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Introduction
This guide is intended purely for the enjoyment of UCHC students. Don’t read the entire thing at once – only as needed. So, don’t read the OS3 section before you need to.

This is by no means a comprehensive list. This is simply a collection of things we felt were most important to help you navigate life through first year and beyond.

Peer Support does not endorse the establishments mentioned; we maintain zero liability for unintentional injuries or wrongdoings.

We wish you the best of luck as you embark on your journey, and don’t forget that we are always here to help!

*What is Peer Support?

Peer Support is a student-initiated and student-operated organization offering confidential support services to help classmates meet the special needs and stresses of medical and dental school. Peer Supporters have undergone professionally supervised training to provide emotional support, encouragement, and direction. They will assist students in searching for ways to decrease stress levels, solve problems, and/or seek appropriate community resources as needed. Strict confidentiality is a foundation of Peer Support and no records are kept.

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Life at UCHC

Around the Health Center

ATMs
People’s United Bank ATM located in the lobby of John Dempsey Hospital

How to use phones/what are these 4-digit numbers
4-digit numbers (eg. x1234) = extension used inside Health Center

To reach Health Center extensions from outside: (860) 679 + 4 digit extension

Hallway phones to make local phone calls. Dial: 9 + 860 + 7 digit phone #

MDL phones to make calls within the Health Center only. Dial: 4 digit extension

Lockers
Each student (dental + med) will be assigned a locker by Tom Casso in the Issue Room (AM027). This will be your locker for the year; a place to store books, scrubs, and skulls. First Year lockers are located toward the anatomy labs.

If you are having any trouble with your lockers, Mr. Tom Casso is the man to go see.

Mail/FedEx
USPS and FedEx drop-off boxes are located outside main academic entrance. The UCHC Post Office is located below the Cafeteria on the ground floor. If you have a prepaid FedEx/USPS/UPS box, you can drop it off at the UCHC Post Office.

Men’s & Women’s Locker Rooms
Both are located in the basement of the academic building. There are showers in both. The women’s locker room has a combination; see a female second year for the code.

Stamps
A stamp machine is located outside of the cafeteria by the hospital entrance. Stamps may also be purchased at the bookstore.

Vending Machine Locations
n.b. All vending machines are cash/coins only.

4 Machines @ the “Refreshment Center”: across from the tray drop-off at the Food Court exit.
2 Machines @ entrance of the Lyman Maynard Stow Library
2 Machines @ the student lounge, directly across from the (old) bookstore entrance.
2 Machines @ the old dental practice labs
**Bioscience Connecticut**
You’ll hear (and see!) a lot about this project while you are here. Connecticut recently approved almost $900 million towards renovation and expansion of UCHC, including a new hospital tower, renovation to the research laboratories at UCHC, two new parking garages, and new clinical buildings down the hill. This means there will be a large amount of construction going on while you’re here.

**Finding your way**

**Building codes inside the main complex**
- ARB – Academic Research Building (these rooms are also coded as “E”; a.k.a. ‘the new building’)
- A – Academic Building
- C – Clinics (includes the main hospital entrance)
- F – Hospital/Clinical offices (attached to the hospital and above Procedures)
- H – Hospital
- L – Laboratory Building (a.k.a. ‘the old building,’ the tall, curving building that makes up much of UCHC)

**Floor codes inside the main complex**
- M - Main Floor (level the Food Court is on)
- G - Ground Floor (location of Massey and Patterson auditoriums and the academic entrance)

Generally, the first number or letter (in the case of the Main and Ground floors) indicates the floor and the numbers after that indicate the room. So if you were looking for L-4102, you’d go to the L building, 4th floor, room 102. For AM018, you go to the main level of the academic building, room 18.

Remember that floor doesn't have direct correlation with the number of levels above ground! For example, the 7th level is the 11th floor of the E building!

**Nearby buildings**
- ASB – Administrative Services Building (a.k.a. ‘down the hill’; where the Fitness Center is located)
- MUNS/16 Munson Road - Munson Road Building (where all the Human Resources and Finance people are located, including the Bursar)
- MARB - Medical Arts and Research Building (down the hill, next to the ASB)
- CCAM/CGS – The Center for Cell Analysis and Modeling/Center for Genomics Sciences, located at 400 Farmington Road (across Farmington Avenue, past the Exchange)
Lots of this will be in flux while you’re here due to Bioscience CT. Maps can always be found at http://www.uchc.edu/directions/home.html

**Parking**

Parking is currently an issue that MDSG and the administration are working on. First year medical and dental students have Area 3 parking which means Shuttle Lot 3. (We feel your pain! 😞)
http://www.uchc.edu/broadcast/campusparkingmap_nov18.pdf

There is a shuttle that runs every ~20 minutes from Lot 3 to the Hospital Entrance but it also stops at 400 Farmington Avenue so many students find it faster to walk up the hill.

There is also a shuttle from The Exchange to the health center’s hospital entrance that many students take advantage of. We highly recommend using the shuttle when possible.
http://publicsafety.uchc.edu/administration/forms/shuttleschedule_student.pdf

We are currently making the shuttle more convenient and frequent for students. Information will be accessible soon.

Two or more students may register for a carpool permit at Public Safety and be permitted to use D Lot. Faculty lots (A, B & C) are gated from 6 AM to 5:00 PM on weekdays. Outside of those times (including all day on weekends), all gated lots are open to anyone.

Visit Public Safety: http://publicsafety.uchc.edu for full list of rules/regulations.

Be Aware: because UCHC police are State Police, the tickets they issue are State of Connecticut tickets. New parking garages are being constructed as part of Bioscience CT, so expect changes to parking throughout your time here.

**Door codes/card access**

Use your Student ID card to access almost all doors in the Health Center: touch your ID card to the black magnetic reader. If you lose your Student ID, visit Public Safety for a replacement. There is a $15 charge to replace your Student ID.

When entering/exiting via stairwell doors, you will need your ID card to re-enter some floors, so keep your ID with you at all times. If you are locked out in a stairwell, keep in mind that floors M and G do not require an ID for access.

Anatomy Labs may be accessed with a Door Code which will be given to you when you start anatomy.

**Cafeteria**

Hours - Weekdays: 6:30 a.m. to 8 p.m. | Weekends/Holidays: 7:30 a.m. to 7 p.m.

Accepts Credit Cards (Amex/Visa/MC) and Cash. There is a FreedomPay program that gives you a card you touch to a reader to pay; maybe useful if you eat in the cafeteria every day.
Fitness Center
The student fitness center is free for UCHC students. It is in the ground floor of the ASB just right of the main entrance (Academic Services Building, near the four way stop and the pond, adjacent to the helipad)

Hours: Monday through Thursday, 3 to 11 p.m.; Friday: 3 to 9 p.m.

Alternatives: There are many private gyms in the area. Here are a few popular recommendations:

- New York Sports Club // 65 Memorial Road, West Hartford [located in Blue Back Square].
- Anytime Fitness // 340 N. Main Street, West Hartford [open 24 hours / day]
- Malibu Fitness // 15 Executive Drive, Farmington [5 miles from UCHC]
- Bally Total Fitness // 1031 New Britain Avenue, New Britain [6 miles from UCHC]
- Big Sky Fitness // 1185 W. Main Street, New Britain [7 miles from UCHC]
- L.A. Fitness // 1379 Farmington Avenue, Bristol [7 miles from UCHC]

There may be deals made with a local gym to give student discounts. You will receive more information about these discounts when you arrive at the end of August.

Library
The Lyman Maynard Stowe Library: http://library.uchc.edu

Hours: http://library.uchc.edu/about/hours.html

Your Health Center ID doubles as your library card after you attach your UPC sticker (barcode)

Free scanning available (past the CEC, near the computer labs)

Photocopiers: 5 photocopiers. Only one takes coins, the rest use copy cards. Copy cards can be purchased at the main desk.

