



COLLEGE OF MEDICINE AND LIFE SCIENCES

THE UNIVERSITY OF TOLEDO M1 SURVIVAL GUIDE

UNOFFICIAL!!!

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

WELCOME CLASS OF 2025

First of all..... **CONGRATULATIONS!!!!** This is a huge step in becoming the physician you always dreamed of. Your M1 year starts to lay the foundation of knowledge you will use for the remainder of your career. You're going to meet so many great people along the way and these relationships will help you through those difficult times that are inevitable in medical school. It's going to be a roller coaster of emotions and challenges along the way and that's all part of the fun. Here at the University of Toledo there is a very collaborative and supportive culture and we, Medical Student Council Class of 2024, want to provide you with every resource that you can use to be as successful as possible. By no means do you have to read through this entire thing in one sitting. There is a lot of information here that can be overwhelming, boring, poorly written, and occasionally snarky. This is designed as a "one-stop-shop" for any information you may need so bookmark this page and reference it as needed. You are all amazing and are well deserving of your position here in medical school and we look forward to seeing you guys on campus and can't wait to meet you all!!

Good Luck!

- Medical Student Council - Class of 2024 -

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Key Tips

1. A parking pass does not equate to a close parking space. Medical students are not the only ones who park on campus. We have pharmacy, nursing, PA, etc. so **PLAN AHEAD ON EXAM DAYS!**
2. Exercise!!! Keep your physical health in check
3. Obtain a real adult toolkit (hammer and screwdrivers at the very least) if you plan on assembling your own furniture. [Or ask the UTCOM Brute Squad](#)
4. Set a monthly reminder on your phone to pay rent and utilities.
5. If your apartment complex offers it, spend the extra money to get a carport or garage for your car. Can also install remote start on your car. Helps in the morning when you need to get to campus in the winter.
6. Always be ready for a sudden rainstorm.
7. Even in the summer, the classrooms and buildings can get really cold, so wear layers.
8. Meal Prep. Saves time and a whole lot of money.
9. Get a reliable coffee-mug/tea-cup or mug and a solid water bottle.
10. Carry granola bars or snacks in your backpack for the extra boost of energy.
11. Identify stress outlets (things you find enjoyable) before you start school.
12. Have a functioning laptop or tablet (preferably with a stylus) to take notes on.
13. Spiral Bound your First Aid and your Pathoma. Life Saving.
14. **Don't** read Lippincott unless you have a dying urge to do so.
15. It is NOT worth it to stay up past 2:30 AM to study for an Exam or Quiz. Just DON'T.
16. Never be afraid to ask questions, we are all students. That being said, you are student physician-in-training. Nothing more.
17. **DON'T BUY ANYTHING** before orientation. They give you a stethoscope that is dang good. Wait for discounts for buying study resources.
18. Do not feel like life is over if you aren't getting the grades you think you should be. Everyone struggles with different topics. Professors, peer leaders, and upperclassmen are there to help you out, **JUST ASK!**

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

School Resources

Academic Coordinators

Kristen Mckeown: Kristin.Mckeown@UToledo.Edu

Saraya Parnell: Sarah.Parnell@UToledo.Edu

Zowe Danya Hamizadah: zowe.hamizadeh@utoledo.edu

Academic Enrichment Center

Location: Mulford Café (basement of Mulford Library)

Hours: Monday-Thursday 8:00am – 5:30pm
Friday 8:00am – 4:00pm

Phone Number: (419) 383-6118

Contacts:

Jessica Faber, Director Jessica.Faber@utoledo.edu

Stacie Nowak, Learning Specialist Stacie.nowak@utoledo.edu

Kristie Stu-McCarthy, Student Tutor Coordinator Kristie.stumccarthy@utoledo.edu

Sarah Cullum, Wellness Coach sarah.cullum@utoledo.edu

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

Medical Education

Contacts:

Dr. Coral Matus, Associate Dean for Foundational Sciences
coral.matus@utoledo.edu

Dr. Jeremy Laukka, Interim Chair, Department of Medical Education
jeremy.laukka@utoledo.edu

Dr. Stephanie Mann, Associate Dean for Clinical Undergraduate Medical Education
stephanie.mann@utoledo.edu

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

M.D. Admissions Office

Contacts: Dr. Randall Worth, Associate Dean of Student Affairs & Admissions
randall.worth@utoledo.edu

Dr. Yvette Perry, Associate Dean for Admissions and Strategic Enrollment
Yvette.Perry@utoledo.edu

Tiffany B. Akeman, MPH, Director of Admissions
Tiffany.Akeman@utoledo.edu

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

Office of Student Affairs

Location: 1st Floor, Mulford Library, MS 1044

Hours: Monday – Friday 8:30am-5:00pm

Email: HSCstudentservices@utoledo.edu

Phone Number: (419) 383-3600

Website: <https://www.utoledo.edu/med/studentaffairs/>

Office of Financial Aid

Location: 1st Floor, Mulford Library, MS 1044

Hours: Monday – Friday 8:30am-5:00pm

Email: HSCstudentservices@utoledo.edu

Phone Number: (419) 383-3600

Contact: Anne Yeager, Assistant Director, Financial Aid – HSC anne.yeager@utoledo.edu

Website: <https://www.utoledo.edu/financialaid/hsc/>

Office of Diversity and Inclusion

Location: Mulford Library Building, Room 105

Hours: 8:30am - 5:00pm

Email: diversityinclusion@utoledo.edu

Phone Number: 419.383.3438

Contact: Dr. Kimberly Jenkins

Website: <https://www.utoledo.edu/med/diversity/>

Student Health Services

HSC Student Health and Wellness Center

Ruppert Health Center Room 0013 (lower level)

Appointments: (419) 383-5000

Student Mental Health and Wellness Services

Kobacker Center

1400 E. Medical Loop

Toledo, OH 43614

Phone: (419) 383-3815

Family Practice Center

3333 Glendale Ave.

Appointments: (419) 383-5555

Main Campus University Health Center

1675 West Rocket Drive

Appointments: (419) 530-3451

Rocket Launch

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

Academic Resources

Books

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

Online/Outside Resources

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

USMLE First Aid - Step 1

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

Osmosis

Osmosis is a wide-ranging resource that is totally FREE to us. There are tons of illustrated videos covering basically every big topic you'll come across. They vary quite a bit in length (anywhere from 3-25 minutes), but you can increase the speed of the videos. Many professors create their own video playlists relating to their material that you can optionally watch. You can also create flashcards and a customized study schedule through Osmosis' calendar. There are pre-made flash cards and questions relating to most videos. There is also a Workspace function, where everyone in the class can share cards and notes. You can even drop PDF's of notes and it'll scan the text to link relevant videos/cards. Did I mention it's free?

