

PS
&S



STUDENT GUIDE

The *unofficial* guide to the first year of medical school –
current students provide the scoop on P&S



COLUMBIA UNIVERSITY

*College of Physicians
and Surgeons*

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From the Dean of the Faculty of Medicine

It is my privilege to welcome you to the Columbia University Medical Center community at an especially exciting time. The College of Physicians and Surgeons has been a preeminent medical school ever since it granted the first MD degree in the United States in 1770. As we celebrate our 250th anniversary in 2017, P&S has never had a more exciting curriculum or a more remarkable range of extracurricular activities.

In your educational settings, you will interact with an outstanding faculty who will guide you in combining the fundamentals of medical science with the principles of humanity that define the patient-doctor experience. You will be learning and working side by side with others who share your motivation to become a great physician but bring their own unique perspective and experience. The diversity here not only prepares you for your clinical career, but it also creates an environment in which novel approaches to existing problems are both welcomed and encouraged.

Your own curiosity about medicine brought you here. Now, let that same curiosity guide you to discover all that Columbia offers. Your discoveries—both the obvious ones and those that surprise you—will be an important part of your transformation from a first-year medical student to a physician, from a short white coat to a long one, from a vantage point of learning to a mantle of teaching. No matter how medicine changes, your potential to use your talent and education to improve health outcomes will not change. All of us at P&S are committed to helping you become leaders in medicine and science and have fulfilling careers, while remembering Columbia as an extraordinary catalyst in your lifelong medical education.

I look forward to meeting you and helping you simultaneously benefit from P&S and make it an even better place.

Lee Goldman, M.D.

*Harold and Margaret Hatch Professor
Executive Vice President and Dean of the Faculties
of Health Sciences and Medicine*



**YOUR OWN CURIOSITY ABOUT MEDICINE BROUGHT
YOU HERE. NOW, LET THAT SAME CURIOSITY GUIDE YOU
TO DISCOVER ALL THAT COLUMBIA OFFERS.**



From the Senior Associate Dean for Student Affairs

Welcome to P&S! We are so pleased that you are joining us on the journey to become a doctor and that you have decided to spend the next few years with us at Columbia. The voyage you will take here will shape you both professionally and personally as you develop new friends, new mentors and teachers, and new skills along the way. It will be exciting, inspiring, tiring, at times stressful, and incredibly enriching. We are here to help you through and to make the experience as educational and supportive as possible.

We have so many wonderful resources at P&S, including our outstanding faculty and residents, our advisory dean program, our Center for Student Wellness and Student Health Service, our research and dual degree programs, and our vast array of activities under the umbrella of the P&S Club. And of course, New York City—"the City that Never Sleeps"—has something for everyone.

We hope you will take advantage of all the resources that you need to make your time here as satisfying and positive as possible. I have daily office hours and encourage you to stop by to say hello.

With regards,

Lisa Mellman, M.D.

*Samuel Rudin Professor of Psychiatry at CUMC
Senior Associate Dean for Student Affairs*



**THE VOYAGE YOU WILL TAKE HERE WILL SHAPE YOU BOTH
PROFESSIONALLY AND PERSONALLY AS YOU DEVELOP NEW FRIENDS,
NEW MENTORS AND TEACHERS, AND NEW SKILLS ALONG THE WAY.**

ACADEMICS

BEING A MEDICAL STUDENT

Overview: Medical school is very different from college, other graduate schools, and full-time jobs. However, it does have elements of all of these and it is important to know what is expected of you as you begin a lifelong journey to create your professional identity. Though this can seem very solemn and rather daunting, it is important to realize that this does not happen overnight—it is a continuous molding process that begins the moment you don your white coat for the first time. During your preclinical years this means respecting your fellow peers, faculty members, and especially the patients who share their experiences with you. Establishing a strong track record of accountability early in medical school will prepare you for the enhanced responsibility you will take on during your Major Clinical Year (MCY). Ultimately, it will be up to you to manage your schedule, so I highly recommend becoming accustomed to keeping a calendar. You'll see quickly that between classes, assignments, small group activities, student clinic obligations, clerkships, and extracurriculars, it is difficult to keep track of everything without the help of a daily organization tool. Fortunately, all curricular activities can be easily synced to your personal electronic calendar through Oasis.

Attendance: As a general rule, lecture attendance is not required, though each course has its own set of required small group activities. A typical day in medical school consists of several hours of lecture in the mornings and afternoons followed by small group activities, depending on the course and week. If you find it difficult to “focus like a laser beam,” as Molecular Mechanisms (MM) Course Director Dr. Barasch recommends, for that much time consecutively, you will be happy to hear that almost every lecture is recorded and can be watched later at 2x (or even 3x!) speed. However, many students value the structure of scheduled class time and try to attend every class. Due to the large volume of information that we need to learn, it IS very easy to suddenly find yourself several lectures behind, so maintaining a balanced schedule is critical. Also, it is important to note that patient interviews are not included in the lecture recordings to maintain patient confidentiality, so attendance at those sessions is required. All in all, there are so many reasons to attend or not attend lecture and with a little tweaking you will find a system that works best for you. If you need to miss a required event for religious reasons or a personal emergency, you can email your course director as well as psfundamentals@columbia.edu to make arrangements.

Professionalism: Although at times the long lecture hours in the preclinical curriculum may make you feel like you've slipped back into your undergrad days, medical school is not college and there are increasing demands to act professionally. Your professors and faculty members will begin to treat you like peers, and patients will trust you to respect their confidentiality and advocate for their rights. In your first year, this mostly means adhering to the honor code, following HIPAA regulations, and attending all required small group sessions, shadowing, and tutorials experiences. While it may feel like no one will notice your absence from a required session, they will take note if you

handle absences proactively by communicating openly about potential conflicts. In the unanticipated event that you have an extenuating circumstance, the reputation that you build can make things much easier. A good rule to follow is to respect everyone's time: show up on time so the instructors don't delay the start of class or are interrupted, and don't ask tutorials or shadowing instructors to reschedule sessions.

Try and settle conflicts in a constructive manner. If an instructor/student says something that bothers you, pause to think about the best way to politely address it with them or escalate it to the appropriate person. Give people the benefit of the doubt and if something happens, feel empowered to address it directly instead of talking behind their back. Chances are that if you do it right, they will thank you for helping them in their own professionalism.

And finally, never forget: emails, texts, group chats, Facebook posts (all the internet things) are forever.

LEARN MORE | Check out the comprehensive document called "*Suitability for the Practice of Medicine*" that discusses the "Domains of Professionalism" and what is expected of P&S students. Also the "*P&S Guidelines on Professionalism*" is a shorter list of expectations of the community. <http://ps.columbia.edu/education/honor-code-policies/ps-guidelines-professionalism>

~Adam Kroopnick, P&S 2020, ajk2228@cumc.columbia.edu
(adapted from Akshay Save, P&S 2019)

Pass/Fail

If you're a typical medical student at Columbia, you probably fit pretty well into this description: high achieving, goal-oriented, and just a little bit neurotic. In undergrad, you may have tried to learn as much as you possibly could and made sure no detail slipped past you; alternatively, you may have coasted by in college but may be worried about managing the med school information glut. Medical school is different from undergrad, and pass/fail eases that transition. Unlike in undergrad, it is impossible to learn and retain every single detail you are taught, but that's okay because you will be seeing everything again, and again, and again. Things you learn in Anatomy and Molecular Mechanisms (MM) will reappear in Body in Health & Disease (BHD), and everything will be reinforced during Major Clinical Year (MCY). Did we mention yet how many acronyms are used here?! Pass/Fail means you don't need to burden yourself with learning everything the first time (you won't) and trying to score the best on a test (good scores don't necessarily make good doctors). So relax a little and take some time to work in a free clinic, do some research, act in a play, join an interest group, spend time with family and friends, and explore NYC.

Pass/Fail is in effect for your first 1.5 years of medical school (i.e. all the way until MCY). For most courses, you have to get at least two standard deviations below the median grade or a 70 (65 for anatomy), whichever is lower. This is a pretty generous cutoff and most people end up doing just fine (and if you don't do as well as you might have hoped, just read the next section). Additionally, professors drop questions that most students get wrong. Finally, because you're not being pitted against your classmates for a grade, this system creates a highly collaborative environment where people share their homemade study aids, form study groups, and do everything they can to make sure their classmates are turning into the best physicians they can be.

~Ben Wagner, P&S 2020, baw2158@columbia.edu
(adapted from Sean Gupta, P&S 2019)

If you fail an exam...

You'll hit the refresh button on the browser a few times just to make sure the score is real and not some cruel prank by Dr. Barasch (besides, Dr. Barasch would never). The cutoff was 68? But like... They'll round up a 67.5, yeah? They have to, right? Spoiler alert: they won't. You hope that maybe you can slip by unnoticed, but within a few days, you'll get an email from the course director asking you to come meet with him/her. And while your classmates are all heaving sighs of relief over passing another block, you're busy thinking up exactly what you'll say in order to garner the most mercy from the administration. Should you tell them how you were waiting three hours in line to see *Star Wars: The Force Awakens* the night before? Probably not. You'll just acknowledge that you didn't stay on top of your coursework as best you should, and that will be enough. The course director will remind you of the resources available to prepare for the exam, and will ask how they could have helped you better prepare. At the end of the day, it's your professors' goal to ensure your success, and they want to see that through.

Of course, you'll also be getting an email from Dean Mellman to drop by and meet with her as well. The conversation will be similar to that with the course director, and she'll take a few notes on what other activities you're involved with on campus and what may need to be cut back upon. She'll offer to match you with an SSN tutor (do it!), as well as recommend talking with Jane Bogart in the Center for Student Wellness about time management skills (she's awesome!). If the exam in discussion was from fall semester, you'll retake it over the next break. Otherwise, it will be at the beginning of summer. Either way, you'll have more than enough time to adequately prepare (pro tip: you're allowed to review your old exam before re-taking it; make sure you do so).

So if you should happen to fail an exam or two, remember that this stuff is hard and that you're surrounded by brilliant, hard-working people who find it hard too. These exams are intentionally difficult; not to weed you out (those days are long gone, friend), but instead to make sure you're well prepared for Major Clinical Year and Step 1. On any exam, roughly half the class has to score below the median, and a few people may fail—it's just a mathematical certainty. And by the end of first year, you'll be surprised by how many classmates have secretly joined the club. Don't sweat it if you're one of them—take a deep breath, shake it off, and start fresh with the next block. As we say, P=MD.

**~Ben Wagner, P&S 2020, baw2158@columbia.edu
(adapted from Mike Hernandez, P&S 2018)**

Four-Year Academic Overview

The P&S curriculum is structured as three major segments: Fundamentals, Major Clinical Year, and Differentiation & Integration. Here is what your next four years will look like:

Fundamentals Semester 1 (Aug – Dec): You begin with 3 classes: Molecular Mechanisms (MM), Clinical Gross Anatomy (CGA), and Foundations of Clinical Medicine I (FCM I). These are discussed in more detail below, but essentially you will be getting your feet wet by taking basic biochemistry and other foundational science courses, dissecting a cadaver, shadowing healthcare providers in clerkships, and discussing some of the anticipated ethical dilemmas of medicine.

Fundamentals Semester 2 (Jan – Jun): You will have three classes again: The Body in Health and Disease (BHD), Psychiatric Medicine, and FCM II. This semester will arrive before you know it! In BHD, you will have quizzes 1-3 times per week (they are super short, relevant, team-based, and low stakes!) and mandatory small groups several times a week. This is the beginning of your systems-based education, during which you learn normal physiology, diseases, treatments, and work through clinical cases. In FCM, tutorials will be an added component separate from your weekly seminars. You will spend three hours a week in groups of four students with a preceptor who will teach you how to do a physical exam. You will also spend some time interviewing patients, performing a physical exam on them, and learning how to write a patient note (a key feature of your clinical year!). This is when you really begin to feel like you are making progress toward your MD. And as a special bonus, you will pick from a variety of Narrative Medicine seminars for the last 6 weeks of the semester; options include weekly visits to the Met or MOMA, as well as seminars on fiction writing, journalism, comics, photography, and dance!

Fundamentals Semester 3 (Aug – Dec 2017): This semester continues the second half of BHD and FCM tutorials. You will hone your history and physical exam skills in FCM, and complete the last few organ systems in BHD. Your 3rd course will be Evidence Based Medicine. A highlight of this semester is teaching SSN review sessions for the first-year students (more about SSN later)! You will also begin receiving more information on the Major Clinical Year that is quickly approaching!

Major Clinical Year (MCY) (Jan – Dec): The lecture hall, library, and classrooms will be replaced by time spent in the hospital, both at NewYork–Presbyterian and multiple off-site locations. For a year, you will wear your white coat as you rotate through the major medical specialties (Internal Medicine, Pediatrics, Surgery, Obstetrics–Gynecology, Psychiatry, Neurology, Primary Care) with the same group of classmates. This is when you take the time to figure out which specialty you want to pursue. Twice this year you will come together as a class to reflect on your experiences in what is known as “M&P Week.” This stage of your education is intense and time-consuming, but it is the true first step into the adventure of clinical medicine and therefore one of the most rewarding times in medical school.

The Boards (taking STEP 1!) (Jan – Feb): Instead of taking the boards (a standardized exam that tests your knowledge of the organ systems you have studied in Fundamentals, often applied to clinical cases) right after you finish the pre-clinical curriculum, you will study for and take the exam after MCY. Now with a ton of clinical experience to accompany your Fundamentals knowledge, you will have two months to study solely for the exam (and slip in a well-deserved vacation!).

Differentiation & Integration (Mar – May): During D&I, you will do several “Sub-Internships,” which are essentially intensive MCY rotations in a specialty of your choosing, and other clinical electives (here or at an away institution) related to the areas you are considering for your specialty. You will also complete a scholarly project, take a few enrichment classes, and apply to residency! You will inevitably match in a great program and become a spectacular physician!

~Hannah Ford, P&S 2019, hannah.ford@columbia.edu
(adapted from Joshua Stein, P&S 2018)

EDITOR’S NOTE: *The curricular information presented below reflects students’ experiences this past year. Updates to the curriculum are undertaken regularly, thus the newly enrolling class may engage with the curriculum in different ways.*

Clinical Gross Anatomy (CGA)

Anatomy is an amazing course and one of the best things about your first semester of medical school. You get the responsibility and privilege of intimately exploring the human body by taking care of your very first “patient”—a human cadaver. Additionally, the class inundates you with information, which makes it a fantastic introduction to medical school and a great way to develop your study habits for the future. The class has three main components: one hour of lecture twice a week, a three-hour laboratory dissecting session either Tuesday or Thursday afternoon, and a non-dissecting session on Friday afternoon. The material is split up into three blocks over the course of the semester: 1) Chest, Back, and Limbs, 2) Head and Neck, and 3) Internal Organs and Pelvis.

The bulk of learning in this course happens in the laboratory dissections. You will be split up randomly into teams of four and assigned to a cadaver which you will dissect once a week on either Tuesday or Thursday; you will share this cadaver with another group of students that dissect on the alternate day. Anatomy will be the first course you take and it will feel at first like you’ve been thrown into the deep-end, but don’t worry! You’ll be accompanied by an iBook dissector created by our very own Dr. Bernd (the course director) and past P&S students, and there are always professors circulating around the lab waiting to help you out whenever you get stuck or can’t identify something.

Also, you have the wonderful opportunity to dissect in the Vagelos Education Center’s state-of-the-art anatomy lab that’s equipped with surgical overhead lights, adjustable cameras, and each cadaver’s CT scan at your disposal. Furthermore, you don’t have much to worry about when it comes to the smells of the lab, because the interior ventilation system will sweep all of the fumes out of the lab while you’re working. I’ve gone in with casual clothes on for a few hours and come back out without anyone knowing the difference!

Anatomy lectures are given by the phenomenal Dr. Bernd. Her lectures are always interesting and often entertaining, and her slides are extraordinarily clear, comprehensive, and organized. Non-dissecting sessions get your lab group back together to go through clinical cases, look at radiology images, and study the skeleton and bones (they even have real human skulls for each group). Additionally, sometimes residents will come in and show you cool things like how to intubate someone or perform ultrasounds (SCANIMAL!).

The actual exams are structured with two parts: written and practical. The written portion is composed of 50 multiple choice questions that test your knowledge of the material beyond just memorizing structures. You’ll be expected to know how they work together, and how injuries in one part can lead to a deficit in another (i.e. a knife wound has severed a particular nerve in the body, which muscle action will most likely be affected?). Following the written part of the exam is

the practical, which consists of walking around the lab from cadaver to cadaver identifying tagged structures. For this part of the exam, you will work with your anatomy team to come up with the correct answer.

Anatomy can be overwhelming because of the sheer volume of material, but there are a lot of resources to help get you through it. First, understand that anatomy isn't just about discrete memorization—it's about learning relationships between structures, which can make organizing and recalling the information a lot easier. Second, use SSN's plethora of study aids to help you, including their review sessions, Eugene charts, and high-yield info sheets. SSN also offers practice practical exams in the days preceding the real exam, which simulate the real thing, and give you a chance to develop your teamwork skills. Additionally, some of the anatomy professors hold lab review sessions every Friday afternoon to go over the dissections from the previous week. Finally, many people make use of external resources, such as an anatomy atlas (Netter's is a popular one), anatomy flashcards (also Netter's), the Essential Anatomy iOS/OSX app, and University of Michigan practice questions. You'll also have all-day access to the anatomy lab, so you can review structures in the cadavers themselves whenever you need to. There's a lot to learn, but don't worry—you're going to be just fine!

*~Joseph Sanchez, P&S 2020, js5001@columbia.edu
(adapted from Sean Gupta, P&S 2019)*

Molecular Mechanisms (MM) Overview

Molecular Mechanisms is a broad overview course with 5 blocks covering biochemistry, histology and pathology, embryology, pharmacology, and genetics. We all have our own unique paths that brought us to medical school—some have PhDs in biochemistry, others studied mathematics in college, and others pursued a passion in the humanities. As a result, each student has had very different exposures to the fundamental science underlying clinical medicine. MM helps establish a baseline understanding of key topics that will be built upon in later courses. Classes are often taught by a combination of clinicians and leading researchers at the forefront of their fields, so we have the opportunity to learn about cutting edge work. Lectures are recorded (except when real patients come to class to share their personal stories) and plenty of study materials circulate through the class, so students can experiment with study habits to figure out the best way to learn the material. Dr. Barasch, the course director, is an excellent resource for all things MM (and in general), ranging from explaining difficult topics to developing better study habits. He even makes rounds through the VEC and undergraduate campus libraries in the evenings leading up to each exam to answer any last-minute questions! In the following sections, upperclassmen describe what they found to be the most useful studying resources for each block of MM.

*~Lillian Chen, P&S 2020, lcc2161@columbia.edu
(adapted from Akshay Save, P&S 2019)*

Block 1: Biomolecules

The first block of MM is Biomolecules and Cells. You will learn about basic cellular components and metabolic pathways, and use these ideas to understand a class of clinical diseases called Inborn Errors of Metabolism. While some of the material may be familiar from your previous biology or biochemistry courses, this course – as well as the rest of the MM blocks – places a greater emphasis on the connections to clinical diseases and treatment.

Since this is the first MM block and features the first exam in medical school, figuring out how and what to study for this block can be a bit anxiety provoking for everyone. Keep in mind that studying for medical school can be very different from studying for college or other classes you

have taken in the past. Medical school courses usually pack large amounts of information into a short amount of time (“drinking from a fire hydrant,” as the saying goes), so it is particularly important to focus on the big picture to avoid getting lost in a sea of minutia. Experiment with new ways of studying during this block, and remember that much of what you learn will come back again throughout medical school. So try not to feel overwhelmed to cement this knowledge all at once. In med school, repetition is key.

