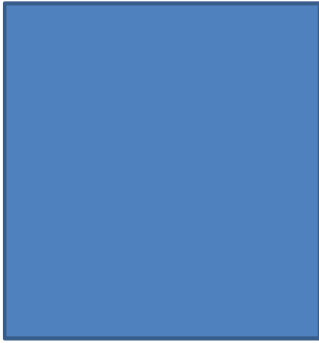


Letter from the Editor



On behalf of the David
Geffen School of Medicine
medical student body,
Welcome to UCLA!

The Geffy Guide is a
for-students, by-
students guide to life at
DGSOM, written by
current students and
alumni.



We hope this guide provides
insight into the academic,
extra-curricular, professional,
and social opportunities
afforded at DGSOM and Los
Angeles.

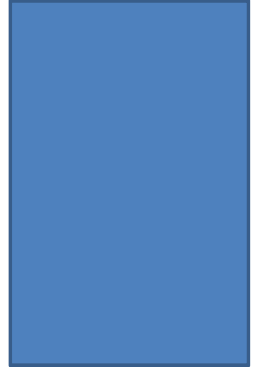
Whether MS1 or MS4, we attest that this is the best medical
school in the universe, and we are excited for your
upcoming adventure here!

Welcome to the UCLA family!

Sarah Young, Class of 2014



David Geffen
School of Medicine



Part 1

Rocking the
First Two Years



Introduction to the Basic Sciences

David DiTullio
Molecular Biology and Mathematics, Pomona '11
Vancouver, WA
Class of 2015

If someone were to tell you that you're expected to learn almost everything about the human body in the first two years, both what it's supposed to do and what can go wrong, you might be intimidated. So it's a good thing no one's saying that! Nobody walks away with a perfect understanding of all of medicine after two years; you have your whole life to try. What the first two years of med school are about is introducing you to the things you will see when you get into the clinic full-time starting third year (and during preceptorship in your first year, too).

UCLA presents the concepts of medicine in a logical, organized way. We divide up the curriculum by organ system, so you'll learn anatomy, histopathology, and physiology of the heart, lungs, brain, etc. all at the same time. First year is dedicated to normal function (physiology). In second year you see all of the same systems again, but this time the focus is on what disease processes you'll encounter and how to treat them (pathology). After a year and a half at UCLA, I'm surprised at how much I've already learned!



Typical Weekly Schedule and Breakdown of the Blocks

Elizabeth Lancaster
Biochemistry, UCLA '10
Danville, CA
Class of 2015

In general, here is how each week will look:

Monday	Tuesday	Wednesday	Thursday	Friday
8-10am PBL				8-10am PBL
10-12pm Lecture	10-12pm Lecture	10-12pm Lecture	10-12pm Lecture	10-12pm Lecture
	1-4pm Lab	1-4pm Lab	1-4pm Lab	

Afternoon Labs: involve things like anatomy, histology, doctoring, clinical skills, and other small group sessions. They provide the opportunity to learn more about the week's material in a smaller group or in a unique way. In general, afternoon labs begin at 1 pm and are over around 4pm (sometimes earlier, sometimes later). There will sometimes be additional labs or lectures on Monday afternoons or before lecture on Tues, Wed, or Thurs, although this is rare and will always be announced ahead of time.

Block 1: Foundations of Medicine 1

This is an introduction to basic principles of medicine such as biochemistry, pharmacology, embryology, genetics, and cancer biology.

Block 2: Cardiovascular, Renal, and Respiratory Medicine 1

Block 3: Gastrointestinal, Endocrine, and Reproductive Medicine 1

Block 4: Musculoskeletal Medicine

This will be the only time you will learn about musculoskeletal muscle. There is a lot of anatomy in this block.

Block 5: Medical Neurosciences 1

Block 6: Foundations of Medicine 2

Block 6 covers microbiology including viruses, bacteria, and parasites. It also includes hematology and hematological disorders.

Block 7: Gastrointestinal, Endocrine, and Reproductive Medicine 2

Block 8: Medical Neurosciences 2

This block focuses more on psychiatric disorders than on neuroanatomy.

Block 9: Cardiovascular, Renal, and Respiratory Medicine 2

Blocks 1-5 are more focused on normal physiology and anatomy (normal), with pathology integrated when it is helpful to reinforce principles of physiology. Blocks 6-9 are more heavily focused on pathology (abnormal) with brief reviews of normal physiology when needed.



