How to survive **thrive in the UC SMP**: Student Perspectives on the M.S. in Physiology Program at University of Cincinnati College of Medicine

**Introduction**

Written and up-dated primarily by students in the MS program, the goals of this evolving document are to assist prospective and future students (1) evaluate the program and determine its relevance to their own educational goals; (2) prepare for the program and help ensure success; and (3) ease the transition in moving to Cincinnati and starting the program. To that end, we are investing the time to answer some common questions, provide guidance, and blaze the trail for our successors. We think it’s a great program, and we hope it will help others make the most of the opportunity.

**What to expect**

This program is designed to help students continue their preparation for medical school. It therefore targets pre-medical and/or non-traditional students seeking an opportunity to enhance their chances for medical school admission, to gain a comprehensive perspective on what med school is really like, and to hone their academic/study skills. MS students are matriculated in two of the three major blocks of the Year I medical curriculum: **Fundamentals** in the Fall Semester and GI, Endocrine and Reproduction in the Spring Semester (during the Fall Semester MS students are also enrolled in the Surface Anatomy component of Clinical Skills; Clinical Skills and Physician & Society are smaller content courses that run throughout Year I of the medical curriculum).

**Fundamentals of Medical Science** prepares students for the organ blocks by presenting foundational concepts and principles in molecular and cellular medicine. This includes an analysis of cellular structures and organelles, protein structure and function, nucleic acid biochemistry, replication and repair of DNA, the processes of transcription and translation, regulation of gene expression, modern molecular techniques used for diagnosis and research, the metabolism of carbohydrates, proteins, purines and pyrimidines, and fatty acids, human genetics (Mendelian and mitochondrial inheritance patterns and probabilities, positional cloning, cytogenetics, imprinting, triplet repeat expansions, multi-factorial diseases, tumor suppressors, and the relevance of the human genome project to medicine), signal transduction pathways, elementary nutrition, and the anatomy and pharmacology of the autonomic nervous system. Early embryogenesis, cellular adaptations and cellular aging are presented, along with elementary pharmacodynamics, pharmaco-kinetics, and the absorption, distribution, metabolism and excretion of pharmacologically active compounds. Students are introduced to basic concepts and principles of immunology and microbiology. The material learned in the Fundamentals forms the background for all blocks that follow, and will be expanded upon as organ-specific functions are discussed.
Surface Anatomy is a detailed peer-based examination of the body including osteology and radiology.

GI/Endocrine/Reproduction introduces students to the multi-organ systems that contribute to human digestive, endocrine, and reproductive functions. The block contains didactic and interactive instruction that promotes learning about normal structure and function as well as diseases that affect these systems. The block covers normal histology, embryology and function integrated with a consideration of (molecular to tissue) abnormalities and appropriate therapy for related conditions. The gastrointestinal content also examines issues of nutrition, as well as the impact of pathogenic organisms. The reproductive content examines areas of knowledge, attitudes, and practices of human sexuality including: sexual dysfunction, sexually transmitted diseases, sexual orientation, sexual variations, and sexuality and aging. In addition, detailed cadaver based anatomy will be included, and spending substantial time in the anatomy labs is a must.

Prior to beginning Fundamentals, MS students are enrolled in Graduate Medical Physiology I, covering Cell, Muscle, and Cardiovascular Physiology (this course is based on the prior discipline-based Medical Physiology course at the College and students are evaluated using the same secure exams that were used to evaluate medical students and benchmarked to those between 2008 and 2011). During January and February of the Spring Semester, while medical students are enrolled in the Musculoskeletal-/Integument portion of the M1 curriculum, MS students are enrolled in Graduate Medical Physiology II, covering Renal, Respiration, and Acid-Base (again, students are evaluated using the same secure exams that were used to evaluate medical students between 2008 and 2011). In addition, during January and February, MS students also take BioStatistics, a course that examines the basic application of scientific statistical principles in clinical research, including the ways in which such research is conducted, evaluated, and applied to patient care. Finally, students begin work on their Thesis, in which you are expected to provide a “State-of-the-Art” review of a specific and relevant topic, or in some cases, a laboratory experience.