Although things may seem a little daunting at first, have no fear! There are many people and resources here to help you learn the material for this block and make a smooth transition into medical school. First, Dr. Barasch, the section director, takes notes in class and posts these notes in addition to some practice problems for every lecture. His notes will often point out what you should focus on when studying. Be sure to work on the practice problems, too, as you will see some of those exact questions again on the exam. In addition, Dr. Barasch posts “Cases of the Week,” which appear on the exams and are worth extra credit. Starting from this block, SSN (Student Success Network) will also provide a live review session before each exam as well as super helpful review sheets that condense and highlight the important details from each set of lectures. So, take a deep breath, relax, and know that there are many resources here to help you study and succeed!

~Nick Sumzin, P&S 2020, ns2745@columbia.edu
(adapted from Hannah Ford, P&S 2019)

Block 2: The Biochemistry and Microscopic Anatomy of Healthy and Sick Tissues

The Histology/Pathology block is the longest and most information-packed block of MM. The two subjects are combined into one block because they go hand in hand — histology is the study of healthy tissues and pathology is the study of disease and diseased tissues. Although the amount of slides with pink and blue shapes might seem daunting, you will luckily have great instructors like Dr. Lefkowitz and the two Drs. Spitalnik (they’re married! Awww P&S couples...) to ensure your success!

To this end, the course often repeats the most relevant information in both lectures and lab. In fact, Dr. Patrice Spitalnik shows the slides she really wants you to learn several times during her lectures. I found going to histo/path lab helpful since residents and attendings were there to answer questions and take us through an interactive pre-lab and post-lab review. Dr. Spitalnik also posts video modules reviewing the material. The gross pathology lab (where you look at real organs from deceased patients) is also a great chance to ask questions and start to understand how disease affects various organs.

Included in this block will be topics that you may be familiar with from college biology such as muscle and nerve structure and function (remember those sarcomeres from the MCAT?). Other topics are more loosely connected to pure histology/pathology, but still important in understanding how improper functioning of cell processes manifests as disease.

All in all, this is a long block and it is best not to fall behind! I would recommend keeping up with the synopses provided by Dr. Barasch, and attending SSN review sessions as well as review sessions by Dr. Spitalnik and Dr. Lefkowitz. Some of you might not find staring at microscopic slides and diseased organs very enjoyable. But I recommend going along with the enthusiasm of the instructors and the humor of Dr. Lefkowitz (not a sixth sign of inflammation) since these subjects will build an important foundation for your clinical studies in BHD and beyond.

~Rabia Iqbal, P&S 2019, ri2176@cumc.columbia.edu

Block 3: Basic Developmental Biology: Anatomy, Biochemistry, and Molecular Mechanisms

Embryology is the last hurdle in a three-week run of back-to-back exams (MM, then Anatomy, then MM again), and you may be feeling pretty burnt out. It's okay—everyone is feeling that way. This is a good block to remind yourself that the Fundamentals curriculum is pass-fail. Try your hand at cramming and making up quirky mnemonics with your friends to remember the names of all the proteins; don't worry if you don't get it all—key aspects of embryology will come back throughout the year. (Horseshoe kidneys! Ectopic thyroids!) Dr. Laufer, the director for the block, does an incredible job at organizing the information, so that you can understand how all of the different lectures fit together. Finally, and this cannot be emphasized enough, make your origami embryo. Just do it.

~*Hannah Ford, P&S 2019, hannah.ford@columbia.edu*
(adapted from *Jemma Benson, P&S 2018*)

Block 4: Basic Pharmacology (Biochemistry of Medications)

Pharmacology is the second-to-last block in MM, and you will learn the basics about how drugs are metabolized and how drugs and the body interact with and affect each other. After spending a couple of months on biochemistry and development, this block is wonderful because you get to start thinking like a doctor! You will also learn about the autonomic nervous system and the drugs that act on it. Try your best to learn these well, as they will come back up during multiple BHD blocks such as Cardiology and Renal, and will also be important to know during MCY! This block is the first time you will be given a long list of drugs to learn, but it definitely won't be the last, so it is a good time to start developing your methods for studying and memorizing them. Some students like to use flash cards such as Anki for this, and others like to use SketchyMedical, a set of videos that teach you mnemonics for memorizing medical facts, including drugs. Here you won't get Dr. Barasch's synopses anymore, but you will get a "syllabus" for each lecture that's more or less the same thing—use these to learn the details of each lecture. You will also have several small group sessions where you will work through practice problems to get the hang of using the equations, and talk through experiments to reinforce the details of all the new drugs you are learning. It is helpful to show up prepared to these sessions as they will help further your learning (although don't sweat the opioids article too much). Finally, you should be provided with a huge bank of old exam questions. Do these! You'll likely see many of these questions again on your real exam. One last note: this exam usually takes place soon after Thanksgiving break, so plan accordingly.

~*Megan Liu, P&S 2020, ml3949@cumc.columbia.edu*
(adapted from *Sean Gupta, P&S 2019*)

Block 5: Basic Genetics

The end (of MM) is near! You've come a long way since August when you didn't know what DNA was (okay -- you probably knew that). By now, you're probably ready to go home, enjoy the break, and think about anything other than molecules or mechanisms, but you've got to make it through one more block: Basic Genetics. Luckily for you, this block is run by one of Columbia's resident super-humans, Dr. Wendy Chung. Don't be intimidated: despite her rapid delivery of lectures and her impressive resume, Dr. Chung has a superb capacity for distilling the sometimes-complicated topic of genetics and making it understandable, even for those who don't remember much about genetics beyond the Punnett square. Dr. Chung is a wonderful teacher who really cares that you get something out of the block, so feel free to talk to/email her if you feel lost or have questions (or just want to hear more about her amazing career or potential research opportunities). As in all the MM blocks (but particularly in genetics), you should try to stay on top of the material, especially since many find this exam to be somewhat challenging, and you're trying to keep up

with the final block of anatomy, as well. The small group sessions are very useful for this block, and the concepts that are taught there are the most important both for clinical applications and for the exam. Finally, make sure to do the group video assignment—it's free points. ALWAYS take the free points. So whether you're the next Watson/Crick or you think genetics isn't your thing, don't worry. This block is really well organized and if you stay on top of it, you'll be on break celebrating your pass in no time!

*~Guy Jean-Louis, P&S 2020, gj2279@columbia.edu
(adapted from Brian Reuland, P&S 2019)*

Foundations of Clinical Medicine (FCM)

Foundations of Clinical Medicine (FCM) focuses on the art of medicine more than the science. During the first semester, you will have an hour-long lecture once a week that is followed by a one- to two-hour discussion seminar. In these lectures you will learn about the features of an effective patient interview, cultural competency, and ethical concerns in medicine. Some weeks a patient will come into the class to discuss his or her experience with illness and the health care system. In the seminars, you will have the opportunity to reflect on these topics and improve your interviewing skills by practicing with standardized patients. Seminar groups include approximately 14 students with a faculty preceptor, all of whom you will grow close with as you continue meeting throughout the entirety of medical school. Every so often you will complete short writing exercises that you will add to your Portfolio, which you will continue to add to throughout your time at Columbia. In addition, once a week you will have a two- to six-hour clerkship, where you will get to shadow a healthcare provider and observe the patient-provider relationship.

In the second semester, FCM shifts its focus and is comprised of two components: FCM Seminars and FCM Tutorials. In FCM Seminars, you will continue to attend weekly hour-long lectures followed by 1-2 hours of small group discussion. Now you will explore health systems and policy (aka SLIM) and health promotion. Towards the end of the semester, you will enroll in a Narrative Medicine seminar, which will replace the weekly lecture and small group. You can choose from classes that discuss the philosophy of death, medicine in movies, meditation, fiction writing, graphic novels, photography, observing artwork at the MoMA or the Met, among many other options. In FCM Tutorials, you will meet weekly with a group of three other students and a preceptor and learn how to take a history and conduct a physical exam. This is when you will really start to feel like you are becoming a doctor! Overall, this course integrates the scientific and humanistic aspects of medicine, and it allows us to prepare for and reflect upon our future careers as physicians.

*~Hannah Ford, P&S 2019, hannah.ford@columbia.edu
(adapted from Hallie Steinfeld, P&S 2018)*

SLIM (Systems, Leadership, Integration, and Management)

SLIM equips and empowers medical students—through education about health systems, policy, equity, and technology—to become physician-leaders who will shape the future of healthcare delivery.

As mentioned earlier, the idea of the SLIM curriculum is to expose P&S students to the broad range of issues that shape healthcare delivery—including patient safety, policy, technology, quality improvement, healthcare innovation, and equity—and the various health systems across the country and the world. These topics are particularly hot right now, especially within the context of the current political climate. That's why it's critically important to have a foundation in these aspects of medicine beyond molecules and disease processes.

Officially, you'll have required lectures and small group discussions to learn about these topics, as well as an optional SLIM clerkship experience to which you can apply.

In addition to its formal role within the curriculum, the SLIM Student Committee is also a P&S club that gives students the opportunity to explore health systems beyond the classroom with:

- Special events featuring healthcare leaders, physician entrepreneurs, and researchers who are at the forefront of their respective fields.
- Research internships and summer stipends.
- Scholarships to attend conferences on innovation and efficiency in healthcare delivery.
- And much more!

~**Daniel Friedman and Sarah Soo-Hoo, P&S 2020, slim@cumc.columbia.edu**

The Body in Health and Disease (BHD) Overview:

Body in Health and Disease (BHD) comprises the bulk of your pre-clinical curriculum and is essentially the reason we all went to medical school in the first place. The course runs from spring semester of the first year through the fall semester of second year and covers organ systems in blocks (immunology, cardiology, pulmonology, etc.). You'll get an introduction to each of the BHD blocks in the sections that follow. The course integrates the normal physiology of an organ system (how it's supposed to work) with the pathophysiology (what happens when it doesn't work) and treatment options. The information you learn here will be very important for the Major Clinical Year, Step 1, and for your future career, so you want to learn as much as you can. Fortunately, the courses are designed to build on each other so that you see the most important concepts again and again.

The schedule for BHD is nice and predictable: each day you'll come for two or three 50-minute lectures taught by a leading clinician or researcher in the field you're learning about. On days where you have only two lectures, you'll have a small group session where you will either go through a case with a clinician preceptor, look at histology slides, or actually feel healthy and diseased organs in the gross pathology lab. Once or twice a week this small group session will have a Team-Based Learning (TBL) format, which begins with a graded quiz. You take an individual quiz first, then you take the same quiz again in your six to seven person group. Please don't stress about these quizzes; each one counts for 2-3% of your total grade, so they're really more to help you assess your understanding of the material than anything. That being said, you'll get the most out of these sessions if you prepare in advance, and your group will thank you for it! Each block culminates in a final exam (2-3 hours long); the questions for the exam are multiple choice and are written in the style of the National Board of Medical Examiners (the USMLE folks), which is good practice Step 1.

There are a ton of resources available for you in BHD. In addition to the resources you're already familiar with from MM and anatomy (lecture slides, Eugene charts, SSN sheets, Karinja notes, etc.), each block will have its own recommended textbooks and websites listed on the syllabus. Dr. Garrett, the course director, will send out practice questions and need-to-know drugs at the beginning of each block. Pro tip: you definitely don't need to buy any textbooks, but one that students from previous years have found helpful is Costanzo's Physiology, because it applies to most if not all of the blocks.

BHD is a great course where you will work really hard but learn a ton. Remember, this is information you will use as a physician, so stay strong and stay motivated. On the other hand though, it's important to remember that you don't have to excel in every block to become a great physician. Find what you love, do your best, and good luck!

~Brian Reuland, P&S 2019, bdr2128@columbia.edu

Block 1: Immunology

BHD is here at last. Immunology is the first block in BHD and provides an opportunity to fine-tune your study habits and get used to BHD-style learning. Dr. Canfield, the course director, takes 3 weeks to cover the basics of immunology as well as various clinical applications (allergies, autoimmunity, tumor immunology, etc.). You'll also finally get to start working with clinician preceptors in small groups and TBL sessions, which meet roughly once a week to thoroughly cover more dense clinical scenarios. There is also some "required" reading to do over winter break as well as a short quiz on the reading; all the answers can be found in the text and I personally found the pre-block reading to be a good refresher for immunology. If you haven't taken immunology before, don't sweat it; many of the important concepts are seen multiple times (readings, lecture, and small group) and by the end of the block, you'll be surprised at how much of the "alphabet soup of cytokines" and antibodies you now recognize. This class is run concurrently with Psychiatry (a semester-long course we'll talk more about later) and Microbiology & Infectious Diseases (another BHD block), which can feel overwhelming at times. Obviously, everyone has a different strategy for balancing their work, so take the time to reflect on what works best for you. Test new strategies, work with friends, and above all try to enjoy yourself!

*~Jonathan Xu, P&S 2020, jtx2000@columbia.edu
(adapted from Andrew Garton, P&S 2019)*

Blocks 2 and 3: Microbiology and Infectious Diseases (MID)

This was one of my favorite blocks of BHD – Dr. Gordon and Dr. Coyle are absolutely phenomenal teachers, and they will make all your infectious disease dreams come true. This block is extremely well organized, and is filled with a ton of resources to help you become familiar with the various bugs and drugs, including interactive modules on lecture material, such as Dig-its and Macrophage, which provide a fun way to learn and digest the material. In this block you'll learn all about bacteria, viruses, fungi, parasites, and the infectious diseases these organisms cause. Though there is A LOT to cover, MID is broken into two blocks; the first block is concurrently run with Immunology and covers bacteria and fungi, and the second block covers parasites and viruses. Of note is that this is the first block where you start to see USMLE-style exam questions with clinical scenarios – they're much more interesting! You'll learn all about how to approach these problems in your small groups and will receive lots of guidance along the way.

For these blocks, cramming is a nightmare and I wouldn't recommend it. That being said, let's not pretend we never fall behind; it happens to the best of us, but MID is one of those blocks that has such voluminous information that you will likely have an incredibly difficult time getting the antibiotics and antifungals straight. Thankfully, there are enough exercises and TBLs interspersed throughout the block that will effectively compel you to stay on top of the material. You will also have several "Just-in-Time-Teaching" sessions put together by Dr. Gordon. Go to these! They are helpful for putting together all the information you have just learned with your classmates, and they are fun! While I mentioned that there are a ton of study aids available for your use, some students also choose to use outside sources such as SketchyMicro and First Aid to supplement their learning. Sketchy, in particular, has short videos on various pathogens that include details and mnemonics that can be helpful in remembering the unique characteristics of each bug. Don't feel like you HAVE to use these, though; all the material you need to know is covered in the lectures. As with the rest of BHD and pre-clinicals, try to find a study method that works for you, and if the material seems to be overwhelming at times, just take a deep breath...and relax: P=MD, and you'll see many of these concepts again in future blocks and on the wards.

*~Jonathan Xu, P&S 2020, jtx2000@columbia.edu
(adapted from Neda Bionghi, P&S 2019)*

Block 4: Cardiology

The cardiology block provides a comprehensive introduction to basic cardiovascular physiology, disease, diagnosis, and treatment. Understanding the anatomy of the entire cardiovascular system – from blood vessels to ventricles – is incredibly important when it comes to learning the pathophysiology later in the block. We already have a great foundation from our clinical gross anatomy, but definitely review Dr. Bernd's slides if you want to brush up! Give yourself time to master the various equations (cardiac output, blood pressure, Law of Laplace, etc.) and their underlying physiologic principles, as this will enable you to reason through the major disease processes without memorizing every last detail. Because the entire cardiovascular system is just that - a system - this block involves a lot of reasoning and working through the physiology to understand where the problem lies and how to fix it. The good news is that if you understand how the various components are interlinked and respond to one another, this becomes a less daunting task. Some of you may prefer this sequential form of thinking to previous blocks where memorization could pull you through, and some of you may not, but just be sure to solidify the basics early in the block! You will also be asked, especially in small groups and on the exam, to integrate information from various sources, including the physical exam, auscultation, EKG, blood labs, imaging studies, etc. into a cohesive diagnosis. Therefore, try to predict what each cardiovascular disease will "look like" from each of these perspectives (i.e. Can you hear an S3 gallop? What should the EKG show?). Most of our class found two resources to be very helpful in this regard: Lilly's Pathophysiology of Heart Disease and Dubin's Rapid Interpretation of EKG's. There were also some great online modules on EKG and arrhythmias if you're not a book person. Lastly, there are a TON of drugs to know for this block and you will be expected to not only understand their mechanisms of action and indications but also their numerous side effects, so don't wait until the last minute to study the drugs! A solid understanding of the major themes from this block, such as how different parts of a whole interact, will be a huge help as you progress further through BHD and eventually in MCY.

*~Eytan Palte, P&S 2020, eap2185@cumc.columbia.edu
(adapted from Jonah Zufacht, P&S 2017)*

Block 5: Pulmonology

Pulmonology is a block led by Dr. Bulman and Dr. Atkeson. Most of our classmates agree that these lectures were a breath of fresh air (HA!) as the material is laid out in a very methodical way. The block starts with the course directors themselves walking through the physiology of pulmonology, and since the block is short (2 weeks), it is really important to keep up with these first few lectures! You jump right into the pathophysiology and the difference between sick lungs and healthy lungs is made clear immediately. I think that my classmates who did well on the exam had an understanding of the different pathological appearances of diseased lungs both on gross and histological levels, as well as knowing the typical buzzwords that go along with each type of disease. Also, as there are relatively few new drugs to learn in this block, be sure to know them cold! Rest assured that if you keep up, you'll be able to breathe easy (ZING!) during post exam shenanigans. Good luck!

~Dylan Marshall, P&S 2017

Block 6: Renal

Get excited—Dr. Barasch comes back! Not only that, but the course is very well organized, the faculty are great, and the small groups for this block are some of the best. Plus, it's the kidney!

That being said, it's important to know how to maximize your learning in this block, seeing as it's packed with information and new concepts, and so it's easy to go astray. Additionally, small group sessions are extremely important, and are held almost every day for this block, so come prepared, be vocal and ask questions to get the most out of them. The professors are quite receptive to students, and so participating will help you develop skills to reason through complicated medical scenarios, and will make a huge difference in helping you understand the complicated physiology. Remember, don't skip out on pathology lab, which is especially important during this block; and likewise, go to the scholarly topics sessions as they turn out to be really great review for the exam. Additionally, this is the first block where Pathoma was incredibly helpful, so I definitely recommend it if you are a visual learner and/or appreciate repetition! Don't worry - if you have any last minute questions, Dr. Barasch will likely spend much of the day before the exam answering questions in the VEC.

*~Michael Zingman, P&S 2020, maz2127@cumc.columbia.edu
(adapted from Elizabeth Balough, P&S MD/PHD student)*

Block 7: Hematology

Hematology is a short and sweet block covering blood cell disorders, bleeding disorders, clotting disorders, and blood transfusions. You will learn what all the different iron and blood tests mean. You will also once again meet your old friend, the clotting cascade, as well as all of the anticoagulant drugs from cardiology (see, stuff comes up again! promise!), so if there was anything you didn't quite understand before, this is a great opportunity to really pin it down.

There are no small groups for this block. Instead, after each morning of lecture, Dr. Eisenberger and Dr. Diuguid will talk through some cases, and you can either attend in person or watch from home; although, I do recommend going through the questions they present at some point before the exam.

