



UNIVERSITY OF CENTRAL FLORIDA
College of Medicine

Second Look Newsletter

April 12, 2013



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The Class of 2016 draws from their experiences this past year to give you some advice on surviving medical school.

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Enjoy your visit to sunny Orlando!

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Facebook group:
UCF COM Class of 2017

Welcome to UCF College of Medicine!

First of all, congratulations on your acceptance and on taking your first step toward becoming a physician! On behalf of the entire student body at UCF COM, I am excited to welcome you to Second Look 2013. This weekend is an excellent time to explore all that UCF COM has to offer and to take a glimpse into life as a medical student here in Central Florida. We encourage you to ask questions of our students and of our faculty that will help you determine how UCF COM is a great fit for you!

My belief is that nearly every student who comes to UCF COM has a pioneer spirit and is excited to be a part of the new medical campus that continues to grow around us. As members of the 5th class at UCF COM, you will benefit from experiential wisdom of students who have gone before you and have now graduated or are in different stages of their medical curriculum. At the same time, you will have a critical role in building the traditions and culture that will define our student body for years to come! I hope that you will perceive the eagerness of our faculty to educate upcoming physicians as well as the collaborative atmosphere among students. We have learned that medical school is more interactive, fun and productive when we work as team. We support one another academically and personally, and thus, we look forward to helping each of you as you embark on this new journey! We hope that you will not only enjoy the people you encounter this weekend but also our beautiful medical campus and its surrounding areas. Thank you for taking the time to visit us!

David Cantu, M1 Student Council President



Home Sweet Home

As a medical student, most of your time will be spent studying. For those precious hours you do get to do something fun there are plenty of opportunities to de-stress. Orlando is, of course, home to all the popular theme parks, and as a UCF student you have the ability to get student discounts on tickets from Student Affairs. Not to mention, we have Universal Knights where Universal Studio opens for a day exclusively for UCF Students. We also have quite a few businesses in the Lake Nona area that bring by spa vouchers or coupons for nearby restaurants for us to use. For the beach lovers or cruise lovers, we have Cocoa Beach that's less than an hour away on the east coast of Florida and on the West Coast of Florida we love the Tampa Bay area, which is a little over an hour away where you can find St. Petersburg and Clearwater Beaches. As far as entertainment goes, the new Amway Arena has frequent concerts and Magic games. Other performing artists can be seen at House of Blues at Downtown Disney and Hard Rock Live at Universal City Walk. For those more into physical outlets after an exam, there are plenty of springs like Wekiwa and Rock Springs where you can go canoeing or hiking. There are also some avid runners locally in Lake Nona that use the trail along Lake Nona Boulevard, as well as a cycling team that was recently started with students from UCF COM. If you prefer retail therapy after a test, then there is the plaza at Waterford Lakes, the Florida Mall, Mall at Millenia, as well as the Prime and Premium Outlets. Every year we also have Hygeia which is a banquet for all the COM students, faculty, and staff as well as a Holiday Concert around Christmas time. There is a lot to do locally in Lake Nona so you can seclude yourself from the rest of Orlando especially when you need to study, but when you're ready to have fun everything is within reach. I hope you can see yourself here at the COM like I did a year ago. Go Knights!

Angel Crotty, M1



Orlando Farmer's Markets

Looking for a fun new way to shop for groceries? Want something to do this weekend other than study? Check out one of Orlando's active and thriving farmer's markets! On Saturday mornings, you can walk through Winter Park's to pick up any variety of produce, bread, and other homemade items in a sweet-smelling atmosphere where local farmers and craftsmen are intertwined with numerous botany offerings, from orchids to strawberry plants! After, take a walk down Park Avenue where quaint local shops are mixed with big brand names.

On Sunday mornings, stop by the market after a walk around beautiful Lake Eola, in the heart of downtown. Enjoy the beer and wine garden while listening to eclectic local music and shopping at local crafts stands. You're in walking distance of downtown's best places to eat.

Both markets offer a variety of activities in two locations at the heart of Orlando's greatest places to play, study, and live (especially during 3rd and 4th year due to their proximity to clerkship hospitals!) Grab a famous lemonade or caramel popcorn and explore!

Winter Park's Farmer's Market

Saturday 7am-1pm

http://www.cityofwinterpark.org/Pages/Visitors/Shopping_Dining_and_More/Saturday_Farmers_Market.aspx

Orlando Farmer's Market—Lake Eola

Sunday 10am-4pm

<http://www.orlandofarmersmarket.com/>

Studying 101

If you're a migratory study bird like I am, I suggest you find the best coffee shops to go to. You'll need to find the best places that serve coffee and/or tea, (I like to pack food to save money) a good atmosphere, and baristas that are nice and will occasionally give you free coffee. If driving is a hassle, you can also migrate within COM, trying different floors, tables, rooms, chairs, etc.