One of the main advantages of this program is the direct integration with medical school classes; if you’ve ever wondered what it’s like to be a med student, taking classes with them is a great way to find out. The information is, predictably, similar to undergrad courses in the same subjects, but you learn to an entirely different level of detail, and the pace can seem relentless. Although you won’t be an actual medical student, this program will give you a good taste of what medical school is like - the long hours, the stress, and the rewards of learning medicine. And if you’re looking for a way to prove to an admissions committee that you can handle the workload, coming here and beating the med student average is just about the best way to do it.

Another advantage of this program is the small size; there only 32 students in the program, which means there is a lot of interaction, especially with the Physiology faculty. They certainly know who we are and are more than willing to help us with the admissions process. Several of the Physiology Faculty are either current or former members of the medical school admissions committee, and they’ve conducted interviewing workshops for us, etc. It’s a clear advantage over many other masters’ programs.

Preparation for the program

Being prepared is important since you will need to “hit the ground running” on the very first day of class. The fall semester has proven to be the most difficult and important, due to the increased difficulty of the med school classes and the need for your best performance in order to supplement your applications with your current grades (if you choose to apply to med school while in the program). In most cases students will already have the MCAT behind them, and this is highly recommended. If you decide to re-take the MCAT after classes have started, be aware there will be very little time to study. Adjusting to the new city, school, and
atmosphere is not a very conducive time to be preparing for the MCAT. If you must take the MCAT after classes start, it is possible (a few students do this and most), but don’t plan on it if you can help it. If you are planning on applying to medical school while in the program, you should make every effort to have your AMCAS and secondary applications complete and submitted before classes start. Just like trying to study for the MCAT, there will not be a great deal of time available to write application essays. Also once classes start, you will want to obtain a “letter of intent” from the program director. This is basically a letter summarizing the program. You should send this letter out to all of the medical schools for which you complete secondaries. This will let schools know to be looking out for grades, update letters, and exactly what the program entails.

What classes are like

Med Classes (the medical school blocks taken with the med students): Fundamentals of Molecular Medicine, Fundamentals of Cellular Medicine, GI/Endocrine/Reproduction.

These classes are the main focus of the curriculum and last throughout the fall and spring semesters. The lectures for these classes are generally PowerPoint presentations and are posted to Blackboard or LCMS+ (the internet-based tools that UC uses to manage classes) either before or right after the lecture. In addition, classes are webcasted and recorded for later viewing. Because all the PowerPoint files and recordings are posted online, catching up on a missed lecture is fairly easy. Most students attend the lectures daily; it’s easier to know what they’re pointing at on screen with the laser pointer, which you may not get listening and viewing later. However, there is no penalty for missing classes and the medical students are openly encouraged to study in whatever manner works best for them. Just be sure you listen to and take detailed notes on every lecture, skipping is a no-no and will come back to bite you on test day. Also, there will be some required sessions involving patient presentations and in-class quizzes, make sure to keep up to date on the schedule and NEVER miss a required session. All anatomy sessions, both those in the cadaver lab and those with peer-practice surface anatomy, are required as well. There are weekly tests in Fundamentals and bi-weekly tests in GI/Endo/Repro, so be sure you don’t fall behind. These sessions help to keep you caught up with the material and are a good way to judge your progress. Exams are multiple choice, but they are difficult (the notorious all of the above, some of the above, and none of the above answer choices). After exams, there will usually be some form of exam review. Take advantage of this time – you can’t improve if you don’t know your weaknesses. When it comes time for tests, the “Internal Medicine CD files” will become useful to you. These files can be downloaded from Blackboard and have old tests, study guides, and quizzes. While the old tests may not resemble your tests 100%, they are very helpful at gauging your progress. This is more true for the GMP classes (below), but these old tests are still a great review tool for the medical blocks. Another very good resource for the tests during the medical blocks are board review books in the appropriate topics. UCCOM is moving towards NBME-based tests (the same organization that writes the USMLE), so there have been more and more board-related questions appearing on tests.