Block Chairs

Max Dean Goldstein

Romance Languages and Biology, Bowdin College '09

Los Angeles, CA

Class of 2015

The first thing that you need to learn is that the people that we all call **BLOCK CHAIRS** are your friends. They plan and teach the curriculum for a single block (and remember there are 9 blocks) so that you can learn all that you can through a variety of different modalities such as lecture, lab and hands-on didactics. The block chairs are thoughtful people who care about you and welcome your concerns and suggestions. There are generally 2 block chairs for each block and they coordinate the block whose curriculum they are most familiar with- either through medical practice or through research. Some of these block chairs have an MD, some have a PhD, and others have both an MD and a PhD. There are block chairs that have been teaching at UCLA for the past 20 years, whereas others have only been around for a few years. Regardless of the block that you are in, remember that each block chair will have a unique character that you'll learn to love.



Profile of Block Chairs
Melody Chung
Bioengineering, UCSD '10
San Jose, CA
Class of 2015

Block 3: Reproductive, Endocrinology, and Gastrointestinal

Janet Pregler, M.D. is a nationally recognized educator and advocate in women's health, and is board specialized in internal medicine. She has been a faculty member at the David Geffen School of Medicine since 1992, and was named director of the Iris Cantor-UCLA Women's Health Center in 1997. Dr. Pregler is an excellent lecturer and is always available to answer your questions! Block 3 is one of the longest blocks, but you'll be sure to learn a lot!

Block 5: Neurology

Carolyn Houser, Ph.D. is a nationally renowned professor in the Department of Neurobiology with an interest in research and development. Her laboratory focuses on studying the basic mechanisms of epilepsy and the morphological organization and plasticity of the GABA system. Dr. Houser is incredibly knowledgeable, delivers very organized lectures, and is easily accessible to students. Block 5 is very well-organized with an assortment of exciting afternoon labs and activities!



Profile of Anatomy Instructors
Josh Khalili
Psychobiology, UCLA '10
Anaheim Hills, CA
Class of 2015

You might have heard that there's a lot of anatomy in the first year of medical school. A big part of the first year curriculum is definitely about spending time in the anatomy lab and learning the very basics of the human body that you will carry throughout the rest of your life. We are very fortunate to have some incredible faculty members who will push and support you to exceed your own expectations.

Dr. Elena Stark is someone you will likely never forget as being an integral part of your education. She is the Director of the Integrative Anatomy Program and Vice Chair for Medical and Dental Education. What's more important than those titles is the fact that Dr. Stark cares that you learn and that you succeed- not just in anatomy, but in all aspects of your life. So, don't be intimidated; she'll make you work hard, but Dr. Stark is certainly one of the most caring professors and mentors at UCLA.

You'll also have the great opportunity to be taught by Dr. Steve Schettler, an Assistant Professor in the pathology department who teaches anatomy (in addition to neuroscience research). The first thing that you'll notice about Dr. Schettler is his sense of humor. His jokes alone made anatomy lab worth going to, but beyond his enjoyable attitude, Dr. Schettler is simply a great educator. He'll stay with you as long as you need to make sure you understand the complicated things and you can tell that he truly enjoys spending time with students.

Be sure to prepare well before each lab, take advantage of the faculty and great anatomy TA program that provides free tutoring sessions from knowledgeable tutors, and never be afraid to ask questions. Anatomy is tough, but you were chosen to come to UCLA for a reason and you *will* get through it.



Doctoring

Christine Thang

Physiological Sciences and Asian American Studies, UCLA '11

Glendale, CA

Class of 2015

At DGSOM, doctoring is one of the longitudinal threads so unlike PBL, students stay in the same group all year long! Doctoring is designed to teach first year medical students patient communication skills for clinical care; how to address health promotion, disease prevention, and ethical issues; and clinical problem solving, interpersonal and group skills for working in a medical setting. In essence, doctoring is exactly how it sounds—doctoring teaches students how to be a doctor!

Each doctoring group will consist of approximately eight students, and the doctoring tutors will be a medical clinician, a mental health clinician, and maybe a fourth year medical student. Doctoring small groups are one of the afternoon sessions occurring approximately every other week. At each meeting, assigned students will interview a standardized patient, feedback will be provided, and a doctoring note will be assigned. So, after each interview, students will have the opportunity to write a note much like what will be done after interviewing a patient on the wards.

It is natural to feel nervous about interviewing standardized patients in front of a doctoring group. However, students will realize that with time, everyone, including him or herself, will become a pro at it!



Profile of Doctoring Chairs

Christine Thang

Physiological Sciences and Asian American Studies, UCLA '11

Glendale, CA

Class of 2015

Dr. Lacey Wyatt is the Chair of the Doctoring 1 course, and oversees the faculty instructors involved in teaching this part of the curriculum. Dr. Wyatt describes Doctoring 1 as “a course that takes place during the first two years of your medical education. The curriculum is designed to complement the material covered in other courses during each block. In the first year, students explore a variety of topics.”

