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Introduction

Dear Class of 2020:

Welcome to Ohio State! Congratulations on making it through the rigorous medical school application process; you can now start your journey to become a physician! On behalf of the College of Medicine, the Class of 2019 Student Council Representatives want to give you a warm welcome.

In the next couple of months, things are going to start moving pretty quickly, and can even be overwhelming at times. Please know that while stressful, this can also be a great time to make new friends, learn new skills, and discover all the gems OSU and the city of Columbus has to offer. It is our hope that you will soon feel at home as a Buckeye and as a vital part of The Ohio State University Wexner Medical Center. The biggest piece of advice I can offer you is to not be afraid to ask for help!! There are countless resources here to help make your transition easier. From friendly and knowledgeable students in the classes above you, to the administration, faculty, and counselors (featured in this Atlas!), everyone here wants you to succeed and will be happy to help whenever you need advice. Remember that there are plenty of people always willing to listen and to suggest a helpful tip to get you through any dilemma you may have.

Whether you’re a foodie, a musician, or community-service junkie, there is a place here for you. There are countless interest groups that will allow you to explore medical specialties and myriad intramural sports teams to join, events to attend, and trips to take. Although it may not seem like it at first, you will have time for your hobbies — in fact, they are instrumental in staying happy and healthy in medical school!

We hope that you can use this guide, both as an introduction to what THE Ohio State University College of Medicine has to offer and as a reference of important information during your first year. It is designed to answer many of your potential questions and to make you feel more comfortable about starting your four years here. Inside, you will find many resources regarding important contacts, financial aid, apartment hunting, points of interest about town, student groups, and much much more! If there are any questions that are left unanswered, please utilize your Orientation Coordinators, individual group leaders, or contact any member of Student Council!

Once again, welcome! And go Bucks!

Sincerely,
Class of 2019 Student Council Representatives

(from left)  
Faith Anne Roche  
Margaret Zhang  
Lindsay Boles  
Tiffany King  
Royce Onyimba  
Zach Dawson  
Nate Lundy  
Taylor Kulik  
Alex Hsieh (not pictured)  
Fenil Patel (not pictured)
Welcome from the Administrators

Dear Future Physician:

On behalf of the Ohio State University and our college’s 1800 faculty let me welcome you to the Ohio State University College of Medicine. The college is the main reason we exist and is the academic engine of our medical center. Our mission is to train the best and brightest of physicians for the future who will balance skill with coordination of care in the leadership of interprofessional healthcare teams. You have taken the first step in your exciting journey towards becoming a physician who is compassionate, culturally competent, knowledgeable, and highly skilled.

Our new Lead.Serve.Inspire. (LSI) curriculum will provide you with extraordinary opportunities to learn in a highly efficient fashion and from outstanding faculty. The award-winning teaching faculty, master clinicians, expert educators and well-funded, innovative, research faculty will guide you along your personal voyage of discovery and development. In addition to superb faculty you will learn in state of the art facilities. For example, our Clinical Skills Education and Assessment Center will enable you to learn using high fidelity simulators in an immersive environment prior to caring for patients. This facility is utilizing cutting edge technology to facilitate acquisition and retention of knowledge. A recent addition to the center is virtual patient simulation technology. This technology utilizes an artificial intelligence interface to help you acquire clinical reasoning and problem solving skills through virtual patient interactions. We recently opened a state of the art cancer & critical care tower that is unlike any other across the country. Combining research, education and patient care missions within its design framework. This not only enhances learning but also acts to operationalize and facilitate translational research.

We are very proud of our LSI curriculum, which has been designed to help you develop the skills required of a physician of tomorrow. This curriculum is unique because it is competency based and allows self-assessment and self-directed learning that will enable you to achieve high levels of understanding and to retain new knowledge and skills. To permit you to acquire medical knowledge that is directly applicable to patient care, you will quickly be placed into longitudinal clinical practices. Your involvement in these practices will challenge you to apply foundational science knowledge to actual patient cases. In addition, you will learn how to coach patients to improve their health. Being a health coach for patients with chronic illnesses will help you to help them be an active participant in the management of their disease. You will also learn to help patients focus on healthy behaviors in association with genomic data in order to prevent disease. At the start of your training you will begin to understand and apply the tenets of quality improvement and patient safety in your clinical care. Uniquely, at Ohio State you will learn to deliver collaborative, interprofessional, team—based care. This in fact represents the true future of health care delivery both in the United States and across the world.

On a personal note I encourage each and every one of you to develop an effective school--life balance. You must take care of yourself before you can care for your patients. By maintaining balance in life you will advance in your scientific and clinical knowledge while maintaining the humanistic qualities that led you to the medical profession. I want you to know that both my staff and I are here to help you along this exciting journey. I encourage you to reach out if you require help along your journey.

Sincerely,

Daniel M Clinchot, MD
Vice Dean for Education, The Ohio State University College of Medicine
Welcome to The Ohio State University College of Medicine!

You are now part of the thriving community of the OSU College of Medicine, the OSU Wexner Medical Center and the university and city at large. You are arriving here at a time of tremendous innovation, expansion, and excitement. As an academic medical center, we focus on innovation in our three-part mission of research, education, and patient care with the goal of "Creating the Future of Medicine to Improve People's Lives." This year's 2015-2016 U.S. News and World Report rankings again listed OSUWMC as one of "America's Best Hospitals" for the 23rd year in a row with seven nationally ranked specialties and five that received high performing status.

We are proud of both our medical center and our medical education programs. The U.S. News and World Report 2015 rankings listed us 12th in research and 20th in primary care for public universities across the country. We have recently embarked upon a strategic plan for growth and advancement over the next 10 years. The incoming COM class matriculating in August 2016 will see the newly opened Brain and Spine Hospital and will enjoy learning the art and science of medicine in our impressive clinical facilities including the James Cancer Center and Solove Research Institute Critical Care Center and the Ross Heart Hospital. The medical center expansion project ushers in significant growth of our hospital, clinic, and research facilities. The addition of two stories to the top of the Prior Health Sciences Library has greatly expanded the space of the Clinical Skills and Assessment Center and provides beautiful new facilities for trainees to learn and practice their team and procedural skills. We've been recognized as one of the nation's Most Wired hospitals 14 times by Hospitals & Health Networks magazine, more than any hospital in Ohio.

Outpatient facilities have been expanded in the vicinity of both the main OSU University Hospital complex and at OSU East, as well as in various other sites in central Ohio. In addition, we are making major investments in our signature programs that are already well known and led by world-renowned clinical and basic scientists. We are confident that our recent success and plans for the future will allow us to continue to attract the world's best physicians and scientists, who are committed to educating our outstanding medical students.

The most important part of our College of Medicine is the people—including you! You are joining a vibrant community of talented individuals who are passionate about the science and art of medicine. We encourage you to take advantage of the many opportunities to connect with fellow students, residents, staff and faculty. In addition, there is an incredible range of interest, service and recreational student groups to enrich your COM experience. The faculty and staff are here to encourage and assist you in your pursuit of excellence, service and wellness.

We are continuously looking at ways to improve the curriculum and the experience for you here at Ohio State. The Lead.Serve.Inspire curriculum is preparing students for medical practice in new and exciting ways. Please provide us with feedback and help to develop future innovations. We want you each to be leaders as well as active learners and look forward to your ideas and suggestions for helping us make OSU Wexner Medical Center even better. This is the most exciting time ever in medicine, and a truly historic time in the history of the OSU College of Medicine.

This orientation booklet is designed to help you become familiar with your new environment by giving you an "insider's view" of medical school here and providing you with tips and resources for succeeding as a medical student. We look forward to meeting you during orientation and following your progress in this part of your journey in medicine.

Joanne Lynn, MD
Associate Dean for Student Life Professor-Clinical of Neurology
To the OSUCOM Class of 2020: Welcome!

You are about to embark on what will undoubtedly be among the most formative years of your medical career, and you could not have picked a better group of people with whom to share the experience. There is lots to learn, and lots to do. On the first day of orientation, you will receive your white coat – a symbol of your entry into the profession. By week nine of the curriculum, you will put that coat to use and start seeing patients. And in a few years you will walk across a stage to receive your doctoral hood, ready to be called “doctor.”

Know that we are all here to help you throughout the process – the administration, the faculty, and your colleagues. We are all here to help each other; to learn better, to be better, so that we continue to become better physicians for our patients. What follows here is an embodiment, though only a small one, of that sense of community that OSUCOM provides.

Again, welcome, and stop by 155 Meiling to say hi!

John Davis, MD
Associate Dean for Medical Education
Welcome, Entering Class of 2020!

It is with great pride that I welcome you to The Ohio State University College of Medicine, and to the beginning of an incredible chapter in your biography. As you leave behind the label of “pre-med” student and become medical students, you are taking on a very special calling, and joining a very special profession. For so many of you, arriving here is the realization of a dream that has propelled you since childhood. We are both humbled and honored to be a part of your journey.

Although you will find orientation week to be busy and detail-oriented, we have built in time for you to catch your breath, acclimate to your new surroundings, and get to know your classmates. No doubt you will be more than ready for your first official medical school lecture by the time orientation is over. You may even find yourself wishing you could “fast forward” through these next couple of days and get on with it, already! But, savor every tick of the clock these next few days; images from this week will flash through your mind when you are walking across the stage four years from now in your cap and gown. Most of our classes boast incredible diversity in interests, life experiences, and the paths that students have traveled to arrive at this destination. Your class is no different, and I encourage you to broaden your horizons by getting to know each other. You will be an important part of each other’s support system for the next four years, and beyond. You will inspire each other, push each other, and serve as sounding boards and confidants for one another.

You have placed yourself in a great position by choosing Ohio State for your medical studies. This is one of the most comprehensive academic medical centers in the country, and all of the resources of the institution are now easily accessible to you. To get the most out of your medical education, take advantage of the things that make OSU unique; our world class clinical centers, superlative clinical and research faculty, and gorgeous undergraduate campus now call to you as one of our own.

Again, on behalf of my team in the Office of Admissions, I welcome you and offer you our most heartfelt congratulations. We look forward to working with you as colleagues, and invite you to stop by the Admissions office anytime. We are very glad that you are here.