MS-Specific Classes not taken with the medical students):

Graduate Medical Physiology I & II: All of the above applies, except for the portions regarding attendance and the last bit regarding using board review books. You should make every effort to attend all of the GMP lectures – there are MP3 files available from previous years online, but they often do not match exactly as things change from year-to-year. Also, some instructors have been known to give pop quizzes which are relatively easy points you will not want to miss out on. You are in a class with only the MS students, so it becomes very obvious when people are not coming to class – take advantage of the small class size and the expert instructors, most of whom were or still are
instructors for medical school classes. The test questions for GMP exams from the legacy medical curriculum, and, while using a board review book may still help you with comprehension, your time is likely better spent reviewing lectures and studying the exams available on the Internal Medicine CD. Usually at least a few questions show up on the actual test that are very similar to the practice tests.

Statistics for Biomedical and Clinical Research: Be active in class and put solid effort into each workshop. This class isn’t meant to be tricky and is simply about putting in the work and being an active participant in class sessions.

Molecular Physiology: This class is meant to complement some of the material given in the GER medical block. It is a discussion class, so take the simple steps to prepare for the once-per-week session and participate in class.

These following courses have mandatory attendance, are pass fail, and require no outside work. These classes are held on a weekly basis. Seminar continues throughout the year, while Careers only lasts for the fall quarter.

Physiology Seminar – This is a weekly seminar put on by faculty from UC or visiting professors. Basically a professor will present their current research and then open the floor up for questions. These can be quite helpful, especially when the topic overlaps with your thesis topic, and are usually very interesting.

Health Professions – Each week a different person from the medical community gives a presentation on their role in medicine. Speakers that we had included an epidemiologist, a genetic counselor, and a practicing DO physician. These presentations help you to understand all the components that make up the “medical team.”

Thesis

The literature review paper is very important in that it accounts for a large portion of your overall GPA for the program. Thus, completing the review paper to the best of your ability is crucial to help ensure you complete the program and earn a Master of Science degree. An extensive list of advisors and topics is distributed during orientation and each student will need to select and an advisor and a topic in which they are interested. Most students select to do a literature review, while some students select to do a traditional research based thesis.

The majority of the work on your review paper will be in the spring semester and to some extent during the summer, but getting started earlier is better – you can start in the fall if you are committed enough. During the first few weeks of school, you will need to select a topic and a faculty advisor. When selecting a topic, it is most important to choose a topic in which you are interested. Each topic has many different aspects which allow you to focus on an area that interests you. It is also important to select a faculty member with whom you will be able to work well with. Some faculty members will provide a very structured approach while others tend to allow the student to take their own approach. Throughout the first two semesters you will need to begin reading articles and meeting with your advisor. An outline will be due at the end of the fall semester, so you will need to be familiar with your topic by this time. A quick piece of advice – get to know the faculty early and find your advisor earlier rather than later, even if you aren’t starting your thesis. Developing a good relationship with your advisor and having a general idea of where you are going with your thesis will make life a lot easier when it comes time to work on it. In addition, this will give you time to know for sure if you have an advisor that you will be able to work with, there is nothing wrong with realizing (early) that you need to find someone else to do your thesis with.