“Medical school is like drinking from a fire hose.” I am sure every medical student has heard of that at some point during their interview trail. Although there may be some truth to that statement, medical school does not have to be as intimidating as students make it sound. As a first year medical student, I would like to share with you what I consider to be four important keys to making your experience at UCF COM successful and even fun:

1. **Finding the *Balance in Life*:** The demands of medical school can cause many people to stop doing their favorite activities in life. However, it is important to stay balanced. There are other aspects of life that are just as important as medical school. Whether you are a gym rat or love to draw, continue your passions. This will give your brain a little rest, allow you to indulge yourself, and study harder as a result.
2. **Ask Questions:** It is often intimidating to ask questions because of the fear of “looking stupid.” Don’t worry. If you have a question, the chances are that someone else probably has the same exact question. You are in medical school and you are here to learn. Seek answers! The amount of knowledge in medicine is vast. The more you find out, the more knowledge you will have and the better you will treat your patients in the future.
3. **Learn from your classmates:** Every student at UCF COM has a unique background, talented in ways you couldn’t even imagine. Don’t let this intimidate you. Instead, actively embrace this individuality. Learn from one another and use the diverse array of specializations within the student body to better yourself as a future physician.
4. **Find what works for you:** Every student is different. Everyone has different study habits, interests and strengths. Know yourself, be honest with yourself, and focus on what you need to do to set yourself up for success, day after day.

I hope this helps you feel at least marginally prepared for this upcoming fall. Make sure to enjoy your summer. Embrace this exciting time in your life, and most importantly, welcome to the UCF COM family!

Matt Mui, M1

IM Sports



Welcome prospective students! In case you were wondering about the Intramural sports scene at UCF COM, rest assured you will have both the time and opportunity to get involved. UCF offers over 100 different intramural activities all year

around from traditional team sports such as basketball, flag football, soccer, volleyball to individual activities including tennis, golf, wrestling, ping pong, and many others. Different competitive levels are offered for most IM sports (comp A, comp B, rec), so it doesn’t matter if you’re a beginner looking to relieve the stresses of med school or an elite athlete looking to dominate the competition, the opportunities are there. Coed divisions are available for certain sports as well.

The only downside to IM sports at UCF COM is that all games are held on the UCF main campus, which is a 20-25 minute car ride away from our Lake Nona campus. But don’t worry! This is a great opportunity to get out of Lake Nona once in a while (trust me) and to get to know your new classmates by carpooling over to the games. This year, UCF COM students played basketball, flag football, soccer, and volleyball, and we’re hoping that next year’s class will represent UCF COM just as well!

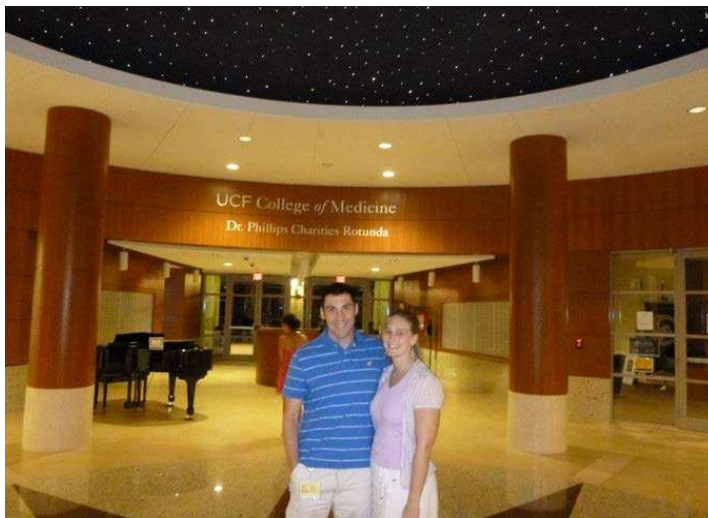
Abraham Matar, M1



Married Life: A Spouse's Perspective

Before my husband Ben and I got married, I had various people tell me I was crazy for marrying someone who was planning on going to med school: "Do you know how high divorce rates are in medical school?" "You'll never see each other!" Although I didn't let these things change my decision, I was nervous about what it would be like once Ben started classes at UCF. As we draw near to the end of his first year, I feel like I have a much better understanding of what it takes to maintain a successful relationship during medical school. Although every relationship is different, here is some advice I would give to significant others of medical students.