Dr. Wyatt grew up in Los Angeles, and attended Howard University as an undergraduate before going to medical school here at UCLA. She completed residency training for both Family Medicine (at Long Beach Memorial Hospital) and Preventative Medicine (at UCLA) and continued her training at UCLA's School of Public Health to receive both her MPH and a fellowship in the Child and Family Health Training Program. As Dr. Wyatt is the Director of the Family Medicine clerkship and Associate Residency Director for the Department of Family Medicine, students may see her again later in their training.

Dr. Art Gomez is the Doctoring 2 Chair of the second year of medical school. He is a graduate of DGSOM, Class of 1986. He then completed his internal Medicine training at the UCLA-San Fernando Valley Program, which at that time included Olive View Medical Center and Sepulveda VA. He then did a Kennamer Fellowship in General Internal Medicine and a Medical Education Fellowship as a faculty member here at DGSOM. He is one of the associate residency directors for the Cedars-Sinai VA Greater Los Angeles Program in internal medicine.

In Doctoring 2, aside from providing students with more challenging patients to discuss the bio-psychosocial model of care, as is done in Doctoring 1, Dr. Gomez discusses, "We also try to meld the practical survival skills necessary to thrive on third year clerkships. While we still focus on the art of medicine, we also put our efforts toward developing pattern recognition, differential diagnoses, evidence based physical examinations, oral and written case presentation and synthesizing clinical information into an assessment and plan. Although we are not about solving the "answer" to cases, we are about exposing students to, and giving them practice in, the process of case synthesis. Doctoring/Clinical Skills OSCEs in year 2 also focus on attaining these skills."



Profile of Clinical Skills Chairs

Tyler Larsen

Physiological Science and Spanish Linguistics, UCLA '10
Carlsbad, CA
Class of 2015

One of the best parts of the first two years of medical school is learning the clinical exam that will serve as fundamental diagnostic skill set that you will use for the rest of your medical career. Dr. Robert Oye, a general internist here at UCLA, has been heading up the clinical skills curriculum for many years and truly makes the class a wonderful experience. Dr. Oye is a skilled clinician who provides great, often humorous, lectures and he is extremely patient in instructing all the various aspects of the physical exam. Dr. Oye really cares for his students' learning and his approachable nature makes it easy to ask questions and learn the exam well.

While Dr. Oye teaches clinical skills both years, the first year clinical skills curriculum is co-taught by Dr. Baxter Larmon, from the department of Emergency Medicine and the Center for Prehospital Care. Dr. Larmon, or Bax (as he prefers to be called by his students), provides dynamic, entertaining lectures and demonstrations that truly help the students to master the clinical exam. He rotates through out the rooms as we practice the exam to ensure that everyone is able to perform the exam maneuvers and, like Dr. Oye, Bax provides patient, clear instruction. Bax is a friendly, approachable person and he has been known, when his busy schedule permits, to even surf with students on occasion.



Profile of Preceptorship

Yas Sanaiha
Biological Sciences, UC Irvine '11
Irvine, CA
Class of 2015

My first year preceptorship was a wonderful experience at an outpatient internal medicine practice in Santa Monica. Starting off with shadowing, I progressed to paralleling my preceptor's exam on each patient, and eventually, when time permitted, I would go in to see a patient by myself and then present the history and focused physical before going into the room together. Patients were for the most part very welcoming and appreciated the opportunity to teach a young medical student about their medical conditions. The patient should be the primary focus of every encounter, so be creative and thoughtful in the timing and nature of your questions to help make the best of your preceptorship experience.

Checking back with my preceptor about the outcome of particular tests for patient's I had seen was really rewarding and memorable. My preceptor even helped connect me with her friend in my field of interest, starting a chain of acquaintances that helped me find my current research mentor. Approach preceptorship as an opportunity to relearn and apply your medical school knowledge, because what you see in preceptor, once it's connected to a patient's situation, will be hard for you to forget.



Study Material

Janelle Rodriguez
Mathematics, UCLA '03
Los Angeles, CA
Class of 2015

Block1:

Do not get bogged down by all the details. Be sure to primarily focus on learning major concepts. This is a time for you to find which study style best suits you; perhaps identify a study group and really for you to get adjusted to medical school. The majority of concepts presented during this block (depending on your undergraduate major) will be familiar to you, only presented in greater depth and at a faster pace. If you are having trouble adjusting do not suffer in silence. Reach out to your classmates and/or check-in with Dr. Leslie Stahl for some study tips and possible referral to a tutor.