E-Journals & Databases: accessible on- and off-campus with your 14-digit library code. Some databases (i.e. Uptodate) are only available from on campus. Some databases (i.e. AccessMedicine) have limits on the number of simultaneous users and can fill up, especially the night before assignments are due!

Printers: Print wirelessly from your PC to CEC01 – 04 or to the Shafer Study Rooms printer. Black and white printing is free!

Reprographics (posters, banners, color copies, large-volume scanning) is available for a fee in room AB007.
Study spaces

MDLs
24-hour study rooms with white boards, microscopes, reference texts, network computers & projectors. You will be given a key that locks and unlocks all MDL doors. These rooms are lettered A – S and are all located on the main level of the academic building (the level above the entrance). If an MDL is too cold or hot, you can call x2125 and ask them to adjust things.

The MDL schedule is posted daily on the bulletin board outside of the Educational Support Services (ESS) office.

The issue room (AM027, Tom Casso’s office) has dry-erase board supplies (markers, erasers, and board-cleaner), extra slides, pencil sharpeners, tape, staplers, locker combinations, dual scopes, printer paper, and many other supplies.

Lecture Halls
The lecture halls are usually open when class is not in session and available as study space.

Lyman Maynard Stowe Library
http://library.uchc.edu/

Schafer 24/7 Study Rooms
Access via UCHC Student ID card. Note that you need your ID to both enter and leave. Since access between the study rooms and main library is now blocked, it is possible to be locked in the study rooms if you enter without your Student ID.

UConn Law Library
http://www.law.uconn.edu/library

65 Elizabeth Street, Hartford, CT. Beautiful & well-equipped study spaces; parking may be difficult on weekdays between 9AM-5PM

West Hartford Public Library
Main Library, 20 South Main Street  http://www.westhartfordlibrary.org/

Starbucks
Free Wi-Fi. 21 LaSalle Road, West Hartford, CT (among other locations)

Panera Bread
Free Wi-Fi. 2542 Albany Avenue, West Hartford, CT
Student lounge
Located next to the Bookstore (or where the Bookstore once was). Has foosball, ping-pong, billiards, vending machines, Keurig and K cup dispenser, microwaves, refrigerators, TV, stereo, and couches/tables/chairs.

Many students keep their lunches and dinners in the fridges available in the student lounge. Keep in mind that they are cleaned out every Sunday evening to avoid stale food.

Also be sure to clean up after yourselves since the lounge is entirely maintained by the students.

Lost and found
Check ESS (Educational Support Services), Public Safety, UCHC Police, in that order.

Computers

Computer Education Center (CEC)
http://library.uchc.edu/departm/cec/

Main Phone #: (860) 679-8870. Located on main floor of Lyman Maynard Stowe library toward the printers (take a right as you enter and keep walking past the Shafer Study Rooms).

The CEC offers troubleshooting & tutorials for the following: laptops, smartphones, wireless internet, e-Mail, Blackboard, A.D.A.M Online Interactive Anatomy, E-Exam information, Visual Histology, and more. Nancy and Ben are your computer experts and your best friends when something goes wrong. Note that if your laptop breaks or is damaged that you are covered, but that you will have to ship your entire computer (or a broken part, such as the power cable) back to HP. Repairs are not done on site.

CEC Tutorials
The CEC maintains an extensive list of tutorials and help documents for how to fix common computer issues and perform common tasks. Be sure to take a look if you ever have a question; it could save you a trip to the library.

http://library.uchc.edu/departm/cec/resource/howto.html

If you have a Mac
Do not fear. The school curricula are (almost) entirely compatible with Apple operating systems. Exceptions include: All E-Exams, Histology Lab ImageScope (Aperio virtual microscope).

How to connect to UCHC Wireless Network: CEC Instructions
http://library.uchc.edu/departm/cec/resource/wifimac.html

To properly configure your Mac: drop off at CEC with Nancy Mainelli or Benjamin Smith.

Microsoft OneNote: used extensively in Histology Lab for taking notes; only available for PCs.
CMPS/PBL: Cmap Tools is available for free download for Macs [http://www.macupdate.com/app/mac/18279/cmaptools]

(Medical only) PCM: clinical skills videos best viewed without using Safari.

Loaner computers
@ Library: Anyone with a valid UCHC Library barcoded ID may borrow a laptop. The circulation period is 3 days. The circulation period may be renewed if there are no other patrons waiting for the laptops. They come with a laptop bag, power adaptor, and Ethernet cord.

@ the FITS Office in AM-015. Reservations should be made in advance.

Wireless
Most of the campus has wifi, and your laptops will automatically connect to the UCHC-WIFI network using your username and password. You may see another network in the building called UCHC-Guest. This is the visitor network for John Dempsy Hospital. You may use it to access the internet, but none of the library databases will work on it and it is not a secure network. Choose UCHC-WIFI if it is available.

E-mail
E-Mail is the primary mode of communication between students, faculty, and UCHC staff. Check your student e-mail often. Broadcast emails go out every weekday morning containing news and events. Most everyone ignores them, but sometimes, there is important news in these emails such as a free food event.

Microsoft Outlook
Comes installed on your laptops and set up to access email. The common format for all student e-mails is (first letter or first + second letter of 1st name)+(last name)@uchc.edu So, John Smith = JSmith@uchc.edu If a name is very common, there may be numbers added.

Webmail
Located at https://itowa.uchc.edu/, accessible from any computer and any operating system.

Works with other providers/email clients
Follow the CEC instructions to use IMAP to link other e-mail clients (Mozilla Thunderbird, Apple Mail, etc) to Microsoft Exchange: http://library.uchc.edu/departm/cec/resource/out2003.html

Search for contact information for every faculty member & student
Once inside Microsoft Outlook (or webmail), click on “Compose New Message.”

Click on “To”. This will link you to a list of every individual with a UCHC e-mail account.

To find someone, use the search box. Click on their name to add.
How to schedule an appointment with a faculty member

*n.b.* Not all faculty use this – **Check with them first!**

Once inside Microsoft Outlook click on “Calendar” icon on left hand sidebar.

Click on “New Meeting Request” → “Required” → Select faculty member.

Use “Scheduling Assistant” to view availability.

**Blackboard**

**Mediasite Lecture Recordings**

Every lecture you receive is recorded as a slideshow coupled to audio of the lecture through Mediasite.

Mediasite allows you to view the lecture after it is given and to view it live as it is happening (with a slight delay). This means that you needn’t miss lecture if you are home sick. MediaSite allows you to speed up or slow down playback in Internet Explorer and in Mozilla Firefox (with a plugin; instructions found here: [http://library.uchc.edu/departm/cec/resource/mediaff.html](http://library.uchc.edu/departm/cec/resource/mediaff.html)).

You can find MediaSite in the Blackboard course entry for the current section, usually by going to **Learning Resources > Lecture Recordings > Class of 2016 Mediasite Recordings.**

**Be aware:** Some professors give blackboard-based lectures instead of powerpoints. What is written on the blackboard will NOT be recorded by mediasite but the audio will.

**MP3 recordings**

Accessed via Blackboard or downloaded & played via iTunes or other mp3-compatible media player (instructions found here: [http://library.uchc.edu/departm/cec/resource/mediapod.html](http://library.uchc.edu/departm/cec/resource/mediapod.html)). These can be found next to the link to MediaSite in Blackboard.

**Student Affairs Career Counseling: Student Note Sharing Program**

Access notes / resources passed down from upperclassmen via Blackboard. This is a one-stop treasure trove of study guides, outlines, and academic tips.

