!!

## **A little further away...**

### **Maumee Bay**

There are dirt trails and also a beach! You can kayak or fish or swim too.

### **Pearson Park**

Beautiful in fall. The road through the park is a one-way, just a heads up. Also, if there has been rain in the last week, don't think about going here. It floods like you wouldn't believe.

## **Bike Paths**

### **University-Parks Trail**

This paved trail starts at UT's main campus and runs out into Sylvania, about 7 miles in all. It passes by Wildwood and Southview High School. It usually gets plowed the day after a snowfall.

### **Wabash-Cannonball**

This 26ish mile paved bike path starts in Monclova by the Shops at Fallen Timbers and runs out to Oak Openings. The other fork goes further south, past Anthony Wayne High School and turns into a grass/unpaved bike path at the county line that goes 40+ miles out to Napoleon and beyond. HIGHLY recommend it.

### **Mystery Gravel Trail**

Starts at the corner of Kenwood and Douglas (just north of Ottawa Park) with large gravel, which turns into normal-sized gravel once it crosses Central. It continues up into north Toledo. If you want, you can run along railroad tracks when it starts to fizzle out.

### **Random Paved Section in South Toledo**

2ish mile segment from Beverly elementary school to River Rd.

## **Restaurants & Bars**

Toledo and the surrounding area is home to a wide variety of diverse food options. We have one of the highest restaurants per capita in the country and it shows. The great thing is that it is high quality food, super affordable, and a lot of them are small and local businesses. The only downside is deciding on where to go! There are also a lot of cool bars to go to and depending on the night you want to have. You can go party at the more undergrad bars like Jeds or Tin Can or go have a nice night out on the town and go somewhere like The Heights. There are plenty of places to eat and drink around Toledo! Below is a list of restaurants that is definitely not exhaustive:

### **Mediterranean**

**Beirut** (sit down, nicer, really really nice and high quality, more expensive)

**Sidon** (quick, casual, daily specials including chicken biryani days)



**Zingos** (further away, more Americanized, really good gyros and smoothies)  
**Shawarmaholic**

## **Breakfast/Brunch**

**First Watch**

**Uncle Johns**

**Original Pancake House** (famous for Dutch Baby pancakes)

**Sunrise Skillet**

## **Pizza**

**Stubborn Brother** (owned by Mancy's, NY style, delicious, on main campus)

**Zaza's** (Mediterranean owned pizza place, really good, many options, thin crust)

**Homeslice** (downtown, open until 2)

**Pizza Papalis** (downtown, deep dish)

## **North Indian**

**Star of India** (lunch buffet but dinner menu)

**Tandoor** (some in our class swear by this and only this)

## **Chinese**

**QQ Kitchen** (to die for, also has some korean options, bad hours but amazing food)

**Szechuan Spicy/Chuan Cai Fang** (authentic Szechuan dishes, really good, next to chasers!)

**BD's Mongolian Grill** (not really Chinese, get your bowl of raw ingredients from the buffet and sauce and they cook it for you)

## **Vietnamese**

**Pho Viet Nam** (good authentic Vietnamese food, great pho and bahn mi plus others)

## **Mexican**

**El Vaquero** (two locations, one downtown on the docks, fairly authentic food, good effective margs)

**San Marcos** (orange building on Hill Ave, super authentic, \$1 tacos on Wednesdays, so so so good, lady working is mean and scary but it's worth it)

**El Salto** (small place in Maumee, but very cheap, fast, and good food)

## **Fast/Casual**

**Piada** (basically italian chipotle, build your own wraps and pastas)

**Blaze** (build your own pizza)

**Fuzzy's Tacos** (counter serve taco place, chain but pretty good)

**Tony Packo's** (Toledo favorite, Hungarian hot dogs and other things, must try if you eat meat, amazing spicy pickles and fried pickles)

**Nar** (Arab chipotle)

## **Sushi**

### **Rice Blvd**

**Kobe Bay** (on the docks, has cool hibachi)

**Sakura** (really good hibachi)

**Fusian** (like chipotle for sushi, quick and casual)

**Kyoto Ka** ( two locations, one downtown, just wonderful)

**Domo** (also great, pricey)

## **Italian**

**Calvino's** (cheap and delicious, great stromboli and pasta)

**Mancy's Italian** (lil pricey, amazing service and food)

## **Thai**

**Bangkok Kitchen** (slaps)

**Rose Thai** (never been but I heard it's pretty good)

## **Ethnic Grocery Stores**

**Reddy Food and Spices** (great locally owned Indian store)

**Kiran** (Asian grocery)

## **BBQ**

**Shorty's** (owned by mancy's, did the food at the orientation BBQ, best bbq around)

## **American/Burgers**

**Bar Louie** (at the mall, pretty good, \$1 burgers on Tuesday)

**Applebee's**

## **Fancy**

**Mancy's Bluewater Grille** (seafood, pricey, best meal I've ever had)

**Mancy's Steakhouse** (best steak in Toledo, pricey)

## **Coffee Shops**

### Toledo

#### *South side*

##### **Plate 21**

3664 Rugby Dr., Toledo, OH 43614

General feel: Close-knit community coffee shop. Colorful and cozy.