1. Be Flexible – Although much of the medical school schedule is planned in advance, many things change from week to week. Try keeping an easily updated joint calendar, and do your best to go with the flow on last-minute changes.
2. Be Supportive and Understanding – Medical school is stressful. Even if you aren't able to spend a lot of time together, send an encouraging text once in a while, or pack their lunch for them. Small things can go a long way.
3. Be Open with Each Other – Let them know if something is important. Med school takes a lot of time and energy, and they may unintentionally miss subtle cues.
4. Get Involved – Volunteer, join a Bible study or book club, learn a new language – give yourself something to do while your significant other is studying.
5. Make Friends – There are many others in the same position as you. If the students need to study all weekend, get together with some of the other significant others and do something fun.
6. Make Time for Each Other – Relationships are important, and you will be much better supports for each other if you spend time together. Some couples have a specific time each week that is study free (i.e. Friday nights), others plan special events in advance to look forward to (a weekend away at the beach). Figure out what works best for you.



Being the significant other of a medical student is challenging, and it takes work. But it is not impossible. With patience, flexibility, and love, life as a med school wife is really not all that bad!

Heidi Edmonds



It's Never Too Early to Start Networking

If you ask my mother, she'll tell you I began networking with healthcare professionals as soon as the doctor cut the cord. It's never too early to start mingling with professionals. Not just in the healthcare field, but across all disciplines. We live in a complex world, so you never know when you'll need that contact you met out at the bar who works at Michael's arts & supply store to frame that beautiful undergraduate diploma you slaved countless hours in the library for. But seriously, as a physician, you'll need a website developer, marketing team, construction workers, physician assistants, nurses, secretaries, business partners or other physicians, bankers, stock portfolio managers, and the list continues. Okay, so you're not a physician quite yet, so why does this apply to you?! As a medical student you will gain the medical knowledge to prepare you for your career. So why shouldn't you also connect with the people you want to spend that career with or those who will help make it successful? As a medical student, you are immediately endowed with a sense of credibility. Having the "UCF College of Medicine MD candidate 2017" title in your email signature goes a long way. Use that credibility to reach out to doctors and business leaders in the community, and do not be afraid to use it liberally. The more people you reach out to, the greater the likelihood you will develop a connection; or as I like to put it: the shotgun approach.

The guests that pass through the College of Medicine range from CEOs and powerful businessmen to nationally acclaimed physicians and researchers, and you would be surprised to see how willingly they offer their help in the name of education. After a guest lecturer presents, use that opportunity to meet your future boss, or meet the contact that will introduce you to your future boss. Not to mention that talking with a visiting doctor at an interest group meeting may lead to a unique shadowing experience and a new professional relationship. Use your first year of medical school to practice your networking skills within your class as well as the upper classes. Becoming friends with a second- or third-year can lead to little tips and tricks that make the marathon medical school just a bit easier. Here at UCF COM we try our best to build an all-inclusive and inviting environment for our new medical students, but it's up to you to introduce yourself to the new people you meet. It's important to realize that first impressions are often deceiving, so it's important to really take the time to get to know someone to learn who they truly are and what they stand for. So my advice: start practicing now! You never know whom you'll be going to medical school with and whom you may end up practicing alongside.

Brian Mayrsohn, M1

Clearing the Air about FIRE

As you've probably heard by now, there is a research (FIRE) project looming in your future. Some people are excited about it, but many are wary. I'm here to offer a couple pieces of advice and allay some fears. First, find a mentor that will work with your experience level. Take advantage of the lists and contact info provided; speak to two or three physicians and find one that meshes well with your goals and personality. Explore your passions, but keep in mind that if your passion is to get into a competitive residency, publishing your work will be important. Really think of the amount of time you can/want to devote—you can let your project take up as little or as much time as you choose. Finish IRB early; you'll feel better when it's done. Think of this as your opportunity to pursue your interests outside of class and have great experience to highlight on your CV!

Erin Kane, M2





17 for '17

We asked the class of 2016, "What do you wish you had known last summer?" Here's what they came up with:



Did you Know?

1. According to Carlson Wagonlit Travel's Trends Survey, Orlando is the second most popular domestic travel destination in the country (Las Vegas placed first).
2. The official nickname of the city of Orlando is "The City Beautiful," although it is also known as "O-Town."
3. Before there was Disney, there was also a considerable amount of cattle ranching in Central Florida; you can still see cattle grazing along certain stretches of the 417 GreeneWay Expressway.
4. Out of the estimated 50 million tourists who visit Orlando each year, over 2 million are international visitors.