Boards and Beyond

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

Pathoma

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

SketchyMedical

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

Q-banks

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

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

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

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

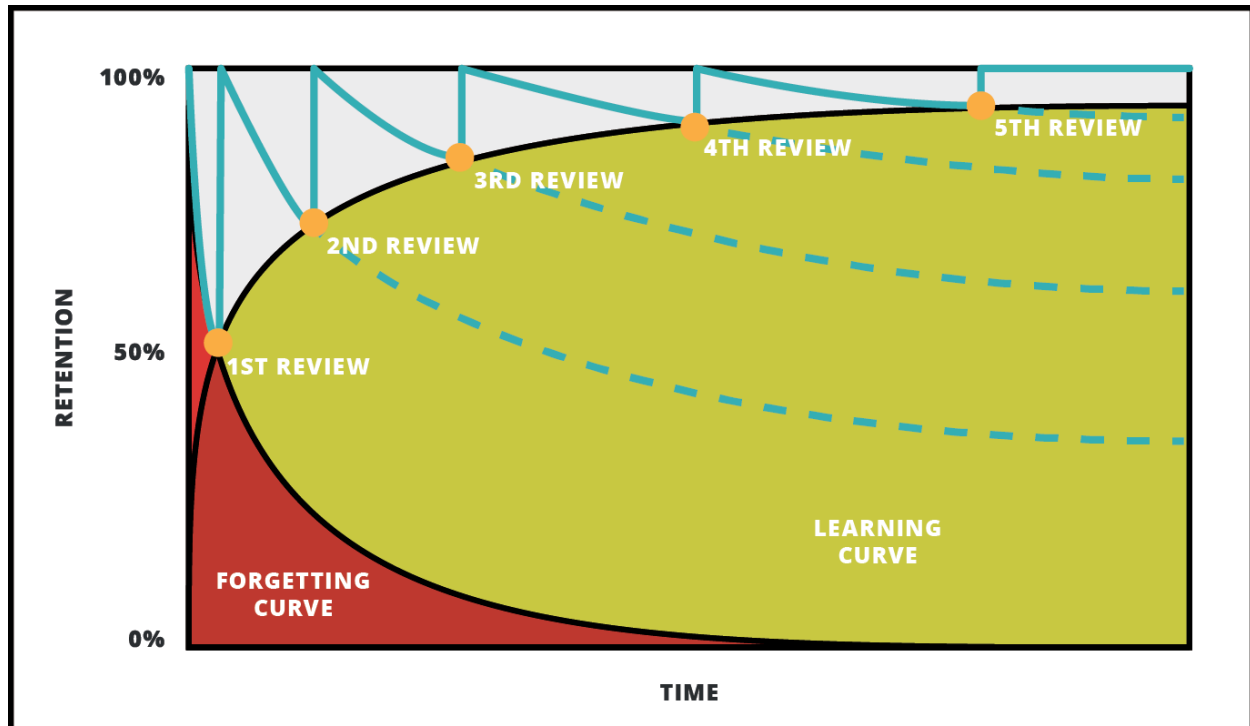
AMBOSS: Very integrated, and very difficult. Questions span multiple systems, so most questions are not that doable until in M2. Very good and user-friendly site.

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

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

Anki

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



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

Downloading Anki

Downloading Anki

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

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

Downloading Add-ons

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

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

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

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

Card Settings

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

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

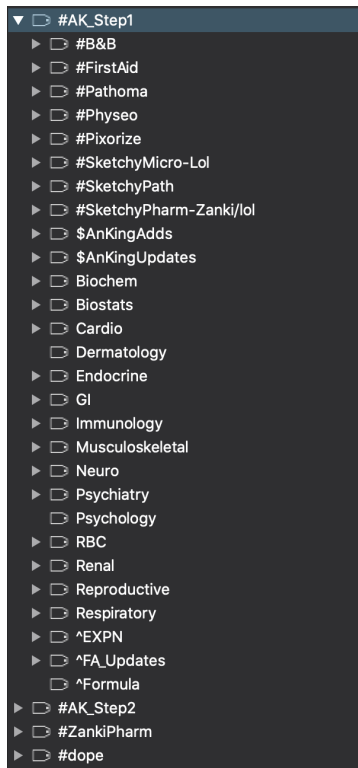
The image displays four screenshots of the Anki Options menu, arranged in a 2x2 grid. Each screenshot shows a different tab selected in the 'Options group: Default' menu. The top-left screenshot shows the 'New Cards' tab with settings for 'Steps (in minutes)' at 25,144, 'Order' set to 'Show new cards in random order', 'New cards/day' at 9999, 'Graduating interval' at 1 day, 'Easy interval' at 4 days, and 'Starting ease' at 250%. The top-right screenshot shows the 'Reviews' tab with settings for 'Maximum reviews/day' at 9999, 'Easy bonus' at 150%, 'Interval modifier' at 100%, 'Maximum interval' at 120 days, and 'Hard interval' at 120%. The bottom-left screenshot shows the 'Lapses' tab with settings for 'Steps (in minutes)' at 30,144, 'New interval' at 20%, 'Minimum interval' at 1 day, 'Leech threshold' at 4 lapses, and 'Leech action' set to 'Tag Only'. The bottom-right screenshot shows the 'General' tab with settings for 'Ignore answer times longer than' at 180 seconds, 'Show answer timer' unchecked, 'Automatically play audio' checked, and 'Always include question side when replaying audio' checked. Each screenshot includes a 'Manage...' button for the options group and 'Help', 'Restore Defaults', and 'OK' buttons at the bottom.