Study strategy-wise, this is probably (dare I say it) the most crammable block of BHD due to the short length of the course, and because the physiology is less complicated. Lecture slides will provide all the information you need to know, and you can also use any of the other supplementary resources available (Pathoma for the blood disorders, Sketchy for the anticoagulants, the Khan Academy clotting video that many people liked, etc.). Use them if you find them helpful, but definitely don't feel like you have to use them if you don't want to. One way you can test your understanding of different blood disorders is by making sure you know how they present on a blood test. Like all of the other blocks, you may find going through Dr. Garrett's practice questions helpful for the exam. Enjoy, this block is a BLOODY good time.

~Megan Liu, P&S 2020, ml3949@cumc.columbia.edu

Block 8: Endocrine

This is the last block of the semester and it is a truly wonderful one. After the tough physiology-heavy renal block, Endocrine will have a bit slower pace. There are many mechanisms and feedback systems you'll need to learn, though, so stay on top of lecture material. The lecturers are all wonderful and clear, but Costanzo's physiology is a nice way to reinforce what you learned. In small group, you will work through cases (which you should read beforehand to stay prepared) with your preceptor, and these will encompass a lot of different concepts from recent lectures. So go to small group!

Depending on the new SSN leadership, you may or may not have an SSN review session for this block because first years (that's you!) will be taking over. Either way, past years' review sheets are great and an excellent review of each lecture. Another heads up, you will feel pretty burnt out by this time and will have exams in tutorials and psychiatric medicine right before this, but it is important to stay on top of your work. I think this is best done by going to all of the small group sessions and engaging with your preceptor as much as possible.

~Alex Bercow, P&S 2017

Psychiatry

Psychiatry is spread out over the entire spring semester, so compared with BHD it has a slow and steady pace. The course consists of weekly one-hour lectures, followed by two- to three-hour small group sessions. While lectures are recorded, any videos of patients will be removed from the recording for the sake of patient confidentiality. It is therefore recommended that you attend lecture, especially since they are less dense compared to BHD lectures, and the patient videos can be used to reinforce concepts taught in class. These clips are also sometimes used on the exams, so exams are much less stressful if you see the clips beforehand in class. If you have to miss a class for any reason, Dr. Cutler is pretty good about setting up a time for you to go watch the videos later in her office.

Small groups, led by either a psychiatry resident or fellow, meet every week on Tuesday afternoon. The main component of these sessions is the patient interview, which involves two students interviewing a psychiatric patient in front of the class. This is one of the first “real-patient” (i.e. not standardized patient) experiences you will get, but don’t worry—they are low-pressure, and are a great way to get practice and feedback! Additionally, you will be required to submit two write-ups based on two of these patient interviews, which will be graded by your preceptor. Lastly, small group sessions will also involve a variety of other interactive activities, such as discussions with family members of psychiatric patients, talking with peer counselors, a visit to the Living Museum at Creedmoor, and other things!

Just FYI- the course is a bit front-loaded, with two lectures per week (Tuesday and Thursday) for the first five or so weeks, and a midterm in early February that comes right in the middle of the two MID exams. It really is manageable, but you will thank yourself later for going to lecture and not having to learn all of the material in one weekend (protip: trust her when she says she wants you to know the epidemiology/prevalence of different psych disorders!). After the midterm, there are no longer any Thursday lectures, and you do not have another written exam until the end of the semester. The final exam includes multiple-choice questions on the material from the second half of the semester, and requires that you complete a write-up for a patient interview video that you will watch in the lecture hall. Be sure to do the practice questions to get a sense of the level of detail you should know for the exam. Enjoy this super well-organized course, and good luck!

*~Allie Levin, P&S 2019, apl2124@columbia.edu
(adapted from Dana Neugut, P&S 2019)*

STUDYING

Textbooks

Unlike many undergraduate classes, you'll find that you won't really need textbooks to survive your first semester. For both Anatomy and Molecular Mechanisms, nearly all exam questions are based on lecture slides. Even if you were an avid textbook reader before, these courses move quickly so unless you're fascinated by a specific concept, you won't have time to read the related passage in the textbook. If you do need supplemental resources, it is often easier to google a concept or find a YouTube video that explains it than to sift through a textbook.

For Anatomy, Dr. Bernd's slides are clear, comprehensive, and amazing. If you want supplementary materials, many students found Netter's flashcards and Essential Anatomy, a desktop and tablet app, helpful to supplement lecture slides and the lab dissector. For Molecular Mechanisms, lecture slides, problem sets, Dr. Barasch's synopses, small group materials, and SSN are sufficient for the exam. If you do find that you'd like a textbook or two to reference, PDFs of most textbooks (though not always the latest edition) will typically circulate among the class.

Many students also like to have a copy of First Aid (a USMLE Step 1 study guide) during their preclinical year. It is not necessary to have during first semester, but some students find it useful for looking up facts or mnemonics. A new edition typically comes out each January, so you may also prefer to wait to buy it, and in the meantime use electronic versions of the current edition.

~Lillian Chen, P&S 2020, lcc2161@columbia.edu

Library/Study Spaces

One of the places you'll do a lot of your studying in is the VEC. All of your classes and many of your meetings and events are there already, so it's great that there are lots of good places to study in the building. All along the south side of the building is the Study Cascade, which, with its various combinations of tables and couches, is a fan favorite. Every floor has a different setup, so you can mix it up if you need a change of scenery. Speaking of scenery, the study cascade is also a great place to study if you're a person who loves a lot of natural light; the walls on that side of the building are made almost entirely of glass, and who doesn't want to study with 14-story views of Upper Manhattan, The GW, and the Hudson River? There are also classrooms on many of the floors that are up for grabs when no one has them reserved, as well as a student lounge on the 14th floor. The first floor lobby is great if you love a more social, hub-bub type of study space. And, best of all, the building is equipped with Hilltop Cafes on the 1st and 10th floors, as well as a full Hilltop cafe/eatery/convenience store right across the street. Pro tip - bring a sweater/sweatshirt/jacket with you, as it gets cold in the VEC!

When you get sick of the VEC, you can go to its counterpart: Hammer Health Sciences Library. Open 24/7, you really can't go wrong with the various study spaces in Hammer. There is no restriction on carrying in food and drink except in the Knowledge Center (KC). The KC is a traditional library space with colorful decor and modern vibes, filled with bookshelves, computers, and printers in addition to a mix of tables for individual or group studying. Next to the KC on the 1st floor of Hammer is a silent study space with large tables, and another non-silent space with more computers, printers, and tables. If you go up one floor, there is a large computer lab, while

one floor down, you find the Fishbowl, which is perfect for more social studying, and the Shark Tank, which is super silent. If you have a group project or want access to white boards for studying with friends, there are a handful of small group study rooms on level LL1 which can be reserved by searching “Augustus Long Library room reservation” on Google. Of course, there are many, many classrooms throughout the building, all open 24/7, which can be reserved in advance if you’d like. Pro tip - there are vending machines on the 3rd floor which you’ll want to check out when the 1st floor cafe is closed. You can literally always find somewhere to study in Hammer.

Sometimes, you’re wearing PJs and don’t feel like leaving Bard (especially if you already live there). In that case, the 11th floor is a great group study location, in addition to the first floor lounge and Hudson Riverview Lounge next to it. After dinnertime, the tables in the Ballroom (a floor below the lobby) are fair game for studying use as well.

Other times you just want to get out of CUMC altogether. Well, you can always go to the Morningside campus via the free Columbia shuttle or the 1 train (to 116th St). Butler Library tends to be a favorite, wiah its “real collegiate library” feel. Food isn’t really allowed, but this way you’re forced to get out of the library and grab food at one of the amazing eateries nearby. Some people also visit the study spaces in Teacher’s College, the Business School, Avery Hall, Union Theological Seminary or the Law School, as well as the grad student lounge in Philosophy Hall. There’s a lot to explore between all the many schools within the university (plus Barnard and other affiliated schools)!

If you’re trying to get out of Columbia University as a whole, you can work at pretty much any Starbucks, Le Pain Quotidien, or Pret a Manger in the city (there are so many, especially once you hit Midtown); no restrictions on food or drink at those places! If you’re a café-type of person, the Chipped Cup on Broadway and 148th is a not-too-far-away option with wifi, as is Tazso Espresso Bar on 157th and Riverside Dr. There are also great coffee shops down near the Morningside Campus; some personal favorites include Max Caffè (with wifi), Joe’s Cafe (with wifi), and the Hungarian Pastry Shop (no wifi). Other popular study spots downtown include the New York Public Library by Bryant Park (food/drink not allowed), and Central Park on a nice day. We also have access to some of the NYU libraries if you prefer working downtown—something to look into!

*~Natasha Freeman, P&S 2020, nsf2124@cumc.columbia.edu
(adapted from Nikita Consul, P&S 2017 and Tessa Kaplan, P&S 2019)*

STUDENT LIFE

ADVISING AND SUPPORT

Wellness

The Center for Student Wellness (CSW) has one primary purpose: to help you maintain and improve your wellness so that your time at CUMC is as personally and professionally rewarding as possible. You will soon know and love Jane Bogart, the director of CSW (and one of the medical students' greatest allies/substitute mothers) and Justin Laird, the assistant director (who is one of the kindest people you will ever meet). Jane and Justin provide scheduled one-on-one appointments with students to talk about problems or stressors, no matter how small or how large. They are both confidential and non-judgmental, as well as extremely knowledgeable (Jane and Justin both have doctorates). Their offices are located on the first floor of Bard Hall, and are the go-to place to pick up everything from free snacks and little goodies (pens, post-its, crayons, etc.), to condoms, lube, and other safe sex supplies.

Outside of counseling, the CSW runs a host of other projects to maintain and improve your wellbeing. They include monthly yoga classes (taught by professional instructors), mindfulness-meditation sessions, acupuncture services, and "wellness activities" such as pet therapy, plant-potting, and crafternoons. Apart from Jane and Justin, each P&S class elects four wellness representatives (one female, one male, one from the MD/PhD program, and one from the Bassett program) to the Class Council, who are dedicated to improving the wellbeing of their classmates across their entire time at P&S. These representatives will host movie nights, organize class trips, and start wellness initiatives in response to class demands. Seek them out if you have any complaints or problems you would like to draw to the administration's attention.

Along with Jane and Justin, the wellness representatives can also help connect you to the many other health resources available on campus, which include Student Health Services, Mental Health Services, Addiction Information and Management Strategies Office, etc. They are a great starting point if you want help navigating the multifaceted health landscape at CUMC!

~Josh Taliaferro, 2nd year MD/PhD student, joshua.taliaferro@columbia.edu

Advisory Dean Program

You say you want a mentor? Today's your lucky day, my friend.

All medical students are assigned to an advisory dean, an attending physician at Columbia who will serve as a mentor throughout your entire time here. You will be a part of a group of approximately 20 students with that same advisory dean, and during the three preclinical semesters (first 1.5 years of school), you will all meet together for lunch twice a month to discuss topics like managing medical school, summer opportunities, self-care, wellness, and career planning. Your advisory dean will also likely include a brief discussion at the beginning of the lunch on how things are going, and will ask for feedback about the various elements of your medical school experience that she/he can then pass on to the school deans (like Dean Mellman). Sometimes, your advisory dean will invite a guest to speak who will provide additional insight on that lunch's topic.

You will also meet with your advisory dean individually during the first semester to get acquainted, and to go over any specific issues or questions you may have. This is by no means the only time that you will meet one-on-one; your advisory dean will be very accessible outside of AD lunch, and so you should feel free to reach out to her/him at any time. After the preclinical semesters, there are no longer regular lunches; however, your advisory dean will send out occasional emails to check in, and again, you should reach out to her/him for anything. From work-life balance to residency choice to discrimination incidents to study techniques to social challenges to baseball to burnout, your advisory dean will happily discuss any component of your experience, and is there for you as a mentor and supporter.

~Josh Taliaferro, 2nd year MD/PhD student, joshua.taliaferro@columbia.edu

Alumni Office

Lost your P&S white coat pin or patch? Trying to get in contact with a P&S alumnus? Want to meet some of the friendliest people in the city? Then stop by the P&S Alumni Office in the Black Building for never-ending pins, patches, pens, and smiles. The personnel who work in the office are great and can provide you with any information you need regarding alumni relations, including finding mentors and expanding your professional network. There are also various alumni events throughout the year, such as alumni council dinners at the Faculty Club and specialty lunches, for which students are always welcome!

~JJ Diah, P&S 2019, jd2754@cumc.columbia.edu

Student Success Network (SSN)

SSN is awesome! The transition to medical school, especially learning how to handle the vast amount of information we're given, can be difficult for any first year student. SSN is here to make sure that everyone feels supported and can even have some fun along the way. One of the biggest ways they do this is through high-yield, student-led review sessions a few days prior to each exam; for longer units, they sometimes hold an extra session midway through the block. During these reviews, SSN teachers present super condensed and lively versions of all lectures covered on the exam, and they discuss the most important facts, difficult concepts, fun memorization tricks, and clinical correlates you should know. Single page review sheets for each lecture and practice questions are also made available through CourseWorks. During the fall, reviews are run by second years (who still have first year courses fresh in their mind!) and in the spring, fourth years take over with their vast clinical experience. I highly recommend going to at least the first review session just to see what it's like, meet some of the awesome second year teachers, and of course, get free candy. If you're looking for a little extra support, SSN also provides free one-on-

one tutoring with their wonderful tutors, and you are welcome to contact them any time. You can utilize SSN however you'd like - go to reviews in person, watch recorded sessions at a later time while curled up in bed, get more individualized help, or just read the review sheets for some last-minute cramming. SSN is always here to remind you that you are not alone in your studies, and that together we can conquer this thing called medical school!

~Nicole Kelly, P&S 2019, nek2124@columbia.edu

CLINICAL OPPORTUNITIES

Columbia-Harlem Homeless Medical Partnership (CHHMP)

The first month of medical school can be a whirlwind, but one important decision you can make during this time is to join a student-run clinic. The clinics all have different personalities, structures and expectations as you'll soon learn at the joint-clinic info session early in the fall. Since CHHMP recruits a small, stable core group, membership involves a greater time commitment compared to some other clinic opportunities. CHHMPers will argue that these hours translate into one of the most educational and rewarding experiences to be had during medical school.

Following a longitudinal model of care, students commit for their entire four (or more) years at P&S, enabling them to get to know their patients, mentors, and interdisciplinary CHHMP family well. Each preclinical student assumes a leadership role (finance, outreach, partnerships, etc.) to maintain clinic operations. As a first-year, you will learn to collect extensive histories, perform physical exams, and design medical plans under the extremely supportive guidance of upperclassmen. Some individuals turn solely to CHHMP for their ongoing primary care needs, which provides an opportunity to form deep and meaningful relationships with "your" patients. Upon entering clinical rotations, you'll transition into being teachers and mentors for incoming preclinical students and continue to ensure quality care for clinic patients.

CHHMP operates every Tuesday evening from the basement of St. Mary's Episcopal Church on 126th Street and Old Broadway. By collaborating with counterparts from other CUMC schools, we are able to offer basic medical services along with dental care, occupational therapy, psychiatric support, diabetes education, and social resources to the homeless and uninsured.

Students who work at CHHMP have a unique and truly hands-on opportunity to work with underserved patients each week, gain practical knowledge about running a medical clinic, and become part of a uniquely interdisciplinary and tightly knit P&S family. Join us!

Contact: chmpartnership@gmail.com. **Website:** chmp.org

~Nina Yoh, P&S 2019, ny2219@columbia.edu & The CHHMP Class of 2019

Columbia University Harm Reduction (CUHR) Clinic

CUHR Clinic is a student-run free clinic that provides healthcare to participants at the Washington Heights CORNER Project (WHCP), a non-profit syringe exchange and education center at 181st and St. Nicholas. Both WHCP and CUHR Clinic are founded on the philosophy of harm reduction, which acknowledges that drug use is a part of our society and that the best way to engage with users is to accept them as they are. This allows the CUHR clinic to work to minimize the harmful effects of drug use without stigmatizing and alienating our patients. Participating in CUHR Clinic means building connections to the IV drug user and sex worker population while working in close partnership with a phenomenal community organization.

Students along with a physician preceptor provide free medical care during biweekly clinics hosted at WHCP. There are also opportunities to go out in the streets with WHCP's staff to meet and build relationships with potential patients in their environment. The same students participate week to week, which has helped make CUHR Clinic a safe and trusted space for our patients.

Volunteering with CUHR Clinic is an amazing opportunity to get to know some personalities in the Washington Heights neighborhood and learn about how to care for a vulnerable and underserved population. It's also a great chance for students to start developing history-taking and physical exam skills in their first semester. The community of CUHR Clinics supportive and close-knit and allows first-years and upperclassmen to work alongside each other. CUHR Clinic also works in partnership with other student groups on campus to build awareness around substance use, harm reduction principles, and models of care founded on acceptance and compassion.

*~Aaron Krumheuer, P&S 2020, atk2134@cumc.columbia.edu
(adapted from Andrew Garton, P&S 2019)*

Human Rights Initiative – Asylum Clinic

The Columbia P&S Human Rights Initiative (HRI) is an organization of students and faculty committed to developing a human rights-based approach to the practice of medicine. Columbia HRI works at the intersection of medicine and law, using medical and psychological evaluations to identify, document, and advocate for those who have experienced human rights abuses. Through inter-campus events (such as film screenings, speaker series, and poetry workshops), physician and student education, and the student-run Asylum Clinic, the organization raises awareness of and challenges the current dialogue around human rights.

The HRI Asylum Clinic collaborates with Physicians for Human Rights (PHR) and Columbia Law School to link volunteer-physicians and students to individuals seeking asylum in the United States. Volunteers provide pro bono medical evaluations that become a vital piece of the asylum-seeker's legal defense. Students are involved in all aspects of the Asylum Clinic, from physician recruitment to clinic administration. When operating the clinic, students work with attending physicians who have been trained in the medical evaluation process. Students assist in conducting the evaluation and writing the affidavit; they may also travel to court to see the outcome of their work. Asylum seekers seen in the clinic include individuals fleeing persecution due to LGBTQ status, domestic abuse, torture, and other forms of discrimination. Being a part of these cases is a very powerful and interesting experience, and allows one to see one of the many unique ways that a physician can make a difference outside of the hospital or clinic. This particular student-run clinic experience is pretty unique to P&S and I highly recommend you sign up for a training session so you have the option to volunteer for cases when you have time! We also work

with in collaboration with other asylum/human rights clinics in New York City and across the country to promote human rights. To learn more, check out our website: <http://psclub.columbia.edu/clubs-organizations/human-rights-initiative>

**~Elizabeth Wang and Andrew Sudler, P&S 2020,
eyw2107@cumc.columbia.edu and aws2162@cumc.columbia.edu
(adapted from Rashmi Jain, P&S 2019)**

Q-Clinic

Q Clinic is the newest student-run free clinic at P&S, established in October 2015. Q Clinic provides free primary care for members of the LGBTQI community, especially those who are underserved, underinsured, or resource and housing-insecure. We are the first student-run free clinic in New York City to serve this demographic. Our mission is to provide free, LGBTQI-friendly medical care to this drastically underserved and vulnerable population, while teaching future doctors to practice medicine in a humanistic and sensitive way.

Q Clinic offers free primary care, including free STI/HIV lab screenings, medications, PrEP, flu shots, and more. We open on Wednesday evenings at the Metropolitan Community Church of New York Charities (MCCNY) at 446 West 36th Street. By providing care to the underserved, participating in this clinic will give medical students experience and exposure to LGBTQI health issues that often fail to show up in the traditional medical school curriculum. Our clinic model is focused on student education, patient interaction and longitudinal care; medical students in their third year and beyond work together with first years to interview, examine and plan medical interventions for the patients. They will present their assessments to the supervising attending physician to assure quality of care and provide an invaluable educational experience.