To access: Click on “Organizations” Tab in Blackboard. Search “Student Affairs Career Counseling.” Once inside the Career Counseling website, click “Resources” tab on left hand menu bar.

**Calendar: under UCHC Calendars tab in Blackboard**

This calendar shows all of the lectures for the basic medical sciences for the first and second year.
Academics

How to study
First, nothing we say here applies to everyone. Maybe what we say here applies to none of you! But, these are some successful strategies that we and others have used. Studying two days before an exam isn’t going to cut it for all but the most insanely brilliant of your class.

Group studying
Working alone is sufficient for some, but working together is often better. If the group is kept small and active enough, everyone has a chance to contribute and teach each other. MDLs are great for these: one person can write on the board while others help them map out an idea or topic. Answering questions, working through conferences, or going over lectures is a good use of group studying.

Write it down. Then write it again!
Passively reading and rereading your notes is a recipe for distraction and naptime. Make use of the whiteboards in the MDLs: write important concepts and ideas down. Draw diagrams. Make flowcharts. Map out concepts. Whatever makes sense to you, write it! Then, the next time you review that topic, write it again! Keep repeating this. Every time you organize your thoughts and put them to whiteboard, you cement them that much more.

Flash cards
Some love them, some hate them. If you used these in the past and they worked well for you, keep using them! Some of our class found them very helpful. They can be great for certain things, but beware of trying to memorize too much. Yes, there are details that need to be known, but if you miss the forest for the trees, you won’t do so well on exams. These are useful for anatomy: buying a set of anatomy flash cards (Netters) may help those among you who like flash cards to memorize anatomic terms and structures.

A lot of review notes are shared in the form of Anki decks. It is recommended to download Anki (free) to access these decks.

Practice questions
This becomes hugely important in the second year, but it applies to the first year as well. If you have practice questions (like in the back of a textbook), do them! Working through questions is often the best way to study. Some of your faculty members are authors of Mosby review books. Beware of using questions banks that are designed specifically for the Boards, though; they involve so much pathology that you’ll just leave confused more often than not. Review books (such as those for the Boards that are specific for topics from the first year), Case books, and the Mosby Monograph series are all sources to consider when looking for questions.
Conferences
In each course section, there will be small group conferences led by instructors. These consist of a handout in advance that may contain anything from physiology cases with questions to a more unconnected set of questions. You are expected to at least make a token attempt to do these before the conference and then the instructors will go over them during conference. This may include calling on you to answer a question, a preparation is recommended. The conferences themselves are a good way to review the material (and they often appear at the end of a course section), but they can also be good reviews even after the conference is over. Redoing the conferences and comparing your answers with the answers you received in conference is a good way to make sure you remember things.

Reading the textbook
There is so much to read and so little time to do it that essentially no one does all or even most of the reading. However, the textbook is a great resource when you forget something or missed it in lecture. In most cases, if something wasn’t covered in lecture, it won’t be on the exam, but if an instructor says you are responsible for the reading, believe them!

These don’t cover every strategy by any means, but hopefully the point you in the right direction. Find a method that works for you and make it your own! If you’re really having trouble organizing all the material, talk to Dr. Grimm-Jorgensen about setting up a tutor (see Resources at the end of this guide).

Textbooks
What should I buy? Are they useful? While we can’t answer these questions with any certainty, we’ll give you our thoughts. First, whether you should buy textbooks or not is up to you. Some textbooks are absolute musts, but these are few and far between. Many textbooks are highly useful, and some are duds. If you used textbooks all the time in college and found them useful, buy books here. If you hated textbooks in college and never touched them, you may not want to bother buying many. But, be prepared to change and learn from books even if you never did before, especially if you find yourself struggling to get information.

Sources
American Medical Student Association (AMSA) Used Book Sale
AMSA holds a used book sale in the beginning of the year that takes in books from upperclassmen (who don’t need them) and sells them to you (who do need them!) at reduced prices. You can find some great bargains here, but be sure to skim through the book if you’re someone who likes to highlight (in case the prior owner already did!).

The Bookstore
The Bookstore has all the recommended and required textbooks for all classes at UCHC. They also have review books, plenty of other general textbooks, and supplies and UConn-branded gear. Their prices aren’t bad, but they are by no means the cheapest. They are always the only way to get that needed textbook now instead of two days from now.
Amazon Prime
If you plan on buying lots of textbooks, try this service. It includes free two-day shipping on all orders, and the one-month free trial might get you a lot of books quickly even if you don’t pay for the subscription.

AccessMedicine
The AccessMedicine database (available through the library’s list of databases) has many useful textbooks online. Some of these are ones that current second year students liked and used. All are free to read, so they’re certainly worth a look if you want to save money and think you could read an online textbook. Just open AccessMedicine and go to the Textbooks tab.

Recommended (and not) books
The advice given here is the personal preference of former first year students. It by no means represents truth, justice, or the American way. Use the advice to guide you, but don’t take it as the ultimate truth. Just because we liked (or hated!) a book doesn’t mean you won’t despise it (or love it!).
First, we’ll hit the books on the required list.

We recommend that you hold off on buying books until you talk to a handful of second years. The second years are a great resource to use and everyone will happily give advice.

Books on the “required” list
The physiology textbook for nearly all of the first year. Many despise it, some love it. Whether you really need it or not is open to debate, but some found it useful to have as a reference. Many of the faculty you will have wrote chapters in this book.

This is a tossup. Some people found it helpful but the majority of the class did not touch this book and instead used Chung and Chung’s BRS book. Be aware that some anatomy didactic pre/post quiz questions are based off of content in this book.

Useful for those who like textbooks. In no way required to pass or even do well in histology. This is a nice supplement to learning histology in addition to Dr. Hand’s Histology Tutorial.

If you know biochemistry well, you can probably get away without this book. Otherwise, this is a decent text for the biochemistry novice.

If you are weak on your cell bio, this may be helpful. Otherwise, it is not necessary. Most students did not use this book.

Same as for cell bio: if you are weak on genetics, this may be helpful. Otherwise, skip it. There are some good questions to test your knowledge in the back of the chapters but we would recommend just borrowing it from the library when you need it.


This is a pretty good textbook as textbooks go. If you are an immunology whiz, you probably don’t need this. But, if this will be your first time seeing immunology, it might be worth a grab. Dr. Zeff does a pretty good job of teaching immunology though, so even if you’re a neophyte, you may not need it.


Embryology is not a strong point of this school, and you can get away without this book.


Akin to your anatomy atlas (see below), this is a special atlas geared just to the nervous system. You will need a neuroanatomy atlas, and this isn’t a bad one. It does, however, go into a depth that is probably too deep for us and uses some of the author’s own terms that no one else uses. Overall, though, this isn’t a bad choice. See the Nolte text in the list of our recommended books for another option.


Another decent book that you could get away with not buying. Useful if you want to have a good neuroscience reference during OS1.

**Recommended atlases**

These are your anatomy atlases, and you’ll be using these perhaps more than any other text in the first year. You will want to have an anatomy atlas to study from. There will be old atlases in the anatomy labs, but taking those out of the lab is a bad idea (they are disgusting). You can get a photographic or illustrated atlas. Illustrated atlases are very clear and easy to digest but don’t always match reality perfectly. On the other hand, photographic atlases can be harder to understand but are true to life (or at least a version of life). We mention only atlases that our class liked.


By far the most popular choice. Illustrated.


Few in our class used this one. Illustrated.


Those who liked photographic atlases (which this is) liked this one.
Books on the optional list plus our own suggestions

If we didn’t mention a book here, we didn’t hear anything great about it!