<http://www.orlandoescape.com/ezines/fun-facts-orlando.htm>

1. Take advantage of orientation week to meet your fellow classmates. These will be the people who are battling in the trenches with you for the next four years, so embrace them!
2. Don't buy books before classes start. The library has copies of everything and you'll have access to most of them on your iPad. Once each module starts, you'll figure out which books you will need based on your learning style.
3. Don't spend a fortune on books or the items for your doctor's bag, except your stethoscope.
4. Other than getting the required vaccinations and doctor appointments done, don't do anything school-related this summer. It won't give you an edge, but coming to school with a fresh mind will. Some students did advise running through an online medical terminology course and looking at the basics of biochemistry, immunology, and microbiology if you have never taken those courses.
5. Get used to taking notes digitally. It's really hard to keep up and be efficient with pen and paper.
6. Do a quick review of everything you've learned in class that day. Otherwise you will fall behind.
7. If you haven't studied in groups before, devote some of your study time to doing that - you'll be surprised how much it helps. Also, study with several different people until you find a good match.
8. If you don't already own one, buy an external hard drive or cloud service with auto-sync capabilities. You don't want to lose your notes!
9. Exercise is a great way to de-stress! There are many options—IM sports, yoga, morning runs.
10. Residencies care a lot more about the Step 1 score than first and second year grades so don't stress yourself out over the first module midterm.
11. As a student, you will get lots of great discounts all over Orlando. Start asking around and searching the internet as soon as you get your UCF ID.
12. Start thinking about potential FIRE project ideas. Don't go crazy, but keep a look out and bounce off ideas in your mind. Giving yourself more time to think will increase the chance of you doing something that you're passionate about rather than scrambling mid-module for a project.
13. When buying your UCF parking permit, make sure that you purchase the Health Sciences at Lake Nona permit. It has an "M" on the decal that is needed for parking at the COM, but it will also work on main campus.
14. Try to put all of your bills as automatic drafts before school starts. Dealing with real life in med school? Ain't nobody got time for that.
15. Drive slowly on Lake Nona Blvd. There are cops all the time, and you don't want to risk getting a \$100+ ticket. Also, a rolling stop is not a real stop.
16. Take advantage of the class above you while they're there, and ask them all your questions about how to study, what books to buy, which restaurants are the best, etc. Their dedication for your success makes UCFCOM an incredible place to study medicine.
17. Enjoy your freedom!!! And live like it's your last responsibility-free summer. Because it is...



KNIGHTS Clinic

at Grace Medical Home



A variety of
Organizations
to suit your needs

Student Run Free Clinic

Nearly four years ago, University of Central Florida medical students began conducting a needs assessment of the Orlando area to determine how a Student Run Free Clinic (SRFC) could serve Orange County. Over the past year, a lot of exciting events happened with the KNIGHTS Clinic. The clinic project was named by one of our founding board members, 3rd year medical student Nicholas McKenna. KNIGHTS stands for **Keeping Neighbors In Good Health Through Service**. We developed our mission and goals in guiding our decision making:

"To provide quality healthcare and health education to members of the population without access to such services while arousing an interest in underserved medicine in future health professionals."

A partnership with a local clinic, Grace Medical Home, was established in June of 2012. We selected two amazing physicians that truly have a heart for underserved medicine, Dr. Judith Simms-Cendan and Dr. Pinkal Patel. The first KNIGHTS Clinic was opened on January 31st, 2013. Initially, we will be holding clinic once a month on Thursday evenings. We hope to move to a weekly model as soon as our time studies demonstrate that we are ready to offer the highest possible care to our patients. Over time, we will solidify the role of the UCF

College of Medicine as a member of the safety net system of Orange County, Florida.

The KNIGHTS Clinic provides primary care services to individuals who do not qualify for government programs and are of very low income. Thus, students will be able to both educate and serve the community in two different but essential and compatible ways. Through the continued commitment of UCF students, in conjunction with UCF faculty and administrators, community groups, businesses, and individuals, substantial progress is being made toward making this comprehensive approach to patient care a reality. We hope that in the coming months, you will consider volunteering your time for the KNIGHTS clinic. With 12 different committees, we are confident in finding the perfect combination that aligns your interest with the work that needs to be done. For more information, feel free to email us at knightsclicin@gmail.com. We will have a table at the orientation fair, and will be happy to discuss how you can get involved! As we work to build and continue our work on the first student run clinic at UCF, we hope that you will get involved with our SRFC project. We look forward to working with you in serving the underserved of Orlando.

Glenn Gookin, M2 and Matt Mui, M1



AMERICAN MEDICAL STUDENT ASSOCIATION (AMSA)

Here we are on the cusp of a new school year and “Congratulations” just does not seem to do you justice! On behalf of all the rising M2s, AMSA at the UCF COM would like to welcome you to the latest and greatest chapter of your life.