**~Q clinic, Class of 2020, qclinic@columbia.edu
(adapted from Aaron Kaplan, P&S 2019)**

Columbia Student Medical Outreach (CoSMO)

CoSMO is in its 13th year of primary care service to the uninsured population of Washington Heights. Under the guidance of an advisory board of CUMC deans, New York Presbyterian (NYP) Hospital administrators, and dedicated attending physicians, volunteers from six CUMC schools (Medicine, Nursing, Public Health, Physical Therapy, Nutrition, and Social Work) offer high-quality, accessible, comprehensive healthcare to our patients. In addition to being a rich learning experience for CUMC students, we aim to instill in P&S students a lifelong commitment to the service of all who are in need, as well as sensitivity to health disparities and the challenging barriers involved in healthcare delivery.

CoSMO is funded by money raised by the students, and it all goes directly to providing free patient care and medication. You can score five or six bucks in cash for CoSMO (at no cost to you!) by purchasing your first-year book list through this preloaded referral link: <http://tinyurl.com/cosmo-books>. Every book you buy through this link will fund over a month of medications for our patients. And again, it is at no extra cost to you!

**Email hr@cosmoprimarycare.org or visit CoSMOprimarycare.org
For Amazon link questions, contact Mark Travor, mdt2138@columbia.edu
~Ben Wagner, P&S 2020, baw2158@cumc.columbia.edu**

Daniel Noyes Brown Scholars Program

The Brown Scholars program is for students interested in primary care; however, it does not commit students to a career in primary care. It is a great experience for students who are seriously considering general pediatrics, family medicine, internal medicine, or obstetrics and gynecology. In addition to exposure to these fields, the Brown Scholar program is an amazing opportunity to develop strong relationships with mentors and patients. As a Brown Scholar, students work with the same four mentors for all four years of medical school. During the preclinical curriculum, students are assigned to clerkships with these mentors, and during the Major Clinical Year, Brown Scholars continue this relationship with their mentors by rotating at the clinics where their mentors see patients, namely Farrell Clinic and Rangle Clinic. Additionally, Brown Scholars have the opportunity to understand medicine from the perspective of the patient through patient navigation, which allows each Brown Scholar to follow one patient for all four years at P&S. Brown Scholars is a great program, with many terrific opportunities to see wonderful clinicians interact with patients, but many students are not aware of it because of the early application deadline. The application is due during orientation, so keep an eye out for it!

~Lili McKinley, P&S 2020, lm3139@cumc.columbia.edu

Pager Programs

I've always considered the pager a symbol of true doctorhood. Luckily for all of us, we have two pager programs, the MI Pager and the Transplant Pager, which enable us to try out this whole pager-true-doctor thing before MCY. The MI Pager is more reliable; if you have it, chances are you'll have the opportunity to visit the Cath Lab and watch as hearts are unclogged. The Transplant Pager offers more rare opportunities, but it is quite near and dear to my own heart. Who doesn't love a nice trip to Puerto Rico, or Florida, or upstate New York on a private jet?! These are some of the locations P&S students have flown to with the transplant team to procure donor organs. Even if you don't get the full jet experience, the actual transplant procurement is absolutely magical. It's an opportunity to learn some surgical skills, apply your anatomy studies, and bring back an organ to save someone's life. When the transplant team brings you, it's not just to watch - they have a limited number of spots, so when they bring a medical student you are expected to assist in the surgery (they'll teach you how!). The chance to go on a transplant run and assist in a surgery is an absolutely incredible experience.

~Rashmi Jain, P&S 2019, rj2455@columbia.edu

Shadowing in General

So you have some exposure to _____ (fill in the blank here with your pre-med school research area: neuro/optho/derm/psych/ENT/obgyn), but is that what you actually want to do for FOREVER? Good news is, you don't have to decide for a while, and I am just freaking you out. Better news is that the interest groups are a good way to continue exploring fields you already may be somewhat familiar with – AND/OR – use their events and shadowing opportunities as a way to check out new specialties. Shadowing through these groups is super easy - most groups have spreadsheets with sign-up slots on them, and all you have to do is show up. If you're looking to shadow someone more specific, all you have to do is send them an email! They'll likely refer you to their secretary to set something up, and they may be a little less flexible than a spreadsheet, but that's always an option!

~Andrew Garton, P&S 2019, andrew.garton@columbia.edu

P&S CLUB

P&S Club Overview

The P&S Club is our fancy name for our student activities office. It is the umbrella organization that oversees over seventy student clubs, student run clinics, and special interest groups at P&S; it is the core of extracurricular life during medical school. Rosemarie Scilipoti is the Director of Student Activities and works daily in the P&S Club office; she will be a wonderful resource for you throughout your time at P&S. Each class has two P&S Club Representatives that work alongside Rosemarie and her assistant Rochel to help with approving new clubs, planning medical school prom and new student orientation, training club leaders, communicating with clubs, and more.

During the first few weeks at P&S, you will sign up for any and all groups that pique your interest, from Bard Hard Players to the rugby team—or maybe the CUMC Symphony Orchestra and the Emergency Medicine Interest group are your jam. The amazing thing about the P&S Club is that there is something for everyone—and if not, you have the ability to start it.

These clubs are a wonderful way to enrich your life during medical school, meet other students, and to give you a much-needed break from the daily grind of studying. And, of course, this description wouldn't be complete if I didn't guarantee that you will make many long lasting friendships not only in the medical school, but also in the other graduate schools sharing our CUMC campus!

***~Hannah Ford, P&S 2019, hannah.ford@columbia.edu
(adapted from Jessica Buesing, 2018)***

Class Council

You should join Class Council! As a member, you get to represent your class and provide direct input to an administration that loves working with us. Whether you're passionate about the medical school curriculum, you want to work on housing issues, or you like putting together social events, Class Council is a great way to get involved in the nuts and bolts of our school. You'll be able to work directly with our Deans to make sure P&S is continually improving. And because of the diversity of roles within the council, time commitment can be as little or as much as you want. See below for a list of available positions, and please contact us if we can help answer any questions!

The list of positions includes: President (1), Vice President (1), Admissions Representative (1), Addition Illness: Management Solutions Representative (2), Alumni Association Representative (2), Association of American Medical Colleges Representative (1), Curriculum Representative (3), Dean's Advisory Committee Representative (3), Eco Representative (1), Ethics Representative (1), Financial Aid Representative (2), Housing Representative (2), P&S Club Representative (2), Student Health Services Representative (1), Webmaster (1), Wellness Committee Representative (4), Yearbook Representative (2).

~Cyrus Attia (caa2156) and Delia O'Shea (dmo2131), P&S Class of 2019

P-SOOP

P-SOOP (P&S Outdoor Orientation Program) is an optional pre-Orientation program where you get to spend 3 awesome days hiking and camping in the Catskill Mountains with some of your fellow classmates. You will be led by a small group of fearless upperclassmen who are psyched to hang out with you before you even get to campus. There are various difficulty levels for the hiking trips, so any skill level is welcome—you don't need any prior experience! It's a great opportunity to make some friends and have some familiar faces before coming into Orientation, and to adventure in the surrounding area and appreciate some beautiful wilderness before you start to explore NYC! You'll be hearing from Rosemarie and the P-SOOP leadership this summer with sign-up information, but feel free to check out our website (<http://tinyurl.com/psoopinfo>) or email us if you have any questions!

**~P-SOOP, p-soop@columbia.edu
(adapted from Delia O'Shea, P&S 2019)**

Big Sibs Program

Every incoming student is matched with an upperclassman who will serve as a Big Sib, and this will place you into a Big Sib Family with classmates and upperclassmen from every year. We'll kick off the semester with a rooftop event where you'll meet your family – so keep an eye out for that email! Throughout the year, your big sibs will plan relaxing events, like Insomnia cookie study breaks, picnics in the park, and potluck brunches! Your family is here to offer you friendship and to support you throughout your first year (and beyond!) of medical school. Ask your big sibs anything and use them as a resource for advice and guidance. Whether you have questions about Columbia or life in general, your big sibs are there for you!

**~Neda Bionghi, P&S 2019, nb2737@columbia.edu
(adapted from Emily Webster, 2018)**

Bard Hall Players

Bard Hall Players is thrilled to enter its 51st year this fall! With a student body capable of producing anything from Little Shop of Horrors to Shakespeare, BHP has expanded into the most active theater group of any medical school in country! Each year we put on three high quality shows, drawing our cast and crew from all schools in the CUMC community. BHP's guiding principle is to provide an outlet for students to produce and perform on stage when they otherwise not have those opportunities. Participating in BHP show is a surefire way to make friends with your peers in CDM, Nursing, PT, Mailman, and P&S, all while working together to create a production worthy of being "off-Broadway"!

A society run by students, for students—we have a spot for you no matter how much or how little experience you have in theater. Taking on a lead role can be a lot of fun, but we welcome those of you who would rather be in the ensemble, dance, play in the pit, or work behind the scenes in set design or tech.

Bard Hall Players is as much of a time commitment as you make it. The Pass/Fail system here at P&S gives you the flexibility to become super involved in one show and step back for the next as you see fit. If you would rather wear Roman armor and practice stage fighting than study CD8 T-Cell Activation... you just might find a couple of us joining you. And cramming for the exam in the library later that night. So grab your audition slot and join our wonderful Bard Hall Players family!

**~Evan Hess, P&S2010, ejh2194@cumc.columbia.edu
(adapted from Sean Marinelli, P&S 2019)**

P&S For the Arts

This is a club with low-key membership criteria: all you have to do is attend whichever events spark your fancy! From visits to the Met to discounted Broadway tickets and an annual Christmas-time Nutcracker Ballet show at Lincoln Center, our goal at P&S For the Arts is to give you every excuse possible to leave your books and explore the art around you! The P&S Arts will arrange for group ticket discounts or accompanying workshops for various museum/theatre/concert hall outings around Manhattan and other boroughs. This is the best way to experience art in the rich cultural community that is New York City, with your fellow CUMC peers! Finally, P&S Arts also co-sponsor events with other student art groups on CUMC, such as Line Placement, to promote participation in arts among our student body.

~Phuong Duong, P&S 2020, ptd2107@cumc.columbia.edu
(adapted from Nikita Consul, P&S 2017)

Dance Haven

Dance Haven is a completely student-run group that draws new and experienced dancers from all the various schools of CUMC. Emphasis should be placed on new – many of the people who join Dance Haven had never danced before coming to CUMC. Dance Haven performs many different styles of dance, including hip hop, jazz, Bollywood, modern/contemporary, and tap. Don't see your style listed here? No worries, just sign up to choreograph your own piece! You can participate in as few or as many dances as you want each semester. The DH Board advertises both fall and spring auditions over Facebook and at activities fairs, but you can also reach out to them at cumcdancehaven@gmail.com. And don't stress about the auditions, they are really relaxed and even fun! Dance Haven puts on a showcase in the fall and performs at various Coffeehouse events in the spring. They also partner on a lot of BHP shows. It's a great way to stay active, while meeting new people from the different schools of CUMC!

~Fiona Angel, P&S 2020, fca2116@columbia.edu
(adapted from Chung-Jen Chen, P&S 2019)

CoffeeHouse

Do you have a hidden talent, or perhaps love watching classmates show their talents? CoffeeHouse is perhaps the largest, pan-CUMC event at P&S. It's an open mic night held once a month, when students from all the different health schools (P&S, Dental, Public Health, OT, PT, graduate, etc.) gather over free beer and pizza to watch their talented classmates perform. Acts include acoustic covers, original music, stand-up comedy, dance performances and way more! The night eventually progresses into a giant dance party, where cover bands from different schools play for the crowd. There's really nothing else like CoffeeHouse! You'll make new friends from other schools, get inspired by wonderful talent, and perhaps share some of your own hidden talents too! Medicine's an inter-disciplinary, team-based field, and CoffeeHouse certainly embodies this community spirit!

~Alex Vu, P&S 2019, ahv2114@cumc.columbia.edu

Musician's Guild

The P&S Musicians' Guild is the umbrella organization for musical events and performers at the CUMC campus. With over 250 members from various CUMC schools and health care departments, we have monthly "Musical Mondays" concerts, bi-annual orchestra concerts, and monthly Artreach concerts at local hospitals. We also provide students access to our three practice rooms at Bard, which students can sign up for in the P&S Club Office. Every month, Bard Hall Lounge is

rearranged into a cozy musical venue to give members of the CUMC community the opportunity to perform classical (and Broadway!) music in a relaxed, informal setting. Musical Mondays typically include performances by chamber ensembles, the choir, instrumentalists, and vocalists, and you can use our MG Directory to form your own ensembles. These concerts are well attended by students, faculty, staff, and deans, and there are refreshments after each concert! The CUMC Symphony Orchestra is open to all members of the CUMC community and it gives students, faculty, and staff the opportunity to collaborate and play music together. Last year we had two orchestra concerts, and Chorda Tympani (the CUMC Choir) sang Christmas carols around campus. Lastly, MG has set up monthly performances at Milstein Hospital for patients in the Rehabilitation Unit. If you love playing an instrument, singing, monologuing, dancing, or telling stories, it's a great opportunity to interact with patients in a different capacity and give them a nice break from the hospital. We look forward to having all you musicians join us!

*~Deborah Boyett, P&S 2019, dmb2245@columbia.edu
(adapted from Stephanie Chen, P&S 2017 and Jessica Buesing, P&S 2018)*

Ultrasounds

The Ultrasounds is the CUMC a cappella group. Whether you're a collegiate a cappella star or just like to sing in the shower, this group is open to anyone who wants to sing and have fun with us! There are auditions at the beginning of the semester, but these are super laid-back and we take pretty much everyone. We sing a variety of fun songs (Lady Gaga, Frozen, Bastille, and Hamilton this past year) and it's a great chance to meet students from the other CUMC schools. We rehearse once a week and perform at every Coffeehouse and other events on campus.

*~Ben Wagner, P&S 2020, baw2158@columbia.edu
(adapted from Delia O'Shea, P&S 2019 and Chris Grubb, P&S 2018)*

Chorda Tympani (CUMC Choir)

Chorda Tympani has been one of the absolute highlights of my time at P&S. I started the choir when I came here because I knew it was a big part of what was missing from the musical community, and I also knew what incredibly talented musicians we have in the medical school. We practice for one to two hours a week and perform at Musical Mondays. Last year, we also sang holiday carols to all the different administrative offices on campus! With students from P&S, the School of Nursing, Public Health, GSAS, exchange students, CUMC staff members, and a few stragglers from other Columbia schools, we have a wonderfully interesting group of participants. We are thrilled to welcome new members!

~Jessica Buesing, P&S 2018, jlk2188@columbia.edu

Free Weight Club

Nothing beats the serene, panoramic views of the Hudson River. If you time things just right, you may even catch the sun descending over NYC casting its elegant shadow over the George Washington Bridge. Though instinctively most assume this scene is cast from Bard Roof, it is not. The Free Weight Club offers its members an astounding aesthetic backdrop to fitness among its wonderful amenities. No other views on campus are accompanied by the surround sound stereo system playing good vibes from the 90s, grunge, pop, or old rock music, and the soft grunting of lifters coming out of their deep squats.

The Free Weight Club boasts the largest membership of any P&S Club and is conveniently located in Bard Hall adjacent to the ballroom. Following recent total gym renovations, the FWC is filled with fresh weight-training and cardiovascular equipment. It is the ideal place to enhance your

physique while blowing off the stress of Anatomy Lab and the wards. With 24-hour access through our password-protected system, an evening lift may be the catalyst to inspire the extra several hours needed studying the muscle groups you were destroying all night.

The Free Weight Club is outfitted with: a full set of dumbbells (5lbs – 140lbs), two new squat racks with 12ft, custom-designed Olympic platforms, treadmill, two stationary cycling bikes, three designated bench presses (two flat bench, one incline bench), cable machine with extensions (horizontal row, lat pull down, ab chair), leg press, seated calf raise, seated preacher curl, flat screen TV, stereo system, and password-protected entry system with 24-hour access.

We hope to see you in the Free Weight Club exuberantly training a body that would make Frank Netter proud. Disclaimer: this facility is reserved for paying members of Columbia University only; it is not open to the public. Membership fees are nominal compared to other NYC fitness clubs and all funds are directed toward purchasing new equipment and making improvements to the gym.

~*Jack Berger, P&S 2019, jrb2244@columbia.edu*

P&S Rugby

Whether you are a superstar ex-jock looking for one last fleeting moment of glory or someone in search of a new activity with a fun group of guys, the P&S Rugby Club is ready to welcome you to our brotherhood. Gargantuan size and aggressive demeanor are not necessary—only a willingness to learn. There are positions on the “pitch” for people of all sizes. You will be amazed at how quickly you pick up the game and begin winning.

By joining the P&S Rugby Club, you will become part of a long winning tradition. As the only intercollegiate team at P&S, rugby receives tremendous support from the medical center community. Our opponents include business schools as well as various club teams around the city (including the NYPD!). In addition, each fall we travel to Philadelphia for the Wharton Business School tournament (with a very fun post tourney party) and also host our own John Wood Memorial Tournament in NYC, an event that will undoubtedly attract a sizable chunk of your envious classmates.

Most importantly, you will enjoy a unique camaraderie and social tradition. Playing rugby is a fantastic way to make new friends and each match is followed by a social at a local bar. This is a great chance to get to know your colleagues from all P&S classes in a less than academic setting.

Practices are generally low key and instructional and do not conflict with academic responsibilities. Games occur on scattered Saturday afternoons in the fall and spring and there are no tryouts. Everyone who comes out to join the team will get to play. The more experienced members of the team provide coaching. If you read this far, you are interested. Come out and give it a shot, no commitment required. Look out for emails coming in August.

~*Matt White, P&S 2019, msw2164@columbia.edu*

Roadrunners

The Roadrunners are the running club here at P&S. Whether you’ve never run before or you’re training for a marathon, there’s likely someone else just like you at CUMC—so come find them! We have weekly scheduled runs, which include a mix of both long runs and track workouts, as well as an active Facebook page and GroupMe where people post their running plans for others to

join. We traditionally run two races a year, and we occasionally run relay teams in the indoor track series at the Armory across the street. Finding running buddies is crucial, especially when you're feeling that mid-afternoon sluggishness but know you'd feel way better if you could just put on your shoes and get out the door.

~Megan Liu, P&S 2020, ml3949@cumc.columbia.edu and Michelle Chee, P&S 2020, mhc2151@cumc.columbia.edu

Sexuality & Medicine Group

Did you know that medical students in the U.S. receive a mean of 5 hours of education around sexuality during their time at school? That's education around LGBT populations, caretaking for sexual assault survivors, how to take a sexual history, and much more. Sex & Med works to provide more education on all these issues: last semester we held workshops on aging and sexuality, on being a healthcare provider to kinky patients (how do I tell if those bruises are from domestic abuse versus a consensual relationship?), and on empowering survivors of domestic violence, among other topics. Keep an eye out for our events this semester!

~Caleb McEntire, P&S 2018 and Gabrielle Bromberg, P&S 2017

Lang Youth

Lang Youth Medical Program is a six-year medical science enrichment program offering hands-on curriculum and college preparation to a group of middle and high school students from our local Washington Heights and Inwood communities. The competitive application process and intensive time commitment (including after-school, Saturday and Summer programs) self-selects for a group of driven, passionate, and intellectual scholars. As a P&S student, you can get involved in several components of this program, all with varying levels of commitment. Like tutoring and mentorship? Get involved with the weekly Academic Success sessions (during which scholars are given the opportunity to ask medical students for help with homework) or tutor a Lang Youth scholar one-on-one. Like playing with children or want something with less commitment? Volunteer with Lang Youth's Boys and Girls Club (a time for scholars to participate in recreational activities ranging from a Q&A session about high school to a Super Smash Brothers tournament) or teach 7th grade scholars some anatomy through Saturday workshops held throughout the year. Lang Youth is a great way to learn more about our local community while empowering a future generation of bright medical minds!