Nolte’s text is a good alternative to the Haines atlas. Both Haines and Nolte had their supporters, so look at them both and see which you like. For OS1.


This is an excellent resource for neuroanatomy and connecting it to normal and diseased physiology. If you like learning with examples and lots of questions, this book is a great resource. Available in the library, you can check it out before you decide to buy it. For OS1.


This is one of the texts used in the second year. Most of the disease chapters are not useful in the first year (although they are great for conferences!), but the first few chapters provide an excellent basic cardiovascular physiology overview for OS2.

Mosby Monograph Series


*Porterfield, SP and White, BA (2007) Endocrine Physiology, 3rd Edition*

To be clear: the Mosby Monograph series contains *exactly* the same material as is in Berne and Levy Physiology (and, just like it, written by your professors). *Exactly* the same. Why get any of these books? For one, the questions in the back can be very helpful for review, especially since answers are given. The Renal, Respiratory, and Endocrine Physiology books has questions just like those on the exam. **We did, years before us did, and the chances are good you will see questions lifted right out of this book for the exam!**

Others of the monographs (cardiovascular and gastrointestinal) weren’t as well liked. Note that Respiratory and Renal are both for OS2 and Endocrine is for OS3 (and also includes reproductive).


Dr. Grimm-Jorgensen, who taught much of the GI section of OS3, considered this to be the best of the texts we could use and specifically told us not to use Berne and Levy, as she considered it poorly organized. It’s not a bad book, but not really necessary to succeed in OS3.
Board Review Series (BRS)


Almost always referred to simply as Chung and Chung, this is *the* anatomy resource for the first and second years. If there was an anatomy reference that was used more often (aside from Netter), we don’t know about it.

Other BRS books are good resources for their respective sections, but this was the one book that almost everyone used throughout the year.

Lange Board Review Series


Written by the author of the chapters in Berne and Levy, this text is organized much more appropriately for our material in OS3. Like the Smith & Morton text, it’s not necessary to succeed in OS3 unless you like textbooks.

Other Lange books exist for almost any topic, much like the BRS. Note that the entire Lange series is available for free on AccessMedicine, so definitely try before you buy (or don’t buy at all!).


The standard of basic EKG interpretation. The latter half of the book is more pathology than you need, but the initial sections are superb for teaching you how to interpret an EKG. As Dr. Regan will tell you, “good book, bad man.” Very simple and easy to follow. Note that EKGs are not as big a part of OS2 as they may seem (see the OS2 section).

As a final reminder, **don’t take just our word on books.** Ask as many second years for their opinion as you can. Particularly, see if you can find a second year who studies similarly to you: don’t ask someone who never used textbooks for their recommendations if you love textbooks.

Exams

Didactic exams

There is a single didactic exam for each major section of the first year. This is your typical multiple choice or essay question exam. Exams are given electronically through your laptops and generally are four or five hours in length. Most of each exam is multiple-choice; in fact, some exams are all multiple choice. A few exams will have essay questions, but they’ll let you know in advance.

The general rule is that each hour of lecture gets a question or two on the exam. This rule isn’t perfect, as someone who gives many lectures (like Dr. Setlow) has more leeway in terms of which material he decides to test on, but if you have a single lecturer who gave one hour-long lecture, there will not be ten questions on that lecture.
There may be histological questions on the didactic that use images, but they will still be multiple-choice and may be identification or functional questions.

In sections with anatomy (everything but HB1), you will have a separate anatomy didactive exam with functional anatomy questions. So, no “identify this nerve“ questions but plenty of “if this nerve is injured by a gunshot wound, what deficit results“ questions.

There will be one practice exam during HB1 that won’t count for a grade but will introduce you to the format. They try to make it representative of the real exam, but it never is, so don’t let the score make you feel confident or bad (unless you totally bomb it; then you might want to step up your studying!).

Anatomy practicals
In HB2 and every OS section, there will be an anatomy practical exam in addition to the didactic exam. Here, you’ll go in groups to the anatomy lab and will face a series of about 35 stations, each with a body, body part, bone, or radiograph. One thing will be tagged at each station, and you’ll be asked to identify it. You have 90 seconds per station to identify. There are typically 4-6 radiographs on these practicals, although this is by no means set in stone.

There will be a practice practical given before the real thing to introduce you to the format. It is set up by Dr. Grimm-Jorgensen and the second year students with the intent of being as realistic as possible. Will it be as hard as the real thing? Maybe. Will it be harder? It’s possible. Use it to get used to the format and judge your progress.

Note that OS2 has a special format for its practical; more about that in the OS2 section.

Histology practicals
Your histology practical occur in the same environment as a didactic exam. The only difference is that you get a picture of a structure and are asked to identify it or something within it. For the HB practical, we received a word bank; we never did thereafter. The images will be static; you can’t zoom in or out. These may or may not be the same slides you see in histology lab, but some always are. These practicals are typically are set before your didactic exam, on the same day as your anatomy didactic exam.

Organ Histology practical
At the end of the year, you have one histology practical that consists of identifying histologic sections of whole organs. You’ll be able to zoom in and out and move around. All you have to do is identify the organ, so the answers will be something like “lung” or “appendix” instead of “smooth muscle cell” or “Purkinje fiber.” This is a completely pass/fail exam and, unlike the others, the point score doesn’t matter for anything.

Biostatistics exam
In OS2, there is one extra exam for biostatistics. It is exactly the same as your didactic exam, just with a distinct topic. There is little to no calculation for this exam, so it is not like your college statistics class. See more about Biostatistics in the OS2 section.
Early/late take
If you have an unavoidable conflict with an exam, and that conflict is significant enough (death in the family, sibling getting married, etc), you can ask for an early take. This generally happens in the few days to a week before the exam. Similarly, if you get the 24-hour stomach bug and are vomiting your brains out the day of the exam, you can take it a few days later when you feel better. Always let the section head(s) know in advance if you need to do an early take! Obviously, you can’t let them know in advance if you get sick the day of, but try to let them know ASAP so they can try to accommodate you.

Protest sessions
A protest session is held after every course section. During these sessions, you will have access to the questions and answers to any exams you took (whether didactic, practical, or biostatistics). You can protest any question at that time by submitting a written explanation for why you believe a question should be thrown out. If the instructors agree (and they sometimes do!), that question will be thrown out. To help you remember which questions seemed wrong on the test, the exam packet that you get during the test will have space for you to write down question numbers. You have access to this sheet during the protest session.

For anatomy, there will be photographs of the tagged structure along with what it is, so you can easily see what was tagged and what the instructors called it. Similarly, the exact images used for histology will be available with the correct structure/cell/organ.

Grading
Everyone wonders about grading. What happens if I fail an exam? What happens if I fail a section, like OS1 or HB2? What will make me remediate a section during the summer or have to redo the first year? The answers to these are in a document you’ll see in one of your Blackboard sections (Human Systems), but we wanted to emphasize it here so you don’t fall prey to the rumor mill of what will and won’t let you pass the first year. To be clear, you pass if you get a grade of 60% or above for dental students and 65% or above for medical students. This is true for every exam you get with the exception of the Organ Histology Practical at the end of OS3, which you have to pass with a 70%.

For anatomy, you have to pass for the year. Each block’s anatomy pre/post quizzes, practical, and didactic exams are weighted towards that block (i.e. 10/20, 50, 20 percen respectively) and your overall score for each block is weighted (i.e. 35%, 35%, 15%, 15% for HB2, OS1, OS2, OS3 respectively for dental students).