The key to succeeding in medical school is to know the game and what better way to do that than by connecting with your upperclassmen? AMSA at the UCF COM is the same force of medical education and patient advocacy you know from your undergraduate careers, plus MORE. It is the perfect means by which you can:

* **Learn from your peers.** Medical school demands the immediate adoption of constantly changing and sometimes unusual personal and professional habits. Your upperclassmen are here for you.

* **Get your volunteering fix.** AMSA has clinical volunteer opportunities like Adopt-a-Senior and the St. Thomas Aquinas free clinic.

* **Get noticed.** In addition to providing leadership opportunities communicable to residency selection committees you will have a chance to attend AMSA’s National Convention in D.C. where you can present your research to a national audience.

Ram Sharma, AMSA President 2012-2013



Winner of two Paul R. Wright Chapter Success Awards, given to the top 6 AMSA chapters in the world each year

Wilderness Medical Society (WMS)



This club provides opportunities for medical students to learn and practice emergency skills in non-medical environments. Students in this club have participated in medical outdoor adventure races such as MedWar. This adventure race is designed to teach and test wilderness survival and medical skills. We also plan to have many interesting talks. Last year’s talks ranged from medical hypnosis to altitude sickness.

Kyle Burton



Hot Spots

Have you explored the wonders of Florida?

From its beautiful sandy beaches to its swampy Everglades National Park, Florida has a lot to offer its residents. From theme parks, water sports, outdoor adventures to hot air ballooning –the possibilities are endless. The only problem you’ll have on your weekends here is deciding what to do.

1 Fort Lauderdale

Fort Lauderdale is known as the Venice of America because the city has 185 miles of local waterways.

2 Miami

Greater Miami is the only metropolitan area in the United States whose borders encompass two national parks. You can hike through pristine Everglades National Park or ride on glass-bottom boats across Biscayne National Park.

3 Florida Keys

The Benwood, on French Reef in the Florida Keys, is known as one of the most dived shipwrecks in the

www.50states.com/facts/florida.htm



UCF COM MedPACT

CONGRATULATIONS on your acceptance to the Class of 2017! We at Medical Students Providing Across Continents (medPACT) are very excited to welcome you to the UCF COM and hope that you are eager to join us as we serve those in need within and beyond our borders. As we enter our fifth year at UCF COM, MedPACT aims to continue our efforts to effectively create awareness, dialogue, and collaborative action for global health.

Here's a snapshot of what we do:

- **Medical Outreach Trips**
 - ✓ We provide support for students to connect with and embark on international medical missions!
 - ✓ Last December, our students partnered with the Latin American Medical Student Association at USF College of Medicine to travel to the Dominican Republic. We provided medical care to the underserved and connected with local medical schools there. We will return to the DR next year and hope you can join us!
- **Global Health Conference**
 - ✓ Last November, we hosted the inaugural student-run conference at UCF COM. The conference featured innovative group simulations and engaging speakers on the

sustainability of short-term international medical missions. It was a great success, drawing medical students from schools throughout Florida.

- ✓ This year, we will explore the global dynamics of disaster medicine, featuring hands-on simulations in the Clinical Skills Center!
- Exciting global health projects involving electronic medical records and vaccines!
- Spanish Language Learning Opportunities
 - ✓ Spanish Lunch Hour: Learn medical Spanish in a comfortable atmosphere at the COM while enjoying some free food!
 - ✓ Spanish Standardized Patient Encounters: Practice your Spanish-speaking skills with patients in the Clinical Skills Center to prepare for clinical encounters.
- Speakers, Fundraising, Salsa nights, Film screenings, and more. Suggestions are always welcome!

Any thoughts or questions? Contact us at GlobalHealthUCF@gmail.com or visit <http://med.ucf.edu/global-health/>!

See you in August!
Your MedPACT Executive Board





Get Involved at UCF

PMAG – *Julia Heizmann*

PMAG (Preventative Medicine and Aging Group) is a student interest group aimed to involve medical students in the elderly community and to disseminate necessary information regarding medical approaches involved in caring specifically for the geriatric population. This is done through organizing the Geri-anatomy Project, and participating in events with the Osceola Council on Aging and the Alzheimer's Association. This student group is also focused on preventative medicine. This past year, we participated in the Orlando VA Stand Down and we will be expanding on opportunities in this field next year.