Sincerely,

Quinn Capers, IV, MD
Associate Dean for Admissions
The Ohio State University College of Medicine Associate Professor of Medicine
Division of Cardiovascular Medicine
What’s to Come: Curriculum Overview

This is a graphic depicting the LeadServeInspire curriculum model. **Part One** is Clinical Foundations, and covers the basic foundational science topics covered in Med 1 and Med 2. **Part Two** is the Clinical Applications portion, which includes the classical Med 3 clerkship rotations. **Part Three**, Advanced Clinical Management, is during Med 4 and is designed to provide students with a variety of advanced opportunities in clinical care depending on their individual interests.
**Part One: Clinical Foundations**

Part 1 spans the first two years of medical school. It is divided into 9 blocks: Foundations 1, Foundations 2, Musculoskeletal Disorders, Neurological Disorders, Cardiopulmonary Disorders, Gastrointestinal & Renal Disorders, Endocrine & Reproductive Disorders, Host Defense, and Board Prep (this last block will help prepare you for Step 1).

Several programs span both years of Clinical Foundations. These include small group clinical skills teaching (Longitudinal Groups, or LG), clinical preceptorship (Longitudinal Care, or LP) and a few projects throughout the year designed to instill a greater awareness of needs facing the healthcare system today.

When you arrive at orientation, you will receive the Part 1 LSI Handbook. This document contains block descriptions, the grading system, and more but don’t hesitate to ask an M2/M3 if you have questions.
General Advice on Studying in Medical School

So you made it to med school, and you’re thinking, “I can handle this studying thing.” Then, you receive the score for your first test and you wonder whether law school would have been a better option. THIS IS NORMAL!

Here are some tips from past medical students to help calm your nerves:

- Focus on what your block leaders emphasize as most important (utilize the learning objectives that are stated at the beginning of each lecture because that information takes up the bulk of exams)
- Develop a daily studying routine. It may take a few weeks to figure out when and where you like to study, so don’t hesitate to switch things up from time to time! (see “Places to Study for some ideas”)
- Utilize additional resources: Look out for emails in the fall about how to access these and how to get discounts!
  - LSipedia - created by OSU students for OSU students
  - First Aid for the USMLE Step 1
  - Pathoma
- Reach out to PEER or Kelly Ann Perry in Academic Counseling if you want some extra help or just tips on managing your time.
- Take time for yourself!! Keep your interests and passions alive and don’t let what makes you hobby fall to the wayside.

Textbooks

The College of Medicine orders books through the Barnes and Noble at 1598 N. High St. in the South Campus Gateway. Medical school books are located on the top floor of the bookstore and should be in stock prior to each curricular block.

HOWEVER, books can also be found in an array of other places, MOSTLY FOR FREE.

- Ask any M2/M3 how they get books, and they’ll likely send you a very valuable link to the “Resource Fairy” for online versions of commonly used textbooks.
- Use books online through the Health Sciences Library (HSL) Website
- Use books on reserve or check them out from the HSL
- Buy books at the Student Council used book sale during orientation
- Buy or borrow books from older students or split them with a classmate
- Look online!
  - half.com
  - chegg.com
  - ebay.com
  - amazon.com
  - Campusi.com
  - bn.com/amsa (5% discount for AMSA members or B&N cardmembers)
Podcasts and Articulate Modules

Lectures are streamed live and are available after completion at http://medicine.osu.edu/students/curriculum/lectures/pages/index.aspx. You’ll find that you can stream from mediasite, or from iTunesU. Audio and slides will be present.

Lecture material is often presented in the form of “articulate modules.” These modules feature recordings of lecturers over PowerPoint slides. Many of these also feature a notes section with clarifying information or transcripts of the audio. Both the audio and PowerPoint slides are available for download through the module. Modules are found on your Vitals calendar (described on page 15) and can be revisited at any time.

Anatomy & Embryology: Get Prepared!

The transition to medical school can be a confusing one...so, to make it a little bit easier, here are some “must knows” to help get you started with anatomy. Be sure to ask the Med 2s for their input, since they can give better insight about Anatomy, as it pertains to LSI:

Access to Hamilton Hall
You will need your Med Center ID for access to the anatomy labs located on the second floor of Hamilton Hall. To access Hamilton Hall on weekends and after hours, you will need your OSU ID. Make sure to ask an M2 (or someone else in the know) how to navigate the underground tunnels from Graves to Hamilton, especially before the Ohio winter really sets in.

Each Lab Member Needs the Following for Lab:

- **Pair of scrubs, old clothes, or lab coat**: most people prefer scrubs. Scrubs can be checked out and exchanged with your Med Center ID on the 5th Floor of Doan Hall.
- **Pair of shoes**: ones you don’t mind throwing away at the end.

Extra Resources:

- **Grant’s Dissector**: read assigned sections at home before lab—lab will go faster
- **Atlas of your choice**: Suggested are Grant’s Atlas or Netter’s Atlas

Studying for Practicals
Each student has a different approach to studying for anatomy practicals. Some prefer going to as many TA office hours as possible, others like to teach and learn from their peers. Still others like to study from online or computer resources (like NetAnatomy, accessible through the Health Sciences Library page or the Essential Anatomy app available for Macs and iPads). Any of these methods of studying can be supplemented with the Atlas of your choice. Try a variety of approaches to figure out what works for you.
Places to Study

Medical students can get pretty creative when it comes to finding new study locales. Below are some of our tried and true favorites.

Libraries and On-Campus Study Spaces
Hours change daily. Find hours and locations at: https://library.osu.edu/locations/library-hours-this-week/
- Prior Health Sciences Library
- Silent space (with study carrels) on the 3rd floor of Graves Hall (Open 24/7)
- Biological Sciences/Pharmacy Library, 102 Riffe Building on W. 12th Ave
- Drinko Hall (Law School Library)
- Thompson Library, located on Neil Ave.
- SEL-Science and Engineering Library (Open 24hrs. Be sure to bring your BuckID.)
- Ohio Union
- Wexner Center for the Arts Heirloom Café
- Public libraries: http://www.columbuslibrary.org
  - Upper Arlington: 2800 Tremont Rd
  - Grandview: 1685 W 1st Ave
  - Hilliard: 4772 Cemetery Rd
  - Northwest: 2280 Hard Rd
  - Northside: 1423 N High St

Coffee Shops
- Starbucks: Olentangy River Rd, Lane Ave, 3rd St (German Village)
- Stauf’s: Grandview Ave (Grandview)
- Peet’s Coffee: Lane Ave
- Cup O Joe: Lennox shopping center; High St (Short North); 3rd St (German Village)
- Café Apropos: 3rd Ave
- Luck Bros’ Coffee House: 1st Ave (Grandview)

Restaurants
- Panera: Medical Campus, Grandview Ave, Tremont Ave, Lane Ave, High St
- Giant Eagle Market District: 3rd Ave (Grandview)
- Whole Foods: Lane Ave
Computers

Owning a laptop is crucial to your success at medical school, and is therefore required by the College of Medicine. You will use your laptops to take notes during lecture, to look up information during small group sessions, to check your email regularly, and to study.

Funding
A new program has been implemented to help you get your laptop, should you need to purchase one. A student can apply for additional loan funding to pay for one laptop during their medical school career. Contact Christine McDonough at Medfinaid@osumc.edu to apply for this funding. The student is reimbursed the loan funding back in a lump sum amount. The maximum amount of the computer may not exceed $1000.

Ipads
During orientation, each student will receive their own Ipad. There will be several technology sessions during orientation where you will set up your Ipad for the year.

Websites
It can be confusing getting used to an entirely new set of websites when trying to find the electronic information you need. The following information will help you figure out where to go to find what you are looking for, as well as the appropriate login information. This is just an introduction; a more thorough walk-through of all necessary websites will occur during Orientation Week.

OSU Username (https://acctmgmt.service.ohio-state.edu/cgi-bin/KRB1EntryAdd)
If you are new to OSU, you will need to create your username at the website below before you do anything else. This will be your username for many of the websites you will use in medical school.

Current Students Website (http://medicine.osu.edu/students/pages/students.aspx)
Many helpful websites can be accessed through this page.

VITALS: Vital Information for Teaching and Leading Scholars (https://vitals.osumc.edu)
Your site for all academic info! This website includes lecture schedules, lecture notes, e-Modules, and slides, as well as access to many other curricular websites. You will be visiting VITALS multiple times a day for all of these resources, so make sure to bookmark it.
   Username: Med Center login (i.e. aaa123)
   Password: Med Center password

MedSTAR (https://medstar.osumc.edu)
This is site can be accessed to check your test scores, access health forms, and find other students in the student directory.
   Username: name.#
   Password: personal password
**OSUMC Webmail** ([https://webmail.osumc.edu](https://webmail.osumc.edu))
During orientation you will receive instructions for setting up your Medical Center email account. You will use this as your main email site for all OSUMC communication.
- Username: name##
- Password: personal password

**OneSource** ([https://onesource.osumc.edu/AutoLogin.aspx](https://onesource.osumc.edu/AutoLogin.aspx))
This site gives you info on your Med Center ID, Med Center rules and regulations, and access to your quarantine email caught in the spam filter.
- Username: name##
- Password: personal password

**OSUCOM Student Council** ([http://medstudentcouncil.osu.edu](http://medstudentcouncil.osu.edu))
The main governing body’s site has a calendar of OSUCOM events (it can be synched with your Google Calendar), a list of student groups and community organizations, as well as all important links you might need as a student at the OSUCOM.

**155 Meiling Hall – Stop In and Say Hello!**
The 155 Suite in Meiling Hall is located just off of the main lobby area, between the front doors and the beautiful glass art wall. The Deans’ Staff is here to help you with whatever questions, concerns, or crises you may have.

In the Deans’ Office, you will find the following people:

*John Davis, PhD, MD*
Associate Dean for Medical Education

*Joanne Lynn, MD*
Associate Dean for Student Life
Student Life

The Office of Student Life is your place for almost all things “student.” From counseling services to academic assistance to financial services and letters of recommendation, someone in Student Life can help.

Student Life Leadership:

Joanne Lynn, MD; Associate Dean for Student Life Email: joanne.lynn@osumc.edu
Phone: 614-292-5126
Office: 155 Meiling Hall
Contact Julie Brim for appointments.