Cool, how do I get started?

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

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

Sooo what's that premade deck you mentioned?



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

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

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

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

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

Anki Advice

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

Anki Resources

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

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

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

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

Computers

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

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

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

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

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

Note Taking Apps

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

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

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

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

Intro to Curriculum

Team-Based Learning (TBL)

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

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

In-Class Learning (ICL)

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

Learning Modules (LMs)

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

Pathology Book Club (PBC)

Pathology Book Club consists of a series of sessions that review pathology concepts throughout the different systems. It is a new format that started this past year. It follows a case-based approach and discussions in smaller breakout groups led by residents, faculty, and older students. A PBC session normally lasts 3-4 hours and takes place only once per system via Microsoft Teams. There is pre-session reading assigned in the Robbins textbook, and pre-session powerpoints are normally provided as well. There is a 10-question quiz in ExamSoft at the end, and faculty review the answers afterward.

Interprofessional Education (IPE)

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

widely, but each had the focus of learning to appreciate the people you will be working with for the remainder of your careers.

Electives

There are many electives available to take at the University of Toledo College of Medicine and Life Sciences (UTCOMLS). Some of these are actual courses you can take (generally once a week for about 2 hours) or others are opportunities outside the classroom setting to get elective credit. A full list with descriptions can be found here:

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

Grading

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

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

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

Remote Learning:

Blackboard Collaborate:

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

Faculty are very receptive to questions that are posted in the chat. If a professor does not address a question right away, they will take time at the end of the lecture to respond and clarify things. Many professors commend the brave souls that unmute as well. There are also occasional office hours and review sessions that are held in the Virtual Classroom.

PolLEV:

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

Microsoft Teams:

Teams is a virtual meeting software that was adopted this past year to accommodate for virtual TBL and Path Book Club sessions. It connects through your school email, and email invitations are sent for the sessions usually the day before. During the virtual TBL sessions, you can find all the documents in the "Files" section. Just be sure you're signed into your school email and in the right room.

Examplify:

Exam taking software that'll be present whether or not you're in person. You need to download exams before you can take them, so if it's the night before the exam, **MAKE SURE YOU DOWNLOAD YOUR EXAM**. Last thing you want is for it to be 5 minutes before the exam when you realize that you forgot to download. I guarantee at that moment your internet will decide to be **EXTRA** slow.

M1 Courses

Human Blueprint

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

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

Hematology and Oncology

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

Course Director(s): [Dr. Danae Hamouda](#)

Immunity

Immunity is a pretty short unit that gives quite a bit of self-directed learning (SDL) time which according to the schedule will be for the immunology case book. Many students read these and found them very helpful especially in regards to exam questions. They present a case and the typical symptoms of a disease associated with some aspect of immunity. Some of the lecturers will include these cases within their lecture material some will not, so you won't have to read all of them if you do not want to. Board & Beyond as well as Pathoma were good outside resources for this unit, but this unit would be important to stay on top of lectures as they provide much more information than outside resources that you will be tested on.

Course Director(s): [Dr. Kevin Pan](#)

Infectious Disease

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

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

Neuromusculoskeletal System (NMSK)

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

Anatomy

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

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

Neuroscience in Health & Disease (NIHD)

Another long course coming at you. This one a lot of people will argue saying it is the most difficult of your M1 year. You will still have an anatomy portion similar to MSK, but focused on the brain, skull, and spinal canal. You'll learn to read MRIs and CTs (on a very basic level) to where you can look at it and say "that white thing probably shouldn't be there" and make an educated guess on what it is. The arteries and nerves in the head and neck can be quite tumultuous in their paths but repetition in both the anatomy lab and reviewing lectures/LMs will do a lot of good. If you use outside resources here for the anatomy portion, be cautious as what we need to know for class and boards is different (and less) than an anatomy specific resource may try to teach you. There is an Anki deck people used called [Dope](#), but I would use this with great caution. You can spend a lot of time going through cards that are not necessary to know as medical students. Personally, I would say skip it, but other students used it so that's why I brought it up. People used this [quizlet](#) deck as well for the anatomy portion. Boards & Beyond was a great resource for this system. A lot of videos to quickly summarize important diseases and other relevant subjects. University of Michigan also created a [website](#) for anatomy that has some useful practice questions and more cadaver photos that you may find helpful. Netter's remains gold.

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

Behavioral Science and Psychiatric Medicine

This will be your shortest system of your M1 year and you'll be on summer break before you know it. I thought this was very well put together as far as the order of material presented. There will be quite a big chunk of drugs you will learn in this unit so stay on top of these and don't cram until the end because they will come back and bite you if you do. It is a very lecture heavy unit, but not very many LMs which I saw as a positive. They will give you the DSM V criteria for every disorder, but generally they don't get that nitty gritty when testing. It is more of recognizing and distinguishing between different disorders/diseases that you should be able to do. Boards & Beyond is probably the best outside resource here for most topics and then SketchyPharm for the large amount of drugs thrown at you.

Course Director(s): [Dr. John Wryobeck](#)

Principles of Clinical Medicine (PCM)

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

The physical exam skills sessions are very low stress and as long as you do the recommended prep work you will be fine. You will have to dress up for these in your white coat. It's probably a good idea to just leave it in your car so you always have it with you. It wouldn't hurt to have a whole spare outfit in your car of nice looking clothes that you can toss on really quick in case you forget you had PCM that day. Use these sessions to ask questions and practice real life exam skills. Most people have no idea what they are doing there the first time so don't feel like you

can't ask to practice more. This will pay huge dividends when you actually have to perform these for a grade. You will have an Integrated Clinical Skills Exam (ICSE) at the end of each thread that will test specific skills taught during that thread. For example, in Thread 1 you will learn how to do a basic abdominal exam and your patient may come in with abdominal pain and you will be expected to complete a physical exam as well as focused history to come up with a primary and secondary diagnosis.