COG – *Paul Adedoyin*

Careers in Oncology Group (COG) is a student-run club with the aim of educating and introducing students to the field of oncology, including hematology-oncology, surgical-oncology, radiation oncology, and pathology. One of our goals is also to raise awareness about cancer and its prevention/treatment; fund-raise money for our organization and community; foster strong relationships with patients and community oncologists; and help create a network of peer-support for patients suffering from cancer. A few of the events we helped organize and participated in include but are not limited to, ACS Relay for life, 'Be the Match'- Bone Marrow Registry, Susan G. Komen Race for the Cure etc.

SIAG – *Matthew Tadrus*

SAIG is the Surgery and Anesthesiology Interest Group. The focus of the group is to inform interested medical students in these two fields. Speakers will be invited to talk to students about residency and how to make themselves better candidates for surgery and anesthesiology residency programs. Students will also be informed on any conferences related to these two specialties. Educational events will be hosted such as a suturing learning event taught by upper class-men. Additionally, students will be introduced to doctors in the community and presented with opportunities to shadow and volunteer with them.

OIG – *David Griffin*

The ophthalmology interest group (OIG) is dedicated to providing students interested in this exciting specialty a variety of great opportunities. It is the goal of OIG to hold meetings with local ophthalmologists who discuss relevant topics in ophthalmology and also share their experience and insight into the world of eye surgery. We also seek to provide OIG members the ability to network with these physicians in order to become more competitive for residency positions in this highly sought after specialty. We hope to see you come out and join OIG for an exciting upcoming year.

Narrative Medicine – *Farah Dosani*

Narrative medicine is a student interest group focused on bringing the human angle of medicine to the medical school experience. This is done through storytelling – sharing experiences of peers, patients, and clinicians through the written word, live talks, and visual media. Some of our past events include film screenings and discussions, storytelling events with physicians and patients, and book readings. Our casual meetings serve as a break from the medical school grind and remind us why we want to be doctors.

Mission Nutrition – *Meshal Soni*

Mission Nutrition is a student run interest group at the UCF COM that serves to educate medical students on healthy eating options and lifestyle choices, educate medical students on the integral role that nutrition plays in many of the various specialties of medicine, and that will host community outreach events where medical students can educate people in the community about nutritious eating and healthy lifestyle choices.



WHERE OH WHERE CAN I LIVE?

Congratulations UCF COM Class of 2017! We are so excited that you have chosen to visit UCF COM, and can't wait for you to start your medical education with us this fall!

Finding a place to live is always an exciting and challenging hurdle to overcome. To help with the process, here is a compilation of various living options near the school. Most of our UCF COM first and second year students have found their new home in the many apartment complexes, townhouses, or condos in the Lake Nona area.

One of the benefits to living in the Lake Nona area is that it is quiet, yet you have access to all the major interstate roads that can bring you anywhere in the Orlando area. If you're used to big city living, there are no buses or trains that will transport you to school. However, most people live about 5 to 20 minutes away from the COM and along with minimal traffic, getting to school is never a hassle.

Also, when you are searching for places to live, don't forget that Kissimmee (the city where Disney World is located) is just around the corner from Lake Nona. Another option to consider is investing in purchasing a condo or home if your budget allows. Because Lake Nona is a fairly new area, housing establishments are constantly being built. Several students and their families have purchased homes in the area as a great opportunity for investment.

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Best Value ~ Split a condo or home with roommates! You get more for your money when you rent a home or condo with other people.

LAKE NONA MEDICAL CITY

- UCF College of Medicine & Health Sciences Campus
- Sanford-Burnham Medical Research Institute
- VA Medical Center
- Nemours Children's Hospital
- UF Academic & Research Center
- MD Anderson Orlando Cancer Research Institute and many more

LAKE NONA TOWN CENTER COMING SOON!

- Restaurants
- Hotel
- Department Stores
- Retail & Fashion Boutiques
- Cineplex and many more

CORNERSTONE AT LAKE HEART

- 12 Eateries
- 4 Banks
- Med & Dental Offices
- Fitness Center
- Animal Clinic
- Cleaners
- Hair & Nail Salons and many more

LAKE NONA PLAZA COMING SOON!

- and many more

Map is not to scale. Locations are approximate.



WHERE OH WHERE CAN I LIVE?

Retreat at Lake Nona

www.retreatatlakenona.com

The majority of the past UCF COM students have lived here. It's a very affordable apartment complex. You live behind a Publix, and a plaza that has a gym, Thai Food, Japanese Food, Subway, and other stores. If I were living in an apartment with roommates, I think this would be a great place to live for the first year because they are the cheapest apartments that are close to school and where the majority of my classmates will be living.