Electrical outlets: ★★★★★

Wi-Fi reliability: ★★★★★

Wi-Fi Password: 21coffee

Other notes: Super close to Health Science Campus. Some food options; breakfast sandwiches aren't as "heavy" as others (i.e. Starbucks) but are very tasty. Sandwiches of any kind are only served until 3:30 pm. Can be a little chilly sometimes but with lots of natural light. Rotating

MadCap coffee selections; baristas are very knowledgeable. They're also opening a downtown location soon.

*Ottawa Hills/Old Orchard/Main Campus*

**SIP Coffee**

3160 Markway Rd., Toledo, OH 43606

General feel: Modern and inviting.

Electrical Outlets: ★★

Wi-Fi Reliability: ★★★★★

Wi-Fi Password: Changes every couple days; ask whoever is working.

Other notes: Can get pretty crowded on weekends. Upstairs balcony is quieter and nice for studying, but not always open. Newer shop (used to be a Biggby), so not a huge food menu but they have been expanding it.

**BREW**

Coffee Bar 2903 Dorr St., Toledo, OH 43607

General feel: Relaxed and bright.

Electrical Outlets: ★★★★★

Wi-Fi Reliability: ★★★★★

Wi-Fi Password: pourover

Other notes: Less busy in the summer because it's right next to UT's Main Campus. Usual crowd is students studying. Lots of coffee options; some café/bakery food items.

*Downtown*

**Black Kite Coffee and Pies**

2499 Collingwood Blvd., Toledo, OH 43620

General feel: Bohemian vibes. Lots of natural light.

Electrical Outlets: ★★★★★

Wi-Fi Reliability: ★★★★★

Wi-Fi Password:

Other notes: Sunday brunches. Decent food selection, pies are great for a small meal. Located in the Old West End which is a unique area; you wouldn't expect it to be there if you were just driving by. Plenty of free parking to the side of the building.

**Maddie & Bella Coffee Roasters**

44 S. St. Clair St., Toledo, OH 43604

General feel: Friendly, inviting, and down-to-earth. Cozy.

Electrical Outlets: ★★★★★

Wi-Fi Reliability: ★★★★★

Wi-Fi Password:

Other notes: Roast their own coffee in small batches. Unique latte options. Some lunch and bakery options and gourmet toast. Street parking; may have some free parking behind the building.

Additional Downtown Coffee Options: **Grindhrrs Coffee & Community**, **Earth Coffeehouse & Café**, and **Brew House Downtown**.

## *Maumee*

### **Georgette's Grounds & Gifts**

311 Conant St., Maumee, OH 43537

General feel: Generic coffee shop. Homey.

Electrical Outlets:

Wi-Fi Reliability:

Wi-Fi Password:

Other notes:

## *Sylvania*

### **Chandler Café**

5648 Main St., Sylvania, OH 43560

General feel: Warm and somewhat rustic.

Electrical Outlets: ★★★

Wi-Fi Reliability:

Wi-Fi Password:

Other notes: Good food. Definitely not just a coffee shop (more of a café), so can get busy sometimes. Pretty open space, though, so it doesn't feel super crowded.

### **DaCapo Coffee**

7370 Lewis Ave., Temperance, MI, 48182 (just NE of Sylvania)

General feel: Small-town, family-owned kind of feel.

Electrical Outlets: ★★★

Wi-Fi Reliability: ★★★★★

Wi-Fi Password: welcome14

Other notes: Good selection of baked goods, desserts, and food. A bit more out of the way compared to other shops, so you'll probably only have trouble finding tables during peak times in the mornings if any trouble at all. Plenty of parking. They also have a drive-thru if you're just in it for the coffee; they brew a local MI brand.

## *Perrysburg*

### **The Flying Joe**

2130 Preston Pkwy., Perrysburg, OH 43551

General feel: Modern, slightly upscale

Electrical Outlets: ★★★★★

Wi-Fi Reliability: ★★★★★

Wi-Fi Password: N/A

Other notes: Used to be out of the way from life, but it's grown in popularity and can feel a bit busy table-wise, especially on the weekends. Unique seasonal espresso drinks, solid traditional ones/other coffee drinks, brunch on weekends.