Academic Counseling/Career Planning:

Academic Counseling: Kelly-Ann Perry, MEd
Email: kelly-ann.perry@osumc.edu
Phone: 614-293-9158
Office: 138B Meiling Hall

Academic Tutoring (by referral only): Ramona Covington, MD Email:
ramona.covington@osumc.edu
Office: 138 Meiling Hall

Personal Counseling:

Personal Counseling: Lora Eberhard, MS, PCC, LCDCIII Email: lora.eberhard@osumc.edu
Phone: 614-292-3340
Office: 138 Meiling Hall

Medical Student Communications:

Director of Medical Student Communications: Stacy Drake Phone: 614-292-6450
Office: B043 Graves Hall

Medical Student Organizations and Events:

Director of Student Engagement: Eileen Mehl, MA Email: eileen.mehl@osumc.edu
Phone: 614-292-9952
Office: 138 Meiling Hall
Student Financial Services:

Email: Medfinaid@osumc.edu Phone: 614-292-8771
Office: B-043 Graves Hall

Financial Services Director: Christine McDonough, MBA Email: christine.mcdonough@osumc.edu
Phone: 614-292-8771
Office: B-043B Graves Hall

Financial Services Coordinator: Trueshonda Carmicle Email: trueshonda.carmicle@osumc.edu
Phone: 614-688-3424
Office: B-043C Graves Hall

Student Financial Services

This office assists students with issues related to student health insurance, tuition bills, Ohio residency for in-state/out-of-state tuition purposes, and student financial aid.

Applying for Loans and Need Based Scholarships
Submit the Free Application for Federal Student Aid (FAFSA) electronically at https://fafsa.ed.gov/ Our school code is 003090. Including parent information on the FAFSA does not mean that we expect your parents to contribute to your education financially. It is required for us to distribute need-based scholarships. You do not have to include parent information on the FAFSA in order to be awarded federal loans.

Your Financial Aid Award Details & Accepting Your Aid
Go to www.buckeyelink.osu.edu
My Student Center > Finances > Financial Aid • 2014-15 academic year > Award Summary Tab (at the top)

Once you have reviewed your aid package, follow the directions to accept the amount of your loans. You should complete a budget for the year before accepting your loan; for assistance, please see the Student Financial Services. Incoming students will also be required to complete Federal Entrance Counseling and sign the Master Promissory Note. Any additional information requested would be posted to your To Do List on your Student Center page in BuckeyeLink.

Each following year, students will only be required to accept the amount of their loans. Please complete this step by July 15 to ensure funds are available when school begins.

Federal Stafford Loans
The OSU College of Medicine uses the Federal Direct Loan Program through the Department of Education. More info at: http://medicine.osu.edu/students/financial_services/loans/pages/federalstafford.aspx

Unsubsidized Stafford loans are at a 6.21% fixed interest rate and have a 1.072% origination fee. You are responsible for the interest that accrues on Unsubsidized Stafford loans during and after school.
Unmet Need
If after reviewing your award notification letter you find that the aid resources offered are not enough to fully meet your cost of attendance, you can apply for either a private alternative educational loan or a Federal Graduate PLUS loan. Please apply by July 15 to ensure that the funds are available at the beginning of the school year. The maximum amount for either loan would be the difference between your cost of attendance and your current available aid resources on your award summary.

There are many differences between these two additional loan resources. Private educational loans are taken out through banks, may have variable interest rates, may not have loan fees, and cannot be consolidated with your federal loans.

The Federal Graduate PLUS loan is taken out through the federal government, has a fixed interest rate of 7.21%, a loan origination fee of 4.288%, and can be consolidated with your other federal loans.

For more information on these loans as well as how to apply, please visit: http://medicine.osu.edu/students/financial_services/loans/pages/index.aspx.
*Please note that private loans are not eligible for the Public Service Loan Forgiveness Program. However, Federal Graduate PLUS Loans are eligible for this forgiveness program. For more information on the Public Service Loan Forgiveness Program, please go to https://studentaid.ed.gov/sa/repay-loans/forgiveness-cancellation/public-service.

Scholarships
Need-based Scholarships
To be considered each school year for need-based scholarships, students are required to file the FAFSA by February 15th and include parental information. The deadline has passed for need-based awarding for 2014-2015 school year. Remember to apply for next year on the 2015-2016 FAFSA. Need-based awarding is based on several criteria and is not based strictly on Expected Family Contribution from the FAFSA. Scholarships are awarded annually and may change from year to year.

University Scholarships
University scholarships are awarded annually. The deadline has passed, but students may apply February 15th for consideration for the following school year. Students will be sent an email each school year informing them when this application is available.

College of Medicine Scholarships
The medical school has additional scholarship funding that is held for returning students. All scholarship money has been distributed. All students, however, will be reconsidered for these awards annually as second-, third-, and fourth-year students. To be considered for these scholarships, students are required to complete the College of Medicine Scholarship application. This application will become available during the spring term of each school year.

Receiving Loan Money
All loan money is electronically credited to your university account once you complete the necessary requirements listed on your award letter. Your loan money will pay the outstanding balance for the semester with any remainder being sent to you directly to help pay for living and miscellaneous expenses. For more dates throughout the school year, visit: http://medicine.osu.edu/students/financial_services/pages/importantdates.aspx.
Moving Expenses & Unusual Expenses or Situations

Any student with an unusual situation or expenses who believes the traditional cost of attendance is not accurate should contact Student Financial Services at medfinaid@osumc.edu.

Becoming an Ohio Resident

There are some pretty complicated rules governing reclassification as an Ohio resident for tuition purposes. On a simplified level, students can become Ohio residents (C-3) immediately if they are financially dependent on a spouse who is a full-time employee in Ohio. Otherwise, students can become residents (C-2) after they have lived in the state for 12 consecutive months and have financially supported themselves solely on Ohio income or financial aid (scholarship, grants, and loans) in their name. In addition, students cannot leave the state of Ohio for more than 30 days total, and no more than two weeks at a time throughout their twelve-month review period. Only the funds in savings and/or investment accounts in your name one year prior to entering medical school may be eligible funding to meet your expenses. A student must change all of his or her state specific documents to Ohio, including but not limited to; driver’s license or state ID, voter registration, and vehicle registration (vehicle registration is only necessary if the car is in the student’s name). Students who are planning to attend an once-in-a-lifetime internship exceeding the two consecutive weeks maximum, must appeal through the Approval form for Non-Ohio Internships (see the Registrar website). If the experience gained through the internship can also be achieved in Ohio, the appeal may not be approved. This request must be submitted and approved prior to leaving for the internship.

Note: Please contact the University Student Service Center to receive a determination on the eligibility of this funding.

Specific questions should be directed to the Student Service Center; call 614-292-0300. More information is available at: http://registrar.osu.edu/.

Joint Degree Programs

OSUCOM offers combined degree programs including MD/PhD, MD/MBA, MD/MPH, MD/MHA, and MD/JD. These combined programs can often be completed in less time than pursuing the two degrees separately. With the exception of the MD/PhD, all dual-degree programs are applied-for during the course of medical school, usually during second year. Visit http://medicine.osu.edu/students/curriculum/pages/test.aspx for more information.

The Summer After Med 1

You will have two months off between Med 1 and Med 2, which gives you plenty of time to find something fun and fulfilling to do! Below are some of the options that medical students have done in the past:

1. Research. If you plan on incorporating research into your career, summer experience is vital. Even if you do not plan on a research career, that kind of experience is increasingly expected when you
apply for residency. Medical students may pursue full- or part-time research during their curriculum. Research opportunities are available through clinical and basic science departments at OSUMC and Nationwide Children’s Hospital.

Funding opportunities for these options are available following an internal competitive application process. The Medical Student Research Program (MDSR), under the direction of Ginny L. Bumgardner, MD, PhD, guides medical students to identify faculty research mentors, offers a limited number of competitive internal scholarships to support their research training, orients students to prepare them for a safe & successful research experience, alerts students of prestigious extramural funding opportunities, and assists students with preparation of competitive research fellowship applications. If you are interested in this program, start looking for research opportunities early in the year because the first portion of the MDSR application is due in December. (http://medicine.osu.edu/research_ed/medical_students/resourcesforresearchmentors/pages/mdsr-research-scholarship-requirements.aspx)

2. **Travel.** Many students travel to South America, Africa, or India to work for various charity groups. They are able to practice their clinical skills while helping out an underserved country. The easiest way to travel is to work with one of the well-known service groups. The International Health Interest Group is helpful in identifying these groups. Funding is available through the medical school and fundraisers to offset some of the cost of your trip. Some students have even set up their own trips to less highly frequented countries. Anything is possible. Just make sure to get your trip approved if you’re an out-of-state student trying to get Ohio residency (talk to Christine or Trushonda in the Student Financial Services suite, B043 Graves).

3. **Internships and Externships.** Some of the more popular ones are the Family Medicine Externship and the Summer Surgical Internship, both of which allow you to experience what rotations in these fields would be like before you are required to take them for M3/M4 years. (http://www.fammed.osu.edu/10066.cfm)

While you are encouraged to be productive with your summer and do interesting and résumé-building things, don’t underestimate the need for R&R. Med1 year can take a toll on you and you want to make sure that you are recharged and ready to take on M2 year. So whatever you decide to do, factor in some time for family, friends, and fun.

### Housing

Ohio State medical students live in many different neighborhoods around Columbus. All of the buildings below are apartments unless specified otherwise.

**Grandview**

This neighborhood is located very close to the medical center—many students walk or bike to school. Others take the bus (COTA Route 82) to the medical center and ride for free with their BuckID. Grandview is a quiet area filled with shops and an array of popular restaurants.

- Runaway Bay
- The Quarry
- Heritage Apartments
- The Meridian
- Tribeca
• Fisher Commons
• Kenny Road Apartments
• Stadium View Apartments
• Olentangy Commons
• The View on 5th

South Campus
This area is also very close to the medical school as well as many bars and restaurants. Some M1s found this area to be noisy and somewhat less safe.
Off-Campus Apartments:
• University Apartments
• 8th-11th Ave & Worthington-High St
• One Pearl Place
Campus Housing:
• Neil Building: OSU housing
• Gateway Apartments
• Buckeye Village: OSU family housing

NECKO (Neil, Eighth, Cannon, King Organization)
This area is basically right on the Medical Center campus. It is a great neighborhood for a short walking commute to school. Most are houses that fit several people.
• King Ave & Perry St
• W 8th Ave

Victorian Village
This older area is home to many M1s. Victorian Village is quiet, close to campus, and considered to be a generally family-friendly area. The best way to find places in this area is to look on Craig’s List or just to walk around and look for “For Rent” signs.