Block2:

It is very easy to get overwhelmed and intimidated by the lecture material presented in this block. The first day of class you will be confused as to whether you should be focusing on the large beating heart being projected on the screen, the EKG that is running in the background or the sound of the beating heart. Do not panic! Below I have provided some must additions to your library that will help solidify the material and help you pass the block exam:

- Physiology by Linda Costanzo
- BRS Physiology Cases and Problems by Linda Costanzo-highly recommended doing 1-2 cases per week eventually trying to work through as many cases as possible prior to the final.
- Pharmacology Flash Cards by Lang (or other source) – I found that the pre-made flash cards complement lecture and there is enough space should you need to incorporate extra details that you are expected to know for the block exam. Will save you time as you progress through the blocks and they are convenient to carry around with you.
- Netter's Anatomy Flash Cards by John Hansen – helpful, but necessarily a must have. The anatomy modules provided for you are more than enough and honestly Wikipedia is a great source for pictures and clarity on location and function. Be sure to visit the Anatomy Lab at least 3xs per week with 1-2 friends and quiz each other, or if you will..."pimp" each other! Its best to be drilled by one of your friends prior to the practical exam as it will help you perform better while under pressure.
- Histology: A weekly summary sheet of major topics will be provided for you (Blocks 1-3). Be sure to focus on the "golden nuggets" presented by Dr. Elena Stark. While block exams in general may not heavily emphasize histology, understanding major concepts will help in your overall board preparation.
- **Important Lab: Interpretation of Cases** presented by Drs John Belperio and John Tormey is **high yield on the exam.**

Block3:

Many students will tell you that Block 3 is by far the hardest block of your first year. That may be true due to how dense the lecture material is in combination with the amount of anatomy you will be expected to know. Here are a few suggestions to consider:

- Lippincott's Illustrated Reviews: Biochemistry – is an excellent resource for understanding the major concepts of Biochemistry. It's a great complement to lecture and excellent reference for board review.
- Reproductive Physiology Monograph by Wayne – the monograph will be given to you during Block 3 – it is **high yield** on Block Exam.

Block4:

The great majority of the Block 4 final exam is condition based. Be sure to review your musculoskeletal conditions on a regular basis. The block chairs do provide great review modules online; I found it useful to transfer these notes onto a table format where each row described a condition based on: presenting symptoms, the anatomy involved, treatment and basic characteristics/facts.

- Block 4 is the only time you will review musculoskeletal conditions. As such, it is a good idea to start annotating the musculoskeletal section in the First Aid USMLE Step 1 book.

Block5:

Once you make it to Block 5 you are in the home stretch – 5 weeks until the end of first year! Yay! Here are some books I found to be useful:

- Neuroscience by Purves
- The Human Brain in Photographs and Diagrams by Nolte
- Clinical Neuroanatomy Made Ridiculously Easy by MedMaster Books
- **Solid Advice:** Draw out all the pathways! Know them well! Be sure to know and understand your neuroanatomy! There will be an excellent review session during the last week of class – be sure to attend Dr. Carolyn Houser's lecture as she will emphasize the major concepts you will be tested on!

Block6:

After what should have been an amazing and restful summer...you enter your second year of medical school by being introduced to the world of **BUGS AND DRUGS**. There are three references that I highly encourage you to use throughout the block:

- Lippincott Microcards: Microbiology Flash Cards by Sanjiv Harpavat and Sahar Nissim
- Clinical Microbiology Made Ridiculously Simple by Mark Gladwin and William Trattler
- BRS Pathology (or Rapid Review Pathology by Goljan)

Block7:

This block is essentially a repeat of the major concepts presented during Block 3, but with a larger emphasis on pathology. As was the case with Block 3, the material is **dense** not difficult! As long as you invest your time, energy and are mindful of the details, victory will be yours! At this point, just think about it...you got 6 blocks behind you, you are a seasoned medical student and you are at the best known medical school in the planet, at least that is what they say...right? On a more serious note, the block chairs will suggest some textbooks to supplement your learning; however, the lectures themselves provide you with more than enough information to perform well on the block exam. It never hurts to supplement your learning by using the First Aid Book, but never forget that your number one **priority** in your pre-clinical years is to **pass** each and every block.

Block8:

Did you ever wonder why your neighbor would start speaking in "tongues" at 3am? Or, perhaps you were equally curious and asked yourself: What was that high school bully so upset about? And while you are at it, you might even remember your physics professor's systematic approach to the world of mechanics and wonder why he was such a stickler for detail. Well, ponder no more for Block 8 will introduce the world of psychiatry and its hosts of characters for you to become acquainted with. In order to do well in this block: you **must** know and understand the use of every drug mentioned in lectures and you **must** know the DSM criteria of every psychiatric condition discussed. Reading the Behavior Science and Neurology sections of the First Aid book that pertain to the lecture material and reading all of the Psychiatry chapter is **highly** recommended!