### **Maddie & Bella Coffee Roasters**

117 Louisiana Ave., Perrysburg, OH 43551

General feel: Friendly, inviting, and down-to-earth. Cozy.

Electrical Outlets: ★★★★★

Wi-Fi Reliability: ★★★★★

Wi-Fi Password:

Other notes: Roast their own coffee in small batches. Unique latte options. Some lunch and bakery options and gourmet toast. Street parking, but it's free.

### *Bowling Green*

#### **Flatlands Coffee**

138 N. Main St., Bowling Green, OH 43402

General feel: Cool, clean, and modern.

Electrical Outlets: ★★★

Wi-Fi Reliability: ★★★★★

Wi-Fi Password:

Other notes: Very open space and close to BGSU's campus so it is pretty empty in the summer/on breaks. Good coffee variety. Some bakery options and A+ muffins.

#### **Grounds for Thought**

174 S. Main St., Bowling Green, OH 43402

General feel: Book-worm's paradise.

Electrical Outlets: ★★★

Wi-Fi Reliability: ★★★★★

Wi-Fi Password:

Other notes: Combined with a used book store, so the actual "café" area is pretty small but lots of seating throughout the store. They also have a few rooms within the shop that have big tables and chairs good for studying.

### *Chains that are all over*

#### **Starbucks**

- There are a ton of Starbucks locations in the Toledo area (UT, Perrysburg, Holland, etc.), but some are definitely better than others for studying. Do some exploring to find what you like.
- Recommend the Airport and McCord location for relative ease of pulling in/parking, but bring a sweatshirt/long sleeves year-round or risk frostbite. Tons of tables and accompanying outlets.
- Airport and Reynolds location has limited seating but is usually relatively empty inside.
- The one closest to UT's Main Campus (Central and Secor) is almost always super busy, but nice sized tables if you can snag one.

#### **Biggby**

- Get a Biggby card and every 12th drink is free, plus they send you BOGO coupons almost weekly (used to bribe friends).
- Recommend the Maumee location next door to Barry Bagels; the **best** breakfast-coffee combo for the price anywhere IMHO. Also, their drink recipes tend to be on the sweeter/sugary side.

#### **Panera**

- Totally underrated study location. They're generally fairly empty if you're staying to study.
- Lots of table options and outlets throughout.

- Free refills on coffee, plus there's great food if you need meals.
- Locations in Maumee, Holland, Perrysburg, and Toledo (near Franklin Park Mall).

**Tim Hortons**

- Two locations along Airport Highway, with one in Holland next to Kroger Marketplace and one in Toledo next to TGI Friday's. There is also one on Glendale on the south side of the Health Science campus. Great stops for coffee on your way to campus.
- Indoors is usually pretty empty and quiet.
- Donuts are meh, but the Timbits go hard

## **Weekend Trips: Things Further Away From Toledo But Still Not Too Far**

### **Cedar Point**

The Roller Coaster Capital of the World as they call it. If you love roller coasters this is a must see. It's a little over an hour east of campus, but has some of the best coasters in the world. Plus you can get elephant ears and other artery clogging foods which you deserve after walking and standing all day. HalloWeekends is really cool too! Running from mid-September to November 1st the park is fully decked out in Halloween decorations and there are haunted houses inside the park on top of the countless rides.

### **Chicago**

It would take me way more pages than any of you would want to read to go over what is in this city. Check it out and explore for yourself. I always like to think of it as a cleaner New York City. It's about a 4 hour drive but totally worth it if you make the most of it. Don't you dare go there and get Starbucks and Chipotle. Try some of their amazing restaurants that you can't find anywhere else!!

### **Ann Arbor**

This is the home of the University of Michigan. Take that as you may, but there are other things to do here besides cheer on a team that consistently loses in football in any game that matters. The diversity of restaurants is larger than Toledo's and offers some great additions to the late night food, date night food, and patio dining scene. It is a college town after all so there are plenty of bars to go to. This is less than an hour away so it can easily be a quick trip to experience something other than Toledo. The closest Trader Joe's and Whole Foods are located in Ann Arbor if you are missing either of those grocery stores.

### **Detroit**

This will be the closest major city to Toledo being about an hour north. They have lots of professional sports teams such as the Lions (NFL), Pistons (NBA), Tigers (MLB), and Red Wings (NHL) and a ton of concerts here as well. They have some nice museums and a lot of restaurants that you cannot find in the Toledo area. It is a pretty short drive to a big city and has a diverse range of opportunities that are worth checking out!