Additionally, your faculty mentor may also be asked to contribute to your letter(s) of recommendation that the Program Director will send out to AMCAS, so getting to know your mentor early is clearly an advantage to you. One recommended strategy is to try and meet with your mentor once a week to discuss a paper(s) you have read, to ask questions, and just to get to know them. The process of writing the review paper is long and
can be difficult. You will have to read many, many articles in order to simply understand all of the background information on your topic. From there you will have to read more articles to understand the research techniques, more articles to provide support or opposition to hypotheses and ideas, more articles to show where the current research is headed, and more articles to allow you to make your own conclusions and hypotheses on the subject. Writing the initial draft is one of the hardest parts and can take several months. Once you have a good draft, complete with figures and references, it is a good idea to have other students and/or faculty members read it and give you feedback. Revising and editing can also take a long time; you may have to read more papers and possibly re-work some of your ideas and conclusions. The entire process requires a lot of effort and can certainly be frustrating, but it is not impossible. The best advice is to start early and plan on working on your review paper throughout the entire year. This will help you in several ways. One, by starting early, you will avoid the stress of meeting deadlines. Second, reading up on your subject early on will give you the knowledge to attend seminars and guest speakers that may come to present on your topic. There are a lot of high profile researchers from around the country who come to UC to give presentations, and odds are that you may have read some of their work in your research. Being able to talk with them about their ideas and asking them questions can be incredibly helpful. Finally, writing your review paper is a process of self-education and can be a great supplement to the didactic courses you will take. The amount of research you do should make you almost an expert in some fields, which can incredibly helpful when you encounter the same material a month or two later in one of your classes. Similarly, everything you learn in class throughout the year will help you write your review paper.

**Other learning opportunities**

The biggest advantage of a program of this sort is that you gain access to a college of medicine. One of our classmates made a contact with the chair of cardiothoracic surgery, and secured an open invitation for our class to the weekly teaching lectures in that department. A couple of students have been able to scrub in and observe surgeries with that department. Others worked in the emergency and radiology departments. There are many medical and civic volunteer opportunities both close to the University and across the city. **A demonstrated commitment to volunteerism is an important component for any medical school application, UCCOM included.** Here’s a list of a few opportunities:

**Cincinnati Children’s:** A world-renowned pediatric hospital that is ranked within the top five nationally. They will require a TB vaccination, two reference contacts, an application form, and a steady commitment (for students that is approximately 40 hours per year). More information can be found at: http://www.cincinnatichildrens.org/give/volunteer/.

**University Hospital:** The main teaching hospital for the University of Cincinnati, College of Medicine. There are numerous opportunities here, and many students have set up shadowing, work, and/or volunteer opportunities in the emergency medicine, cardiothoracic surgery, and radiology departments.

**One City** – This is an umbrella organization for many volunteer opportunities in Cincinnati that provide assistance and outreach for tutoring children, assisting the homeless, employment training, and provides a health clinic for those discharged from hospital services but are not able to receive follow-up recovery care. Upon registering with them they will email or call you with volunteer opportunities that they need staff for. You may choose as many or as few as you like. This program is popular among some of the medical students because there is not a set schedule and events are often on the weekends. More information can be found here: http://www.onecity.org.
The National Underground Railroad Freedom Center – A dynamic center and satellite of the Smithsonian Institution located in downtown Cincinnati on the banks of the Ohio River. In addition to their powerful exhibits on the history and continued presence of slavery, they frequently hold many outreach activities that require volunteer help. If you are involved with the exhibit aspect of the Center they may need you more regularly, but if you are involved with events only, there may be more flexibility in scheduling. More information can be found here: http://www.freedomcenter.org/volunteeringatthefreedomcenter/volunteering.html.

Starfire Council – An organization that pairs volunteers with groups of disabled individuals of all ages. There are all sorts of outings and events, and it really doesn’t even feel like volunteering – you just hang out and have fun with everyone! Their website provides more information on the program, and is available at: http://www.starfirecouncil.org.

Med Mentors – Med Mentors is a great opportunity to give back to the community. Essentially you (and another MS student-if you choose to pair up) are paired with a mentee, anywhere from elementary to high school. Throughout the year you will form a meaningful relationship by activities that you choose to do together. Dr. Lim is the faculty advisor for this program, so keep an eye out for her email at the beginning of the Fall.

Endzone Tutoring Club - A weekly tutoring club that serves local Cincinnati students of all ages. Endzone usually meets on Saturdays from 10am-Noon, and you are paired up with a student in a subject you feel comfortable with. It’s a great way to sharpen your communication skills while also impacting the local community. More information will be sent via email at the beginning of the Fall.

That’s just the tip of the iceberg. Cincinnati.com is a website that features things to do in Cincinnati and also has a diverse list of volunteer opportunities: http://shopatcincinnati.com/volunteer/oppsselect.asp.