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

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

Student Testimonials

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

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

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

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

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

5. There is a TON of content thrown at us, but rest assured that just about everyone in medical school has the baseline intelligence needed to absorb it all. It's a matter of putting in the work and studying smart/ efficiently. Throughout college, I found it quite feasible to only study the days leading up to an exam. That will not work here no matter how smart you are. What helps me a lot is to have set goals to complete each day in terms of content (ie. I want to review yesterday's lectures in the morning + go through today's in the afternoon). It's important not to go overboard though. Burnout is very real, and I hear 3rd year is where the "fun" really begins, so you don't want to empty your tank before that. Give yourself free time. It is very possible to have a chunk of free time most days, but it will take good time management and planning on your part. Other than that, don't be afraid to get involved with student orgs; time commitment for most of them is quite minimal (we are all med students here). Make friends

and enjoy your free time. 1st year of med school is quite a ride and a day here feels like five, but it doesn't have to be something that consumes your life.

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

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

You're going to do great!

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

Medical Student Council

Medical Student Council (MSC) are the student elected officials for medical students. We strive to improve the experience you will have here at UTCOM and are always here to serve our fellow peers. We meet with administration regularly and discuss issues, concerns, etc. that have arisen and are clear to communicate with the class what the solutions will be. We are always open to hear from our peers and would love to hear from all of you! If you have any questions, concerns, etc. please feel free to reach out via the [link to a form](#) where email(s) can be found for the executive board as well as the email for MSC that will help us resolve your inquiry quicker.

Executive Board

President - Jean Llenos

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

Vice-President - Matt Stojsavljevic

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

Pre-clinical Liaison - Jihad Aoun

- This position helps with the transition of being accepted into UTCOM and your actual first two years here at Toledo
- Coordinates Second Look day with MSA
- Helps with club/interest group planning and organization to prevent overlap

Treasurer - Vihan Desilva

- Serve as the Chief Financial Officer of Medical Student Council
- Compile and manage the budget and funds provided to MSC by the Office of Student Affairs
- Coordinate, plan, and execute all of the class discounts for various outside resources
- Coordinate and help plan Orientation Welcome Event (i.e. Bowling Night) and Interprofessional Mixer

Secretary - Andrew Slembariski

- Serve as the Chief Administrative Officer of the Medical Student Council

- Manage the MSC Outlook account, and take minutes for all General Body Meetings, Administration Meetings, and Executive Board Meetings
- Serve as the Primary Contact for all Student Organizations to enhance organization, planning, and communication
- Coordinate and plan the annual Talent Show

Publicist - Shantelle House

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

Diversity Chair - Ameisha Tutwiler

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

Liaisons

Financial Aid - Gayane Saakyan

The Financial Aid Liaison is an individual position that meets semesterly with the Assistant Director of Financial Aid for the Health Science campus, currently, this is Anne Yeager (anne.yeager@utoledo.edu). This position serves as a bridge between the Financial Aid office and students, its main role is to be an advocate for student financial wellness and function as a point of contact to direct students to the appropriate financial resources for their individual concerns.

- Meetings once a semester to discuss concerns students have and how to address them moving forward.
- Assist the Financial Aid office with event planning.
- Promote financial wellness events and important deadlines to your fellow classmates.

Library, Technology, and Testing Center - Kris Jackson

Responsibilities include working with the IT department on issues related to technology and its use in the classroom and throughout the campus. Meet with the Information Systems Director at least twice a year and as needed to communicate student concerns and issues. Deal with network connections, virtual lab, all printers/computers, website,

etc. Must have a background in website usage and be able to create and write blogs. Improve all conditions and activities related to the library and other study areas. Meet with the Library Director at least twice a year and as needed to communicate student concerns and issues. Communicate with the Interprofessional Immersive Simulation Center (“Sim Center”) the concerns of the College of Medicine. The liaison will also work with Testing Center staff as needed for student testing accommodations.

Office of Student Affairs - Brandon Sharkey

The Office of Student Affairs Liaisons serve as the mediator between the Medical Student Council, OSA, and student organizations. The liaisons and the executive board of MSC meet with Dr. Worth monthly. Discussions between OSA and the MSC are related to improving general student life and experience. The liaisons will communicate opportunities including, but not limited to, summer programs, advising, and mentoring. Other responsibilities include helping out with orientation, white coat ceremony, and other campus events.

Executive Curriculum - Mackenzie Elrod

The executive curriculum is made up of about 30 faculty members and four students (one from each year). This includes all system directors, Dr. Laukka, Dr. Worth, Dr. Mattus, Dr. Mann, Dr. Smith and others. Meetings are held monthly to discuss, finalize and vote on any changes to the curriculum. This includes new courses or alterations created in the foundational science and clinical curriculum committees. As a student your primary responsibility is to voice student feedback/provide student perspective on changes that will affect your class. In addition to this you report any pertinent updates to MSC at the business meetings.

Foundational Sciences Curriculum - Braegor Strickley

The Foundational Sciences Curriculum Committee meets the second Tuesday of the month from 12-1pm. The committee is run by Dr. Matus and includes the heads of all the different departments in years M1 and M2. Meetings are used to go over issues with the curriculum as well as to hear updates from other committees. It is important that one of the liaisons takes notes and sends it to the MSC president and vice president after the meetings. The agenda and needed documents are sent out ahead of time, so it is important to go over those before the meeting in case there are any questions to present from a student perspective. Often we also discuss new electives and initiatives to make sure they fit well into the curriculum.

In general, you are the person the class can come to when they have an issue with the curriculum and classes. Discussion is open and opinions from the students are sought often. At the end of the meeting there is a time to bring up any questions or concerns from the two student representatives. This is a meeting of all the heads of the different departments so we are lucky to be able to be in the know about curriculum changes and issues. I have thoroughly enjoyed being on the committee and having the ability to discuss and give my perspective on such important issues. Meetings have been cancelled in the past and we also seem to go past

the time a bit because of all the material, so it is vital you make sure you are always available to represent your class at these meetings monthly! The issues between M1 and M2 can be vastly different and the opinions of each class are very valued and vital to the current and future curriculum.