**~Chung-Jen Chen, P&S 2019, czc2105@columbia.edu
(adapted from Brooke Pfister, P&S 2018)**

Asia Pacific & American Medical Student Association (APAMSA)

APAMSA is a place where community among Asian and Pacific American students is built and Asian and Pacific culture is shared and celebrated at P&S. We do many different things, whether it's putting on a Lunar New Year Festival, potluck for the Mid-Autumn festival, or just traveling to K-town or Chinatown to hang out. We are also involved in community outreach through hepatitis B education. Something new that we are trying out this year is discussions about Asian Americans in health care and health issues that disproportionately affect Asian Americans. We have lots of fun, food, and bonding.

~Ingold Huang, P&S 2019, ih2294@columbia.edu

Black and Latino Student Organization (BALSO)

Whereas some schools might have their Latino Medical Student Association (LMSA) and their Student National Medical Association (SNMA) as separate entities, at P&S we have combined the two groups to form the Black and Latino Student Organization (BALSO). BALSO is committed to establishing a community for students of color, providing both academic and social support, and increasing diversity among physicians. In the fall we offer students crash courses and practice practicals for anatomy exams (with Brunch afterwards)! In addition, BALSO is committed to helping its members build their professional network and identify potential mentors in medicine. Each monthly general body meeting features a physician of color who offers advice and answers questions about just about anything! Additionally, to ease the transition from the classroom to the wards, we've established a network of interns, residents, and attending physicians who identify as underrepresented minorities and can serve as "point people" during the Major Clinical Year for BALSO students. We have also started an alumni mentor matching program for students at the end of first year! As we move ahead in our medical careers, BALSO students are also committed to building the next generation of young physicians. We serve as mentors for minorities interested in medicine through our Young Docs and Big Sibs programs, and we're currently strengthening our mentoring program with Columbia's undergraduate minority pre-medical group.

We work hard, but BALSO knows how to have fun too! We host many social events throughout the year, including potlucks after exams, game nights, and Jazz Mixer (ask the upperclassmen about this event it's usually a highlight of the spring semester). We're also currently working on establishing connections with other minority student groups throughout the Columbia graduate schools, so look out for those collaborations in the fall! If you want to learn more about us, reach out to any of the BALSO members or come to our meetings held on the first Wednesday of every month! Ultimately, BALSO is a family that stands with you as you embark on the incredible physical, mental and emotional experience that is medical school.

*~Jamir Thompson P&S 2020, jjt2150@cumc.columbia.edu
(adapted from Kimberly Laughman, P&S 2019 and Naralys Batista, P&S 2019)*

Young Docs

Young Docs is one of my favorite parts of P&S! As a branch of the Black and Latino Student Organization, we work with students from groups that are traditionally underrepresented in medicine and introduce them to what it means to pursue careers in medicine. One element of Young Docs is our elementary school visits. Once a month we carry (model) skeletons, stethoscopes, reflex hammers and penlights as well as snacks to a classroom nearby. Medical students then teach elementary school students about doctors' instruments and the human body. We encourage them to think of doctors (and biology) as approachable and fun. Teaching these kids about medicine really makes an impact and plays a role in motivating a new generation of physicians.

Young Docs also includes a year-long high school mentoring program. Students spend the spring semester learning about the college application process and general life skills, such as time management. In the fall, they will learn more about medicine and the human organ systems. We also invite high school students to P&S for a day visit. During this time, they will have the opportunity to view gross organs, learn how the cardiovascular system works and how to take blood pressures. They also have a chance to ask questions about our paths to medical school. The final piece of Young Docs is the annual science fair. We invite middle to high school students from anywhere in NYC to compete in our science fair. They create 3D models of a biological system and present a poster about a related disease. We invite you to come see their projects and applaud their hard work.

Young Docs really inspires change. Past student participants were amazed at how much they learned about the human body, and were excited to talk to medical students that were once in their shoes. Although Young Docs is a low time commitment, the impact on the students is huge. Look out for our emails asking for volunteers!

*~Koryalys Edwards, P&S 2019, ke2224@columbia.edu
(adapted from Shaliesha K. Hinds, P&S 2018)*

South Asian Health Sciences Association

The South Asian Health Sciences Association (SAHSA) is CUMC's premier South Asian cultural group. In the Miss World pageant of 2015, we were presented with the question: how would you bring about world peace? As we watched the participants throw out ridiculous answers like "increasing communication" and "eradicating malaria", we realized change was crucial. Change was in our hands. So we created SAHSA with one mission and one mission only: samosas for everybody. Yes, we are here to recruit the brightest and the best to join forces with us in accomplishing our mission. On the side, we also try to organize Bollywood movie nights, cricket viewing parties, Diwali and Holi celebrations, and opportunities to learn/watch Bhangra/ Bollywood dance - but that is all well and good only while we're waiting on our samosa order.

~Pooja Jethani, P&S 2020, plj2110@columbia.edu

Latin Dance Club

The Latin Dance club is a CUMC wide club where you can do everything from learn the basic 4 count bachata step to perfect your Salsa styling. For the 2016-2017 year there were 4 classes offered: Introductory NY Style Salsa, Intermediate NY Style Salsa, Cuban/Rueda style Salsa, Basic Bachata - usually on Tuesday and Wednesday nights in the Hammer building. The lessons cost \$25 for a full semester of unlimited classes (which is a steal compared to NYC learn to dance prices) and it's a very low stress environment! I personally use it as a fun study break and a way to get some exercise! It's also a great way to meet students from other schools; such as Mailman, Nursing, and even research assistants working at Columbia. Plus every other week a group of students goes downtown in NYC to go dancing and there are also dancing socials in the bard hall ballroom a few times a semester!

~Gabriella Puente, P&S 2020, gcp2121@cumc.columbia.edu

FUN IN MEDICAL SCHOOL

Class Ski Trip

Ski trip is a phenomenal first year tradition where we all head to the mountains for a wintry getaway as a class. This past year almost 70 students from the class of 2020 hopped on coach buses and ventured up to Hunter Mountain in the Catskills for a fantastic weekend of food, drinks, laughter, games, music, and hitting the slopes. Your P&S Club Reps will plan the details, but we stayed all together in the most incredible house (yes, all of us in one house). We had an excellent time bonding with those we already knew, and getting to know those that we didn't know as well. All are welcome and it's highly recommended that you go. I may be biased, but I can say with confidence that it was widely regarded as one of the most fun parts of first year.

***~Jonathan Xu, P&S 2020, jtx2000@cumc.columbia.edu
(adapted from John Henry Ignatiev, P&S 2019)***

Leonides Ball

Leonides is the P&S "Med School Prom" that happens every year, usually in the beginning of second semester (back in the day, it used to be in November around the time of the Leonids meteor shower, hence the name). All four classes are invited, and the first-year P&S Club Reps are in charge of picking a theme, decorations, and food. This past year, we went down to Chelsea Piers and partied as if we were at the "Rio Carnival" with delicious food, drink, dessert, a DJ, and A PHOTOBOTH!!! The tickets are subsidized, so it's a great opportunity to dress up and go out in NYC with your fellow classmates. Lots of people bring their significant others, and close friends as well, and everyone always has a blast - the photobooth pictures are proof!

***~Jonathan Xu, P&S 2020, jtx2000@cumc.columbia.edu
(adapted from John Henry Ignatiev, P&S 2019)***

Post-Exam Parties

Med students at pretty much any med school in the country have to take regular tests; the difference between us and them is that after the test we still live in New York City! After almost every exam, your class social chairs will plan a party somewhere around Washington Heights, the Upper West Side, West Village, etc. For those of you new to New York or coming straight from a tight-knit college campus, get ready for a mindset shift: you might have to travel a little to get to a cool party venue or bar downtown. Parties have ranged from low-key drink specials at Coogan's and Open Bars at the Gin Mill to a pool party in Times Square (see below)! The few students who have missed out on one of these have described feeling "crippling regret," often with associated physical symptoms like fever and chills; don't let this be you! There's simply too much fun to be had in this city to miss out!

***~Daniel Friedman, P&S 2020, daniel.friedman@columbia.edu
(adapted from John Henry Ignatiev, P&S 2019)***

Post-Pulmonology Pool Party

An annual tradition that happens after the Pulmonology exam is a phenomenal indoor pool party at a boutique hotel in midtown. You might even call this the ski trip of after parties, so if there's one party you attend, this is not to be missed. Please note that bringing any knowledge of the lungs (other than the fact that you can't breathe underwater) is strictly prohibited. Inflatables are encouraged.

~**Daniel Friedman, P&S 2020, daniel.friedman@columbia.edu**

Club Soccer

A fair amount of P&S students are soccer players or soccer fanatics so we created a soccer club. When the weather's nice, we organize weekly pick-up games on the hard surface at J. Hood Wright Park or on the turf field at Riverside Park on 145th St. Pick-up tends to be on Friday afternoons and is open to all CUMC students. Talent ranges from college soccer players to first-timers, so all are welcome. Shoot me in an email if you're interested in playing, or check out our Facebook group (cleverly named P&S Club Soccer) for weekly posts.

~**Ben Wagner, P&S 2020, baw2158@columbia.edu**
(adapted from **Sophie Mayeux, P&S 2019**)

DAILY LIFE

General Transportation

MTA Buses

While the subway is usually your best bet to get you places, sometimes the bus will be more useful (generally when trying to go crosstown, i.e. from the west to east sides of Manhattan). Luckily, crosstown buses are usually named after the street they travel on so you know one when you see it. For example, two buses you can take to get from the Upper West to Upper East Side are the M96 at 96th street or the M86 at 86th street. Buses, however, are at the mercy of NYC traffic, so always consider if the subway and/or walking will be a faster way to get where you're going (which is often the case during rush hour). If you want to figure out if you should wait for a bus or not, you can track buses real-time by going to mta.info/bustime or downloading the Transit App.

Intercity Buses

Buses are a cheap way to get to nearby cities such as Boston, DC, and Philly. Bolt Bus, Megabus, Greyhound Express, Go Bus, Yo! Bus, and Lucky Star are all popular options with \$10-30 one-way tickets depending on the demand. Greyhound, which leaves from Port Authority at 42nd street, is the most convenient to get to and from Washington Heights, but is sometimes a bit more expensive than the other companies. Bolt Bus and Megabus are cheaper options. Bolt Bus and Megabus pick-up point is near the Jacob Javits Convention Center area (34th street between 11th and 12th Ave.). You can ride the 7 to 34 St-Hudson Yards to get there! Go Bus leaves from the Penn Station area. Yo! Bus and Lucky Star both leave from Chinatown, which is the farthest away from Washington Heights, but often have the cheapest tickets. However, some of the cheaper bus systems come with the very real risk of bus breakdowns. All of these buses have wi-fi and power outlets, but how reliably they work depends on the company.

~**Nick Sumzin, P&S 2020, ns2745@columbia.edu**
(adapted from **Rhyan Goldman, P&S 2019**)

Taxis and Ride-Hailing Apps

Most of you probably know about the famous yellow New York taxicabs that run rampant around the city. Now, there are green cabs too, which you can also hail here in Washington Heights. Yes, cabs aren't dead yet, even though Uber and Lyft are very popular. Cabs are most convenient when you are (a) in a spot where it might be hard for an Uber/Lyft to find you, and there's already a cab there, or (b) you don't feel like waiting a few minutes for your Uber or Lyft to come.

Here are the basics of hailing a cab: go out on the street and look for a green or yellow cab with its roof light on. If the numbers on top of the cab are lit, stick your hand out and wave it down. Get in the car first and then tell the cabbie where you want to go. They are required to have a map available while on duty and should have no problem getting to an address even if you don't know where it is. Between 4 and 6 pm, cabbies will switch shifts and go 'off duty' while they ride back to their dispatcher. They'll try and pick up fares along the way, but will likely turn you down if you're not on their way home. FYI, it's actually illegal for cabbies to refuse to drive you anywhere within the 5 boroughs and they can be fined for doing so. Unfortunately that doesn't always mean they won't do it, but it's good to know.

A cab to JFK International Airport has a flat rate of \$52 + tolls and tips to and from Manhattan only. There is no flat rate to LaGuardia Airport from any destination, but from Washington Heights it usually comes out to ~\$35 with tolls and tip. You can estimate almost any other trip on taxifarefinder.com.

There's another type of car around: the gypsy/livery cab, which most people tend to avoid. These are unmarked black cars that ride around the city looking to pick up a fare. You'll see them hanging out in front of the hospital a lot. They usually don't accept credit cards and they don't have a meter, so you have to settle on a fee for where you're going before you get in the car. Beware though, I've found that a lot of these cars (especially downtown) tend to markup their prices trying to catch unknowing tourists off guard. Usually the yellow/green metered cabs will be cheaper to almost any destination, but these cars can save you in a pinch if you can't find another option. Just make sure you know what you should be paying.

Finally, Uber and Lyft are very useful for when there just isn't a cab around, or you want to pay a few dollars less (typically) for a ride. Make sure when you're getting picked up from Bard or the Towers that the app doesn't think you're on the highway! (You can manually enter 50 Haven Ave if need be.) Note that UberPool and Lyft Line are particularly cheap options if you don't mind going out of the way to pick up another rider, but you can only have 1-2 riders in your party if you're doing one of these options.

**~Daniel Friedman, P&S 2020, daniel.friedman@columbia.edu
(adapted from Rhyan Goldman, P&S 2019)**

Subway

If you are like most Americans, you have depended on a car as the mainstay of your transportation needs for your entire life. I suggest you keep that car as far away from NYC as you can. New York's public transportation has you covered, and its convenience is second to none (besides, parking in the city can be a full-time job). The subway system, in conjunction with buses will drop you off within a block or two of just about any street corner you could imagine, in addition to all major airports, train stations, and bus ports - all for the attractive price of \$2.75. Of course, navigating this vast system and its intricacies will take some getting used to. Bear with me as I do my best to simplify it for you here:

First things first: Apps are your friend. Google Maps and Apple Maps both have excellent transit instructions, and will also give you accurate estimates of travel time, account for route abnormalities, and walk you through any transfers. MTA Subway Time is a super simple and free app that will tell you how many minutes until the next train comes to your station (for select subway lines, most notably the 1 train). Also, good news! All of the subway stations now have WiFi and cell phone service. In between the stations, though, you're stuck back in the dark ages.

Getting Started: To enter the subway system you must have a MetroCard. You can purchase one for \$1.00 at any station from the handy kiosks located therein. You can subsequently reload your card at these kiosks when its balance runs low. For those who like to put their finances on auto-pilot, the MTA website allows you to order an "Easy Pay" card that is linked to your debit/credit card and will automatically add new funds to your card once it dips below a certain balance (this can be incredible when running for a train). Purchasing or refilling your card comes in two flavors: value or time. Value allows you to add a dollar amount to your card balance, and then you just pay by the ride (\$2.75 per swipe). Time allows you to purchase a card that grants you unlimited rides for either a week (\$32, worth it for 12 trips/week) or a month (\$121, worth it for 45 trips/month)

Beginners: Don't refer to their trains by their color, unless you want everyone to make fun of you. The trains most relevant to P&S are the A, C, and 1 trains, since they stop at 168th Street, which is the stop closest to the medical center.

The most basic rule of thumb to know is uptown = north, downtown = south while traveling in Manhattan. When you're entering a station, if the sign specifies a direction (e.g. uptown), that staircase only gives you access to the train going in that direction. If it doesn't specify a direction, you can get to trains going in either direction. Similarly, some trains go by Brooklyn or Queens-bound vs. Manhattan-bound instead of the traditional uptown vs. downtown. Take-home point: be aware of the direction you wish to go or risk going the wrong way and wasting a swipe.

Finally, be aware of the distinction between local and express trains. Local trains will make every stop on a particular line (like the C or the 1 going downtown from 168th) while express trains will skip several stops along the way (like the A heading downtown from 168th prior to 11 pm). Sadly, this all gets turned upside down on weekends, when subways can be a venerable express/local free-for-all. In this case, make sure to pay attention to the conductor on the loudspeaker, especially at important express stops like 125th and 59th. Trains have been known to switch mid-ride. On weekends, pay attention!

Intermediates: If you follow the steps above, you are going to get where you need to go. The following tips are useful once you become comfortable navigating the system. The obvious advantage of express trains is that you can save transit time by skipping stops. The problem is that express trains don't always arrive first or at the same time as local trains to pick you up (otherwise it is a no brainer). When taking a numbered train line, you can take a peek at the boards in the

station to see when the next train is coming. This information can be valuable in making the decision of whether to hop on the now departing local train or wait it out for the express. During peak hours, when trains run more frequently, it may tilt the balance in favor of waiting since you can be more sure the express train will arrive shortly, even if there are no boards with ETAs for the express trains.

Fun fact, the fastest way to access the A or C trains from Bard Hall or the Towers is actually via the entrance at 169th Street and Broadway! No need to walk an extra block to 168th unless you're taking the 1.

Also, if you're heading back to campus from somewhere downtown and you're on the 2 or 3, don't forget to transfer to the 1 train at 96th Street!

Advanced: Let's say you have five minutes until the next train is coming. Whip out your phone and open Exit Strategy, which will tell you where you should stand on the train so you are closest to the station exit when you get to your destination. This might only save you two minutes, but add that up over many years of taking the subway and suddenly the MTA has sucked away a little less of your joy and happiness.

The A stops going express around 11 PM. If you're coming back uptown late at night, you can head to a stop for the D train, which will run express throughout the night from downtown to 125th Street, where you can transfer back to an A train or C train. This can be a huge timesaver if you don't want to stop a million times on your way back to campus.

If you are like most broke med students, you are always looking to save a buck, so here are some tips on getting the most travel for your money on MTA. If you know you are going to use it enough (>12 trips/week or >45/month), buy an unlimited (one week is \$32, one month is \$121). A second money-saver is that MTA allows you a free subway-bus transfer within two hours of the first subway swipe. If you need to run an errand that is less than two hours you can save the return fare by taking the bus (keep in mind it is much slower than the train, so plan accordingly).

~*Daniel Friedman, P&S 2020, daniel.friedman@columbia.edu
(adapted from Rhyan Goldman, P&S 2019)*

Fitness

Medical school can be a little stressful at times, but many students find that a great workout can do wonders for both their mental and physical health. No matter how you like to get your sweat on, P&S students stay fit in a variety of ways. The most popular and convenient option is the Bard Athletic Center (BAC) which is located on the lower floors of Bard Hall and is free for all full-time students. On the second floor, there are multiple ellipticals, treadmills, and stationary bikes with display screens to watch shows or movies from your smart devices. On the first floor, there are dumbbell sets and benches, numerous weight machines, and a rowing machine. There is also a 15-yard swimming pool, squash court, basketball court, and aerobic/yoga classes offered in a multi-purpose room that can otherwise be used for floor exercises. The BAC is open M-Th 6AM-10PM, F 7AM-8PM, Sat 10AM-5PM, and Sun 12PM-8PM, and more info is available on the BAC website page. For those who prefer a more flexible schedule and more heavy lifting options, the Free Weight Club (FWC) is a great alternative. The FWC is also located in Bard, but it is open 7 days a week 24 hours a day. For \$80/year, members have personal access to all sizes of free and controlled weight machines, a treadmill, and stationary bike. See the Free Weight Club entry in this guide or contact freeweightsclub@gmail.com for more info!