Student Acceptances

What you’re probably wondering more than anything is: Does the program work? Like every program, you get out of it what you put in, and if you do well, it will help with admissions. It won’t get you in on its own, but if you combine it with good qualifications before coming, excellent results are possible. Similar to most programs of its type, the MS program helps most when compensating for a single “blemish” on an area of your application – typically providing the most help for students with a low GPA in relation to a solid MCAT. However, regardless of your situation, there is no doubt that this type of program is a message to admissions committees that you are serious enough to invest a year of your life (and a good amount of money) in your pursuit of medicine. Completion of this program will unquestionably significantly strengthen your application credentials, as seen by the incredible rate of acceptance for program graduates (usually around 60-70% for same year applicants, and over 90% for those who apply or re-apply after the program).

Graduates have been accepted into a number of different schools, including the following:

- Albany Medical College
- Case Western Reserve University, College of Medicine
- Eastern Virginia Medical School
- Howard University
- Marshall University
- Medical College of Wisconsin
- Medical University of South Carolina
- Midwestern University
- New York Medical College
- Ohio University Heritage College of Osteopathic Medicine
- Ohio State School of Medicine
- Philadelphia College of Osteopathic Medicine
- The University of Wisconsin School of Medicine
- Rocky Vista University College of Osteopathic Medicine
- Tulane University School of Medicine
- Uniformed Services (The F. Edward Hébert School of Medicine)
- University of Calgary - Faculty of Medicine
- University of Cincinnati College of Medicine
Study Spots

There are a variety of places to study around the University and Cincinnati. These include:

*Graduate student room* – An old lab in the department has been designated as study space for students in program. Each of us has our own desk for studying along with storage lockers and some comfy chairs for relaxing.

*College of Medicine* – There is abundant study space throughout the medical school building and with your student ID you have access to it 24/7.

*Panera Bread Company* – Two locations, one on Calhoun Street on the south side of West campus and another in the Hyde Park Plaza. Free refills on coffee, enough said.

*The Coffee Shop on Madison* – Located in the “square” of O’Bryonville on Madison Road. It just opened this past spring, has some great coffee blends and really comfy chairs.

*Sitwells Coffee House* – Located right on Ludlow Ave. Great coffee, food, and space to study.

*Awakenings* – Located in the Hyde Park Square. Good coffee blends, espresso bar, plus art, music, and wine tastings (Not recommended while studying). Open late on the weekends. Parking can be tricky.

*Starbucks* – There are several around, one in the hospital, one on McMillan Street south of West campus, and a new one opening next to Awakenings.

*IHOP/Waffle House* – Good, cheap, late night eats. Can be a lifesaver during exam week.

**Housing**

Relative to many parts of the country, housing is fairly inexpensive in the Cincinnati area. Most students live in the Clifton, Ludlow area and walk to class every day or live farther away in Hyde Park or Mount Lookout (about a 10-15 minute drive) and drive into school. There is a parking deck attached to the medical school building and you can buy a parking pass from the University. Also there is a great bus system around the campus and the city. As students, we get free bus passes so finding somewhere on a bus route can also be very convenient. If you can come out to visit and look at some apartments before school starts. Simply looking at apartments online can be somewhat deceiving compared to looking at the in person.

**Recreation**

The University of Cincinnati has an incredible Recreation Center, that was just recently constructed. There are several basketball courts, racquetball courts, a climbing wall, indoor track, very spacious free-weight and cardio areas, and a swimming pool with whirlpool. Also there is a brand new gym in the basement of the medical school building. Check out their website at http://www.uc.edu/reccenter/.