Interprofessional Education Liaison - Hyerin Kwak

The Interprofessional Education Student Council (IPESC) is a group of students representing all of the healthcare professional programs involved in the Interprofessional Education (IPE) program at The University of Toledo. Responsibilities as the medical school liaison include:

- Serving in a student advisory role to the IPE faculty steering committee and acting as a liaison between the students and the committee
- Working with the other IPESC members to foster personal and professional relationships between interprofessional students, increase awareness and communication between the professions, promote interprofessional networking beyond the end of the IPE course, and maintain a culture of mutual respect and shared values amongst the programs
- Attending regular meetings with IPESC and the IPE faculty steering committee at least monthly during the IPE course
- Moderating interprofessional conflicts at the request of students
- Assist in facilitating any events between the professions
- Updating Medical Student Council (MSC) at meetings

Please contact IPESC for any issues relating to other professions or the IPE course.

Should a student organization wish to collaborate with any other programs, IPESC should be notified to help facilitate communication. The current IPESC contacts for the UT College of Medicine are Hyerin Kwak (Class of 2024, hyerin.kwak@rockets.utoledo.edu) and Joyce Badal (Class of 2023, jbadal@rockets.utoledo.edu).

Curriculum Evaluation - Vihan Desilva

The Curriculum Evaluation Committee, led by Dr. Lori DeShetler, meets from 12-1:30pm on the first Thursday of each month. The committee evaluates both pre-clinical and clinical aspects of UTCOM by considering:

1. Student feedback from end-of-system reviews
2. Student performance in each system/clerkship, and
3. Corresponding tests such as NBMEs and Step 1, 2 CS, and 2CK.

As the class representative for this committee, you will be responsible for attending the monthly meetings, taking minutes, and contributing to discussions when applicable. For this position, it is necessary that the representative encourage their classmates to complete the weekly and end-of-system surveys and to speak honestly and respectfully on behalf of the class while at the monthly meetings. The representative for this position must also be willing to keep aspects of the meetings confidential, when applicable.

Overall, this is a position that allows representatives to have consistent monthly meetings where they can influence UTCOM's curriculum and represent their class. If you have any further questions about the Curriculum Evaluation Liaison position, please feel free to reach out to me at vihan.desilva@rockets.utoledo.edu

Clinical Curriculum - David Liu

The Clinical Curriculum Committee, led by Dr. Stephanie Mann, meets monthly to discuss scheduling of and feedback for clinical rotations. The pre-clinical student representative serves to help bridge the pre-clinical and clinical years, by communicating information regarding rotation sign-ups, scheduling, and evaluations to the class.

Clubs and Activities

The University of Toledo College of Medicine and Life Sciences offers a wide array of clubs and activities that you can take advantage of. They all vary with different goals, personalities, and visibility on campus. They are a great way to meet new people that share a common interest and hopefully take some stress out of your life. Many organizations are fairly low commitment and are great ways to not only meet your classmates, but students in classes above you as well as residents/attendings. Never be shy about signing up for a club or attending a meeting even if you are not sure if you are interested or not. This is the time to explore the countless options out there!! Also, many meetings are often during lunch or in the evening and will provide food which is obviously a huge plus! Some organizations will put on workshops as well such as intubation, central line, lumbar puncture, etc. Use these opportunities to take photos to post on Insta and show your friends and parents how “docter-y” you can be.

Student Orgs

There are approximately 5 million billion student orgs at UTCOM, so odds are if there is something you are interested in they probably have an org for it. Or if they don't have it, you can create it! There will be a **student organization fair** early in the first thread where you can learn more about each organization and even sign up to be a member (this is not your only opportunity to sign up)! [Here is the most up-to-date list of current student orgs](#). You can also visit invonet.utoledo.edu, which is the University's site for all student orgs. To find orgs in UTCOM, be sure to apply the 'Health Science Campus' filter in the 'Organizations' tab.

Lifestyle

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

Academics

Medical school provides you with the information to be the best possible physician. That should be your goal and your number one priority. That being said, make you set aside time to **study efficiently and effectively**. A lot of material will be thrown at you and if you do not have a proper study schedule, you will struggle. No one expects you to know from day one how to study for each unit. In fact, you should **adapt your study habits to each unit** because you will see that previous methods do not work the same across all units. M2s as well as the AEC are excellent resources for tips on what worked and what did not work for them, but remember, only you know what will work for yourself. No two people study exactly the same. Focus on yourself and not what everyone else is using. If it works for you, that's all that matters. There are many spaces across campus that are great for studying whether you want to be alone or in a group. It is helpful to find a group of people you have similar study habits with. Groups can learn from each other and work through issues that end up strengthening their knowledge. Choose a group that shares similar study habits, hours, and pace. It can add a lot of stress if there are conflicts within a group with study style or pace.

Maintaining Your Mental Health

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

Relaxation

Medical school can feel very overwhelming at times especially in the beginning. The volume of information is unlike what most people have experienced and the time required to stay on top of it can be very draining. It is important to set aside time for yourself. Build this into your schedule! It is easy to forget about yourself. Do something you personally enjoy outside of school. Join a soccer team, go to the movies, play video games, etc. It will increase your efficiency in studying and you'll have something to look forward to! Don't feel guilty about relaxing. It is a necessity. Believe it or not you can take an evening to watch your shows on Netflix or dive into that book you've been dying to read!

Plan to do big events after exams! I know that this is kind of a niche thing to think about but it can be really enjoyable to do fun big group things following exams. For example people have done the pedal bars before in downtown or the Sandpiper river cruise along the Maumee river. These group events can range from a couple dozen people to well over half the class! Your class is full of awesome and interesting people and you will be spending a lot of time together over these next two years especially so enjoy the moments you don't have to study!