For all you runners out there, P&S Roadrunners have the scoop on information about good routes, races, and running in general, and they often coordinate group runs for fun on the weekends (ice cream runs!). Contact ps-roadrunners@columbia.edu or join their Facebook group. For solo running, check out some options below. Remember, if running at night, try to stay in well-lit active areas or take a buddy!

1) George Washington Bridge: Run north on Haven until you reach the end, and then turn right on W177th. You will see a small playground on your left, at which you should turn left down a small side street. Round the curve to the left and you'll see a small pedestrian/bike entrance to the bridge. The bridge is 1.3 long so a run straight across and back to Bard is a little over 3 miles. You can make the run longer if you go to the end of the bridge and turn into the Palisades Park, which has some little trails (and key mid-run bathrooms and water fountains).

2) Riverbank Loop: Run south on Haven and turn right on Fort Washington. Turn right again on 165th, then turn left at the end onto Riverside Drive. Run 1.3 miles along Riverside to the entrance of Riverbank Park (on the right), which includes a large athletic complex with an indoor and outdoor track.

3) Hudson River: Run down to Riverside Drive as above. After making a left, you'll approach an overpass 2 blocks down on your right. Run down some steps (don't worry if you miss them – there are several ways to get down to the path) and follow the path until you hit the river path. The river is a beautiful 8-9 mile path; you can turn around at any point, or you can follow it down all the way to Battery Park.

4) Cloisters Loop: Run south on Haven Avenue, make a left on Fort Washington, and run north for a mile until you see signs for Fort Tyron as you come up over a steady hill. Go into the park to lengthen your run before turning back, and along the way enjoy some great scenery, flowers, trees, or a medieval castle- you'll forget that you're in the city!

5) Central Park: Take the C downtown to 110th or run along Riverside for a 14-mile loop. The Central Park path itself is 6 miles long with good scenery, people-watching, and a decent hill.

Biking: A bike is a great way to get around the city and to get a workout! The GW bridge is open to bike riders, and Central Park is closed to traffic daily from 6AM-8AM so you can safely ride without worrying about cars.

Swimming: The BAC has a 15-yard pool, with hours that be found on the BAC website. For those willing to leave Bard, the Olympic sized pool at Riverbank Park on 145th is probably a bigger and better alternative. The pool is open 6:15-8:15 AM for lap swim, year-round, and each session costs just \$2.

Others: Dance Haven offers classes throughout the year and there are yoga and pilates classes offered through Student Wellness (CUMC) or the Art of Living Club (on Morningside campus). Students also frequently get together to play squash, do Insanity/P90X, SoulCycle, or form teams for intramural sports. For those looking for a nature fix, the Wilderness Medicine club offers regular hiking and backpacking trips!

~Nicole Kelly P&S 2019, nek2124@columbia.edu
(adapted from Jessie Calihan, 2017)

Shopping

Where to even start? There are endless opportunities to shop in NYC, ranging from malls, to shopping centers, to boutiques. Consider how much shopping you want to do and what you want to buy. Lots of different things? Go to a mall/area with lots of stores closely packed (i.e. you need shoes: go to 34th street where there are three shoe stores within a 3-block radius). If you just want to (window) shop and relax, try Broadway between 100th and 59th, and 5th/Madison avenue between 86th and 59th. Pro tip: download the app "retailmenot." It has coupons from all over the place and will alert you if you are near a store with an awesome deal.

Online options

Amazon prime: 2 HOUR DELIVERY. Realize you need lightbulbs, milk and pens? Amazon prime now will get it to you that day. It comes free with your amazon prime membership!

Washington Heights

- Columbia bookstore for obligatory shirts, sweaters, last minute book supplies. These items are overpriced, but if you forget to buy your anatomy scrubs you can pick some up here.
- Rite Aid (171st and Broadway)
- Melbran Pharmacy (168th between Fort Washington and Broadway across from ER)
- Deals and Discounts (173rd and Broadway) - cheap scrubs!
- SMA hardware (173rd and Broadway)
- Sastreria Garcia (165th St. between Broadway and St. Nicholas) - this is a great local tailor. Everything costs \$5.

Upper West Side

- 125th: Nine West outlet, DSW, Banana Republic Outlet, MAC, Marshalls, H&M.
- 116th: Columbia Undergrad campus bookstore with more Columbia gear, school supplies and a Barnes and Noble. University housewares (good all around home shop, not super fancy). Aerosoles.
- 103rd: Urban Outfitters.
- 96th: Columbia Square Plaza! Loft, Michaels, TJ Maxx, Homegoods, Whole Foods, Sephora, Duane Reade, Rite Aid, Verizon, Sleepy's, Modell's, Rite Aid. Extra: Birch: Cute coffee shop for studying.
- 86th: Banana Republic, Gap, Francesca's, Victoria's Secret, Aldo's, Barnes and Nobles.
- 79th: DSW, Lush cosmetics.
- 60s: Apple Store, Bed Bath and Beyond, West Elm, Pottery Barn, Best Buy.

Midtown

- 59th Street mall: The Shops at Columbus Circle (an indoor mall!): Whole Foods, Sephora, J Crew, Coach.
- 50th: Salvation Army (go on Wednesday for half off furniture!). They'll deliver for a fee (~\$30-\$50).
- 33rd: Manhattan mall (indoor!): JC Penney, Express, Aeropostale, Victoria's Secret, Lips.
- 42nd Street: Times Square can get crowded but it has plenty of stores. Loft, Forever 21, Sephora, Muji (Ikea alternative), American Eagle.
- 34th Street area: Macy's- one stop shop for everything. Warning: the first floor of this place is CRAY. Go upstairs and it's like a shopping haven. Old Navy, H&M, Sephora, DSW, Kmart.

Shoutouts

Buffalo Exchange: This hidden gem is basically a high-end thrift shop (didn't know those existed, huh?). There are multiple locations, but the best one by far is on 26th between 6th and 7th avenues. It's got a fantastic selection of both men and women's designer clothing, shoes, and accessories that are sold to the store in near new, if not new, condition. These are then resold for REALLY cheap. Where else can you buy something from Topshop for \$20? Seriously, give this place a try. You won't regret it.

Uniqlo: Located down in SoHo on Broadway between Prince and Spring Street, this is a great, big store to find all your clothing needs at a reasonable price.

Crosstown (East Side)

- 59th and Lexington area: Bloomingdales, Container Store
- 116th and 1st Ave.: East River Plaza, Target, Bob's Furniture, Marshalls, Costco! Taxi or crosstown buses along 125th will take you to 1st avenue.

Bronx

There are two Super Targets in the Bronx. Take the 1 to 225th OR take the A to 145th, the D to 161st, and the 4 to 149th, then walk west (this one is harder to get to but it is located in a huge mall complex with a Best Buy, Bed Bath and Beyond, Home Depot, Staples, and other stores).

New Jersey

I'm a bit biased because I'm from Bergen county (right over the bridge), but the upside to traveling here is that there is no sales tax!! If you are doing a sizable amount of shopping, it is so much nicer to do so in a one-stop spot that could have everything you could ever want. NJ transit buses from the GW bridge terminal (175th) will take you right to the Garden State Plaza (humongous mall, ~5 dollars for the trip) in 15-20 minutes with no traffic. These buses will also take you to IKEA (right across from the mall). There are also outlets (Bergen Mall Outlet) along the same route (the stop is before the Bergen mall stop).

~Allie Levin, P&S 2019, apl2124@columbia.edu
(adapted from Plicy Perez, P&S 2017)

Cycling in NYC

Exercise and fun

Though there are many cars on the road in NYC, there are many dedicated bike-only areas that make traversing the city by bike both convenient and fun. Most famously, the Hudson Greenway is an excellent way to go north-south on the west side of Manhattan by bike. The Greenway is totally separated from vehicular traffic and features great views of the Hudson River. Easy access to the Greenway is at 158th Street; simply bike down Fort Washington, take a right on 158th Street right after Fort Washington merges with Broadway, and go all the way down the hill. Alternatively, you can access it at 181st Street. The Greenway will take you all the way down to the bottom of Manhattan (or up to Inwood!). You can then cross the city east to go over the Manhattan Bridge or Brooklyn Bridge to visit Brooklyn!

Biking in New Jersey is also great. The Palisades Parkway can be accessed by biking over the George Washington Bridge. Access the bridge at 177th Street - the entrance is kind of hard to find,

but poke around and follow other cyclists and you will find it. Once you cross the bridge, turn left immediately and stay cycling on the sidewalk for 0.5 miles. You will then get to the Palisades Parkway slow section, and you will double-back and bike north. You can follow this for about 10 miles, at which point it will join up with the 9 West highway, which can also be biked for those who want a longer ride up the river.

Citi Bike

If you don't own your own bike but want to spend a day exploring NYC on two wheels, check out Citi Bike. Citi Bike is a bike rental system with stations set up throughout Manhattan, Brooklyn, and Queen. It's \$12/day to use a bike from any station. The station that is the farthest north on the west side is at Columbia undergrad, so take the free inter-campus shuttle down there, hop on a bike, and get going! TIP: Citi Bike does not provide helmets, so borrow one or get one before riding!

~Rachel MacLean, P&S 2020, rlm2195@columbia.edu

Commuting by Bike

Getting a Commuting Bike: CitiBikes are great for weekend excursions around the city but the lack of CitiBike locations close to CUMC means that if you plan on commuting on a bike you'll probably need to own one. If you are looking for a brand-new bike, there are a couple of bike shops in northern Manhattan (Victor's Bike Repair on Broadway & 174th is the closest to campus). If you are looking for a deal, check craigslist (NYC is huge and there are tons of bikes for sale) or the P&S online student flea market. For repairs/tune-ups that exceed your own skills you can bring your bike to a local bike shop or check your email for the CUMC public safety free bike tune-ups that happen each semester.

If you want to go the extra mile and make a true commuter-machine, I recommend adding a few accessories to your bike. Fenders are a great addition if you ever want to bike in the rain or within a day after it has rained (which is about 50% of the year on the east coast). They shield you from water splashing up from your tires. Another good thing to have is a rack that you can mount either a basket or pannier to. This will allow you to carry a bag without the extra back strain and sweaty-back that comes with wearing a backpack while biking.

Locking up: There are plenty of bike racks scattered around the CUMC campus—the closest one to the VEC is just inside of the parking garage entrance next to the VEC. Be sure to use a sturdy lock (U-locks are better than cable locks!) and secure anything on your bike that has a quick-release. As for other personal belongings, you can reserve a free locker for the academic year in the VEC or in Hammer.

Riding in NYC: Riding a bike in NYC can be pretty intimidating at first but it is a great way to get around and get some exercise at the same time. First things first, always wear a helmet (you got into medical school with that head, keep it intact!) Wear bright/reflective clothes and if you are riding at dusk or night put lights on your bike. The NYC DOT has a great map that marks all of the bike paths and designated bike lanes throughout all five boroughs: <http://www.nyc.gov/html/dot/html/bicyclists/bikemaps.shtml>. Of note, there is a long protected bike path called the greenway that wraps around most of Manhattan and goes right past the CUMC campus, meaning you can safely get to CUMC from pretty much anywhere in Manhattan by bike.

~Stephen Sammons, P&S 2020, srs2249@columbia.edu

FOOD IN NYC

If you are a fan of great food, then you have come to the right place! New York has an amazing array of options from haute cuisine to hole-in-the-wall places that serve up any cuisine you could imagine. Right here in Washington Heights, we have some great Dominican food, lots of sandwich places, a good bagel shop, and a few nicer restaurants for when you are feeling a little fancy. I promise that you will have more than enough to eat between the meal plan (twice a week!), cooking in Bard Hall, and all that the city has to offer. It can be helpful to browse a bit online and keep an ear to the ground for great recommendations and offers. Pro tip: take advantage of Restaurant Week (which is really more like Restaurant Month), a tradition that occurs twice a year. During this “week,” some of the best restaurants in the city serve 3-course meals for \$29 for lunch and \$42 for dinner. Keep an eye on Eventbrite Rally NYC and Facebook’s “Events Near New York, NY” for cool food festivals (and other fun events), such as the Big Apple BBQ Party, the Indonesian Food Festival, and other food festivals at the Grand Bazaar NYC (e.g. the Famous Food Festival, the International Food Bazaar, the Ice Cream Blizzard), etc. When you have a little bit of time on your hands, make it a priority to try out some places in the other boroughs, including Smorgasburg in Brooklyn, the Queens International Night Market, and also a bunch of restaurants in Flushing, Queens. Great food is not limited to Manhattan!

Be sure to browse the appendices of this guide. We will walk you through the best places to buy or order groceries, point you toward some delicious local options, and fill you in on some can’t-miss restaurants. Bon Appetit!

~*Kristin Hsieh, P&S 2020, kth2124@columbia.edu*
(adapted from *Arielle Fein, P&S 2019*)

Cooking in Bard

Okay, I’ll admit it—cooking without a private kitchen isn’t ideal. I lived in an apartment with a large kitchen for two years before moving to Bard, and I was definitely skeptical at first. Now I only go out to eat when I really want something special. I’ve learned to get a little bit creative, and so will you!

There is a shared kitchen on the 11th floor and people use it to varying degrees. You can sign up for a locker but I would recommend getting a box or a cart to lug your various pots and pans back and forth if you think that you’ll want to cook there.

I do almost all of my cooking in my room. I highly (HIGHLY) recommend buying a mini-fridge (bonus points for a separate freezer) and a microwave. Many rising second years will be selling these between June and August, so look out for the list that will be

sent around. I like to keep a lot of non-perishable foods in my room like soups, lentils, oatmeal, and tuna. I also found the following cooking gadgets to be really helpful: a microwave scrambled egg/omelet maker to step up my breakfast game, a coffeemaker/Keurig (for all of you single serve coffee fans out there, you can use your personal K cups in the Keurig machines in the library), a microwave pasta/rice cooker, and many different microwave-safe containers. There is a company called Lekue that makes containers that let you cook just about anything in the microwave. I have friends who swear by NutriBullets, crockpots, rice cookers, and French presses. With some luck and a little bit of practice, you'll find what works for you!

~Arielle Fein, P&S 2019, awf2126@columbia.edu

Food for Thought

Food for Thought is a group in the P&S Club that is working to better integrate food into students' personal and professional lives. Through hands-on events (we're talking cooking and eating, folks) we explore sustainable eating habits, healthy lifestyles, and how to incorporate them into medicine and medical education. Last year, we hosted Ovenside Chats where a group of students from multiple health science schools came together with an esteemed guest to cook a meal and discuss the guest's area of activism or research. We also started a group of supper clubs where students took turns with the duties of preparing a healthy, home-cooked meal so that we could eat together throughout the week without having to put in all of the work! We'll be bringing those back this year by connecting you all with second years (with beautiful kitchens...) to prepare a tasty meal and ask any questions you might have at the beginning of med school. Whatever your fascination with food, we'd love for you to join us!

~Logan Mauney, P&S 2018, lcm2170@columbia.edu

Meal Plan

Staying well fed in med school is a must! Your stomach, brain, and grades (by grades, I mean Pass of course!) will thank you. With our hectic schedules and limited cooking space, Columbia has us covered with the meal plan. Meals are served on Monday, Tuesday, and Thursday nights from 5:00-7:15pm in the Bard Ballroom, located in the basement of Bard Hall (at 7:15, you can come back for any remaining leftovers). Meal plan options are 40, 30, or 15 meals per semester, which work out to around 3, 2, or 1 meal(s) per week, respectively. Since meals are purchased in bulk, you can use any number of meals in one week until you run out. While even 3 meals/week may not seem like much, you can buy a \$6 set of "to-go" containers (one time cost) in the beginning of the semester that lets you save enough leftovers for at least a second meal (I've personally gotten four meals worth of leftovers). I've opted for 2 meals/week both semesters and often go the entire week without cooking or eating out (don't knock it 'til you try it).

Meals are served buffet style. There's always a salad bar with toppings, fresh fruit (bananas, apples, oranges), soup, and a variety of drinks. Hot entrées vary by night, but a menu is provided in the beginning of the semester so you can plan accordingly. There's always some sort of meat (chicken, steak, fish, shrimp, etc.), starch, vegetable, and a vegetarian option. Highlights include Washington Heights-themed night, taco night, and BBQ night. Each use of the meal plan affords you the following: hot entrée, salad, 2 bowls of soup, 2 pieces of whole fruit, 1 dessert, and 2 canned/bottled beverages. A table with bread, breakfast pastries, peanut butter, jelly, and Nutella is available without restrictions; dispensable water, iced tea, lemonade, and coffee are also available. Once you've gotten all your food, you can sit at one of the many large tables in the ballroom with classmates from the various CUMC schools. It's a great way to take a break in the evening and catch up with friends.

If you're living on or near campus, I'd highly recommend participating in the meal plan, even for just 1 meal/week—it's convenient, good quality, and a great deal (recall that you can eat there and then fill up two containers of food, totaling 3-4 meals for just \$9!). Cooking is nice, but on those busy nights you just can't beat the meal plan!

~Ben Wagner, P&S 2020, baw2158@columbia.edu (adapted from Nicole Kelly, P&S 2019)

Dietician

Whether you're wondering exactly how much pasta you should eat before that marathon you're running, concerned about how many Wellness office snacks you're consuming instead of meals, suddenly realizing what "triggering" really feels like after interviewing a patient with an eating disorder in psych, all of the above, or none of the above, Colby, our registered dietician, is here to answer all of your nutrition-related questions and concerns! Appointments with Colby are local (in Tower 1), completely free (no matter whether you have school insurance plan or not), and unlimited. She will work with you to set goals, create meal plans, and develop a healthy, happy approach to food. She is very smart, easy to confide in, and extremely knowledgeable. To set up an appointment, call 212-305-3400, and prompt 1.

~Caroline Bank, P&S 2018, tcb2125@columbia.edu

Groceries

Here's an intro to your guide to grocery shopping in Washington Heights and beyond, compiled by your upperclassmen friends! Skip to the appendix for a helpful list of all the different ways you can acquire groceries in NYC. To start off, you've got your standard brick and mortar grocery stores—they range in size, price range, location, and really just what you're looking for. But wait, there's more! You can order groceries online and have them delivered without having to step foot outside your door, which is especially useful during the winter wonderland months. A lot of these services offer free trials so you can check them out before paying for a longer membership; and you could even look for a grocery buddy to split a membership with and do your online shopping together! Whatever your preference, I would recommend shopping around a little bit to figure out what/where works best for you. So now head on over to the appendix to check out all your options!

~Delia O'Shea, P&S 2019 (edited by Gabriella Puente, P&S 2020, gcp2121@cumc.columbia.edu and adapted from Connie Wang, P&S 2019)

IDENTITY

LGBTQ

Oh, 2017, what a wonderful time to be queer! And what better place to cultivate your beautiful identity and share it with the world than New York City and, in particular, Columbia! P&S has a vibrant LGBTQ community with representations from many of its health professional schools, including Lambda (P&S), Queer Health Task Force (Mailman School of Public Health), and the Queer Ally Partnership (CUMC). Together these organizations put on a variety of social gatherings, film screenings, lectures/panels on LGBTQ health and social issues, sensitivity training workshops, and much more in order to create a sense of community at P&S as well as prepare future health care professionals to work with LGBTQ patients. The recent addition of Q Clinic to P&S' many student-run clinics allows for students to provide outreach and primary care services to homeless LGBTQ youth in the city. Outside of P&S, New York City has so many opportunities and resources to help you thrive. Downtown, The Center (<https://gaycenter.org/>) can connect you to entertainment, cultural, and wellness resources, while Callen-Lorde (<http://callen-lorde.org/>) can connect you to LGBTQ health care volunteer opportunities.