There are quite a few things to do in Cincinnati, from pro sports teams (the Bengals and Reds) plus UC and OSU in college sports. There is a pretty
good zoo along with the aquarium in Kentucky. The Air Force Museum in Dayton (~40 miles away) is huge and impressive. The Kings Island amusement park is just outside the city, and Cedar Point (“one of the best amusement parks in the world” according to one of our classmates) is 3-4 hours away. A group of us recently went ice skating at Fountain Square (Cincinnati’s version of Rockefeller Plaza). As far as restaurants and nightlife, some highlights mentioned by our class:

*The Hofbrauhaus* (“1 of only 3 in the world, great Dunkel, get a DD before embarking and bring your table dancing shoes”)

*The Newport Levee* “with a ton of fun bars (Bar Louie amongst others)”

*Mount Adams* is “a super cool place to go and hang out. There are a lot of super trendy restaurants and very nice houses with a great outlook of the city.”

*Mount Airy* “has a number of really nice (very unpopulated, except for the deer) hiking trails for a study break.”

*Mount Lookout* “has several great restaurants and bars including a pizza place open until 4am on Friday and Saturday and several half price sushi joints”

*Hyde Park Square* “great food and drink, check out the Cock & Bull”

*Rookwood Plaza in Hyde Park* “The Pub, Rusty Bucket, Buca di Beppo, and The Wine Guy Bistro – several places with great food and a great selection of drinks”

**My two cents’ worth**

This section will feature candid comments from individuals from previous classes. Here’s the first, and more will appear in later editions of The Student Guide.

**1st Edition**

I think this program has a lot of positives that I hadn’t anticipated:

1. The small class size — we really get to know one another and we are integrated very well with the medical students.

2. The medical students here — the overwhelming majority are very supportive and friendly. I would say I have not experienced any negativity from them and if anything have made good friendships and gotten great perspectives from several.

3. The faculty — I was surprised how every lecturer reminds us constantly of their open door policy; some even give us their home phone number! The point is they give us multiple ways to contact them and remind us not to hesitate if we need help with concepts we may be struggling with.

4. The opportunities from the hospital — the cardiothoracic surgery department has kind of adopted us! We are allowed to attend their weekly cardiothoracic conferences which include journal reviews, case reviews, or lectures on specific types of imaging and procedures. It is a great place to try out your new physiology knowledge, and indeed, one of the thoracic surgeons makes it a point to question us on what we’ve learned that week! We have also been invited to shadow cardiothoracic surgeries and tour their research laboratories. I have been amazed and honored to be a part of this experience.

5. The research opportunity — you are working one-on-one with a faculty member on a research topic chosen from a list at the beginning of the year. Although the bulk of this will be during the spring and summer quarters, early and intense work early has facilitated some of the students networking with other researchers, and getting clinical, lab-based, and conference invitations.

**2nd Edition**

That said, I also have some recommendations:

1. Start strong, stay strong. Even if you have had biochemistry and physiology before, you will study this in a new (i.e. all clinically-oriented) and intense way. You will need to study the syllabus several times over, and do every old/practice quiz or test
that comes your way. Go over your questions carefully and try to think about the material from every angle possible.

2. Try to visit here before you move. There are dozens of neighborhoods here and lots of types of housing available. It might be worth a trip to make sure that you will be living in a place you like, that is close enough to things you need, and will feel like it works for you.

3. Start on your review paper early and work hard. Being ahead of the curve here may open some opportunities for you that you might not otherwise have had.

4. If you are applying this year, have your AMCAS and secondaries submitted ASAP, i.e. during the summer if possible.

3rd Edition

Take advantage of the plethora of resources available to you at UCCOM! As a previous classmate mentioned, you are attached to the hospital – there are literally hundreds of physicians who work in an academic environment within a one mile radius of where you will attend classes. Don’t be shy, if you want/need to shadow, look up physicians who practice in the specialty you’re interested in and call or email them! My classmates and I both found everyone we contacted very open to allowing us to shadow, all it took was a simple email explaining who we were (MS student at UCCOM) and why we were interested in shadowing them.

Another major advantage of being at the medical school is your access to the admissions office. Use it. You will be introduced early in the program to the Assistant Dean of Admissions, Dr. Stephen Manuel. Meet with him early and often to address weak points in your application and seek advice for what you should be focusing on (besides doing well in the program, obviously). These meetings are important to not only refine your application, but to show your interest in UCCOM. One caveat is not to assume that addressing the issues he outlines will automatically get you in – but there is no doubt that it will vastly increase your chances.