Exercise

Studying for hours and hours often means minimal movement and physical activity. Your eyes will need a break from a screen and exercising is the perfect way to do that! Forming the habits early will pay off in the end. Build a schedule and stick to it. Exercise doesn't have to be lifting heavy things and putting them back in the same spot or running 100 miles a week. Find a goal you want to reach and stick to it whether that is being able to touch your toes without bending your legs, running that 5k, etc. There are **two** gyms that are open to you throughout the year. Morse Fitness Center, which is located on the 3rd floor of the hospital has an indoor track, basketball court, free weights and machines, as well as cardio equipment (treadmills, rowers, ellipticals, stairmaster). Main campus has a much larger student rec center that has basically everything you could think of including a pool, larger indoor track, multiple basketball courts, rock climbing, free weights, machines, etc. If you have more specific gym questions I am more than happy to help just shoot me an email at matthew.stojisavljevic@rockets.utoledo.edu. There are also many local gyms that you can check out if you would rather go that route.

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

Run with the Dean

Dean Cooper also puts on the “Run with the Dean” event monthly which is a great opportunity for some one-on-one time with the dean as well as getting some free food at the end. You can find more information on that here: <https://www.utoledo.edu/med/dean/run.html>

Running Stuff/Triathlons/Biking Extra Info

Local Shoe Stores

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

Races/Group Runs

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

Thursday nights at 6:30 at Second Sole, there are group runs. Paces from 6:40 miles to walkers. Course is set up as a 5k loop; do as many as you want. Usually popsicles or some kind of treat after. FREE!

Track workouts Tuesday mornings at 6am (time will change in the fall) at UT’s main campus.

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

Triathlons/Biking Stuff

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

Campus Life

Parking

Depending on the day parking can be a bit challenging. If there are exams for both the M1 and M2 classes, expect to get to campus a lot earlier if you want to guarantee a spot that isn't really far away. Students can park anywhere there is signage for "**C**" permits (if you bought a pass of course). If you park where you are not supposed to they will find you. **DO NOT PARK IN YELLOW LINED SPACES** as these are for faculty. Just park in white lined spaces. More info on parking and to get your parking pass, [go here](#).

Tunnels

These will be your best friends in the winter and incimate weather. There are ground level tunnels and underground tunnels. The underground ones can be a bit confusing so if you are in a rush, don't use these for the first time. They go all the way to the Radisson Hotel (if you stayed here for your interview) and connect basically the entire health science campus with the hospital.

Lockers

You get these in the beginning of the year, but I don't know many people that use them. They are located in the basement of Mulford. They aren't that big but they have enough space to store some books, a stethoscope, etc. There are also unused large lockers in the hallway of the basement of the HEB (under your classroom) that if you bring your own lock you can commandeer once in a while when you need to.

Student IDs

Carry these with you everywhere you go. They will get you in places and let you leave (tunnel doors lock in the evening so if you forget your ID in the winter, have fun walking outside all around the buildings to get to your car. Be advised... **the picture you take during orientation will be the photo on your ProMedica ID.** That will be with you for four years so try your best not to look that weird.

Wi-Fi

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

Food and Drink on Campus

The hospital cafeteria has basically what you would expect a hospital cafeteria to offer. They have a grill, soup and salad bar, desserts, soda, coffee, etc. Students can get free coffee in both the hospital cafeteria and Mulford Cafe. This is not Starbucks or Dunkin so don't get your hopes too high about the taste, but it's free and so abuse the %*@& out of it. However, **there is a Starbucks** within the hospital if you are feeling basic class and have a more defined palate.

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

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

Recreational Activities

It's important to take a study break here and there. It's not effective to sit in the library for 8 hours only getting up to use the bathroom. There are some relaxing places you can go on campus to destress and forget about the stress of everything for a little bit.

1. In the basement of Mulford Library there is a Student Lounge that has a pool table, ping pong table, a piano, a table if you want to eat there as well as the above mentioned microwave and fridge/freezer. Grab a few friends for a study break and relax for a bit!
2. Every Wednesday there is an event called "Wellness Wednesdays" which is put on by different clubs/interest groups. These events vary in the food and activity planned but can be anything from a simple mixer with bubble tea to decorating cookies.
3. The AEC usually has something you can do in there as well. You can go in and just talk with other students and staff there, do a puzzle with everyone, or take advantage of the massage chairs (highly recommended). Plus they always have free snacks. Nothing better to break apart that studying than reminiscing about your childhood while you eat cosmic brownies or dunkaroos.

Printing Areas

There are a few places to print on campus. You get 2200 pages of printing a year. So you can print a whole book, or save the Amazon if you don't use it. A lot of people do not use anywhere near this amount so if you think you are someone who will be using printing a lot, finding a friend that will let you use some of their printing should not be an issue. There is only black and white printing available on the health campus, so if you need color printing you may need to go to the carlson library on the main campus. There are two main locations you can print:

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

Study Areas

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

1. **Mulford Library:**

On the 5th floor (main floor) there are large tables that generally have 4 chairs per table. All of the tables have 4 outlets per table except for the ones along the windows which have 2 outlets. Sitting by the windows is nice to get some natural light, but look out depending on which side of the building you sit on based on the time of day. The sun can be pretty brutal if it's rising/setting especially if you are fair skinned. You can get a nice farmer's tan going if you rotate to both sides so you get hit evenly with those rays. There are also study rooms within the library that vary in size from one table and chair to about 10 chairs. Some have whiteboards that you can use as well.

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

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

2. **The Treehouse**

This is a very quiet area to study on the top floor of the Library Annex. There are tables as well as bar style seating. You will need your Student ID to get in here. This is open 24/7 so if you are a late night studier this may be the place for you.

3. **Computer Lab in HEB**

This cubicle style area has a computer available to use or you can just push the keyboard out of the way and use your own computer if you want the privacy of a cubicle. This is in a somewhat highly trafficked area so if you need total silence this may not be the place for you.

4. **Your classroom**

You have badge access to your classroom at all hours. Just make sure there is no random event going on (like a student org meeting) and study away in your normal lecture seat.

5. **Random nooks**

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

Prayer/Meditation Spaces on Campus

There are a few places on the health science campus available for meditation/prayer. The exact room numbers I cannot find at this time and unfortunately we are not allowed on campus at this time due to COVID-19, but will do my best to explain their locations below:

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

For more information on prayer spaces, Halal dietary options, or to connect with the Muslim community in the area, please reach out to Hedyah (hedyeh.elahinia@rockets.utoledo.edu) who is happy to help you the best she can with any questions.