Study Methods and Support

Chris Redgate
Biological Sciences, UCSD
Long Beach, CA
Class of 2014

UCLA's David Geffen School of Medicine understands that not every student studies, learns or remembers the same, and so they have compiled a plethora of study resources to help every student excel. Is this your first time taking anatomy and have no clue what the difference between the flexor pollicis longus and brevis is? Have no fear because there are dedicated student mentors from the upper class who have excelled in anatomy and are willing to take time to help you master the technique in the anatomy room and beyond, free of charge! Don't know the difference between dopamine receptors D2 and D5, let alone the different causes of shock? Well you are in luck, because they also have dedicated student mentors in physiology available to meet with you for one time or the whole year to target your strengths, weaknesses and areas of improvement to help you learn the lecture material and gain great study techniques. These student mentors, overseen by strong faculty leaders and the student affairs office, also put on review sessions for the entire class that cover physiology, anatomy, biochemistry and pharmacology before important tests. They do what they need to in order to assure that their underclassmen feel comfortable with the material and gain the necessary skills to become independent life-long learners. On top of excellent peer mentoring, the Learning Skill Office through the Student Affairs Office offers counseling by trained educators to help pinpoint specific habits or techniques that can help students master invaluable study techniques. They operate a great website that offers numerous self-guided memorization, learning and concentration strategies as well as everything you could ever need to prepare for Board examinations.

Here at UCLA, we understand that medical school education involves a new type of learning that requires novel techniques and strategies that can differ from student to students. Through student mentors, the Learning Skills Office and the Student Affairs Office, they make sure that the needs of every student are met.



Study Spots

Sheel Shah

Physics, University of North Carolina at Chapel Hill '09

Cary, NC

MD/PhD

There is really no shortage of study spots on campus and around Westwood.

You can usually just pick a spot that suits your mood at the time. Here are a few suggestions:

On Campus

1. Learning Resources Center (LRC) – The LRC can get packed at times, especially when there are afternoon labs taking place there or the second years are gearing up for the dreaded Step I, but it's probably one of the better places for group studying on campus. Rooms can be reserved or you can try your luck.
2. Management Library – This place was one of my favorites. Tucked away inside the business school, this library is probably one of the best. The large windows obviate the dungeon feel of most libraries and the comfortable chairs make studying for hours on end actually palatable.
3. Law Library – So you goofed off all block and now you need to learn all of GI, endocrine, and repro in a few days...the stacks at the law library to the rescue. Essentially a large lead box (i.e. no cell phone signal), if you choose to study here, it'll be you, a weak but serviceable WIFI signal, and absolute silence.
4. Graduate Reading Room – The study rooms are great for group studying and the main reading room has plenty of space and computers. This space is shared with all the other schools housed in and around CHS (nursing, public health, dentistry) so it can get crowded sometimes, but it's a good way to meet people outside of med school too. Conveniently located in CHS.
5. Biomed Library – Nice couches, plenty of bench space, and in CHS.

These are a few suggestions that hit the highlights. There are a couple other places you might want to check out like Powell Library or the Young Research Library (heard that place is impossible to get a spot in though). Explore UCLA and have fun with it.

Westwood and Santa Monica

1. ISO Fusion Café – Plenty of study tables upstairs with lots of plugs. The food isn't half bad either. ISO is only a short walk from Weyburn down Gayley past the Whole Foods.
2. Starbucks – I know, I know...how trite, but they have chairs and plugs (if you're lucky) and it's really close to Weyburn.
3. Coffee Bean – see Starbucks
4. 212 Café – Open 24 hours and lots of plugs. If you're nocturnal or need to pull an all-nighter before a block exam (really you're probably better off just sleeping), this is your spot. This place is a little further away off Main St. in Santa Monica.

There are so many coffee shops and the like around Westwood, Brentwood, and Santa Monica.

Outdoors

1. THE BEACH – Let's just be honest with ourselves...it played a not so insignificant part in your decision to come to UCLA so you might as well use it. Realistically you might not get much done, but at least you gave it an honest effort...maybe.
2. Murphy Sculpture Garden – The sculpture garden is a great place to get out and do some studying. Hidden on the northeast corner of campus, you can generally find a quiet place to study outside here on a warm sunny day (pretty much every day).
3. Sunset Rec Center – great place to get some sun and a little studying in. There are a lot of grassy areas, so bring a blanket, some food, a book or two and kick back and take in some SoCal weather.

Student Involvement

Student Organizations

American Medical Association (AMA)

AMA works to promote health policy education and activism on campus. Through educational conferences, leadership opportunities, and policy training, medical students learn to express their voice on current issues in medicine and impact local health issues. We strive to be medical students' leading voice for improving medical education, leadership, advancing health care and advocating for the future of medicine.