In terms of social life, there are tons of bars, clubs, theaters, and cultural activities in Hell's Kitchen, the West Village, and Chelsea, to name a few. My personal favorite is the historic Stonewall Inn; a night of dancing and drag shows is a wonderful way to spend your Saturday evening. Finally, Dr. Amiel, our Associate Dean for Curricular Affairs, also doubles as the faculty liaison for LGBTQ students. He's a fantastic source of support and direction. If you're questioning and want to talk, Jane, Justin, and Meg in the Wellness Center in Bard are open, supportive, and a delight to speak with. Lambda (along with the rest of CUMC) is here to support you and your identity in whatever form it might take. We want to help you be bold, be fabulous, and be great, so welcome!

~Kyle Zuniga, Class of 2019, kbz2102@columbia.edu

Latino

¡Bienvenidos! With one of the largest populations of Latinos in the United States, New York City is a great place to go to medical school if you identify as Latinx. Moreover, not only is this one of the most diverse medical schools in the country, but P&S is also smack-dab in the middle of the colorful Dominican neighborhood of Washington Heights. So, if your comfort foods include rice and beans, mofongo, empanadas, plátanos maduros, and dulce de tres leches, have no fear! There are plenty of restaurants and bakeries nearby to satisfy your cravings. Washington Heights also has a growing population of other Latino groups, and so, you will readily find Mexican,

Venezuelan, and El Salvadorian cuisine nearby, just to name a few. Of course, whatever you can't find in Washington Heights is just a subway ride away!

There are also plenty of opportunities to practice your Spanish and connect with people who share a Hispanic heritage, whether in CUMC or out in the neighborhood. Through my first semester clerkships, for instance, I was able to talk to Latino patients and observe the dynamics of patient care as it affects our community. Meanwhile, if you are looking to improve your Spanish, Columbia offers a subsidized class that medical students can take as an extracurricular (very low stress). Or, you can join one of the "Familias" through Dígame Mas and practice your medical Spanish. For the advanced/fluent Spanish speaker, you can even take a medical interpreting course (again, as an extracurricular) that helps you meet requirements to become a certified health interpreter.

Lastly, you can rest assured that you will be well supported in your medical school journey through the Office of Diversity (Dr. H., Suzette, and the rest of the team are amazing) and BALS0 (see the BALS0 entry under P&S Clubs). As the 2016-2017 BALS0 Latino Medical Student Association (LMSA) representative, I highly recommend getting involved with the BALS0 board. BALS0 quickly becomes your own familia away from home, and I cannot overstate how fulfilling this experience has been. If you have any questions, concerns, or comments, please feel free to reach out to me.

~Tina Roa, P&S 2019

(edited by Gabriella Puente, P&S 2020, gcp2121@cumc.columbia.edu)

Black

The black experience here at Columbia P&S is unique because of the people, the support, and the location. We have one of the most diverse medical student bodies in the country. I represent one of the smallest demographic groups in medicine as a black male, but I am still able to find individuals I can relate to both in my class and in the classes above me, and I have felt extremely comfortable here. BALS0 (the Black and Latino Student Organization) really builds a strong, tight-knit community for all of us here. The administration is also extremely supportive—Dr. Hutcherson provides us with an enormous amount of guidance and support, and we know that she is looking out for us. Coming to Columbia P&S also places you right next to a ton of black culture. History fact: Malcolm X was assassinated at 163rd and Broadway, and there is a memorial there in honor of him. Harlem is a 10-minute subway ride away, with all the Soul Food, soul music, dancing, and Caribbean jerk you could desire, and the historic Apollo Theatre is on 125th Street as well. Another place I've enjoyed is The Shrine World Music Venue on Frederick Douglass Blvd. and 133rd St. Artists of all genres perform in Harlem and downtown Manhattan all the time, and the options feel unlimited! Every year, Caribbean Carnival occurs in New York City over the summer, which is a fantastic, fun event. You have every opportunity to have a rich experience here at P&S. If you have any other questions, feel free to reach out to me!

~Denzel Woode, P&S 2019, drw2118@columbia.edu

Asian

P&S is a welcoming place for an Asian American to come for medical school. A significant portion of our class is Asian American, and within that there are many different ethnicities (Chinese, Korean, Japanese, and Indian, to name a few). New York City has plenty of Asian food and several Asian ethnic neighborhoods, like K-town, Manhattan Chinatown, and Flushing, that are just a subway ride away from Washington Heights. There are enough Asians here that you won't feel like you're alone, but still a good amount of people from other backgrounds to add to the diversity of Columbia. Everyone here is friendly, intelligent, and talented. Practically any Asian student should feel right at home here in Columbia.

~Ingold Huang, P&S 2019, ih2294@columbia.edu

Muslim

Welcome and Salam! We are a small but stalwart community here at P&S. There is a joint health student Muslim Student Association at CUMC—look out for our events throughout the school year. If you're looking to catch Jumuah, there's a weekly service on the second floor of Milstein Hospital near the cafeteria at 1:15 pm. There's also a small masjid at 175th and Broadway. Another excellent option is the weekly service at the undergraduate campus. Feel free to contact us if you're trying to snag a corner to pray or want some Muslim company... we'd love to meet you! Finally, aside from the usual halal carts, Washington Heights is a little sparse when it comes to halal options—that said, the city is full of them!

~Sarah Jukaku, P&S 2015, sj2524@columbia.edu

Christian

Hello Class of 2021! We are so excited to welcome you into our community! Medical school is quite an epic journey in every sense of the word—physically, mentally, emotionally, and spiritually. I've found my first year at P&S to be a challenging but life-changing time in which I have grown in my understanding of practical spirituality, strengthened my relationship with Jesus Christ, and found wonderful friends to experience life with!

Whether you identify as a Christian or are just looking to explore spirituality, there are plenty of opportunities here. Columbia Christian Fellowship (CCF) is a part of the P&S Club and a great place to start. I've found CCF to be a great way to meet other Christian students, learn about and experience God through studying the Bible with friends, and find awesome people to go to church with on the weekends.

Columbia Christian Fellowship (CCF) is an inter-denominational, student-run organization that encourages students to grow in their personal relationship with Jesus Christ and to serve and love the CUMC community around them. If you would like to explore the Bible, CCF is a great place to ask questions. All are welcome to the weekly meetings, which include Bible studies, speaker events, praise and worship, and social gatherings. CCF includes students from the medical, dental, graduate, nursing, occupational therapy, physical therapy, and public health schools, as well as friends and spouses. Various speakers, including medical missionaries, practicing medical professionals in NYC, and others, address the group regularly. Anyone and everyone is so welcome!!!

It's also going to take a little bit of exploring to find a church you feel at home in. There are many solid churches in the city, and I'd be happy to offer suggestions! Some of the big-name churches here are Redeemer Presbyterian Church and Hillsong Church. There are also several Catholic Churches in the area. There is Catholic mass in the NYP Hospital Chapel (to find the chapel, it's easiest to enter the Vanderbilt Clinic building on 168th street at the U-shaped driveway and ask at the desk for the chapel). They have a quick Catholic mass at 5:15 PM on Saturday and 8:30 AM on Sunday. Other Catholic churches in the neighborhood include the Church of the Incarnation and the Church of St. Rose of Lima. There are also church services at St. Paul's Chapel on the Columbia main campus and at other churches in the Morningside area. If you have any questions about CCF or would like more church recommendations, don't hesitate to reach out!

**~Hamin Kim, P&S 2020, hk2800@cumc.columbia.edu
(adapted from Emily Nuss, P&S 2019)**

Jewish

Mazel Tov on being a part of the greatest med school mishpucha you could want! We're so happy to have you, we could kvell!

However you prefer to define your Judaism, Columbia offers a lot in terms of Jewish life, both up at CUMC and down by the Morningside campus at their fantastic Hillel and Chabad. The Medical Center Jewish Association (MCJA) hosts Jewish religious and cultural events all year long. This past year, for example, we had a huge Shabbat dinner with about 100 attendees, a Hamentaschen baking, and an interfaith, end-of-life care panel. Our members are from across the medical center, which makes MCJA a great way to meet people from other schools (CDM, Nursing, PT, OT, Public Health, and GSAS).

There are a number of synagogues in the Heights, including Orthodox and Egalitarian services. The MCJA also has a close relationship with Columbia Hillel, and medical students are always welcome to go there for services and holiday events. Just one more stop downtown on the train is the Upper West Side, which has a great community of young Jewish professionals, as well as synagogues and minyanim catered to young adults. It's easy to get involved and fun to join!

You can request kosher meals through the Bard Hall Meal Plan at NO EXTRA COST!! You get a hot, four-course kosher meal for the same price as the regular meal plan. There are also kosher supermarkets which carry kosher goods, like Key Foods and Just Kosher. There are also kosher restaurants in the Heights like Grandma's pizza, Lake Como, Golan Heights (AMAZING schwarma and falafel), Subaba, and Chop Chop—and even more on the UWS and in the rest of NYC!

If you observe Shabbat, class usually ends early on Fridays, so you'll have plenty of time to prepare! And if you have to miss a small group, a lab, or even an exam, professors are extremely accommodating and with some notice, will offer make-ups and make sure that you don't fall behind. I've never had a problem, nor heard of anyone having a problem, with missing class or an assignment due to religious observance. Our professors are SUPER understanding and accommodating. Just about all classes are recorded, which also makes catching up on missed lectures a snap.

Finally, as you enter this amazing place, you will likely take the reins of the MCJA from the old second years. Know that if we don't currently offer something you'd like to see, you can make it happen! The MCJA can be whatever you want it to be, and we have great support from the P&S Club and from Columbia Hillel.

**~Eytan Palte, P&S 2020, eap2185@cumc.columbia.edu
(adapted from Rhyam Goldman, P&S 2019 and Adam Butensky, P&S 2017)**

International Students

Congratulations!!! You made it to medical school! Few people know how hard it is to get accepted to medical school in the United States as an international student! You've overcome financial, bureaucratic, and emotional roadblocks to make your dreams become a reality, and now you are part of a small but integral group of international students in your class. We are glad you made it. Many international students studying at P&S have graduated from college in the United States or Canada, but starting medical school in NYC can still be a big change. The good news is that New York has a place for everyone, regardless of your citizenship or where you grew up. You will definitely find a community in the city that shares your values and traditions.

There is so much to experience from this beautiful conglomerate of cultures! Just look up "New York City ethnic enclaves" to get a sense of the incredible number of international communities NYC has to offer! Ever had Halal food or watched a Broadway show? How about karaoke in K-Town? The convenience and ease of the subway system in NYC is remarkable and very user friendly. Getting from Washington Heights to anywhere in NYC is a breeze!

Additionally, Columbia is also extremely proactive about notifying students of any anticipated travel issues and is ready to support us if we experience trouble returning to the US from abroad. A few things to consider as an international student first-year at P&S: 1) you cannot get NIH funding for the summer after first year, but P&S can usually fund you internally for the work you might want to do; 2) make sure you stay on top of your financial aid documents, especially getting tax forms from your parents at home; 3) renting an apartment off campus can be a pain if you need to provide a guarantor—usually, that person needs to be a US citizen. But, don't worry—the support staff at P&S are outstanding. If you have any concerns, feel free to contact Bonnie Garner (blg12@cumc.columbia.edu) at the International Affairs Office or Marcia Stark (ms63@columbia.edu) at CU International Students and Scholars Office. They will help you with visas, F-1 status transfer, I-20s, etc. Who knows? In four years you might even get used to this Fahrenheit and yards stuff.

~*Rachel MacLean, P&S 2020, rlm2195@columbia.edu*
 (adapted from *Parth Patel, P&S 2019*)

From Around the U.S.

From the South

First things first: congrats on choosing P&S! You made the right choice. Now let us remind you why. You wanted to go to a school with friendly people, good food, live music, and plenty of sunshine. Well three out of four ain't so bad (it's just up to you to decide which three that is)! There are going to be times when New York City feels crowded and hectic. Overwhelmed at the thought of taking a packed subway ride downtown? Reasonable. Is someone going to be completely rude to you for absolutely no reason? Probably. Worried that strangers don't talk to each other? They don't... but you should! You need a bit of that southern charm here to survive, and New York will be the better for it. So come September when need your southern food fix, check out Sylvia's, Dinosaur BBQ, or Jacob's Pickles, just to name a few. Harlem is right next door and they have some great southern food and hospitality too. We'll be honest—your loafers and boat shoes aren't going to last the winter (usually October to May). But don't worry, because come May, you can and will revive them. Invest in some waterproof boots, a puffy coat, and a solid umbrella, and you'll be just

fine. Also, buy a humidifier for your room. The last thing you need is for a random nosebleed to happen because your nasal mucosa hasn't acclimated to this latitude. Take a walk through Fort Tryon Park, catch some bluegrass at Mona's, and grab a gospel brunch (really—look it up). Try out fishing on the Hudson (but don't eat it—who knows what those fish are made of). Trust us, we love it and you will too! You'll have such great stories to tell all your friends and family back at home.

~**Joseph Sanchez, P&S 2020, js5001@cumc.columbia.edu**
(adapted from **Deborah Boyett, P&S 2019, Hannah Ware, P&S 2017, and Dan Arteaga, P&S 2019**)

From California

I grew up in LA, went to college in the Bay, and lived in SF for four years, so you could say I'm pretty Californian. Living in Manhattan is very different, but totally worth it. And I still manage to eat an avocado a day and rock my flip flops inside the apartment.

Weather? You're right, the weather here is unpredictable, not a consistent 70 degrees. Heat wave in February? Snow storm in March? Sure! But you will get some of the most beautiful displays of seasons: the colors of fall, the snow in winter, the flowers in spring, and summertime sunshine. Pack a warm coat and get some thick boots so you can enjoy the urban jungle's seasons! Ask your new East Coast friends for tips on the essentials. Oh, and the best part? Snow days!!!!

Culture? Californian life is the chilliest. But don't listen to what people say: New Yorkers are super cool and very friendly, too! Some might say even too talkative at times...jk! They are generally, however, more up-front and honest—keep your California calm and don't take it personally. It's also important to know that Manhattan is one of the most diverse cities on Earth. Almost every culture in the world is represented in NYC, somehow! It's incredible. And if you miss Silicon Valley or Silicon Beach, NYC has its own "Silicon Alley" scene.

Food? Don't worry, although there isn't In-N-Out, you will be able to enjoy so many amazing restaurants that are only found in NYC! Missing LA's Porto's or some pan dulce? Not to worry—check out Carrot Top Bakery. Get a craving for some South Bay ramen? Why don't you visit Jin Ramen instead? Do you long for an Armenian feast? Try a Georgian restaurant. If you are a fruit fanatic, buy a delicious street mango or papaya!

Outdoor Activities? Missing the surf, or amazing hikes? Itching to post the sequel Insta to your Runyon Canyon hike? I'm glad to report that it's very easy to get PLENTY of outdoor time outside the urban jungle!! Traveling upstate or taking the train to Connecticut leads to some of the most beautiful outdoor sights. Whether it's the Catskills, Bear Mountain, Ice Caverns upstate, or skating and rock climbing in Central Park, you will have so many awesome opportunities to do outdoor activities! (And surprisingly, there's still a pretty big surf culture here!)

~**Fiona Angel, P&S 2020, fca2116@columbia.edu** (adapted from **Alex Vu, P&S 2019**)

From the West Coast

West coast, best coast! So you call the left side of the country your home, and now you basically cannot be any farther away. While you will probably miss the breathtaking hikes, endless trails, great beer, and lack of a sales tax (any Oregonians in this house?!) from your hometown, you will soon find that New York City has plenty to offer and might even take a close second to your favorite part of the US.

If you lived close to the coast before (I'm looking at you, California), you'll find that it gets quite a bit colder here, so invest in a warm coat, gloves, and some snow boots. And while New Yorkers may not smile and strike up a conversation with you on the subway, I can assure you that they are kind and will certainly help you out when you need it.

When you're missing home, take the MetroNorth upstate for a day hike (Breakneck Ridge and Bear Mountain are popular destinations), run up to Fort Tryon to find some nature in the big city, or take the LIRR or A train for a day at the beach. There's even a class ski trip to Hunter Mountain! P&S and NYC are amazing, and definitely worth the red-eye flight. And last note: if you plan to spend your breaks on the west coast, book those plane tickets early! Just do it now, you'll thank yourself later.

~Megan Liu, P&S 2020, ml3949@cumc.columbia.edu

From the Midwest

Congratulations and welcome to P&S! If you're a native Midwesterner, you might miss the lush open fields, summer days on the lake, giant grocery stores, and Big Ten football. Though East Coast living might take some time to get used to, you will quickly find that NYC is an amazing city that has so much to offer. Take advantage of your free time to explore different neighborhoods and try new things. If you find yourself needing some fresh air, I'd recommend running or taking a walk to Fort Tryon Park or Central Park. If you're craving some Wisconsin cheese curds or Chicago style deep dish, you'll find numerous places in the city that will bring you back to your Midwestern roots. I've loved my time living in New York so far and I know you will too!

~Lillian Chen, P&S 2020, lcc2161@columbia.edu

Not a Science Major ?

You came to the right place! P&S has an incredible Arts and Humanities scene (see Bard Hall Players, CoffeeHouse, Reflexions, etc.). From health policy and economics to English and narrative medicine, humanities are incorporated into the Fundamentals Curriculum. That said, it can feel intimidating in the beginning. As someone who took the necessary science prerequisites—and then explored every major at the other end of the spectrum, I found myself struggling to recall even basic principles of my relevant undergraduate coursework. This was particularly true when lectures in MM discussed different research methods and techniques with which many of my classmates had extensive experience. Here's the thing: everyone feels completely overwhelmed in the first few months, no matter her or his college major. It is a steep learning curve, but there are plenty of resources, from SSN to your classmates to your Advisory Deans. More importantly, though, I think you'll find your non-science background to be a real asset as you progress through your first year. Much of medicine is literary description. You'll encounter a plethora of strange and vibrant metaphors to describe the body, write critical essays (better known as patient write-ups) arguing for a diagnosis through compelling evidence, and begin to master the new foreign language of medicine.

One more reassuring thing: while the information in MM may be more easily accessible to the many students who have a strong background in it (and your science major friends are an amazing resource for studying), the material in BHD is new to everyone. Hang in there until January! And in the meantime, feel free to reach out to second years with any questions—we are here for you!

*~Hannah Ford, P&S 2019, hannah.ford@columbia.edu
(adapted from Jemma Benson, P&S 2018)*

From Postbac Premed Program

Congratulations! You worked your butt off as a postbac, and now you're joining a wonderful group of classmates at P&S. When I made the same transition last year, I found out that some aspects of medical school are a big adjustment from the postbac experience—and I did my postbac at Columbia!

Academically, it should come as a huge relief to you that the goal of medical school is not to get a perfect score on every exam. Don't get me wrong, I have to study a ton to keep up with the coursework, but you're no longer studying minutiae in hopes of getting that one trick question on the exam right. You are here to learn massive amounts of material that are actually relevant to your future career as a physician (dare I say, unlike physics lab). The need to compare yourself to your classmates is a thing of the past. Every course in the Fundamentals Curriculum is pass/fail, and you are not ranked during this portion of your medical school career.