Housing

One of the best things about Toledo is the affordable housing. I would always recommend though, if possible, to take a look at anywhere before signing a lease. Come with a checklist, preferably not one in your mind, but a physical list of amenities you are looking for because it is easy to miss something like a washer/dryer or extra storage for your holiday decorations. Not only look at the place you will be moving to, but the surrounding community. Some areas are a lot nicer than others which you cannot really see from the photos of the apartment complex online. There are students and/or student's family members who also bought homes in the area and that is another option as well if that suits you better. A lot of students will use facebook to find roommates prior to the beginning of the year as well as advertise some places that they may be moving out of that are generally nice places for medical students. There is an Excel spreadsheet that is normally created that has people looking for roommates that includes more detail like if they currently have a place or if they are looking for a place still.

[Here is a spreadsheet](#) of a lot of the common apartment complexes (and a condominium community) that fellow medical students live or have lived in. This is by no means an exhaustive list and the price points may not be exact but they should give a good ball-park number. If you have any questions about living situations or potential housing please reach out to medstudentcouncil@utoledo.edu.

Things to do in/around Toledo

Zoo

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

Art Museum

Jealous of all your classmates posting snaps of themselves somewhere where it looks like they are floating in space? Well they are at the Art museum, so go get your own cool selfie. They also have a really impressive art collection including a Monet (I don’t really know what that is but have been told it is impressive for Toledo to have it). Also, is a good early date spot if you want them to think you are sophisticated and not just a surgery gunner.

Live Sports

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

Parks

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

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

Greater Toledo Area Parks

Swan Creek

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

Wildwood

Off of Central Ave. Biggest park other than Oak Openings. Paved trails and dirt trails. Picnic tables, playground, open field for Frisbee/games. HEATED BATHROOMS IN

WINTER. Paved trails plowed in winter. There is also a little garden and the Manor House, which you can tour. You can access this park from the University-Parks Bike Trail.

Sidecut

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

Secor

I don't go here very often because it's out of the way in Sylvania and (to me) not worth the drive. From what I remember, there's really only one big dirt/grass loop.

Ottawa Park

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

Oak Openings

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

Farnsworth

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

Botanical Gardens

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

A little further away...

Maumee Bay

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

Pearson Park

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

believe. I don't really like this park, but that may be from bad memories racing here back in high school.

Bike Paths

University-Parks Trail

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

Wabash-Cannonball

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

Mystery Gravel Trail

Starts at the corner of Kenwood and Douglas (just north of Ottawa Park) with large gravel, which turns into normal-sized gravel once it crosses Central. It continues up into north Toledo. If you want, you can run along railroad tracks when it starts to fizzle out. No one knows this thing exists, and I only discovered it myself last year.

Random Paved Section in South Toledo

2ish mile segment from Beverly elementary school to River Rd. Not sure why it's so short

Restaurants & Bars

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

Mediterranean

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

Sidon (quick casual, BANGIN GOOD LORD, daily specials including chicken biryani days)

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

Oasis (lol I mean its kinda Mediterranean right?, cheap, greasy and a lil gross, American options, open late, solid drunk food)

Shawarmaholic (never been but I heard its great)

Breakfast/Brunch

First Watch

Uncle Johns

Original Pancake House (famous for Dutch Baby pancakes)

Sunrise Skillet

Pizza

Stubborn Brother (owned by Mancy's iykyk, NY style, delicious, on main campus, \$2 slices after 10pm)

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

Homeslice (downtown, AMAZING, open till 2)

Pizza Papalis (downtown, deep dish)

North Indian

Star of India (my favorite, lunch buffet but dinner menu)

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

Chinese

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

Szechuan Spicy/Chuan Cai Fang (idk what they're called anymore) (authentic Szechuan dishes, really good, next to chasers lol)

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

Vietnamese

Amango (good authentic Vietnamese food, great pho and bahn mi plus others)

Mexican

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

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

Fast/Casual

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

Blaze (build your own pizza)

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

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

Nar (Arab chipotle)

Sushi

Rice Blvd

Kobe Bay (on the docks, I like it but no one else seems to idk, also has cool hibachi)

Sakura (meh sushi but really good hibachi)

Fusian (like chipotle for sushi, quick and casual)

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

Domo (also great, pricey)

Italian

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

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

Thai

Bangkok Kitchen (slaps)

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

Ethnic Grocery Stores

Reddy Food and Spices (great locally owned Indian store)

Lai Lai (Asian grocery)

BBQ

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

American/Burgers

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

Applebee's

Fancy

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

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

Coffee Shops

Toledo

South side

Plate 21

3664 Rugby Dr., Toledo, OH 43614

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

Electrical outlets: ★★★★★

Wi-Fi reliability: ★★★★★

Wi-Fi Password: 21coffee

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

Ottawa Hills/Old Orchard/Main Campus

SIP Coffee

3160 Markway Rd., Toledo, OH 43606

General feel: Modern and inviting.

Electrical Outlets: ★★

Wi-Fi Reliability: ★★★★★

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

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

BREW

Coffee Bar 2903 Dorr St., Toledo, OH 43607

General feel: Relaxed and bright.

Electrical Outlets: ★★★★★

Wi-Fi Reliability: ★★★★★

Wi-Fi Password: pourover

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

Downtown

Rustbelt Coffee

119 N. Ontario St., Toledo, OH 43604

General feel: Warm and inviting. Modern Americana.

Electrical Outlets: ★★★★★

Wi-Fi Reliability: ★★★★★

Wi-Fi Password:

Other notes: Simple coffee/espresso menu. Some lunch-type food items. Large study area with office chairs, tables with electricity, and a punching bag in the back. Non-profit that provides funds to other local non-profits. Has plenty of free parking to the side of the building.

BleakHouse Coffee

612 Adams St., Toledo, OH 43604

General feel: Hometown-y and welcoming.

Electrical Outlets:

Wi-Fi Reliability:

Wi-Fi Password:

Other notes: Weekend brunches, known for their specialty waffles. Serves Intelligentsia coffee. Also can buy Rachel's Handmade Ice Cream here. Small storefront so it can be easy to miss. Street parking.