American Medical Students Association (AMSA)

The American Medical Student Association (AMSA) is a student-governed, national organization committed to representing and addressing the concerns of physicians-in-training. AMSA plays a role in transforming the lives of medical students and empowering them to take action and create change about issues surrounding them.

American Medical Women's Association (AMWA)

The American Medical Women's Association (AMWA) is a local, national, and international organization of over 10,000 students and physicians dedicated to empowering women to lead in the advancement of health for all. At UCLA, AMWA brings together the perspectives of medical students and faculty to advocate for improved health access, women's health research, women's health education, violence prevention, and increased medical education opportunities.

Asian & Pacific Islander American Medical Student Association (APAMSA)

We aim to promote the health and well-being of Asian and Pacific Islander (API) communities; to bring awareness to API health disparities among our peers; to address issues of culturally-sensitive care; and to provide members with opportunities for mentorship with community-minded physicians. Through our multiple health fairs and cancer screening education project, members can gain experience in caring for limited English proficiency and/or uninsured individuals from different ethnic backgrounds.

Anesthesiology Interest Group (ASIG)

The Anesthesiology Interest Group is dedicated to introducing and educating medical students about the field of anesthesiology through a variety of meetings and activities, which serve to enhance clinical skills and foster interest in this fast paced, rapidly growing specialty.

Cardiology Interest Group (CIG)

We provide lunch talks about cardiology and help students get connected with faculty in the department of cardiology.

Christian Medical & Dental Associations (CMDA)

The Christian Medical and Dental Association is a nationwide organization that equips, encourages, and educates future physicians and dentists with the heart of Jesus and the Lord's wisdom so they may be faithful witnesses and healers. We have weekly meetings including Bible studies, fellowship events, bioethics symposia and community outreach events. We provide resources to help you get plugged into a church community. We look forward to meeting you!

Dermatology Interest Group (DIG)

The dermatology interest group is meant to inform the students about what the field of dermatology has to offer, through a variety of events including: resident roundtables, Q&A and informational talks regarding the field of dermatology as a whole and the various subspecialties within it. It aims to provide a way for medical students to identify faculty members that can be a potential mentor throughout their medical school career.

Emergency Medicine Interest Group (EMIG)

The Emergency Medicine Interest Group (EMIG) is a student-run group with the purpose of introducing students to the field of Emergency Medicine. EMIG provides students with the usual informational lunch talks and shadowing opportunities, but it is unique in providing students with hands-on learning in several labs that take place over the school year (suturing, splinting, trauma skills).

ENT Surgery Interest Group (ENTIG)

The ENT IG's goal is to provide students with an opportunity to explore Head and Neck surgery before a short rotation during third year surgery clerkships. Head and Neck Surgery is a unique and innovative field where doctors are not only surgeons, but also primary medical physicians for illnesses of the head and neck.

Family Medicine Interest Group (FMIG)

The mission of the Family Medicine Interest Group (FMIG) is to inform medical and pre-medical students about the unique philosophy of Family Medicine through education and mentorship. Throughout the year, we expose medical students to the various specialties and career opportunities available within family medicine through workshops, lunch talks, networking activities, regional and national conferences, and community service events.

Medical Genetics Interest Group (GIG)

The genetics interest group and medical genetics selective serve to educate the students of DGSOM about the current research in the genetics field and the possible career paths in the field of medical genetics.

Geriatric Medicine Interest Group (GMIG)

The Geriatrics Medicine Interest Group (GMIG) is the UCLA student chapter of the American Geriatric Society. Our collective goals are to ignite interest in geriatrics among medical students, to disseminate knowledge and increase awareness of the special issues and research work that address the health care problems of older people, and to provide community service that focuses on the wellness of the elderly.

Global Health Interest Group (GHIG)

The Global Health Interest Group (IHIG) serves to educate medical students about global health issues and provide opportunities for students to share their experiences. GHIG talks allow students to gain a broader understanding of medicine and thus, a more complete medical education. The group also provides information and encouragement to those seeking to gain or expand on preexisting international experience.

Internal Medicine Interest Group (IMIG)

The Internal Medicine Interest Group (IMIG) seeks to promote understanding of and to spark interest in the field of Internal Medicine through lunch talks, shadowing opportunities, and social gatherings. IMIG helps students learn more about the various Internal Medicine subspecialties and network with doctors in the field.