Each block’s didactic exam must be passed. If you fail any exam by a small amount, you may be promoted anyways. If you fail by a lot, you may have to remediate the block in the summer before you are promoted to second year.
Tutor program
Tutoring is available from upperclassmen who did well in particular sections. Dr. Yvonne Grimm-Jorgensen (grimm@ns01.uchc.edu) is the Reinforcement/Tutoring program coordinator; speak to her to arrange for a tutor. More information is available under the Reinforcement Program in Blackboard. Be sure to take advantage of this program sooner rather than later if you feel you are falling behind!

N.b. Dr. Grimm is an excellent source of information on most anything. If you have a question about textbooks, classes, or many topics, make an appointment to see her. She’s not as fearsome as she first appears.

Course sections

CMPS/PBL
Correlated Medical Problem Solving/Problem Based Learning is a course that both dental and medical students take, but with specific groups for each school. Each week, you have a part of a clinical case that your small group initially discusses and uses to create a list of learning issues to research. The following week, you go over those issues. This is the only class where you really have something due on a regular basis. Your group leaders will expect you to turn in your work on the learning issues. This work can take several forms. You’ll either have to turn in concept maps using the CMap program (or by hand) of one learning issue per week or you’ll be able to write up (rather than concept map) your research. Note that, despite having to turn in only one learning issue per week, you’re expected to research all learning issues each week so you can talk about them. What the writers remember is being required to do four CMaps per semester, with the remaining assignments being either a CMap or writeup; your choice.

PCM & SCP
Principles of Clinical Medicine, or PCM, is a class only the medical students take. It happens once a week (except for the first few weeks) on Tuesdays or Thursdays. The general format is a single 1-hour lecture at 1 PM followed by a “core group” meeting until 5 with your assigned small group. It introduces basic clinical medicine and physical examination concepts.

Student Continuity Practice (SCP) is the other half of PCM. Starting in late September, each student is assigned a clinical site somewhere in Connecticut, generally within an hour’s distance from UCHC. The furthest sites the writers are aware of are in New London and Fairfield (about an hour and ten minutes away), but most students are closer. Once a week, you’ll go to that site from 1 PM to 5 PM, usually on Tuesday or Thursday (whichever day you don’t have SCP) but sometimes a student will be given Monday, Wednesday, or Friday for SCP day. You’ll spend the afternoon at that site with a practicing physician and will interview patients and practice the components of the medical history and, later, physical exam. There is no reimbursement for gas for your travel; we’ve asked and been turned down (as have classes before us).

As part of SCP and PCM, you’ll have Clinical Skills Assessment Program, or CSAP, exams. In these exams, you’ll see actors playing patient instructors and will have to perform certain tasks with them. Initially, these tasks will be limited to speaking to the patient instructors (such as taking a history), but as you
learn more, you’ll be tested on more. By the end of the year, you’ll do a full physical exam on a patient instructor, although certain elements (like the gynecologic and rectal exams) are left to the second year.

NOTE: Medical students must pass PCM and SCP to pass the year. It’s not hard to do, but if you chose to invest no time in these classes and blow everything off, you’ll be in trouble come the end of the year.

Dental classes
Dental students have their own unique classes as well. These include Oral Histology, Cariology (the study of dental caries, or disease process that cause cavities), and laboratories where you’ll wax and drill teeth!

Here is some personalized advice and tips from some of your second year dental students:

In January, the dental school will assign you a dentist in the area who will serve as your mentor. See this professional as often as you can. While you are learning how to read an EKG or memorizing the various neurological tracts, it is helpful to remind yourself that you are a dental student. Your “Big” is a dental school student a year ahead of you who will assist you in navigating the ropes of dental school.

Your first dental classes are your first exposure to dentistry. Think of these classes as the baby steps you will take before you make strides and then eventually leaps and bounds into your professional career as second, third, and fourth years. Do not let these classes provide unnecessary stress. Your dental instructors understand that your priority is passing your BMS courses. The best recommendation we can provide you is to talk to your “Big.” Your “Big” is an upperclassman dental student who will introduce you to the pains and joys of ‘waxing’ teeth and the delicate touch needed for operative dentistry. They will also offer the best resources for studying dental morphology, oral histology, and cariology. Additionally, they will remind you to take advantage of opportunities to exposure yourself to dentistry. Volunteer for South Park Clinic, join ASDA (American Dental Association), and offer to assist in the clinic. Each new dental experience will help you in your dental classes and will provide an incentive for you to pay attention to even these very early introductions to dentistry. Good luck!

Histology
Histology labs appear throughout the year and consist of everyone going to different MDLs, each one with two or more histology instructors. One is generally a basic science professor and one a pathologist (although some, like Dr. Lindquist, can do everything). Some instructors will ask questions from the syllabus (and thus require you to do some work before the lab) while others will lecture at you.

Histology lab uses the Aperio Virtual Microscope (http://fits-microscope.uchc.edu/) installed on your laptops. It allows everyone to view the same slide, zoom in and out at will, and participate in slide conferences led by the instructor. The conferences allow one person to control the view of every participant, so what one person looks at, everyone else can follow. You will want to learn how to use OneNote, particularly the screen capture tool, to take pictures during laboratory of what you see.
Textbook and other sources of review
There is a histology textbook (*Ross, R. and Pawlina,W. (2010) Histology: A Text and Atlas, 6th Edition*), but it is not necessary to do well in histology. Before each histology exam, a histology review will generally be held by Dr. Hand. These are very helpful; you’ll want to go to them. Dr. Lindquist also has an online review system called the Learning Cloud and Dr. Hand has a histology tutorial. The histology tutorial is great for foundational review. The learning cloud has quizzes that help for self-accessment, especially for the Organ Histology Final.

Anatomy
Anatomy in medical and dental school is the real deal. You’ll be in a group of four assigned to a single, human cadaver for the entire year. You’ll do a complete dissection of that cadaver, starting with the limbs, moving to the head and neck, examining the thorax and chest, and finally ending in the abdomen and pelvis.

Throughout Anatomy, Tom Casso is your friend. He has bones you can (and should!) check out to look at and is the one to go to if your body gets any mold. Tom will assign your group a locker in the anatomy lab where you can store your things.

To help ease you into anatomy, Dr. Grimm-Jorgensen and second year students will be organizing “First Cuts,” where a second year student will take you through the first cuts in your anatomy dissection manual. Anatomy can be a daunting thing, especially when you first see your body, but it becomes easier the more you do it.

You will see many instructors during your anatomy sections, but a few stay constant. Drs. Watras, Matheson and Potashner are generally around for all portions of the anatomy curriculum and usually know the answer to any questions you may have. Dr. Harrison will be there for many sections. Dr. White appears only for the abdomen and pelvis, but he is perhaps the best resource for that section. They will wander the lab during assigned dissection periods to assist groups with the dissection. If you are really struggling with some material, you can make arrangements to meet instructors after class. Getting a comprehensive review from an anatomy instructor/tutor throughout the section is highly recommended.

Radiology is a part of anatomy. Dr. Moskowitz will put up radiographs in the anatomy labs with structures tagged and legends nearby. These will often be used on the practical, but he can and will bring in new radiographs or tag new things on radiographs you’ve already seen. Be prepared for anything!

**A word of warning:** don’t put off anatomy. It is extremely difficult and miserable to cram for anatomy in the last week. Even if you know the names by heart, you have to identify the structure for the practical and know its function for the didactic anatomy questions. **A second word of warning:** be sure you can identify structures on bodies other than your own! If you only know your body and can’t make heads or tails of any other body, you’ll be sunk on the practicals. **A third word of warning:** the instructors can and will dig out things on a body that the group using that body did not get to and position things in weird ways.
Attendance

The school administration takes attendance in conferences, histology and anatomy labs, which are mandatory. They also track students’ participation in these different sections. These will be used to write the evaluations you receive at the end of each block. **Attendance is NOT mandatory for lecture but IT IS mandatory for the conferences/labs. (PCM, CMPS and SCP are also all mandatory classes).**

If you fail to sign in for a mandatory session without emailing Dr. Manger for 3 blocks, you will not be promoted to 2nd year for reasons of professionalism.