Lake Nona Watermark

www.lakenonawatermark.com

This is a newly-built, luxury apartment complex located 3 minutes away from the Medical City (can't get any closer than this). Although construction is still going on, they are said to be done before the end of the year and they are now available for pre-leasing.

NorthLake Park

www.northlakeparkapt.com

These are VERY nice, but pricier, apartments located on the same road as the Retreat complex. There are some medical students that live here. The complex is 5 to 10 minutes away from shopping plazas and the YMCA.

The Reserve at the Beachline

www.reserveatbeachline.com

These are also very nice apartments located close to UCF COM, pricier than the Retreat. The complex is located right by the Beachline/528 highway that goes East-West and will take you to either the beach from Orlando or to I-4. The Orlando International Airport is only 10 minutes away from here.

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Lee Vista

It is a little bit more of a commute to school, and it can take up to 20 min to reach UCF. However, you are closer to Semoran Blvd, which has the largest assortment of restaurants. It is also the home of the closest Starbucks, and is very close to the airport. The apartment complexes and condos in this area are often cheaper than those in the Lake Nona Area. Did I mention there is a pirate slide at the recreation center for the residents of Lee Vista Lakes?





WHERE OH WHERE CAN I LIVE?

The Camden at Lee Vista

(Apartments)

<http://apartments.camdenliving.com/orlando-fl-apartments/camden-lee-vista/AptPropertyDetail.aspx>

Their prices were based on availability. They are pricier than the Retreat, but they have better amenities and bigger dimensions. The complex is located right behind a plaza that has Tijuana Flats (known for their famous Taco Tuesday), Nona Tap (the local bar), and Café 407. It is also close to CVS and YMCA.

The Arbors at Lee Vista

(Apartments)

www.thearborsatleevista.com

These apartments are very similar to The Camden at Lee Vista.

Crowntree Lakes

(Apartments)

5759 Crowntree Lane
Orlando, FL 32829
(866) 797-9958

These apartments are beautiful, affordable, and located right next to the interstate 417, which brings you right to UCF COM. Some students with families or older students like this complex because they have a program called "Rent with Equity" which helps you to save towards owning a new home.

Ying Liu, M1

Pet Owners

I recommend renting a house or condo. You are more likely to find an owner that is willing to rent without requiring a non-refundable deposit for your pet, or they will give back your pet deposit if there is no damage to the home. Most apartments require hefty non-refundable pet deposits.

Housing Opportunity from a Current M2!

3 bed 2 bath apartment (~1300 sq feet) at Horizons near Lee Vista and Narcoosee. It's a corner unit on the third/top floor, with high ceilings and views of two lakes. The kitchen has all the utilities (fridge, dishwasher, microwave, electric stove). There is central air and heat. There is a covered balcony and a community pool. Rent is \$950 a month, water and trash included. CONTACT Michelle at Michelle.H.Kim@knights.ucf.edu or at 813-472-7166 for more information

Craigslist

~ *The Practical and Economical Solution*

orlando.craigslist.org

A lot of medical school students rent houses with several bedrooms and have roommates. If you are doing this, you can look on craigslist for homes in the Lake Nona, Kissimmee, and Lee Vista area.

Savannah Pines (Condo)

www.savannahpinesliving.com

Some students live in a condo area called Savannah Pines. You can find some of the condos for rent through craigslist, internet or a realtor.



NEWS FLASH: CAFFEINE IS THE NEW WATER

As the new dynasty of the UCF COM family, the class of 2017 shall partake in all the greatest pastimes of medical school. At the top of that list and our personal favorite—STUDYING (for 10+ hours a day). In fact, studying is almost a social event in medical school. So that you don't get distracted by McDreamy or even McSteamy, here is a list of study spaces the class of 2016 have tried and loved. So pack your ear plugs, laptops, and Gray's Anatomy; I wish you many a productive caffeine-induced study session.

1. Starbucks – Near the Airport
2. Panera Bread – can get a little crowded but they have free Wi-Fi; Waterford Lakes, Downtown
3. Drunken Monkey Coffee – food, coffee and board game nights on Friday; Bumby Ave
4. Legends leasing office – comfortable seating and you can also reserve the conference room
5. Dandelion Communita Café – eclectic mix of vegan food, entertainment and of course, tea; Downtown
6. Austin's Coffee House – open 24 hours and it's 100% organic; Winter Park
7. Stardust Coffee House – great coffee, food and live music; Winter Park

Choosing Your Specialty

One of the best things about medicine is that there are a great variety of specialties, and different avenues to explore as a student before settling on one specialty. It's fine if you're not sure what field you want to go into – this just means you're one of several other students who feel the same way. In other words, coming to medical school feeling overwhelmed and the uncertainty about your career choice in medicine is a rite of passage. Just because there are a few students who already know their passion from day 1 doesn't mean there's any pressure to decide on a specialty path early. That decision is a process that will take reflection (self-exploration), research and time. The good news is that, here at UCF COM we have all the tools and resources for students to explore their interests and passions through the AAMC CiM web program, the longitudinal Community of Practice experience over the first two years and a variety of student-run interest groups and clubs for students to connect with like-minded individuals and faculty. The important thing is to be open-minded and keep a positive attitude as you journey through this enriching path of medicine.