# Professionalism

## TLDR:

1. Pay attention to things marked on your class schedule. If it says “white coat required”, this means to wear your white coat and business casual underneath.
2. Remain cognizant of your social media presence. You are soon going to be a semi-public figure in the community and you need to represent yourself accordingly. As they say, the internet is forever!
3. Always fill out your weekly surveys to get professionalism points. Finally, make sure you are EARLY to everything. While it is fine to just be a minute or two early to some events, PCM in the Sim Center will mark you late if you walk in any later than 10 minutes early, so make sure to plan on getting there 15-20 minutes before when you are supposed to be there.

You are going to repeatedly hear how important professionalism is at UT, and it is. You are held to a higher standard in medical school. That said, this is not something that you should constantly live in fear of. Here are a few areas that tend to get the most questions:

## Dress

There is no daily dress code. On any given day, you will see classmates in sweatpants and crocs as well as in business casual. For just a normal day with lectures and studying, wear whatever you want. That said, if you are planning on interacting with faculty, consider business casual-ing it up. You want the faculty to think you have your stuff together, and it gives the impression that you care.

The administration will let you know if there is an event that requires white-coat attire (usually for patient panels). Always wear white-coat attire for PCM or any shadowing opportunity.

## Social Media

Having all accounts be private is probably in your best interest. However, just because it's private does not mean pictures/posts will not get spread or seen. It would be a good idea to go back and see if there are any lingering photos/posts that you are not so proud of that may be worth deleting. You are now in a professional school and it is expected that you act in a professional manner, even on social media.

If you have an issue with someone or someone's post, DO NOT ARGUE OVER SOCIAL MEDIA IN FRONT OF EVERYONE! This includes GroupMe. Do the professional and discreet method of reaching out privately to them and discuss your issues/concerns. Respect each other's opinions and understand that everyone will not agree with you.

Facebook is still used among the class to share important dates about meetings, student orgs, events, etc. Your class also has a GroupMe to easily communicate with each other. Keep any posts or comments respectful and professional!

## Email Etiquette

We all know how to write a properly formatted email at this point, but here are some main points:

- Have a clear, concise subject line and make it clear what you are asking for within the email
- Address faculty, your peers, etc. properly and use professional salutations



- ***Always right you're emails with proper grammar and spelling. U donut want to spoil a opportunity do 2 bad righting.***
- Proofread it before hitting send and look out for Reply All
- Many people use email signatures; you only need to include relevant info, such as your name, class, etc.

## Surveys

You will get multiple weekly surveys every Friday that MUST be completed by the following Friday in order to keep your professionalism points. Normally, these surveys take no more than 5 minutes to complete, but these points can be the difference between passing and failing on a particularly close thread!

## Timeliness

This is another way to keep professionalism points, which can make a difference on your grade. Additionally, if there are repeated offenses in regard to timeliness, it can also get you called into the dean's office! Essentially, always plan on being 10-15 minutes early to everything. There are often QR code sign-ins for events, and these are taken down the minute a required event starts. Additionally, for PCM sessions hosted in the Sim Center, you will be marked late if you show up any later than 10 minutes early (they are EXTREMELY strict)! On days that you are going to the Sim Center, plan on showing up 20 minutes early to your actual time to give yourself some wiggle room!

With this said, life does happen and if you get into a car accident, have an emergency, or some other reason that you were late/missed something, email the event coordinators ASAP. Oftentimes, they are very accommodating, and if you were only a minute late and didn't sign in, they will just ask you to have a few of your TBL members confirm you were there.

# For Out of State Students

**TLDR:** It is possible to get in-state tuition by the beginning of your M2 year if you follow the steps below!

>> *Confused about how to get in-state residency? Didn't know you can potentially receive in-state tuition starting your M2 year?*

**Well, here is how the process works:**

Starting Spring 2022, you will be able to submit your residency application packet. Most of you will fall under the "C2" category (financially independent). Here's the [Ohio In-State Residency Application](#) if you want to take a look at it now. Applications typically come out at the end of March, and you usually spend the month of April getting the documents together and applying in May. It takes them around 4 weeks to approve the application so keep that in mind when applying since M2 year has a summer semester starting **mid July**. If you got your undergraduate degree in Ohio, [you may be able to automatically qualify for in-state tuition](#), even your first year. Reach out to the residency office for more information (OhioInStateResidency@utoledo.edu).