These evaluations are comments from the preceptors/section leaders about your participation, with aspects of your participation graded as “exceed expectations,” “satisfactory” and “did not meet expectations.” Although they are not necessarily grades, this is your only opportunity that a faculty member can directly assess you so you want to do a good job in conferences and lab. The best way to do well in these conferences/labs is to prepare the night before, read the syllabus prior to coming into lab, and most importantly coming to these sessions with all the questions that you have concerning the material. The preceptors in these sessions encourage questions and do not expect you to have all the correct answers.

Electives

All students (with the exception of combined degree students) must take a certain number of elective credits to graduate. A very small number of electives are available in the Fall, but generally you’ll take your first elective starting in the new year (2012). Electives usually meet once a week for a few hours a week and then only for perhaps 9-12 weeks. You sign up for electives by choosing up to three that you want to take, ranking them 1-3. If an elective is oversubscribed, then it goes to a lottery and you might get your second or third choice. Electives range from a focus on topics you see in lecture (e.g. Topics in Advanced Immunology; Inflammation in Human Disease) to special electives like an Introduction to Emergency Medicine or the Air Medical Transport Experience with LIFE STAR (the air ambulance based at Hartford Hospital). Almost everyone has to take some, so pick ones that interest you!

Human Biology I

In general, HB is your catch-all pair of sections that includes material that just doesn’t fit elsewhere. Fitting that, HB1 is a mix of subjects. It follows the basic order of:

1. Basic cell biology
2. Metabolism/Biochemistry
3. Connective tissue, skeleton, and muscle
4. Basic embryology
5. Genetics

For everything but metabolism, a mix of instructors will give your lectures. Some like using Powerpoint; some do not. If you took cell biology and genetics classes in college, much of this section will be familiar to you, albeit perhaps not in the depth taught.
In metabolism, there is a single instructor, Dr. Setlow. He is nearly-exclusively a chalkboard user, and writes on the board for all his lectures. So, no slides from Dr. Setlow. His is a huge component of HB1, with around 20 lectures. He has a correspondingly large portion of the test. If you took biochemistry in college, you may remember most of what he teaches. But, he does tend to focus on the regulation of metabolism rather than remembering which ‘ose or ‘ase was at the third step in some tortuous pathway. If you’ve never seen biochemistry before, don’t fret; you will have to work a little harder to get the terms down (because you do have to remember the pathways to understand the regulation), but it is manageable if you pace it.

The exam
The exam is mostly multiple choice, but there will be short answer questions on metabolism from Dr. Setlow. He will give practice questions in advance that he will make you work through yourself. He does have several review sessions though that allow you to go through all of the more difficult questions. If you understand the answers to his questions you most likely do pretty well on his part of the exam. Dr. King typically has brief short answer questions on the exam also.

Human Biology II

HB2 is three things: blood, upper/lower extremities, and immunology. Blood/hematology comes from a few instructors, with Dr. Tirnauer and other specialists providing most of the lectures. You’ll learn about red blood cells and, most importantly, coagulation. Note that, while hematology seems like a small section, it has a good chunk of the exam, so don’t let it slide.

The upper and lower extremities are your first piece of gross anatomy. This means you’ll be in the anatomy lab dissecting your cadaver for large portions of HB2. There are relatively few lectures for anatomy, but there is lots of laboratory time. There will be some conferences on the anatomy before the exam, and these can be very helpful to learn what sort of thinking you have to do for the didactic exam (function, not identification!).

Immunology is essentially the last half to two-thirds of HB2 and is exclusively taught by Dr. Richard Zeff. Before you ask yes, it is that Dr. Zeff, the gentleman you all met on your interview days some months ago. He exclusively uses the chalkboard and gives what most in the class considered very good lectures. If you understand what Dr. Zeff teaches in lecture, you’ll be good for the exam. The textbook for this section is a great resource if Dr. Zeff isn’t clear to you.

The exams
This exam is typically all multiple choice.

Your first anatomy practical exam in is in this section. Like all anatomy practicals, it is about 35 questions, 90 seconds per question, pure identification.

You will also have your first anatomy didactic exam in this section covering functional anatomy (i.e. innervation and perfusion).
**Organ Systems I**

OS1 is nothing but neuroscience. It has a huge variety of instructors, but a few core ones do a lot of teaching (Drs. Potashner, Oliver, Kuwada, Mains, Antic, etc). Topics range from biochemical (neurotransmitter synthesis) to anatomical (what happens if the spinal cord is injured in the upper left at the thoracic level?) to combinations thereof (organization of memory or mechanisms of sensation). The neuroanatomy atlases mentioned in the textbooks section are critical for the portions about stroke and functions of different parts of the nervous system. While you don’t learn the pathology of stroke in the first year so much, it is used as an example to illustrate function (if a stroke takes out the middle cerebral artery, what is lost in the brain?). Remember the Wallenberg for Dr. McCullough!

You’ll notice that syllabi in OS1 can be incredibly detailed. Some, like Dr. Potashner’s, are detailed enough that you don’t really need the text at all unless you really feel like reading the text. However, the wide variety of instructors can make it hard to put everything together, unlike a section where one person teaches it (like Dr. Zeff and immunology).

There are a large number of conferences, laboratories, anatomy labs, and special laboratories in this section. The neuroanatomy labs in the MDLs mix anatomy and function, giving scenarios like “if the spinal cord were injured here, what is damaged and what results?” One thing to note about the conferences and labs in OS1: you get the answers to them! Don’t use this as an excuse not to show up, but definitely use the answers to help you study by trying to do conferences again as the test gets closer and checking your work. Like all conferences, be sure to have questions coming into the session.

The anatomy of the head and neck can be challenging, as the structures are very small and buried in hard to access places. You’ll see videos of the gross anatomy of the brain listing tons of different parts, but don’t get hung up on memorizing every sulcus and gyrus; know the important ones that are emphasized in lecture. Be prepared to spend lots of time in the anatomy lab trying to find structures. Practice, practice, practice! Be sure you can identify structures on other bodies, as with all sections, before the practical!

**The exams**

The didactic exam is all multiple-choice and the histology and anatomy practicals are your typical affairs. Know the bones of the head and neck as well as foramen of the skull for the anatomy practical, as there will be questions on them.

**Organ Systems II/Biostatistics**

OS2 is heart, lungs and kidneys, with Biostatistics thrown in at the end. The anatomy of the thorax is OS2, so the kidneys wait until OS3. Beware of the anatomy in this section, as it relies much more on embryology and function that in prior sections. Take careful note of the practical information at the end of this section! This section is, more than any other, not a section conducive to memorization. You *must* have a good conceptual grasp of topics if you hope to do well on the test. Concepts, not regurgitation of facts, will be tested.

Cardiology has a core group of instructors but still has a variety, each with their own style. Material sometimes is repeated between instructors, so don’t be surprised if you hear the same thing three ways.
Some like to use the board (Dr. Manger), others mix it up (Dr. Henry), and still others stick to Powerpoint (Dr. Watras). Beware: while they spend a lot of time on EKGs, use the EKG to understand the electrophysiology of the heart rather than trying to become an expert at reading EKGs. They won’t ask you to interpret many (if any) EKGs on the exam, but they will expect you to understand how the EKG represents the electrical activity of the heart and what that electrical activity means.

Renal physiology is taught by one person, Dr. Thomas Manger. He is exclusively a chalkboard user, but his lectures are good and straightforward. If you understand what he teaches, you’re in pretty good shape. Do the questions in back of the Mosby Monograph by Koeppen and Stanton for this portion! Some will be on the exam!