Short North
This eclectic area is known for its great restaurants and nightlife. The Short North is home to plenty of bars and music venues, as well as the monthly Gallery Hop. Again, Craig’s List and walking around are your best options.
• The Hub
• Aston Place
• The Jackson
• The Foundry at Jeffrey Park

Arena District
This area is very popular for nightlife, but housing can be on the pricey side. Students enjoy the close proximity to fun bars and restaurants.
• Arena Crossing
• Flats on Vine

Upper Arlington
This prime suburban area is a short drive from the medical school. It tends to be more expensive, but is quiet and filled with stores and restaurants. Many apartment buildings are close to grocery stores, pharmacies, and other shops.
• University Village Apartments
- The Lane Apartments
- Windsor at Sterling Place
- Marble Cliff Commons
- Harvard Square Apartments

Northwest Columbus
Just north of Upper Arlington, this area shares many of the conveniences of that neighborhood, but with less expense.
- Bethel Colony II
- Olentangy Commons
- Governor’s Square
- Benchmark Apartments

Hilliard
This family-friendly area is quiet and clean. Students enjoy the parks and the residential feel, but the commute is longer than in other areas.
- Templeton Crossing
- Hilliard Park
- Heritage Green Apartments

Clintonville
This area is popular with married students and those looking to purchase a condo or house. Located on the COTA #2 bus line, students have an alternative method of transportation to school. Lots of new developments give Clintonville many restaurants and stores. Places for rent can be found by driving around or by looking on Craig’s List!
- Fenway Pines: condos for purchase
- Henderson Rd & High St: condos for purchase
- Morse Rd & High St: condos for purchase

Other Areas
Students also live in and recommend Blacklick, Grove City, and Galloway. The top complaint from these locations is the longer commute to school. Many students, though, prefer the quiet environment of these areas.

Transportation & Parking

While over half of first-year medical students walk or bike to school, a large percentage of the class drives to campus. The remainder carpool, take a Central Ohio Transit Authority (COTA) bus, or ride their apartment complex’s bus (this applies to the University Village Apartments).

COTA Buses
Students can ride COTA free just by showing a BuckID (see Miscellaneous section for info). The COTA routes to OSU can be found at: http://www.cota.com/welcomestudents.aspx

Bicycles
There are racks outside the medical school buildings for students to lock up their bikes.
Parking Passes & Lots
Students still have the option of purchasing C passes, though C pass spots are quite limited. In addition, students may purchasing garage (CG) passes. CG parking passes cost $731.04 and will be distributed based on a waitlist, though the deadline has passed (July 1). Before purchasing a parking permit, students are encouraged to do their research and evaluate whether parking will be available at the designated lots. Additional information about parking and permit prices can be found at: http://osu.campusparc.com/home/permits

Students may purchase parking passes online or at the Campus Parc Office, located in Gateway. (http://osu.campusparc.com/) Please note that if you do not purchase a pass prior to orientation, you will not be able to park in a garage until you have your pass. You will need to set up your OSU username before you can purchase a permit online.

Navigating the Campus Area
An Ohio State University campus map can be found at: http://www.osu.edu/map.

A Medical Center map can be found at: http://medicalcenter.osu.edu/maps/floor_maps/Pages/index.aspx

Family Life
Medical school certainly has its challenges, but throw in a spouse and some kids and it becomes a significant life adjustment. We’ve put together some advice about being married and being a parent from students who have been there, done that.

Marriage
Being married as a Med 1 adds a very important and often challenging dynamic to an already difficult course - to say less would be an understatement. The curriculum is demanding, and there are heavy commitments on time that make the art of maintaining a healthy marriage difficult. However, the companionship, compassion, communication, understanding, support, accountability, and love found in a strong marriage relationship can make medical school an extremely positive experience for both husband and wife. Often times, the support of a spouse can make the medical school experience more enjoyable and survivable, and when you graduate, you’ll both have made some amazing memories together.

In terms of managing a marriage in medical school, everyone must have their own approach but a few themes are vital:

- **Communicate** – Busy schedules mean that there will be lots of things on a married student’s mind, and it is very easy to bottle up stress until it boils over. Make sure to communicate with your spouse and share the experience with them. Also, listening to their feelings and interests outside of medicine is equally important.

- **Spend time together** – Again, things get busy, and it is easy to get buried in studies and the variety of amazing extracurricular opportunities offered here. Make time for your spouse, and never make them feel like they are second place to your career. Take advantage of the free/discounted student tickets to take your spouse out (p. 43).

- **Coordinate** – Keep track of both of your schedules and find the holes. Plan out time for each other and keep one another informed of important upcoming events (like tests, volunteering, conventions, classes, etc.). This was the hardest skill to learn but made the biggest impact!

- **Join in community together** – Find something you enjoy doing together. You can fill in the blank—but date nights, church groups, clubs, hanging out with friends, and seeing movies are a few
suggestions. Also, building relationships with other married medical students can really make a
difference. There’s a group on campus called “The Other Half” that’s geared to help students form
such friendships. It’s worthwhile to check it out.

Finally, if you are an out-of-state, married student and your spouse holds a full time job anywhere in the
state, you are eligible for immediate in-state tuition (you’ll save $12,000!). For all other students, this
process takes a full year and is fairly complicated. If you and your spouse apply, be sure to drop by Student
Financial Services for the details.

**Parenting**
Being a parent is never easy, but being a parent in medical school adds its own dimension of chaos! You will
definitely learn early on that many people think you are a bit crazy to raise children and go to medical
school. But there are LOTS of med parents out there! Throughout all four years of medical school, you will
hear a wide variety of parenting experiences from classmates, residents, and professors. I’ve found it useful
to listen to the different approaches that people have made work. There is a lot of formal support via the
deans and counselors. There are also good Web bulletin boards out there, so try doing a quick search for
advice. Parenting medical students have made lots of things work, and it is up to you to find your own
balance. Some students make their school work like a job—stay on campus until 5 pm or 6 pm, then put
away the books to spend time with the spouse and kids. Other students study after the kids are in bed or
over the weekends. More than most other students, you’ll have to figure out a system that keeps you one
step ahead because you never can predict when something will come up. Throughout all the balancing
with kids, don’t forget to nurture your relationship with your spouse as well.

Living in Columbus, there are lots of fun activities for families. COSI is the science center downtown that is
fun for kids of different ages. Get a zoo pass! The zoo is never the same twice, and it has lots to see beyond
the animals: play areas, the boat and train rides, and the carousel. The challenges of being a parent and
going to medical school are definitely manageable. You’ll make lots of medical school friends, but often it’s
nice to have other friends who are parents outside the medical school. There is an active Attachment
Parenting group in Columbus ([http://www.columbusapvillage.com/](http://www.columbusapvillage.com/)), and you will meet other parents at
daycare, church, and at your children’s activities.

Lots of medical students find that it is hard to feel like there is life outside of Meiling Hall. Being in a family
MAKES you have that life. Take advantage of this! Don’t underestimate your unique perspective. Being a
physician with a family will never be easy. Medical school is a great time to begin building the skills and
habits that work for you. Parenting gives you determination, patience, and flexibility that will all help you
be a better student and physician. Besides, you’ll totally rock your child development classes!

**General Tips from a Medical Student with a Family:**
- Don’t feel pressured to spend time in extracurriculars/groups within the school. Having a family
takes a lot of time and I have found that my free time outside of studying is better spent nurturing a
relationship with my family.
- I take every Sunday off from school work and studying to do things with my family and go to church.
It helps to have a day each week where I don’t stress about school and can regroup.
- Discuss school responsibilities and household responsibilities with your spouse. Be open about
what you need to do for school and what you don’t have time for at home. Be flexible (especially
when you have kids).
- Don’t do school work at expense of family relationship.
- Biggest thing is to just work on your relationship. I view being a doctor as a career, not my life, but
my family is my life so it deserves all my energy, time, etc, that I can give to it.
I wish someone would have told me you can do really well in medical school and still spend time with family. This is especially true for M1, will see if true M2+

Find a mentor/older student in same situation that you can text for advice

Look into support groups for your spouse. There are lots of married students in our class and in other classes. It is hard for the normal medical student to study and can be doubly hard for a married student to study if their spouse feels put out and wants the student to stay home or do something rather than study.

Places where Medical Student families live:
- Colony Club Apartments (Grandview)
- Buckeye Village
- Hartford Village Commons (Hilliard)
- Small family homes in Worthington

Family-Friendly Places
- Carriage Place movie theater—cheapest movies in town
- Carriage Place Petland—play with the puppies!
- Columbus Museum of Art
- North Market
- Upper Arlington Libraries - Children’s reading time
- City of Columbus Parks and Recreation — many free classes/activities for adults and kids
- Lennox movie theater
- Easton Town Center—outdoor shopping
- Buckeye Hall of Fame Café—arcade
- Olentangy Trail—biking, walking, running along the river
- Goodale Park
- Franklin Park Conservatory
- Park of Roses
- Schiller Park
- Chiller Ice Skating Rink
- USA Rollerskating
- Magic Mountain—mini golf, bumper boats, arcade
- Gameworks—arcade
- Galaxy Games & Golf
- Columbus Zoo
- COSI—interactive science museum
- OSU Recreation Center Family Fun Nights
- OSU Discover Columbus Free/Discount Tickets to many sporting events, the zoo, etc.
- Farmers Markets

Just a Hop, Skip, & Jump Away!

Meiling Hall is conveniently located to a number of different resources around campus. Since you’ll be spending a lot of time in the Meiling Hall/Graves Hall areas, here are some points of interest that are nearby.

Dining
- Bistroh!—Hospital Cafeteria: get there through the Ross or main hospital entrance, REALLY CHEAP
COFFEE
- Panera: If you’re craving a bread bowl
- Au Bon Pain: If you’re craving a more expensive bread bowl (Basement of the James)
- Wendy’s: in the basement of the Main Hospital (Rhodes Hall)
- Marketplace: Neil and 9th—undergrad dining hall with a great salad bar
- Bruegger’s: Perfect before anatomy
- Faux Starbucks inside of Prior: Generally overpriced but good if you’re in a serious caffeine withdrawal between lectures.

Snacks
- Vending machines in the basement of Meiling
- Hospital Gift Shop: great selection and better prices than the vending machines

Food, Fun, & Entertainment

When we do not have our noses in books, we med students know how to have a good time. Columbus has a lot to offer, from artsy events to hole-in-the-wall bars. Check out the following list of local bars, restaurants, activities, and more. Always drink responsibly and designate a driver or call a cab at 614-444-4444 or 614-222-2222.

Annual Student Council Events
- Student Council White Water Rafting Trip (Autumn Semester) and Ski Trip (Spring Semester)
- MedProm Formal (Spring Semester)

Shopping
- Easton—in Northeast Columbus, off I-270— a huge outdoor shopping center
- Polaris— in Northern Columbus—typical shopping mall, but nice
- The Short North—High Street, south of campus as you approach downtown—galleries, trendy shops and hangouts
- Lennox—Olentangy River Rd, just west of the medical center—Target, Barnes and Noble, Cost Plus World Market, Old Navy, more

Movie Theaters
- Lennox on Olentangy River Rd
- Drexel Theater in the South Campus Gateway (High St): Bring your BuckID for a discount!