Paul Adedoyin, M1





WHY UCF COM?

Deciding on a medical school can be a daunting process. During this time, students gather as much information as possible to determine which school is the best fit for them. Often the most valuable information comes from current medical students who have already experienced life at that school. After our first year here, here are the top 10 reasons we love UCF COM.

1. **Smaller Class Size.** With only 120 students in UCF COM's Class of 2017, students have increased leadership opportunities and personal attention from faculty.
2. **Community Support.** Orlando's building excitement for UCF COM and Lake Nona's Medical City provides many unique opportunities and contributions from the community.
3. **Access to Experts.** Our clinical skills and anatomy labs are filled with experts from the COM and community eager to help our students. For example, few schools have 10 neurologist/ neurosurgeons volunteer in the anatomy lab to help students with brain dissections!
4. **Facilities.** State of the art facilities including the anatomy lab and simulation center provide students with the most innovative approaches to learning medicine.
5. **Research Opportunities.** Partnerships with Burnett School of Biomedical Sciences, Sanford-Burnham, Orlando Health, and Florida Hospitals offer students the chance to become involved in groundbreaking research in many exciting fields.
6. **I Module/ FIRE Project.** Having research time allotted in the curriculum gives students a chance to do research that interests them the most during medical school. This, as well as funding for the projects through COM, helps "keep the dream alive".
7. **Culture.** Friendly, nurturing environment that promotes the diversity and individuality of our students and facilitates learning.
8. **"The City Beautiful".** Orlando has a great mixture of dining and nightlife, as well as theme parks, nearby beaches, and beautiful Florida nature.
9. **A Chance to Make Your Mark.** As our curriculum and culture develop, you have a unique opportunity to influence our school and leave your mark. Driven, pioneering spirits are needed!
10. **Students.** You will spend an enormous amount of time over the next 4 years with your fellow classmates. Second look is great for seeing how you will fit in. UCF COM students are caring, balanced, intelligent, and fun-loving—great partners for late night study sessions.

Medical school will be a stressful experience wherever you go, so you need to make sure the environment you surround yourself will be one that can best support you throughout the four years. Take into consideration the cooperativity of fellow classmates, the helpfulness of the faculty, the opportunities and activities available for you to get involved in, and the overall atmosphere that will contribute to your greatest peace of mind and allow you to stay focused.

Angel Crotty, M1

Fun in Orlando

Music: Between downtown Orlando, UCF's arena, The Hard Rock, or many other small venues, there is plenty of music coming through Orlando. Orlando has its own Philharmonic Orchestra as well as plenty of local acts.

Night-life: Orlando is home to a wide variety of fun places to go when the sun sets.

International Drive has entertainment for both tourists and locals: a dueling piano bar, laser tag, an IMAX movie theatre, and a blues bar and grill. Downtown has plenty of good bars and clubs, with delicious greasy pizza always within reach.

Food: Around Orlando and Winter Park you'll find locally owned cafes and bistros, as well as some great upscale restaurants. Winter Park has a Saturday morning market with great fresh produce and baked goods.

Natural Beauty: Orlando has great weather year round and plenty of parks, lakes, and nearby natural springs to enjoy it. Within an hour drive, the beach is a great place to relax or enjoy the waves. Scuba diving, canoeing, and surfing are some of our class' favorite ways to enjoy the outdoors.

Sports: Blue and White unite! Go Magic! Our basketball team offers student discounts for many games and several classmates have gone to cheer on this winning team. UCF football games are also a lot of fun. Don't forget the cooler for the tailgate!

Arts: The Orlando Museum of Art is well known among locals and contains a permanent collection featuring African Art, American Art, and Art of the Ancient Americas. Around town there are several smaller museums with unique special exhibits. For those who enjoy performance arts, the Orlando Ballet and Shakespeare Theater perform several shows each year. If the local fare is not enough, traveling Broadway shows often make a stop here in Orlando.

We hope you enjoy your Second Look Experience!

Feel free to contact the Class of 2016 Student Council with any questions at the following email address:

medstudentaffairs@ucf.edu