Below are some things you have to do and consider over the next year, but why we are bringing this up now is because **there are some CRUCIAL things you have to make sure you do over the next few months.**

**Residency Checklist**

Things to To Do	Deadline	Notes	✓
Sign a lease by June 1st**	June 1st	<b>**The absolute LATEST lease start date you can have is <u>July 1st</u> if you want to receive in state tuition by the start of M2 year</b>	
Open an Ohio (eg Huntington, KeyBank, etc.) bank account <b>OR</b> change address in existing account to Toledo address	June	You don't have to have an Ohio bank account (e.g. Chase is okay). <b>Set up everything by the end of June!</b>	
Get an Ohio driver's license	When you move in	Look on BMV website for what you need to bring	
Register to vote in your county (eg Lucas)	When you move in	This can be done when you get your license	

If you have a car, make sure it is registered in Ohio and under your name		If you are currently paying off your car and it has a license plate/registration from out of state, you are still able to do this. Just call the BMV and they will let you know the process to get an Ohio license + registration.	
<b>Documents to Collect</b>		<b>Starting in Spring 2023 get copies of these! :)</b>	✓
Copy of Signed Lease		<b>Lease should have start and end date on document</b>	
Copy of Ohio Driver's License		<b>They will make a copy of your license in the financial aid office</b>	
Birth certificate copy		<b>Not needed if you were not born in the US</b>	
Proof of Voter Registration		When you get your voter registration card in the mail (it is yellow) save it (if you lose it you can still get it online)	
Bank Statements <b>(from July on)</b>		Make sure this account is <b>CLEAN and is showing that no one is giving you money.</b> They will also be looking for reasonable expenses like groceries, utilities, the occasional TBell run etc. <b>Use another account for your credit card bills, gas, Amazon, online purchases, etc. They usually will email you if they need more info.</b>	
Federal & State Taxes + (if applicable) current pay stubs		<b>See note below</b> W2 + state + federal tax copies	
First page of your parents taxes for the previous year (applicable if you are under 25!)		Federal + state taxes. You can redat the income amounts, but make sure they can see the dependants box	
Copy of car registration (if applicable)		Make sure it is registered in Ohio/title is in your name	
Utility bills (gas, electric, internet, etc)		If they aren't in your name, just be able to prove that you are paying them (eg from your bank statements. You can typically print off copies of the bills from your account portal.	

**Addition information to consider with your income taxes:**

You either have to show that you had enough income to support yourself (this is more for students that worked full-time during gap year(s)) **OR** you took out enough loans to match your income (if you have no income you should be taking out full loans... tuition + enough for expenses). *You can return the loans you do not use by the end of the semester and you will not have to pay the interest on it. Basically, max out loans to show financial independence if you do not have any income -- you can pay back the extra to the loan company instead of UT.*

Important thing to note is that if you **ARE** depositing your income into the bank you are using to apply for residency, consider asking your accountant to prepare **paystubs** for you so you can prove that the money did not come from your parents or something.

If you did not work in Ohio, that is totally okay. You just need to file in Ohio with a special form called an **IT-10**. You also have to have an **Ohio 1040**. For taxes in states other than Ohio, make sure you/your accountant claims you as a partial resident until June 1st (at which point you become a resident in Ohio).

If you aren't required to file taxes then you can write a statement claiming that you did not have to file taxes for the current tax year. Just get this statement notarized (a notary just has to witness your signature). The statement may seem pretty redundant to prove your lack of taxes, but it might just be for documentation purposes.

***Have other questions we didn't answer? Please reach out to us! :)***

## Traveling considerations

Find out well ahead of time when your holiday breaks are. The earlier you purchase your plane tickets the cheaper. Be SUPER careful to not purchase any tickets before your final exam, NBME, or ICSE as the school will not accommodate you if you accidentally bought plane tickets too early.

Toledo has its own regional airport that connects to mostly Chicago (and a few other places), but flying out of Toledo is generally a few hundred dollars more expensive than flying out of Detroit Metro.

Detroit Metro has the most flight availability and the cheapest flights, however you need to find yourself a ride up there. Uber/Lyft is usually \$60+ and often they will cancel on you. A rental car is a viable option so long as you schedule it early, you can sometimes get it for less than 30 bucks! There are also off-airport parking garages that will cost you about 10-15 bucks a day to park and they will valet you to and from the airport.

### Contact Information and Special Thanks

#### **Brought to you by the Medical Student Council Class of 2028.**

If you have any additional questions please feel free to reach out anytime at [Medstudentcouncil@utoledo.edu](mailto:Medstudentcouncil@utoledo.edu), [priyanka.pulvender@rockets.utoledo.edu](mailto:priyanka.pulvender@rockets.utoledo.edu), or [holly.heck@rockets.utoledo.edu](mailto:holly.heck@rockets.utoledo.edu).

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