Activities around Columbus
Outdoors
- Biking—Olentangy River Trail
- Hocking Hills—camping, hiking
- Mad River Ski Resort—45 minutes to northwest
- Yellow Springs, Ohio—1 hour to west, hiking, Young’s Dairy ice cream, hippie town

Columbus Staples and Ohio Gems
- Cedar Point (near Cleveland), Kings Island (in Cincinnati) amusement parks
- Columbus Museum of Art
- Columbus Zoo, especially near the holidays for lights and hot chocolate
- COSI Science Museum downtown
- North Market Farmer’s Market (Saturday mornings)
- Gallery Hop - Short North on High St the first Saturday night of each month
- Grandview on Grandview Ave the last Saturday night of each month
- Musicals at the Ohio Theater downtown

Seasonal Events and Festivals
- Columbus Microbrew Festival, several times annually at the Convention Center
- Columbus Arts Festival
- ComFest
- Jazz and Ribs Festival near COSI downtown in July
- Latino and Asian Festivals
- Red, White and Boom for the 4th of July
- Shakespeare in the Park (summertime)
- Wine tasting day at the North Market in July

Bars
- South Campus Area—Lucky’s Stout House, North High Brewing Company, Ugly Tuna
- The Short North—Bakersfield, Bodega, Brothers Drake, The Standard, Pint House, Seventh Son Brewing Company
- The Arena district—Brothers, Gas Werks, Novaks, Callahan’s, EndZone, Social, The Patio
- Downtown—Elevator, Diesel
- German Village—Club 185, Curio, Metro, Victory’s
- Victorian Village—Hampton’s (karaoke every Wednesday night) and Harrison’s on 3rd

Restaurants by Area

Grandview
- Brazenhead $—Irish pub, Wed night specials, 5th Ave
- Dewey’s Pizza $
- Vino Vino $$
- Figlio $$ - Italian
- Spagio $$
- Aladdins $ (Lebanese)
- Old Bag of Nails $(pub)
- Cap City Diner $$
- Columbus Fishmarket $$$

German Village
- Barcelona $$
- Harvest $$
- Lindey’s $$

The Short North
- Basi Italia $$$
- Haiku $
- The Happy Greek $
- Hyde Park $$$ - steak
- Marcella’s $$ - amazing happy hour specials
- Melt $$
● North Star $$
● The Pearl $$
● Tasi Café $

Arena District
● The North Market $ - local vendors, bakery, produce, coffee, flowers, meat, ethnic foods
● Martini’s $$

Music Scene

Check out concerts at the LC Pavillion and Newport Music Hall!

Websites where you can find info on local music & culture:
● http://www.columbusunderground.com
● http://www.cringe.com
● http://www.donewaiting.com
● http://www.shortnorthandr
● http://wexarts.org/cal

Sports & Recreation

Football Tickets
A big question on the minds of many incoming students is...how do I get Buckeye football tickets? New students can purchase tickets June 1-30 at the website below. Tickets may be purchased for the four Big Ten home games or the full season package (all 7 home games). Tickets for the three preseason games are also available. In the past, first-year students have created a M1 seating group so that classmates can sit together. This can be done on the ticket Website. Previous classes have found it helpful to communicate this information through email or a Facebook group.
http://www.hangonsloopy.com/

Intramural Sports
Many medical students participate in intramural sports at OSU. Students have played a variety of sports including flag football, dodgeball, volleyball, soccer, and ultimate Frisbee. Information about intramural sports, including fees and registration dates, can be found at: http://recsports.osu.edu/intramural-sports.

Gyms
There are several different OSU gyms near the medical school. The Recreation & Physical Activity Center (RPAC) is located on campus next to the football stadium. The RPAC is home to the main pools and racquetball courts. The Adventure Recreation Center (ARC) is located on Woody Hayes Dr near Kenny Rd. The ARC has a climbing wall and indoor turf fields. Jesse Owens South is a smaller gym located near the medical school. You can find more information at: http://recsports.osu.edu/facilities.

Outdoors
There are many public parks and other outdoor facilities in the Columbus area and within a few hours drive. Some popular ones include:
● Columbus/Metro Parks
Schiller: 1069 Jaeger St
Goodale: 120 W Goodale Blvd
Battelle Darby Creek: Galloway
Prairie Oaks: West Jefferson
Highbanks: Lewis Center
Other metro parks: [http://www.metroparks.net/]

- Olentangy Trail: running, biking along Olentangy River
- Hocking Hills: camping, hiking; 1 hour southeast
- Yellow Springs, Ohio: hiking; 1 hour west
- Mad River Ski Resort: 45 minutes northwest
- Student Council hosts a White Water Rafting Trip and Ski Trip every year

Miscellaneous Information

BuckID
Your OSU student ID—the BuckID—is necessary to get into sporting events, ride COTA buses free, and even for after-hours access to medical school buildings. You can get a BuckID free of charge at the BuckID Card Office in the 2nd floor of the Ohio Union on High St and 12th Ave. This can be done any time during the summer or orientation. You must be registered for classes and bring a photo ID.
Find out more at: [https://buckid.osu.edu/about_contact.asp](https://buckid.osu.edu/about_contact.asp)

Making the Most of Your Student Activities Fee
Explore Columbus offers discounted tickets to movies, concerts, the arts, and sporting events. Just by showing your BuckID, you can also purchase reduced priced restaurant gift certificates and zoo passes. The Ohio Union Activities Board (OUAB) brings acts to campus and plans social events.
Explore Columbus: [http://ohiounion.osu.edu/things_to_do/dtix](http://ohiounion.osu.edu/things_to_do/dtix)
OUAB: [http://ouab.osu.edu](http://ouab.osu.edu)

Health Insurance
All medical students are required to have continuous health insurance coverage throughout their four years at the College of Medicine. OSU offers full-coverage insurance as well as a supplemental plan. Students remaining on their parents’ policy may wish to consider the supplemental plan if Columbus area healthcare would be billed as out-of-network. The full coverage insurance is around $550 per semester. **If you have other health insurance, you will need to waive OSU coverage online when you register for classes.**
More information about OSU student health insurance: [http://shi.osu.edu/](http://shi.osu.edu/)

Student Organizations

You will be offered the opportunity to participate in many service organizations and other groups that provide a sense of community while giving you experience in different medical specialties. Watch for emails and informational meetings from these organizations at the beginning of the year. Following is a sampling of the student organizations at OSUCOM. A full list is available online at [http://medicine.osu.edu/students/life/organizations/pages/index.aspx](http://medicine.osu.edu/students/life/organizations/pages/index.aspx). Make sure you check the Student Events Calendar for meeting times and special presentations: [http://medstudentcouncil.osu.edu/](http://medstudentcouncil.osu.edu/).
American Medical Association (AMA)
The American Medical Association - Medical Students Section (AMA-MSS) is the largest medical student organization in the country. Its membership is comprised of medical students from across the nation, who create policy and conduct advocacy work as a part of the AMA, the largest organization of doctors in the United States. Joining the AMA provides students with unique experiences: access to local networking events, exposure to policy writing and legislation, opportunity to travel to national conferences, involvement in large-scale patient advocacy, and immediate leadership experience through a wealth of local and national positions available to all members of the AMA. Student members also have access to leadership roles and opportunities within the Ohio State Medical Association (OSMA) which serves an analogous purpose at the state level.
OSUCOM Chapter Website: https://www.facebook.com/AMAOSUCOM/
Contact: amamss.osu@gmail.com

American Medical Student Association (AMSA)
The American Medical Student Association is the largest, independent medical student organization in the country. We lead initiatives both locally and nationally in student and patient advocacy, medical education, public health, health policy and global health. By joining AMSA, YOU can work with us to shape the future YOU envision for us as medical students, patients, and involved voters.

Leadership
AMSA members develop into physician-leaders who become Surgeon Generals, FDA commissioners, clinicians, educators, researchers, administrators, and public health officials. AMSA is entirely student-run and provides leadership opportunities on every level, including first and second year executive board members.

Activism
If you’re interested in speaking up for those who can’t speak up for themselves and being involved shaping our medical education, AMSA is the organization for you. How is AMSA different from other organizations? AMSA’s overarching mission is to contribute to the welfare of medical students, premedical students, interns, residents and post-MD/DO trainees and advancing the profession of medicine. When you join AMSA, you become part of a vital force of 65,000 national members who transform student idealism into meaningful public service, innovation, and institutional change.

Aprovechando Salud y Educación (ASE)
ASE is an interest group at The Ohio State University focused on improving the health and education of the Latino community of Columbus. Our purpose is to educate and screen Latino patients for diabetes while they wait to be seen at local free clinics. By educating these patients in their native tongue, we hope to serve as a catalyst for them to continue to better manage their medical condition.

Asian Free Clinic (AFC)
Columbus has a significant non-English-speaking population. The AFC targets this population, with a focus on the uninsured. At the clinic, students are provided the opportunity to take patient histories and physicals, practice working with interpreters, present patients to physicians, and follow the patient through the process of evaluation. The clinic is usually held on Mondays at 5:20 pm at the Rardin Family Practice Center.

Asian Pacific American Medical Student Association (APAMSA)
APAMSA is a national organization that aims to address those issues important to Asian-American medical students. One part of our mission is to bring together Asians and others interested in the health issues that affect Asians to form a strong, collective, public, and political voice. We are interested in both directly
promoting the health and well-being of the Asian community and helping all health care workers who work with these communities understand how to care for the Asian patient in a culturally sensitive manner. APAMSA provides an important forum for APA medical students to meet, exchange information and experiences, and develop personally and professionally. Website: http://apamsa.org.ohio-state.edu

**Association of Women Surgeons (AWS)**
Association of Women Surgeons (AWS) is an international organization whose mission is to inspire, encourage, and enable women surgeons to realize their professional and personal goals. AWS addresses the unique challenges that women surgeons face. The student chapter of AWS at The Ohio State University College of medicine will facilitate the success of aspiring women surgeons by
1) Highlighting practicing role models at local institutions and within the community.
2) Providing networking and mentorship opportunities with surgeons and surgical residents.
3) Providing a forum for open discussion and collaboration on strategies related to professional development and the challenges women surgeons face.