Last year, respiratory physiology has become a completely self-study/conference style course with quizzes. Some students love it and some hate it. It is supposedly good practice for the rest of your medical school education so just do your best. It is HIGHLY recommended that you attend Dr. Cloutier’s review she will tell you everything that you need to know.

The conferences for this section are very important, and the questions you see are good examples of what the exam will hold. Answers are not given to these conferences!

What, then about Biostatistics? It is taught by Dr. Wetstone and begins towards the end of the renal section. He gives a PDF textbook you can use, some students found it very helpful. The questions in the book are a great study tool. An Excel spreadsheet is provided that does almost every calculation for you; you just have to interpret results. For all who have taken statistics before, most of what you learned won’t help here; you will not be calculating p values or sample sizes. It’s all about interpretation! This section seems to frustrate lots of students every year; it is what it is, just get through it.

The exams
The faculty makes it hard and they know they make it hard. Do practice questions! Go over concepts! This test rewards those who can understand the big picture and not those who only know the minutia. It is all multiple-choice but some questions are multipart (i.e. asking whether 3 values increase or decrease).

The anatomy practical for OS2 is unique in that some of the questions are not straight memorization. Some may be multiple-choice, some may involve embryology (what embryologic structure did this structure originate from?), and some may just be “what the heck was that?” questions. Know not just your identification but also your embryology and function. Knowing the developmental lectures (especially that of the heart) down cold is perhaps the best thing you can do in this section. Many of us found that the development of the heart lecture (given by Dr. Maxwell in our year) was the highest-yield lecture of the entire section.

The histology practical is straightforward as always. The biostatistics exam was described earlier, and is just a didactic biostatistics test. You’re given an hour to do it and under 20 questions if memory serves the writers. You won’t be doing calculations, but you can and will get screenshots from the Excel
spreadsheet tool and will be asked to interpret them. You’ll also get questions about what statistical test is the best to use for a given set of data, but you’ll be given a matrix of the tests and when to use them. All you have to do is decide what type of data you’re looking at so that you can use the sheet to answer the question.

**Organ Systems III**
OS3 has three components: gastrointestinal, endocrine, and reproductive. Gastrointestinal is taught by many, with a large portion coming from Drs. Grimm-Jorgensen and Henry. After OS2, this is more along the lines of OS1 or HB, with lots of facts to learn and not as much application of concepts, although the big picture remains important. A mix of Powerpoint and chalkboard lectures reside here.

The endocrine section is taught near-exclusively by Dr. White, with Drs. Harrison and Grimm jumping in. Dr. White is a chalkboard user with some Powerpoint use. Much of his material here is looking at energy management and metabolism from a different angle, and if you remember Dr. Setlow’s material, it can help, but isn’t critical. Knowing the enzymes he introduces is critical to doing well in endocrine.

Reproductive physiology is divided into the male and female reproductive systems, and Dr. White teaches nearly all of both, with Dr. Grimm and some others doing a few lectures. Steroid hormones are the name of the game here; know your steroid biosynthetic pathways! Questions will be asked on what happens if an enzyme is deficient or defective!

The anatomy here is straightforward save for the pelvis (which the dental students are excused from after their Oral Histology, Cariology, and Operative finals). It can be hard to wrap your mind around the pelvis, and the instructors will offer (and require) completion of a clay pelvis lab to help for this. You’ll get a bony pelvis and will make components of the pelvic viscera and musculature out of clay to add to it. Don’t forget abdominal anatomy as you dive into the pelvis! You may find that there are few female cadavers with ovaries or a uterus; for our year, there were just two! Be sure to go to other groups to see the reproductive and pelvic anatomy of the opposite sex, especially if you have a female who is missing her ovaries and/or uterus! Note that Dental students are not responsible for the anatomy of the pelvis (and take a different practical and didactic exam that excludes these) but they are responsible for knowing them enough to understand reproductive physiology for the didactic exam.

**The exams**
The didactic and histology exams are the same as always, all multiple-choice. The anatomy practical is strictly identification and is not like the OS2 practical. After you take all you OS3 exams, there is one other component: the Organ Histology Practical. We mentioned this exam earlier; to summarize, you’ll identify whole organs from throughout the entire year, so the answers will be something like “lung” or “lymph node” rather than “basophil” or “dense, regular connective tissue.”

Try not to check out too early for these last exams. The weather becomes nice and everyone becomes tired but these exams shouldn’t be taken lightly. Make sure to stay on top of your work.
Resources

Dental CD/Passed-down files
There is a mythical dental CD filled with useful files, such as old notes, which finds its way to everyone in the first year. Ask a second year and they should be able to hook you up. Much of this information is very useful and will help you through the first year material.

General

Peer Support
We’re here for you if you need help. If you have a question this guide didn’t answer or just need someone to talk to, email any peer supporter and we’ll be happy to help.

Lisa Francini/Student Affairs
If you have a question about anything and don’t know where to turn, ask Lisa; she usually knows the answer or at least who to call to find it. Her office is in AM016 on the M level of the academic building, with the door facing the atrium.

ESS
Located in AM019. Educational Support Services can help you schedule an MDL for a club or other activity, register for an elective, and a host of other things. They are where you will check in on the morning of an exam. They are located on the main level next to Tom Casso’s office (AM027) and your lockers.

CEC
http://library.uchc.edu/departm/cec/

The CEC is your resource for all things computerized. And, unlike Geek Squad, they’re free! To reach them, turn right once you enter the library and keep walking.

Registrar
http://studentservices.uchc.edu/registrar/index.html

If you ever need your transcript, an enrollment verification letter, or have to change your address or residency status, the registrar is the place to go. They are located in LM039 (really AM039) on the M level of the academic building, with their door facing the atrium.

Financial Aid/Student Services
http://studentservices.uchc.edu/index.html

The Student Services Center, located in LM037 on the main level facing the atrium and academic entrance, handles everything related to financial aid, the student health insurance plan, and most anything related to your time here.
Mental Health

Student Mental Health Services: Debra Johnson, APRN
Free and confidential sessions:

195 Farmington Avenue, Suite 2000, Farmington, CT 860-679-5435  dvjohnson@uchc.edu

CHIPS (Confidential Help and Information for Professional Students) Program
Education and increased awareness of substance abuse. Free & confidential evaluation and treatment of persons having problems with alcohol or other drugs
CHIPS@uchc.edu
CHIPS number- 860-679-4485

Police/Security

Public Safety
x2511 or (860) 679-2511 (from outside UCHC)
Located on the ground level in the L building, walking towards the E building.

Police Dept
Non-Emergency: x2121 or (860) 679-2121 (from outside UCHC)
Emergency: x7777 or (860) 679-7777 (from outside UCHC)
Located on the ground level, just past Public Safety, in the L building. Please note that the officers on campus are State of Connecticut officers, not the “Public Safety” security seen on many private colleges. They can and will issue state tickets and fines.

Local area

Hartford Advocate
A weekly newspaper for the Hartford area with information on events, businesses, and general “what’s happening” for Hartford and surrounding towns, the Advocate is a great resource if you’re looking for things to do or places to see. It’s free and located throughout UCHC, including right inside the academic entrance.  http://www.hartfordadvocate.com/
Area highlights
This is just a sampling of what is available in the area. We have chosen to only include the “Tops” lists. Explore for yourself!