Black Kite Coffee and Pies

2499 Collingwood Blvd., Toledo, OH 43620

General feel: Bohemian vibes. Lots of natural light.

Electrical Outlets: ★★★

Wi-Fi Reliability: ★★★★★

Wi-Fi Password:

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

Maddie & Bella Coffee Roasters

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

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

Electrical Outlets: ★★★★★

Wi-Fi Reliability: ★★★★★

Wi-Fi Password:

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

Maumee

Georgette's Grounds & Gifts

311 Conant St., Maumee, OH 43537

General feel: Generic coffee shop. Homey.

Electrical Outlets:

Wi-Fi Reliability:

Wi-Fi Password:

Other notes:

Sylvania

Chandler Café

5648 Main St., Sylvania, OH 43560

General feel: Warm and somewhat rustic.

Electrical Outlets: ★★★★★

Wi-Fi Reliability:

Wi-Fi Password:

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

Glass City Roasters Café and Neighborhood Collective

1240 W. Sylvania Ave., Toledo, OH 43612

General feel:

Electrical Outlets:

Wi-Fi Reliability:

Wi-Fi Password:

Other notes: Pretty limited hours from what I can tell, but their coffee at the Farmer's Market on Saturdays is very good!

DaCapo Coffee

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

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

Electrical Outlets: ★★★★★

Wi-Fi Reliability: ★★★★★

Wi-Fi Password: welcome14

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

Perrysburg

The Flying Joe

2130 Preston Pkwy., Perrysburg, OH 43551

General feel: Modern, slightly upscale

Electrical Outlets: ★★★★★

Wi-Fi Reliability: ★★★★★

Wi-Fi Password: N/A

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

Maddie & Bella Coffee Roasters

117 Louisiana Ave., Perrysburg, OH 43551

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

Electrical Outlets: ★★★★★

Wi-Fi Reliability: ★★★★★

Wi-Fi Password:

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

Bowling Green

Flatlands Coffee

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

General feel: Cool, clean, and modern.

Electrical Outlets: ★★★

Wi-Fi Reliability: ★★★★★

Wi-Fi Password:

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

Grounds for Thought

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

General feel: Book-worm's paradise.

Electrical Outlets: ★★★

Wi-Fi Reliability: ★★★★★

Wi-Fi Password:

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

Chains that are all over

Starbucks

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

Biggby

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

Panera

- Totally underrated study location. They're generally fairly empty if you're staying to study.
- Lots of table options and outlets throughout.
- Free refills on coffee, plus there's great food if you need meals.
- Locations in Maumee, Holland, Perrysburg, and Toledo (near Franklin Park Mall).

Tim Hortons

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

Things Further Away From Toledo But Still Not Too Far

Cedar Point

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

Chicago

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

Ann Arbor

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

Detroit

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

Professionalism

You are going to hear over and over again how important professionalism is at UT, and they aren't kidding. That said, this is not something that you should constantly live in fear of. Here are a few areas that tend to get the most questions.

Dress

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

The administration will let you know if there is an event that requires white-coat attire (usually for patient panels). Always wear white-coat attire for PCM or any shadowing opportunity. With current COVID restrictions, students cannot wear white coats or long-sleeved shirts in the Hillebrand Clinical Skills Center. Any garment worn must be pulled up to the elbows. You must also wear a surgical mask and eye protection (protective glasses work). A face shield will be provided if necessary.

Social Media

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

One issue that is continually addressed and at this point should not need to be said, but if you have an issue with someone or someone's post, **DO NOT ARGUE OVER SOCIAL MEDIA IN FRONT OF EVERYONE!** This includes GroupMe. Do the professional and discreet method of reaching out privately to them and discuss your issues/concerns. Respect each other's opinions and understand that everyone will not agree with you.

Facebook is still used pretty regularly among the class to share important dates about meetings, student orgs, events, etc. Your class will probably make a GroupMe and have that to easily communicate with each other. Keep it respectful to everyone, not just your peers, faculty, and administration.

Email Etiquette

Hopefully we all know how to write a properly formatted email at this point, but to hit the main points:

- Have a clear concise subject line and make it clear what you are asking for within the email
- Address faculty, your peers, etc. properly and use professional salutations
- Always right you're emails with proper grammar and spelling. U donut want to spoil a opportunity do 2 bad righting.
- Proofread it before hitting send and look out for Reply All
- Many people use email signatures; only include relevant info like M1, UTCOM, contact info

For Out of State Students

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

Well, here is how the process works:

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

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

Residency Checklist

Things to To Do	Deadline	Notes	✓
Sign a lease by June 1st**	June 1st	**The absolute LATEST lease start date you can have is <u>July 1st</u> if you want to receive in state tuition by the start of M2 year	
Open an Ohio (eg Huntington, KeyBank, etc.) bank account OR change address in existing account to Toledo address	June	You don't have to have an Ohio bank account (e.g. Chase is okay). Set up everything by the end of June!	
Get an Ohio driver's license	When you move in	Look on BMV website for what you need to bring	
Register to vote in your county (eg Lucas)	When you move in	This can be done when you get your license	
If you have a car, make sure it is registered in Ohio and under your name		If you are currently paying off your car and it has a license plate/registration from out of state, you are still able to do this. Just call the BMV and they will let you know the process to get an Ohio license + registration.	
Documents to Collect		Starting in Spring 2022 get copies of these! :)	✓
Copy of Signed Lease		Lease should have start and end date on document	

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

Addition information to consider with your income taxes:

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

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

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

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

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

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Traveling considerations

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

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

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

Contact Information and Special Thanks

Brought to you by the Medical Student Council Class of 2024.

If you have any additional questions please feel free to reach out anytime at Medstudentcouncil@utoledo.edu or matthew.stojsavljevic@rockets.utoledo.edu

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This guide was updated by the Class of 2024 for the 2nd Edition. As the class to start in 2021, some info regarding COVID and online learning may be outdated. We'll do our best to update this guide as we return to our new normal.