**The Benjamin Rush Institute**
Founded in 2009, The Benjamin Rush Institute is a national organization with chapters at over 20 medical schools. BRI chapters plan and host events, speakers, and debates surrounding free market healthcare reform and the protection of the liberty of the doctor-patient relationship. While BRI endorses free market healthcare reform, our events are open to all and are meant to stimulate meaningful dialogue regarding health care policy, economics, and ethics. Since the founding of the OSU chapter in 2012, we have hosted national experts speaking on such topics as direct pay/concierge medicine, insurance reform, and conflict-of-interest policies. In addition, we have attended the past two BRI National Leadership Conventions in Philadelphia and Denver. Each spring, OSU BRI plans the highly anticipated (and well attended!) Arthur N. Rupe Debate. Last spring’s lively debate featured an internationally recognized expert ethicist debating an OSU transplant surgeon on whether or not there should be a market for live human organ sales (video: http://benjaminrushinstitute.org/2014-debate-osu-sale-of-human-organs/).
National Website: http://benjaminrushinstitute.org

**Buckeye Blanket Bash**
The Buckeye Blanket Bash is a 1-day charity event where OSU students, faculty, staff, and local community members gather to make no-sew fleece blankets and cards for cancer patients in our community. Blankets are then personally delivered by volunteers to patients at The James Cancer Hospital, Nationwide Children’s Hem/Onc division, and to Palliative Care patients throughout OSUWMC. Interested students can participate in our various committees that work to advertise the event, recruit speakers/musicans, and secure food donations. In our most recent event, we have had over 600 participants and made upwards of 300 blankets. If interested, contact any of the Executive Board members listed on the Ohio Union website.

**Cardiology Interest Group**
The Cardiology Interest Group (CIG) provides medical students interested in cardiology the opportunity to learn more about the field through lectures, shadowing experiences, and workshops. Ultimately, participants will gain a better understanding of the steps necessary to become a cardiologist as well as the various sub-specialties within adult or pediatric cardiology.
**Cardiothoracic Surgery Interest Group (CTSIG)**
The CTSIG is an active and engaging interest group that provides opportunities to expose medical students to the continuously changing and exciting field of cardiothoracic surgery. We offer students unforgettable activities such as: suture and surgical knot clinics, aortic valve replacement clinic, lectures, shadowing opportunities, and great mentorship. We also have ‘on-call’ students interested in transplantation who experience heart or lung transplants from procurement from the donor, to transplantation in the recipient. This exciting experience requires travel, usually by ground or private jet. Many students report that this is one of the most influential activities they have experienced in medical school. Future opportunities in research and summer internships are also offered. The group also helps disperse information about the Summer Scholars Program that accepts students in between M1 and M2 years for a summer long internship alongside the CT surgeons. Our surgeons at The Ohio State University are hands-on and excited to teach the future of medicine!
CTSIG.org.ohio-state.edu
CTSIG@osumc.edu

**Catholic Medical Association (CMA)**
The Catholic Medical Association Student Section associated with the John Paul II CMA Guild of Columbus aims to help students grow in the spirit of Christ in their personal and professional lives, so they can bring His Spirit to the science and art of medicine. We help our members to grow in faith, maintain ethical integrity, and provide excellent health care in accordance with the teachings of the Church. The CMA provides meaningful support and instruction to medical students as they grow as medical professionals. Our activities include a Hippocratic Oath and Dinner, a Christmas Banquet, a White Mass for those in the healing arts, mentoring for students and more. You do not need to be Catholic to attend events; all are welcome! Facebook website: https://www.facebook.com/catholicmedcolumbus/

**Christian Medical and Dental Association (CMDA)**
The CMDA works to foster a community in which Christian medical and dental students can come and share experiences, thoughts, and concerns with each other on a regular basis. CMDA also seeks to help Christian students learn how to integrate their professions with their faith and to reach out to the community. Our activities include prayer meetings, Bible studies, monthly dinner meetings with speakers from the community, service projects, and social events.
Website: http://www.cmda.org/wcm

**Columbus Free Clinic (CFC)**
The Columbus Free Clinic is a medical student-run free clinic that integrates medical and community resources to partner with patients in addressing the physical and social determinants of health. The CFC offers volunteers an early opportunity to foster the passion and the ability to care for the underserved. The Steering Committee, which runs the clinic, is determined through an application and interviewing process that occurs in October. Volunteers for laboratory and medical triage are available to students in August and October, respectively. Website: http://www.columbusfreeclinic.com/

**Developing Leaders in Healthcare (DLiHC)**
The healthcare industry continues to grow and evolve over time. In order to be successful in such a dynamic industry, all healthcare providers must strive to understand the implications of changes to policy, finance, insurance and organizational structure. Developing Leaders in Healthcare aims to drive this success by accomplishing three objectives:
1. Elevate students’ working knowledge of healthcare systems, delivery, finance, insurance and policy.
2. Provide a forum for members to share educational information and resources related to the healthcare industry.
3. Facilitate networking opportunities between students and healthcare executives, providers and administrators.

The organization holds events on topics including, but not limited to, health policy, diversity of physician career paths, health insurance and reimbursement, physician compensation, medical center structure/organization, and ethics.

**Emergency Medicine Interest Group (EMIG)**

If you enjoy emergency medicine or are interested in finding out more about the field, then EMIG is for you! Through EMIG, you can sign up for shadowing and get involved with research opportunities in the Emergency Department; help train other students in life-saving techniques, such as CPR; and become a part of the incredible tiered mentorship program that connects you with other medical students, residents and attendings here at Ohio State. A wide variety of capabilities and opportunities are available to give Med 1 students a more “clinical” experience early in their medical careers. If you are interested in finding out more about EMIG, email Jim O’Brien at James.Obrien@osumc.edu and be on the lookout for an email with the specifics of our first meeting.

**ENT Interest Group**

The ENT Interest Group is devoted to providing students with opportunities to learn about the broad field of Otolaryngology - Head & Neck Surgery. Through the ENT Interest Group, students are provided with a more advanced understanding of head and neck anatomy, pathology and surgical management of ear, nose and throat related conditions. Additionally, we provide workshops to expose students to cutting-edge surgical training technologies and help students obtain opportunities to shadow clinicians during surgical cases. The ENT Interest Group also provides a unique longitudinal mentorship program that allows students to develop relationships with residents and attendings in the field, to facilitate collaboration for research, and to acquire the skills and academic guidance necessary to become a competitive student in pursuit of the specialty.

**Ether Arts**

Ether Arts is the literary and visual arts magazine of the Ohio State University’s College of Medicine. We are committed to the publication of artistic works by Ohio State medical students and alumni, as well as students and staff outside the College of Medicine. We seek to demonstrate the artistic abilities of students and staff alike both inside the realm of medicine and outside of it. We hope to initiate artistic discussion within the community, allowing the exploration of what it means to be a medical professional and what it means to be a patient, blurring pre-conceived notions of what it means to be either.

**Family Medicine Interest Group (FMIG)**

FMIG provides med students with firsthand experience in family medicine, teaches them valuable skills of medical technique, and creates relationships between students and professionals established in the community. Throughout the year, FMIG convenes meetings on family medicine topics; holds medical skills workshops, such as on phlebotomy and casting; and even sets you up with a mentor. Community service activities include volunteering with the Mt. Carmel Medical Van that travels to homeless shelters to bring needed medical services to the underserved. Students can serve on state and national boards and committees through the American Academy of Family Physicians and the Ohio Academy of Family Physicians. Website: [http://fmigosu.weebly.com](http://fmigosu.weebly.com)
**Honor and Professionalism Council (HPC)**
The HPC is comprised of 16 Ohio State University medical students. On a day-to-day basis, the HPC serves as an informal resource to faculty and students in the College of Medicine. When an issue of academic misconduct or a breach of professionalism does occur, members from the HPC assume a more active role, in the form of a committee hearing comprised of students and faculty. HPC is open to all questions and comments from colleagues that pertain to matters of honor and professionalism. Members of HPC are obliged to keep matters presented to the Council strictly confidential. For anyone interested in running for a two-year term HPC position, look for an email in November concerning the elections.

**Humanism in Medicine (HiM)**
The goal of the Humanism in Medicine group is to create a more humanistic environment in the College of Medicine. From compassionate patient care to enthusiastic and innovative teaching, we look for ways to make the OSU College of Medicine experience one that fosters life-long learning, excellence in patient care, and support for leading-edge research. To that end, we are moving forward in several areas under the Humanism in Medicine Initiative. This student-led and created program helps to build a support system for emerging physicians and offers various avenues to foster the arts in medicine. The arts-focused groups include the MedArts Gallery, Visual Arts, Photography, Writer’s Group, Theatre/Film Arts, Dance in Medicine, Music in Medicine (encompassing the College of Medicine Orchestra), and UltraSound A Capella. The support-focused groups include Candy Apple Awards, Life Events, Random Acts of Kindness, Mentorship Program, HiM Fall Retreat, Somali Health Initiative and Nutrition Education (SHINE), Language and Cultural Exchange (LACE), MedPaws, and Cultural Cooking. HiM also provides support to Educators with Heart, the Bowen Circle, and the Medical Heritage Center.

**Interfaith & Humanism Circle**
The Interfaith & Humanism Circle at OSUCOM is dedicated to the discussion of all things related to religion, spirituality, and deeper questions about life. Together, we seek to promote mutual, empathetic understanding of all traditions and their adherents, and so prepare ourselves for the medical profession, which engages in the care of all people. We are open to people of all traditions (or lack thereof), and are committed to respectful dialogue among our members, regardless of topic. Our events include dinner discussions, workshops, religious site visits, special lectures, & holiday celebrations; we are always looking for new members and event ideas!

**Internal Medicine Interest Group (IMIG)**
IMIG is dedicated to all students who have an interest in the wide-ranging field of internal medicine. Throughout the year, IMIG hosts a variety of workshops and discussions to give students a better understanding of and appreciation for both general internal medicine and internal medicine subspecialties. If you're interested in IMIG, look for us at the activity fair, or watch out for email and in-class announcements.

**Inter-Professional Council (IPC)**
IPC is the student government organization that represents all students from the six professional schools at the university level. IPC works as a group to plan academic, service, and social events to promote interaction between professional students from different schools and to enhance the educational experience for professional students at Ohio State. In addition, IPC works to fulfill the mission of giving professional students a voice at the university level by placing student representatives on external university-wide committees that address many of the current campus issues. All professional students are encouraged to attend IPC meetings and functions. Interested students are more than welcome to contact IPC and participate on university committees.
Interventional Radiology Interest Group
The Interventional Radiology Interest Group (IRIG) helps students experience the unique specialty that is Interventional Radiology (IR). IR combines the seeing eye of diagnostic radiology with the hands-on approach of minimally invasive surgery to perform complex procedures under real-time image guidance. From restoring blood flow through special endovascular catheters to cutting off blood supply to tumors using microscopic beads, IR procedures tend to be quick and see fewer complications than traditional open surgery. The IRIG's primary purpose is to introduce medical students to the world of IR and to host an annual symposium with interesting lectures from various OSU IR faculty and hands-on activities by COOK Medical to simulate the IR procedure experience.