Eat

**Best Bakery:** Truffles Bakery (767 Farmington Avenue, Farmington, CT); La Petite France French Bakery (967 Farmington Avenue, Farmington, CT); Modern Pastry (Italian, 422 Franklin Avenue, Hartford, CT 06114-2518 (860) 296-7628); Mozzicato (Italian, 329 Franklin Avenue, Hartford, CT 06114-1890 (860) 296-0426)

**Best Burger:** Plan B Burger voted Best in Hartford 2007 (138 Park Road, West Hartford, CT); Max Burger (124 LaSalle Road, West Hartford CT)

**Best Bring Your Parents:** Grant’s (977 Farmington Ave, West Hartford, CT); Trumbull Kitchen (150 Trumbull Street, Hartford, CT); Carbone’s (588 Franklin Avenue, Hartford, CT 06114)

**Best Diner:** Quaker Diner (319 Park Rd, West Hartford, CT)

**Best Group Dining:** The Cheesecake Factory at Blue Back Square, West Hartford, CT

**Best Happy Hour:** Max’s Oyster Bar $2 Appetizers (964 Farmington Avenue, West Hartford, CT)

**Best Italian:** Rizzuto’s Wood-Fired Kitchen at Blue Back Sq (111 Memorial Rd, West Hartford, CT); Bricco (78 LaSalle Road, West Hartford, CT)

**Best Mexican:** High-end: Besito (46 S. Main St, West Hartford, CT). Wallet-friendly: Moe’s Southwest Grill (Memorial Rd @ BlueBack Square, West Hartford, CT); Chipotle (966 Farmington Ave, West Hartford, CT)

**Best Pizza:** Naples Pizza (838 Farmington Ave, Farmington, CT) Harry’s Pizza (1003 Farmington Ave West Hartford, CT 06107), Luna’s Pizza (999 Farmington Ave, West Hartford, CT)

**Best Japanese/Sushi:** Ichiro Hibachi and Sushi (962 Farmington Avenue, West Hartford, CT)

**Best Mediterranean:** Arugula Bistro (953 Farmington Ave, West Hartford, CT)

**Best Thai:** The Blue Elephant Trail (7 S. Main St, West Hartford, CT)

**Best FROYO/ICE CREAM:** Pinkberry (38 Isham Rd, West Hartford, CT) Ben and Jerry’s (5 1/2 S Main St, West Hartford, CT)
Hang out

**Bars:** The Tavern (Farmington, in the Forest), The Elbow Room (West Hartford), McLadden’s Irish Publick House (West Hartford), Sidebar (West Hartford), Uncorked Wine Bar (Blue Back Square, West Hartford)

**Coffee/Tea House:** Starbucks (locations in Blue Back Square, West Hartford Center, Bishop’s Corner, and West Farms Mall), Tisane Tea & Coffee Bar (537 Farmington Ave, Hartford CT)

Get outside

**Running/Cycling:** The West Hartford Reservoir:

**Hiking Trails:** http://www.farmington-ct.org/docs/about/news/WalkingTrailsDescription.pdf

**Yoga:** Bikram Yoga Farmington (230 Farmington Ave) and West Hartford Yoga (23 Brook Street)

Final thoughts

We hope that this guide will answer some of the many questions you’ll have as the first year unfolds. We know it can’t answer everything, so consult the resources we’ve listed (including your friendly Peer Supporters) for help. Managing medical or dental school is a great challenge, but also a great deal of fun. You’ll never learn or do so much in such a short time. Enjoy the ride!

Last revised 26 June, 2014 by Yu
Here is just another attachment of some other places around the area that you may like:

We know moving in a new town is hard, but here are just a couple places that students like to go to.

**= You'll find many other stores/restaurants around this location.

**Shopping**

West Farms Mall**: 1500 New Britain Ave, West Hartford, CT   (860) 561-3024  
Buckland Mall**: 194 Buckland Hills Dr # 2500, Manchester, CT   (860) 644-1450  
Blue Back Square**: Memorial Rd, West Hartford, CT   (860) 231:7288

**Nightlife**

Bars

Murphy and Scarletti’s: 270 Farmington Ave, Farmington, CT   (860) 676-0252  
Shish Ultra Lounge: 904 Farmington Ave, West Hartford, CT   (860) 986-7698

**Sports/Active**

Gyms

Big Sky: 58 Commerce Court, Newington, CT   (860) 667-3200  
Malibu Fitness: 15 Executive Drive, Farmington, CT   (860) 677-8888  
The Y: 149 Farmington Avenue, Plainville, CT   (860) 793-9631

Park

Elizabeth Park: 1555 Asylum Avenue, Hartford, CT   (860) 231-9443  
West Hartford Resevoir: 1420 Farmington Ave, Farmington CT

**Entertainment**

Museums

Wadsworth Atheneum Museum of Art: 600 Main St, Hartford, CT   (860) 278-2670  
Hillstead Museum: 35 Mountain Road, Farmington, CT   (860) 677-4787

Performing Arts

The Bushnell (Musicals/Plays): 166 Capitol Avenue, Hartford, CT   (860) 987-6000  
University of Connecticut- Jorgenson Center of Perf. Arts: 2132 Hillside Rd, Storrs, CT   (860)486-4226  
Nafe Katter Theater: Bolton Road, Storrs, CT   (860) 486-4520

Movie Theaters

**AMC Loews Plainville 20**: 220 New Britain Road, Plainville, CT  
Criterion Cinemas at Blue Back Square: 42 South Main St., West Hartford, CT  
Bow Tie Cinemas Hartford Palace 17: 330 New Park Ave., Hartford, CT

**Transportation**

CT Transit: cttransit.com [66 will pick up at the health center and bring you around downtown Hartford and Unionville center]
Hair dressers/Barbers

- Supercuts: 2540 Albany Ave, West Hartford, (860) 236-7114
- Blaze Barber Shop: 631 West Main Street, New Britain, CT (860) 224-6571

Restaurants

- Blue Back Square**: Memorial Rd, West Hartford, CT (860) 231-7288

Pizza

- Joey's Pizza Pie: 353 Park Rd, West Hartford, CT (860) 523-5639
- Naples Pizza: 838 Farmington Ave, Farmington, CT (860) 674-8876

Burgers

- Plan B Burger Bar and Tavern: 138 Park Road, West Hartford, CT (860) 231-1199

Chinese

- Black Bamboo Chinese: 844-A Farmington Ave, West Hartford, CT 06119 (860) 236-8888
- Butterfly Chinese: 831 Farmington Ave, West Hartford, CT 06119 (860) 236-2816
- Beijing Garden Restaurant: 230 Farmington Avenue, Farmington, CT 06032

Italian

- Joey Garlics: 372 Scott Swamp Road, Farmington, CT (860) 678-7231
- Andy's Italian Kitchen: 230 Farmington Avenue, Farmington (860) 676-0800
- Cugino's Restaurant: 1053 Farmington Avenue, Farmington (860) 678-9366

Grocery Store

#### $$$ but convenient:
- Whole Foods: 50 Raymond Road, West Hartford (860) 523-8500
- Stop and Shop: 1235 Farmington Avenue, West Hartford, CT (860) 521-5010

#### $$ but a little farther out:
- Shop Rite: 46 Kane St, West Hartford, CT (860) 233-1713
- Big Y: 255 West Main Street, Avon, CT (860) 678-1322

#### $ but not a lot of options:
- Aldi: 693 Farmington Avenue, New Britain, CT
- Save-A-Lot: 60 East Main Street, New Britain, CT 06051 (860) 348-9416

International groceries

- C Town [Hispanic]: 47 Main Street, New Britain, CT 06051 (860) 223-3800
- Cosmos Int’l [Indian]: 770 Farmington Ave, West Hartford, CT (860) 882-0323
- Dong Supermarket [Asian]: 160 Shield Street, West Hartford, CT (860) 953-8903

List thanks to Rita Flynn and Janiris Lopez (2nd year Dental students)