Integrative Medicine Interest Group (INTMIG/IMSIG)

The Integrative Medicine Student Interest Group aims to provide a forum for medical students to learn, challenge, explore, share, and experience Integrative Medicine through sponsorship of speakers, practical workshops, and discussions. Through community outreach, students will have the opportunity to educate the community at large while simultaneously exploring/developing a greater awareness of their own health, well-being, and role as a physician.

Lifestyle Medicine Interest Group (LIFE)

Lifestyle medicine is the evidence-based practice of empowering individuals and families to adopt and sustain healthy behaviors that prevent disease, prolong life, and impart a higher quality of living. Examples of target behaviors include physical activity, food and beverage choices, tobacco and alcohol use, sleep, and stress management. The Lifestyle Medicine Interest Group provides a forum for medical students to explore and experience Lifestyle Medicine and its application in the clinic and in their own lives.

Latino Medical Student Association (LMSA)

LMSA is dedicated to the development of a communication network for medical, pre-medical, and health care students interested in serving the medically underserved. We are also dedicated to collaborating with other organizations committed to the improvement of health care delivery for underserved communities.

Medical Gay and Lesbian Organization (MedGLO)

The Medical Students Gay and Lesbian Organization strives to make all students at DGSOM comfortable and ready to treat LGBT Patients.

Operation Mend (MEND (OMMSO))

Operation Mend is a unique partnership between UCLA, Brooke Army Medical Center in San Antonio, Texas, and the VA Healthcare System. It was established in 2007 to help treat U.S. military personnel wounded during service in Iraq and Afghanistan. The Operation Mend Medical Student Organization is involved in community service, education, and leadership, and gives students the opportunity to give back to these wounded warriors and their families.

Medical Innovations Interest Group (MIIG)

MIIG aims to expose students to the roles of physicians and a medical education in the invention, development, and commercialization of new health care technologies. The group will utilize resources from across campus to introduce different clinical, scientific, legal, and economic perspectives on innovation.

Medicine-Pediatrics Interest Group (MPIG)

Medicine-Pediatrics Interest Group (MPIG) The purpose of the UCLA Internal Medicine-Pediatrics Interest Group (MPIG) is to provide guidance, support, and information for the growing number of students interested in a combined Internal Medicine-Pediatrics residency. MPIG provides students with the opportunity to learn more about career options in this field and allows them to make connections with current Med-Peds residents and physicians at UCLA by hosting lunch talks, networking events, and mentorship opportunities.

Mobile Clinic (Mobile)

MCP aims to improve the health and quality of life of the homeless and other vulnerable populations in the greater Los Angeles area through direct medical care, health promotion and disease prevention activities, legal advocacy and referrals to health and social services. Clinics are held every Wednesday (in West Hollywood), every Friday (in Santa Monica), and every 1st – 4th Saturday (in Santa Monica) of the month, rain or shine and holidays.

Muslim Student Association (MSA)

The MSA seeks to provide a space for all UCLA medical students and faculty to explore Islam and its influences and perspectives on medicine. The MSA will primarily serve four goals: 1) To educate others about Islam; 2) To provide opportunities for networking and career development; 3) To provide a space for Muslim students and faculty to practice their faith; and 4) To promote awareness of Islamic practices and form meaningful collaborations with other medical school communities.

Neurosurgery Interest Group (NSIG)

To galvanize interest among the students to pursue such a unique career. To offer a companion group to the larger Surgery Interest Group in the medical center.

Obstetrics and Gynecology Interest Group (OB IG)

BIG is open to anyone interested in becoming familiar with the field of Obstetrics and Gynecology and in Women's Health. We offer research and shadowing opportunities as well as resources to educate and support students who are interested in the field by sponsoring lectures/panels on topics ranging from the current lifestyle of physicians practicing Obstetrics to the various sub-specialties available in both Obstetrics and Gynecology.

Ophthalmology Interest Group (OIG)

The Ophthalmology Interest Group (OIG) is a career specialty interest group that is devoted to increasing medical student awareness, exposure and interest in the field of ophthalmology.

Oncology Interest Group (OnclG)

The OnclG provides first and second year medical students with a route to knowledge about the oncological specialties, and it represents a unique opportunity to enter the fascinating world of cancer and its treatment earlier in students' careers than otherwise possible.

Orthopaedic Surgery Interest Group (OSIG)

The Orthopaedic Surgery Interest Group (OSIG) at UCLA is designed for students who are interested in learning more about a career in orthopaedics. Throughout the year the group will provide opportunities for students interested in orthopaedics to get involved with faculty through shadowing, research experiences, lunch talks, and workshops, highlights various aspects of the field.

Partnership 4 Progress (P4P)

P4P has afforded medical students the opportunity to become mentors to high school students from disadvantaged backgrounds. P4P's goal is to provide guidance and direction for underserved and underrepresented youths from King/Drew Medical Magnet High School interested in pursuing a career in the medical field.