La Clinica Latina
La Clinica Latina is a free clinic run designed to provide healthcare services to uninsured or underinsured Spanish-speaking patients in our community. The clinic is run completely by medical students who work with volunteer physicians to see and treat patients each week. La Clinica Latina not only helps to bridge the language, cultural, and economic disparities that many of our patients face, but it also helps medical students grow in their clinical skills, learn from volunteering physicians, and continue to utilize their Spanish skills. Students are encouraged to help out with la Clinica Latina throughout all four years of medical school and must be fluent in Spanish. Website: www.laclinicalatinaoh.com

The Landacre Research Honor Society
The Landacre Research Honor Society is a student research society at the College of Medicine. Through its activities, the society encourages medical students to pursue excellence in academic achievement and individual research. In addition to providing students with a variety of information about research opportunities at OSU, we also organize research conferences, host speakers, and hold the annual Research Day, where OSU students present posters and oral presentations summarizing their research to their peers.

Latino Medical Student Association (LMSA)
The Latino Medical Student Association is a network of students, alumni, and health professionals whose mission is to promote the development of Latino students through educational, volunteer, professional and networking opportunities. Our goal is to foster diversity, higher education, and the improvement of the Latino community at The Ohio State University. Speaking Spanish or being Latin@ is not required to join - all are welcome! Email: lmsaosu@gmail.com

LGBT & Allies in Medicine
We are a diverse organization of gay, lesbian, bisexual, transgender, intersex, queer, questioning, and straight medical students who support each other and work to educate the medical school community. We are committed advocates of LGBT patients, an invisible minority that is often left unrecognized and sometimes openly stigmatized by medical institutions. All medical students, regardless of sexual orientation, are welcome!

LINKED
LINKED is a program that began as a research project a few years ago and has evolved into a functioning student group. We work in partnership with the Columbus Free Clinic (CFC) in an effort to refer and register patients at various primary care providers throughout the Columbus area. Our hope is that many of the patients that rely on the clinic for chronic care will instead find affordable, consistent and reliable medical homes through LINKED. Currently the group is undergoing some changes in order to make sure the referral process is as effective and efficient as possible, so for those interested, be ready to bring your own ideas and suggestions to the table!
MD CAMP
MD Camp is OSUCOM's intensive three-week summer camp for high school students who are interested in pursuing careers medicine and who are considered underrepresented minorities or disadvantaged students in medicine. It is open to rising juniors, rising seniors, and recent graduates. The students get a taste of medical school through lectures, clinical and anatomy labs, shadowing, and community volunteering. Starting in 2014, MD Camp has opened up applications to out-of-town students to stay in OSU dorms through Summer Conference Housing. MD Camp is organized and run by a committee of first-year medical students who go through an application process for the positions, but many doctors, nurses, OSUCOM staff, and medical students volunteer their knowledge and time to make MD Camp a great experience for the participants. Website: http://medicine.osu.edu/students/diversity/programs/md_camp/pages/index.aspx

medFIT
OSU medFIT is a student organization that was created through collaboration with the OSU College of Medicine Wellness Team to provide medical students with personalized and group fitness training, nutrition advice, and fitness education in order to promote healthy minds and bodies among future physicians. Most unique about medFIT is its “Student Trainers” program, where students teach other students in various fitness disciplines. Ultimately, medFIT serves as an organization that provides mentorship and inspiration to other medical students so together we all achieve our own personal health and fitness goals. Website: http://www.osumeditfit.com

MedSTEP
The Medical Student Transplant Education Program (MedSTEP) is a volunteer based program allowing medical students hands on experience in teaching current transplant patients proper self care and adjustment to their new organ. In addition, the program seconds as a Transplant Surgery Interest Group allowing students an opportunity to learn more about the specialty through faculty lectures and shadowing experiences.

MedPaws
MedPaws is a bit of a different student organization. There are no presentations, no panels, and no shadowing (there is free food though!). The goal of MedPaws is to provide stress relief to fellow medical students through animals. Prior to tests, we host events where members bring their pets such as cats and dogs to play with medical students in a stress-free environment. Students can play with the animals or just socialize in a place outside the lecture hall or library. MedPaws believes that it’s important that students take opportunities to relax and unwind in the face of the ever-rising pressures and responsibilities. Med School isn’t all about studying, after all.

Medical Ethics Interest Group (MEIG)
The Medical Ethics Interest Group at OSUCOM is an organization devoted to inquiry and discussion of topics of ethical interest in the fields of medical practice and research. Our group hosts lunch talks on different subjects relevant to medical ethics led by faculty at OSU, notifies students of opportunities to listen to guest lecturers presenting at the medical center, connects students desiring to engage in research with the Center for Bioethics and Medical Humanities, and alerts students of opportunities in the field.

Medical Student Alumni Council (MSAC)
The Medical Student Alumni Council (MSAC) works in partnership with the Alumni Affairs Office to provide programming and to foster interaction between students and alumni of the College of Medicine. Early in September one of our biggest events, the Alumni Reunion Weekend, is held. Twice a year we host the
Maurice “Mo” Mullet Medical Student Alumni Forum which features alumni who have distinguished themselves in fields such as medical research, service, and advocacy. We also fund student grants during the Fall and Spring semesters. Watch your email for more information!

Medical Students for Choice at OSU
Medical Students For Choice at OSU is a chapter of an international organization designed to destigmatize abortion among medical students and residents and educate students about reproductive health care. Our group enables students to learn and get involved within the community by putting on events and workshops throughout the year, organizing book club discussions and shadowing opportunities, volunteering as an escort at an abortion clinic, attending conferences, and encouraging students to advocate within the community.

Medical Students for Kids (MS4K)
Medical Students for Kids is a group that matches medical student mentors with students in Columbus public schools through a partnership with Big Brothers Big Sisters’ Project Mentor Program. The volunteer medical students are committed to improving the self-esteem, supportive environment and academic interests of their mentees. The goal is to make a positive impact on a child’s life and to forge a friendship.

Med-Peds Interest Group
The goal of the Med-Peds interest group is to help medical students learn more about the Med-Peds program, which includes 4 years of training in 2 specialties, pediatrics and internal medicine. All are welcome, whether you already know you want to practice in Med-Peds or you’re still trying to figure out how it is different from family medicine. Throughout the year, panels with Med-Peds faculty and residents will make that answer clear. This year, we are also looking to help coordinate shadowing opportunities for interested students. Want to learn more? Check us out at the activities fair and stay tuned for email announcements!

Neonatal and Maternal-Fetal Medicine Interest Group
The Neonatal and Maternal-Fetal Medicine Interest group is looking for you! We offer many opportunities to get to know more about this exciting field, and also some ways to disconnect from medical school. We organize a group called the NICU Cuddle Crew, where each person involved goes into the NICU at OSU and rocks babies in two hour shifts. It is a wonderful opportunity to get one on one time with these special infants and to see how a NICU is run! Additionally, we coordinate with the NICU residents and offer a NICU shadowing program- this offers a unique experience into the birthing/NICU process as you may follow an infant all the way from the delivery room or Operating room up to the NICU and see how their care is begun right from the start! We will have some panels to tell us more about what a day is like for a Neonatologist or MFM doctor, as well as an event at Nationwide Children’s Hospital for World Prematurity Day. We look forward to seeing you at our introductory meeting!

New Life Free Clinic
The New Life Free Clinic is held at the United Methodist Church in the Short North every Sunday morning from 7-9am. Our patient populations are primarily homeless, unemployed, and uninsured. Students can expect to see a large volume of patients (5-10 patients per clinic) and patients tend to visit regularly for follow ups. As a result, students gain a great deal of hands on experience in this faster paced clinical environment and are able to develop longitudinal relationships with our patients. Our physicians are flexible and allow medical students more autonomy with what they are comfortable performing. New first year students can practice history taking, focused physical exams, offer differential diagnosis during presentations, and practice prescription writing. With the large number of homeless patients seen every week, students can expect to gain a unique perspective and a valuable clinical experience.
Noor Community Clinic
The Noor Community Clinic began as a collaboration between the Noor Islamic Cultural Center in Dublin, OH and several community physicians and members. It is a friendly and welcoming clinic open to all uninsured and underinsured members of the Columbus community, regardless of race, religion, or background. Our dedicated physicians and volunteers serve as primary care providers for a diverse cohort of patients who otherwise lack access to more traditional health care. As a primary care clinic, we treat patients for chronic illness such as diabetes and hypertension, as well as more acute conditions such as respiratory infections. In the event that a patient’s condition is beyond the scope of our resources, we can refer patients to specialists at OSU for further care.
Website: http://noorcommunityclinic.weebly.com/index.html
Contact: noorcommunityclinic@gmail.com

Obstetrics and Gynecology Interest Group
The Obstetrics and Gynecology Interest Group enables medical students to explore their interest in the specialty, to shadow in the Labor and Delivery department, organize hands-on ObGyn-related learning experiences, and reach out to doctors to put on talks, lectures, and panels that deal with the ObGyn specialty in the modern world.

Oncology Interest Group (OIG)
The Oncology Interest Group at The Ohio State University College of Medicine is committed to encouraging oncology as a medical sub-specialty to all medical students. Our goal is to help interested medical students learn more about oncology as a career through shadowing opportunities, summer research aid and journal presentations. We hope to hold meetings once every block this year starting this November. We hope you join us this year. Watch your email for more information!

Pathology Student Interest Group
The Pathology Student Interest Group is dedicated toward enabling students interested in pathology to obtain a broader understanding of the field. Additionally, PSIG seeks to help educate the student body in general with supplemental pathology spotlights that parallel the LSI curriculum in both M1 and M2. Furthermore, dedicated pathology faculty at Nationwide Children’s Hospital and at the OSU campus acquire and save unique pathological specimens in order to give PSIG members deeper perspective into the development and progression of complicated disease processes. If you are interested in learning more about pathology or getting a more well rounded medical education, look for us at the activity fair and watch for our email announcements.

Pediatrics Interest Group
Pediatric Interest Group’s goal is to help medical students learn more about the field of pediatrics. We welcome everyone, from students who know they are going into pediatrics to those who just want to know what pediatrics is all about. Our annual events include the Pediatrics Interest Group Picnic, the Nationwide Research Forum, patient panels and more during National Primary Care Week. This year, we will be offering a pediatrics mentorship program, post-match panel, and physical exam talks.