The last thing I’d like to add is perhaps the most important piece of advice. Do not get discouraged, ever. If you get a bad grade, brush it off and move forward – believe it or not grades in the program aren’t everything. This isn’t to say that doing well is not important – it can only help you – but grades alone don’t guarantee successful admission to medical school. Finishing the program, and finishing strong, is by far more important. Also, if you don’t get into medical school on your first application cycle, be it during the program or the year after, don’t get down! Re-apply early and focus on improving yourself during your gap year. Keep meeting with Dr. Manuel, and the deans of admissions at any schools you are seriously interested in. Get a job (don’t forget you have an MS degree now). Shadow at hospitals associated with schools you’re interested in. Continue volunteering wherever you live with an organization that you are passionate about. Do some research if you can. Persistence and hard work really do pay off, and wallowing in self-pity will not help you one bit. There is no method to the madness that is the application process, just accept things as they come and in the end I assure you that things will work out if you keep focused and stay positive.

4th Edition

A lot of the things that I wanted to talk about were already covered by previous writers, so I thought I’d share some perspective on other things that I think are also important for having success in the program and beyond.

Probably the hardest thing for me throughout the year was staying focused and motivated. I feel a good analogy would be that studying for the MCAT is like a sprint, whereas this program is more of a marathon, at least in terms of staying focused. At the beginning of the year, everyone is excited about starting school again and studying together. But as the weeks tick by, and you take test after test with no word from med schools about the status of your application, it can be hard to summon the motivation each day to slog through the hours of
lecture and review material. Burnout is definitely a real thing to be mindful of, and it’s really important to find whatever it is you need as a source of motivation. Make sure you nurture your passions!

Additionally, I think it’s important to keep in mind, while you are in the program, that you really are being evaluated on all aspects of your performance. The most obvious aspect is your grades and how well you perform on the many, many tests you will sit for. But I think what is also as important is how you interact and fit in the med school environment. As Dr. Lorenz will undoubtedly remind you, it’s important to make a good impression on the various people you run into on the med campus. The med school places a good deal of importance on “professionalism” so you want to demonstrate that as best you can. This means things like not being late for classes or events, participating in discussions, and generally acting like this is where you want to be. Even if you would rather be at home studying for an upcoming quiz, it’s important to be mindful of the fact that faculty and med students take a lot time out of their day to help you succeed, so it’s important to be respectful andpolite. Even if you feel like you would be more productive doing other things in other places, try not to show it. Trust me, people will notice if you act like a jerk, and it would really be unfortunate to put all that hard work into studying and doing well in class but then make a bad impression in the minds of the faculty due to behavior. Listen to what Dr. Lorenz and Dr. Banks have to say, while sometimes it’s difficult to hear things after a rough day, or brutal exam, in the long run, their guidance and advice has proven to be sound time and time again.

This is not to say that you should try to remain as inconspicuous as possible though. On the contrary, you should really take advantage of this year to put yourself out there and learn as much as you can about your future career. Of course grades should come first, but you should definitely also do things like shadowing and getting to know some of the first year med students that you run into. Engaging with the med students is really helpful, especially in anatomy, and you can often pick up tips or review materials that are super helpful. Even if you are initially a shy person, you will want to work on these skills eventually to become a good doctor in the future, and now is as good a time to start as any. Even though almost all of your time will be dominated by studying, making room for small pockets of time to focus on other things will be worth it in helping you stay focused on the overall big picture goal of becoming a great physician.

**Final words**

This document could be more comprehensive, and there may be further unanswered questions, but we’ve tried to do as complete a job as possible whilst not neglecting our studies! If you have questions or comments, contact your assigned alumni mentor, or any of us – especially those of us who are here attending UCCOM – and we’d be happy to help any way we can (see the “Alumni” section at the MS Physiology website - http://www.med.uc.edu/physiology/MS-alumni.htm)!