Socially, I found that postbac was very one-dimensional. As a post-bac, you had a lot on the line. To get in to P&S, you had to make your academics a priority over the past few years. For me, this meant putting my social life on the backburner. Amazing news—you no longer have to spend Saturday nights surrounded by your closest friends... the books in the library. The competition is OVER—you made it, you are here, and you are surrounded by amazing people who are passionate about learning and providing exceptional patient care. Take advantage of the pass/fail curriculum this first year and a half and explore the city, get to know your classmates, and get involved in extracurriculars.

Congratulations again, and don't hesitate to get in touch if you'd like to talk more!

*~Libby McMillen, P&S 2020, emm2251@columbia.edu
(adapted from Cyrus Attia, P&S 2019)*



LIVING AND LOVING

Living at Bard Hall

Welcome to Bard Hall! It is an experience you will never forget. Take advantage of the following while living in your medical school dorm:

- Head upstairs to the 11th floor to check out the three rooftops available to hang out on and relax. They offer great views of the city, Hudson River, and George Washington Bridge. While you are on the 11th floor, also explore the common kitchen and other indoor areas where you can cook and eat alongside your classmates while playing pool. Be on the lookout for locker reservation, which takes place in the fall.
- The laundry room is on the second floor. Buy a laundry card for \$5 at the machine in the laundry room to get started. Heads-up: the machine only accepts cash (and only certain bill denominations).
- The Bard Hall Lounge is on the first floor. It is a cozy room perfect for studying, hanging out, or taking a quick nap in between classes. The Hudson Riverview Room is right next door and provides quiet study space. Pro tip: Watch out for leftover food from special events held in Bard Lounge throughout the year.
- There are also music rooms on the first floor. They are available if you purchase a Music Room Membership.
- The Bard Hall Ballroom is in the basement of Bard Hall. It is where many events take place and where the meal plan is served. See the “Meal Plan” section for more information.
- The Bard Athletic Center is located in another part of the basement of Bard Hall. It is open every day and is free for P&S students! It has weights, machines, cardio equipment, a pool, and squash and basketball courts. See the “Fitness” section for more information.

~Kristin Hsieh, P&S 2020, kth2124@columbia.edu

(adapted from John Nemer, P&S 2019 and Andrew Moss, P&S 2018)

Living Off-Campus

Congratulations! Living off-campus is the best! You have a full-sized kitchen you don't have to share with an entire building, you have your own private space physically separated from medical school, plus you have the freedom to choose exactly where you call home. Most people who live off-campus have chosen to live around the Washington Heights area, but there are also many people who live farther downtown in Harlem, Morningside, the Upper West Side, Midtown, Chelsea, and even Brooklyn and Queens. Different neighborhoods and buildings have their own specific benefits (proximity to Central Park, cool bars and restaurants, ability to have pets, living with a significant other, etc.), but all will make you feel like a bona fide New Yorker. The biggest trade-off to living off-campus is the commute, but it is manageable. During the preclinical curriculum, your schedule is flexible, and on lecture-only days you often won't need to come to campus at all. The subway is fantastic, and it's easy to get a seat when coming to early classes, plus it provides a good time to study or even read a book for pleasure! I live in Gramercy with an hour commute each way, and these are often the two most productive times of my day—studying without internet access forces you to

concentrate. Often, questions/concerns about living off-campus are neighborhood- or situation-specific, so don't hesitate to contact me if you have any questions! *One thing anyone off-campus will want is a locker—they are provided free of charge in Hammer and VEC on a first-come, first-served basis. Visit <https://locker.cumc.columbia.edu> while on campus or using a VPN to register.

~Nick Sumzin, P&S 2020, ns2745@columbia.edu (adapted from Chip Bowman, P&S 2019)

Moving Off-Campus (Apartment Hunting in NYC)

Moving off-campus with four first-year friends halfway through the year was the best thing I did to improve my quality of life. Whether you do it in December or during the summer, it is a perfectly doable endeavor. Let's start by debunking a few myths:

1. Off-campus housing is way more expensive than Bard or the Towers.
False. Washington Heights remains a very affordable neighborhood in Manhattan. Many upperclassmen (including myself) live in beautiful apartments for as little as \$700/month.
2. I signed a year-long lease to live in Bard.
False. Leases in Bard are for the semester and you can move out in December without paying any fees. You are also free to move out at any other time, but you will have to pay a fee to break your lease.
3. If I live in Bard as a first year, I am guaranteed an apartment in the Towers through the housing lottery.
False. There are not always enough empty apartments in the Towers each year to accommodate all first years who enter the lottery.
4. Navigating NYC real estate is terrifying and you have to be a superhuman or take a month off to find an apartment.
False. Although NYC real estate has its complications, Washington Heights is probably one of the best neighborhoods to find an apartment in. The market is great, there are always multiple apartments available, and the search for apartments is much less stressful than in other neighborhoods. My roommates and I scheduled several viewings in one afternoon and fell in love with the last one we saw that day.

Finding an Apartment

First, let me define a term: the broker's fee. Having never lived in NYC, I had never heard of the broker nor his/her fee. The broker is a person who coordinates the contract between landlord and tenant. With a broker, the landlord will never have to advertise the apartment, meet and pick the tenants, coordinate the contract, etc. In many NYC apartments, instead of being paid by the landlord, the broker's fee is pushed onto the tenants! Why? Because landlords have power and they can get away with it. It's usually equal to one month's rent. However, there are "no-fee apartments" out there.

Here are some good places to begin your apartment search:

1. <http://bohemiarealtygroup.com>
This website is clear and easy to use and a lot of apartments don't have a broker's fee.
2. <https://www.halstead.com/rentals/new-york>
I found my apartment through a Halstead broker.
3. Naked Apartments www.nakedapartments.com and Street Easy <http://streeteasy.com> are two more great websites.
4. Craigslist is a good place to find no-fee apartments, but I would not recommend relying exclusively on Craigslist because you run the risk of scams. First find some apartments you're interested in on the easy-to-use website of realtors, and then try to find the same apartment listed as a no-fee apartment on craigslist.
5. Word of mouth! Talk to upperclassmen, let people know what you're looking for, and when fourth years move out at the end of the year, you can get in touch with them to take over their lease. Among the P&S community, some fabulous apartments have been handed down over the years!

~Samuel Cohen-Tanugi, P&S 2018, sc3822@columbia.edu

Long-Distance Relationship

You can definitely be in a (good!) long-distance relationship in medical school! It takes planning and compromise, but there are definitely ways to make it work! Remember that you WILL be a doctor four years from now, so make sure you maintain a healthy personal life and don't let school consume you (or your relationship).

Communicate! Med school is a weirdly specific experience and it can be a challenge when your SO hasn't been there/done that too. The challenges and triumphs you face in med school can seem pretty big, and it can be really hard for a big part of your support system to be far away doing their own thing during all those ups and downs. Talk about what's going on, what's hard, what you're feeling, and what you think you need from your significant other. Tell them when you're feeling a little crazy with work and just can't make time to talk much, or when you need to make time to hang out with med school friends and build a community here. Most importantly, know that you will have to prioritize school at some points (for exams and to make friends—don't isolate yourself!). At other times you will have to prioritize your relationship (it's okay to miss 1 of 15 post-exam parties to leave town). Make sure to have an open discussion about this last point before the school year starts!

Plan out times that you will actually talk, not just text, each week. Everyone has a lunch break, and it has worked pretty well for me to talk then (mid-day), rather than assume we will always have time at night. Try different times, see what works best for you and your partner. If you are a morning person, try before class.

Plan your visits early. They release exam schedules before the semester starts—start planning your visits then, friend. The tickets will be cheaper and you will be SO MUCH LESS stressed out by just how expensive Megabus/Amtrak/flights get. And then you'll get to look forward to the visit all semester! In general, you will be done by 3:00 or 4:30 pm on Friday during first semester (this switches every week depending on your non-dissecting session in anatomy), and by 1:00 pm second semester. Pro traveling tip: saving up lectures to watch can ~almost~ feel like you're watching a movie. Alternatively, catch up on sleep! Try to set expectations for how often you're going to see each other, thinking about how much the trip costs and how much time you're willing to be away from campus. It can be hard being away a lot of weekends, so you might find that it's helpful to bridge the gap and introduce your SO to med school friends. Your SO can definitely go to post-exam parties with you, which makes the post-exam celebration that much better!

When you are away from each other, spend the first couple of months figuring out the routine that helps you both feel loved and supported. All relationships—whether with your SO or with med school—will have their good days and bad. Just try to be open with yourself and with each other about how it's going. And know that Justin and Jane from Wellness are always here when you need to vent!

~Allie Levin, P&S 2019, apl2124@columbia.edu (adapted from Mary Davies, P&S 2018)

Dating in NYC

Whether you're just looking to meet a new friend, interested in a real relationship, or desiring a Netflix and chill kind of night, you can find all those things in New York City. There are a million places to meet people and apps like Bumble, Tinder, Hinge, and Coffee Meets Bagel to explore. These are the things that worked best for me.

Places to take a Date (Reasonably Priced and Easy Access from Washington Heights):

- Geisha Sushi (Broadway and 142nd) has really good specialty rolls at a reasonable price.
- Harlem Public (Broadway and 149th) is a hipster gastropub that has quickly become a favorite of the Class of 2019. It has friendly bartenders, an awesome feel, 10 unique craft beers on tap that change almost every night, delicious food (peanut butter burger with brown sugar maple bacon!), and great outside seating during the warmer months.
- At The Wallace (Broadway and 149th) is a great bar with games like giant jenga, giant connect four, shuffleboard, and Buck Hunter.
- Jin Ramen (Broadway and 125th) is a cheap delicious date spot right off the subway.
- Kazza Wine Bar (Broadway and 177th) is a chill intimate spot to grab a drink. They often have live music and poetry readings.
- La Marcha (Broadway and 170th) has yummy tapas and a great brunch special on weekends.

Fun Non-Alcohol Date Ideas:

- Chelsea Pier Golf Club driving range
- The High Line in Chelsea
- Picnic in Central Park
- Smorgasburg in Brooklyn
- Comedy shows downtown
- Ice skating in Central Park (during the winter)
- FREE Kayaking on the Hudson (select dates during summer)
- Any professional sports game (Islanders and Nets, both in Brooklyn, or baseball are the cheapest)

Places to Meet People the Old Fashioned Way (aka More Social Bars):

- Standard Biergarten (Meatpacking District)
- Brass Monkey (Meatpacking District)
- SideBAR (15th and Irving)
- Johnny Utah's (51st and 5th)
- Amity Hall (3rd Ave. near Washington Square Park)
- Houston Hall (Houston and 7th)

~**Matt White, P&S 2019, msw2164@columbia.edu**

Pregnant in Med School

First of all, congratulations! You aren't just learning about how to save lives, you're in the process of making one. Preparing for parenthood is an exhilarating and challenging time no matter what your circumstances are, but during medical school it can be a particularly emotional experience. I've found contemplating embryology, genetics, infectious disease, and congenital abnormalities while pregnant to be very anxiety-provoking at times, but it has also provided a tangible and unique context to my education. Deciding when to disclose your big news is a personal one, but once you are ready to share, email your Advisory Dean and schedule an appointment with Dean Mellman. They both can help orient you to policies concerning missed work or rotations and put you in touch with other students who have had children at various stages in their education. Generally, I've found the faculty to be encouraging and graciously accommodating. Missing lectures for prenatal visits and sonograms is not an issue since nearly all lectures are recorded. This is something you'll also appreciate during the early days of your pregnancy when morning sickness and exhaustion conquer your intrinsic motivation for studying. Also, take advantage of extracurricular opportunities in obstetrics when you are feeling up to it. In my opinion, there's no better way to prepare for childbirth than spending a few evenings shadowing obstetricians

or midwives in Labor and Delivery. Finally, reach out to students like myself who have already explored some of the resources available to new parents. Or, if you're still in the planning stages, feel free to ask us about timing your pregnancy with the various demands of medical school. Most importantly, don't be afraid to ask for help. Best of luck!

~Giselle Doepker, P&S 2017 (edited by Rebecca Brehoney, P&S 2020, rk2001@columbia.edu)

Parenting in Med School

The good news is that it's entirely possible to have a successful medical school experience and to be a great parent at the same time! After all, you're approaching school with a great deal of real-world experience, as well as a more mature perspective than many of your classmates. You'll have your schedule well in advance so you can plan your childcare, and you'll find that students (as well as faculty) show you a lot of respect for the amount of "real life" that you're tackling all at once. The lectures are recorded, which gives you options for working from home. The not-so-good news is that being a good student-parent will require excellent time management and planning, and a certain amount of sacrifice both at home and at school. Very, very few students are parents, so at times you may feel alone in this journey. As far as extracurriculars, you'll certainly have time to focus on one or two endeavors that mean a lot to you, though perhaps you may have to forego the Flag Football Team. It all comes down to setting priorities and hanging tough. Cancel the Netflix. Practice sleeping 6 hours per night (which you do anyway because you're a parent). Study almost every second that you're not with your family. Literally. And then you'll be okay. It isn't easy at all, but it's doable and incredibly satisfying!

~Matt Garrett, P&S 2018, mdg2157@columbia.edu

Married in Med School

Although the majority of P&S students will be single, you will be surprised at how many of your classmates are either married, engaged, in domestic partnerships, or have long-term significant others. Married people like to have fun too, and you will have no trouble finding fun couples activities in the city and within the school-planned events. In fact, there is a formal prom-like ball put on every year, and you don't even have to worry about who you are going to ask!

Managing medical school and a marriage may seem scary, but I have found marriage to be much to my advantage as a medical student. You always have someone to "go home to," you always have a "patient" on whom you can practice, there will always be someone who loves you after a long day, and you save a lot of time on the dating scene. Communication is the key to every successful relationship, so communicate with your partner about school requirements, exam schedules, stress, happiness, and whatever. Also, don't forget to spend dedicated quality time with your partner. Although we are all poor and busy medical students, you can always find time to go on short trips together or go to an event with that great Columbia student discount.

It is also important to remember (especially during medical school) that marriage is not always roses and sunshine, so keep in mind that Student Health and the Wellness people (Jane and Justin) are a great resource for making sure that your relationship stays happy and healthy during the challenging times that lay ahead.

~Merry Ruan, P&S 2019, zr2187@columbia.edu

RESOURCES

Academic Resources	
SSN	
Lilly textbook	Cardio
Sketchy Medical	Infectious Disease Pharmacology
Pathoma	Pathology
Picmonic	
Costanzo Physiology textbook	Renal
FIRST AID	USMLE Step 1
Karinja Notes	Everything!
Eugene charts	
Khan Academy videos	Great for physiology
Sketchy Micro	MID
Essential Anatomy app	Anatomy
Dr. Carney's drawings	Anatomy
Jonah Rubin's notes	Immunology
Ben Hoemann's notes	Psychiatry

Groceries			
Online	Fresh Direct	https://www.freshdirect.com/welcome.jsp	Delivery of groceries straight to your door; can be a little expensive, but super convenient!
	Peapod	http://www.peapod.com/	Same as Fresh Direct with potentially different prices - try 'em both!
	Google Express	https://www.google.com/express/	Get delivery from Costco, Fairway, Target, Walgreens, Staples, etc.
	Amazon Fresh	https://fresh.amazon.com/welcome;jsessionid=9F27DDB4B652CE6AB7AB10F0C690F064	Amazon's grocery delivery service, recently started delivering to Washington Heights; reasonable prices for delivering fresh goods
	Prime Pantry	http://www.amazon.com/gp/pantry/info	

Groceries			
Washington Heights	Key Foods	172nd & St. Nicholas	Decent, small store with average prices
	Gristedes	170th & Broadway	Closer, but more expensive than Key Foods; 10% student discount on Thursdays
	Bravo	175th & Broadway	Some say better quality than Key Foods, comparable to slightly better pricing; surprisingly diverse selection of beer and hard cider; nice array of traditional Dominican foods
	C-Town!	161st & St. Nicholas; 176th & St. Nicholas	Crazy good sales on certain items, lots of good Latino food items and spices!
	La Rosa	176th & Broadway	Spaniard grocery with some relatively inexpensive specialty items; occasionally has better produce prices than Bravo
	Associated	162nd & Broadway	Cheaper than Gristedes or Bravo; better quality than Key Foods
	Fruit and vegetable street vendors	169th & Broadway	Take a gamble on some 50-cent avodacos! also sometimes has a good sampling of yummy Dominican fruits
	Farmer's markets	In front of Hammer (on Tuesdays); next to Bravo (on Thursdays, Jun-Nov)	
	SUPER FOOD TOWN	160th & Broadway	2-story grocery store with GREAT produce quality and a great selection of beers, gluten free options, fresh meats, hot food bar and an eating area upstairs. A new addition to Washington Heights as of 2016 with free delivery as well (although don't forget to tip!)

Groceries			
Elsewhere in NYC	Trader Joe's	72nd & Broadway	Some people like to run there and take the 1 train back with their groceries
	Zabar's	80th & Broadway	
	Whole Foods	97th & Columbus	If you're at the Morningside campus, this is a nice place to stop by for groceries; quality is good and lines aren't too long; somewhat pricey, though
	West Side Market	110th & Broadway	From the Morningside campus, this is a nice place to stop for groceries; quality is good and lines aren't too long; somewhat pricey
	Fairway	133rd & 12th; 74th & Broadway	Some people like to run there and take the 1 train back with their groceries

Washington Heights Restaurants			
	What?	Where?	Comments
Washington Heights Lunch Spots	Tasty Deli	168th & Broadway	Classic deli sandwiches
	Mike's Bagels	168th & Broadway	Great lunch bagels
	Jou Jou	168th & Broadway	Salads, paninis, and soups
	(C) Hilltop Perk	170th & Haven	Lunch buffet or Sandwiches
	Tung Tong Thai	169th & Broadway	Awesome lunch special
	Chipotle	168th & Broadway	
	Prestige	169th & Ft Washington	Deli sandwiches and buffet
	Subway	169th & Ft Washington	
Washington Heights Dinner or Brunch	Coogan's	169th & Broadway	Bar & grill
	Dallas BBQ	166th & Broadway	For frozen margaritas
	Sushi Yu	181st & Ft Washington	
	Saggio's	181st & Ft Washington	Great ambiance, better Italian food
	Malecon	175 & Broadway	Dominican Food
	La Marcha Cocina	171st & Broadway	Great brunch special!
	Antika	165th & Broadway	Pizza & pasta
	Empire Szechuan	170th & Broadway	Chinese and Japanese dishes
Crazy Annie's	164th & Broadway	Bar with trivia on Tuesdays	

Other Restaurants		
Location	Restaurant	Comment
Harlem/ Morningside	Harlem Tavern	
	Dinosaur BBQ	
	The Park 112	Awesome brunch
	Orange 67	Best underground cocktail bar
	Lido	For when your parents are in town
	Harlem Food Bar	Burgers!
	Aritzia	For Ethiopian
	Jin Ramen	Best ramen within a 30min subway ride
	Red Rooster	
	The Ellington	
	Zoma	More Ethiopian!
	Bier	For beer... duh
	Harlem Public	Good burgers and cheap beer
	Uncle Luoyang	Food cart; best Chinese food within 30 min subway ride with a good price and a good serving size
Upper West Side	Ayurveda Cafe	
	Candle Cafe	
	Regional	
	Gabriela's	
	Cafe Lalo	
	Calle Ocho	
	Kefi	
	Momoya	
	Peacefood Cafe	Vegetarian/Vegan
	Hampton Chutney Company	
Gluten Free in NYC?	Nobread.com	Will be your bff
	Blossom Du Jour	Take out on 9th Ave
	The Little Beet	W. 50th Street
	LYFE Kitchen	W. 55th Street
	Abbotato	Expensive, on W. 55th Street



*Compiled and curated with love by your 2020 Dean's Advisory
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