PEER (Peer Elective Education Resource)
At the College of Medicine, teamwork and mentorship are two of the most important skills students can develop during their medical school careers. PEER consists of a group of upperclassmen students who have developed a series of resources for the first year medical students in order to foster a collaborative community at OSU with these two goals in mind. These resources include large group review sessions,
small group study sessions, individual tutoring sessions, practice anatomy practicals, and practice exams.

Physical Medicine and Rehabilitation Interest Group
The Physical Medicine and Rehabilitation Interest Group is an organization comprised of all years of medical students interested in the PM&R field. We hold informational panels with doctors and residents, hands-on workshops, and other events to help students understand the breadth of the field. Students will gain a better understanding of PM&R, and have a chance to network with PM&R physicians.

PODEMOS
PODEMOS is a student-led 501c3 non-profit organization focused on providing sustainable care to the communities surrounding El Progreso, Honduras. We are an interprofessional organization comprised of medical, nursing, dental, and pharmacy students. Our goals are two-fold: 1) to provide quality primary care services to marginalized communities in Honduras, and 2) to provide a valuable educational experience to Ohio State student participants. We run two brigades each year, as well as take care of chronic care patients with diabetes, hypertension, and/or asthma year-round through our chronic care program. There are plenty of ways to get involved with PODEMOS throughout the year -- be on the lookout early in the year for our brigade informational meeting, various fundraisers, opportunities for research, and more! We would love to have you join us this year! Website: http://podemosu.org/
Email: podemos.med@gmail.com.

Psychiatry Student Interest Group (PsychSIG)
The PsychSIG group strives to promote the field of psychiatry among students. We believe psychiatry is an important discipline because behavioral and mental health are integral to the overall well-being every individual. PsychSIG aims to provide opportunities for students to get involved in advocacy and gain valuable mentoring/shadowing experience by pairing students with faculty physicians. Students are encouraged to come up with unique ideas and execute them through this group. PsychSIG members also get a chance to attend the annual Ohio Psychiatric Physicians Association conference with sponsorship from OSU. For more information, please email to osupysychsig@gmail.com

Radiology Interest Group
The Radiology Interest Group holds quarterly meetings with the goal of helping interested med students learn more about radiology as a field and a career. See our bulletin board in the basement of Meiling Hall to learn about current trends, technology, and the case of the month.

Ride for World Health (R4WH)
The Ride for World Health is a 501©(3) nonprofit charitable organization and a 3,700-mile bicycle ride across the United States to raise public awareness of global health issues. R4WH encourages people to become active global citizens and make tangible changes to their health while financially supporting global health priorities through fundraising efforts. Through a coast-to-coast lecture series and other events, R4WH engages the general public and medical professionals in discussions of local health care issues while drawing parallels to global concerns.
Website: www.rideforworldhealth.org

SHINE
SHINE, or Somali Health Initiative for Nutrition Education, strives to provide fun health classes in the fall for primarily Somalian students in grades 4-6 at Focus Learning North Academy in Columbus. Since the school does not have the funds to provide health education, SHINE has created and implemented classes to fulfill this gap in education, focusing on nutrition and physical fitness. Students each year can be involved in
lesson plans, fundraising, or simply joining us for a fun hour each week to help teach.

Sleep Medicine Interest Group (SMIG)
The SMIG provides opportunities for interested students to learn more about the rapidly evolving field of sleep medicine. We host panels with current sleep specialists and fellows, provide shadowing opportunities at OSU’s sleep clinics, and discuss issues relevant to sleep medicine today (ranging from obstructive sleep apnea and parasomnias to the role of light cues and sleep hygiene in insomnia and other sleep disorders).

Student Council (SC)
Student Council is a collection of representatives from all four classes interacting under an executive body and working with administrators in the College of Medicine. Our goal is to provide a voice and a means of action on behalf of the student body and to assist faculty and administrators in decisions regarding curriculum, funding, and career development. Student Council representatives are involved in fundraising efforts, community service activities, and events to develop class unity, such as the Post-Block Parties.

Students for Integrative Medicine (SIM)
The Students for Integrative Medicine Interest Group is designed to provide students with opportunities to learn and practice alternative and complementary care techniques, not provided in the Medical Curriculum. Some opportunities include self-care practices via weekly yoga, meditation, tai chi, etc. We also provide unique opportunities to learn about the evolution of evidence-based practices by utilizing researchers and physicians that can speak to their success and importance. Integrative Medicine encourages recognition of the whole patient and emphasizing patient-centered care, teamwork, and holistic therapies. Events are open to all students interested in integrative medicine, whether they are experts in the area or have never heard of the concept!

Students for a National Health Program (SNaHP)
Students for a National Health Program (SNaHP) is the student arm of Physicians for a National Health Program (PNHP). PNHP is a single-issue, non-partisan organization advocating for a universal, comprehensive single-payer national health program. We believe that a single publicly funded, privately delivered universal health care system can play a key role in providing high-quality care to all patients. SNaHP invites all students, regardless of political affiliation, to join us at our lectures, discussions, debates and advocacy opportunities throughout the year.

Student Interest Group in Neurology (SIGN)
SIGN is an organization dedicated to providing medical students with opportunities to participate in clinical, research, and service activities related to neurology. In addition, SIGN seeks to create an interest in the American Academy of Neurology and improve medical students' knowledge of neurology. Students who are involved in SIGN will have the opportunity to socialize with other students, residents, and faculty with an interest in neurology. There will be opportunities to shadow neurologists and attend patient presentations and seminars. This will help students gain experience and forge valuable contacts. For more information, please see SIGN’s national website: https://www.aan.com/trainees/medical-student-resources/student-interest-groups-in-neurology/

Student National Medical Association (SNMA)
Student National Medical Association (SNMA) is committed to supporting current and future underrepresented minority medical students, addressing the needs of underserved communities, and increasing the number of clinically excellent, culturally competent and socially conscious physicians. SNMA chapters based at allopathic and osteopathic medical schools throughout the nation, and some colleges, implement our programs and activities locally. SNMA programs are designed to serve the health needs of
underserved communities and communities of color. In addition, SNMA is dedicated both to ensuring that medical education and services are culturally sensitive to the needs of diverse populations and to increasing the number of African-American, Latino, and other students of color entering and completing medical school.

**Surgery Interest Group (SIG)**
The Surgery Interest Group at The Ohio State College of Medicine is committed to promoting surgery as a medical sub-specialty to 1st year through 4th year students. The Surgery Interest Group will allow students to explore social, personal, and academic issues within surgery, expand their knowledge of the constituents of the broad field of surgery, find shadowing and research opportunities, and develop long-lasting relationships with the faculty and staff. Many events will include lectures, workshops, and panels that will help introduce surgery to all students.

**Ultrasound A Cappella**
Ultrasound A Capella is a group of students in the College of Medicine and other professional schools who join together to sing and perform. We have weekly practices in which we learn new songs and rehearse a regular repertoire of music, some of which are arranged by our very own fellow students. There are opportunities to sing in large group, small ensembles, and with other groups in Humanism in Medicine. We are invited to perform regularly at events in for the College of Medicine, Wexner Medical Center, Medical Alumni Council, and more. Some of the performance highlights of the year include the hooding ceremony, second look weekend, the anatomy memorial service, and Nite Out (the medical school's variety show). All backgrounds and skill levels are welcome!

**Ultrasound Interest Group (USIG)**
The College of Medicine Ultrasound Interest Group (USIG) provides extracurricular opportunities for medical students to attain ultrasound skills to better serve patients as future physicians. Medical students, residents, and faculty are invited to participate in the many programs and events we have to offer. Students are encouraged to learn ultrasound through didactic sessions held throughout the year in one of our several programs including Beginner, Intermediate, Advanced, and Honors Ultrasound. Each program builds upon techniques and clinical decision making to supplement the LSI curriculum and lifelong learning. USIG also offers numerous opportunities to participate in research, national conferences, and ultrasound competitions. For more information on how to get involved, please visit our website at www.osuultrasound.com

**Wilderness Medicine Interest Group (WMIG)**
Wilderness Medicine Interest Group (WMIG) is a group of students that are passionate about exploring the outdoors and want to understand how to manage medical problems in a wilderness setting. Fundamentals of wilderness medicine include understanding and minimizing risk in outdoor excursions, stabilizing patients before definitive medical care is available, and evacuation techniques. WMIG goes on weekend trips and holds events throughout the year to explore and practice various Wilderness Medicine topics. In the Spring, there is an opportunity for students to do a weekend of more intense training to receive their Advanced Wilderness Life Support (AWLS) certification.

**Women in Medicine (WIM)**
Women in Medicine is dedicated to addressing topics of family, significant others, and work that affect both women and men. Medicine is in a time of flux as the number of female physicians rises in a historically male-dominated profession. This changing climate provides an opportunity to redefine roles and expectations for the best interest of all physicians, whether female or male. By combining the resources of AMA Women in Medicine and AMSA Women in Medicine with our own, we organize a variety of activities.
Events include an annual M1/M2 Powderpuff football game, a mentorship program with female undergraduate premedical students, panels and discussions with female physicians, and networking events including a Spring Happy Hour and Fall Brunch. If you are interested in WIM, look for emails about upcoming events.

5-2-1-0 Healthy Kids
‘5-2-1-0’ stands for ‘5 fruits and vegetables’, ‘2 hours or less of screen time’ (TV, video games, etc.), ‘1 or more hour of activity’, and ‘0 sugary beverages’. 5-2-1-0 Healthy Kids is a College of Medicine student organization with the goal of teaching elementary-school-aged children about healthy habits and the importance of physical activity in order to combat the problem of childhood obesity. 5-2-1-0 also works to prevent the onset of Type II Diabetes in the youth of Columbus, providing opportunities for service to all OSU students. Our goal is to improve understanding of the current health crisis and publicize the resources available to children and families of underserved communities to pursue healthy living.

Nationally, 5-2-1-0 is an evidence-based prevention message centered on recommendations from the Childhood Obesity: Assessment, Prevention and Treatment Expert Committee, sponsored by the Centers for Disease Control and Prevention (CDC), the Health Resources and Services Administration (HSRA/HHS), and the American Medical Association (AMA).

This is not a comprehensive list! Plan on attending the Student Activities Fair in order to find out more about these groups and many more.

If you are interested in getting involved with a community agency in the Greater Columbus Area (not directly linked to the OSU College of Medicine), check out the Student Council website (http://medstudentcouncil/osu.edu) for a comprehensive list of the various organizations and their contact information. This list will be updated throughout the year.

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