Physicians for Human Rights (PHR)

PHR strives to mobilize medical students to advance awareness and action on the most pressing human rights issues that affect members of the Los Angeles community. This year our goal is to establish an Asylum Shadowing Program for medical students to gain exposure to the medical evaluation process for asylum seekers in L.A. These evaluations will aid survivors of female genital mutilation, LGBT persecution, gang violence, trafficking, and torture.

Physical Medicine & Rehabilitation Interest Group (PMR)

The Physical Medicine and Rehabilitation Interest Group (PM&RIG) is dedicated to the education of future physicians about the PM&R specialty and its function within the healthcare system. PM&R Physicians serve in the diagnosis and treatment of musculoskeletal conditions, including sports injuries, pain, and spinal cord injuries. The PM&RIG provides volunteering and leadership opportunities for medical students.

Pediatric Interest Group (PIG)

The Pediatric Interest Group (PIG) strives to educate medical students about the vast field of pediatrics by promoting student exploration of pediatrics and its subspecialties, providing opportunities for career guidance, and encouraging awareness of issues pertaining to children and their families. With these goals in mind, PIG hopes to encourage and inspire pursuit of a career in pediatrics.

Psychiatry Interest Group (PSYIG)

The mission of the Psychiatry Student Interest Group is to help medical students at UCLA DGSOM explore and learn more about the field of psychiatry in general and as a career path, find mentors, help in the community, find research opportunities, and develop leadership skills.

Recovering Medical Equipment for the Needs of Everyone Worldwide (RENEW)

RENEW is a student-run organization that reduces medical waste by collecting discarded and expired medical supplies from the Ronald Reagan Medical Center and distributing them to UCLA faculty, staff, and students providing medical care in developing countries around the world.

Radiology Interest Group (RIG)

Radiology and imaging are vital components of almost all fields of medicine and this field is rapidly expanding. The goals of the Radiology Interest Group are to introduce medical students to this exciting career path, including the different fellowships, research opportunities, training and lifestyles. Events for the year will include lunch talks, informal meetings with Radiologists and Radiology residents, and shadowing opportunities.

Refuah Shlema (RS)

Refuah Shelma (meaning “Whole Medicine”) is the Jewish Student group at DGSOM. The group aims to create a forum for medical students to learn more about Jewish traditions, culture and beliefs within a medical context. The group provides mentorship partnerships with undergraduates, networking events, and educational opportunities, as well as programs with a variety of speakers on career and community issues such as addiction. It is open to medical students of all backgrounds.

Sex and Cookies (SEXC)

Sex and Cookies is a program run by medical, public health and social work students at UCLA that aims to foster open, supportive, and sex-positive discussions about sexuality and sexual health with undergraduate residents. With the goal of improving their sexual well-being, Sex and Cookies allows students to reflect on a range of topics (from consent to sexual orientation) while also empowering resident assistants and facilitating graduate students to serve as leaders and role models.

Surgery Interest Group (SIG)

Exploring opportunities in surgery for students who wish to learn more

Student Interest Group in Neurology (SIGN)

The Student Interest Group in Neurology (SIGN) offers students an opportunity to explore the vast field of neurology through lunch lectures, after-hours mixers with neurology faculty, shadowing opportunities and more.

Student National Medical Association (SNMA)

Student National Medical Association (SNMA) is the nation’s oldest and largest student organization focused on the needs and concerns of medical students of color. SNMA is committed to supporting current and future

Student Run Homeless Clinic (SRHC)

The Student Run Homeless Clinics (SRHC) mission is to provide respectful, compassionate, and high quality healthcare services to homeless adults, children and families living in the Greater Los Angeles area. These disadvantaged individuals benefit by receiving free medical care from UCLA medical students. We are one of the oldest student-run free clinics in the country and are members of the recently formed Society of Student Run Free Clinics.

Women in Surgery Interest Group (WISIG)

The David Geffen School of Medicine’s Women in Surgery Interest Group (WISIG) is a student-run organization with a commitment to support the professional and personal needs of aspiring female surgeons. WISIG was created to address the increasing interest in surgical careers by female medical students and to enhance the exposure of UCLA’s medical students with active female surgeons within the UCLA community.

Student Clubs

Geffenotes (GNOTES)

The Geffenotes are UCLA's medical student a cappella group. We are co-ed, and we perform wide genres of music. So if you like to sing, come check us out!

Photography Club (PHOTO)

The DGSOM Photography Club is dedicated to the appreciation and practice of the art of photography. Students will participate in photography-related club outings, tutorial seminars and talks designed to develop their creativity and nourish their well-being.

Biomedical Ethics (BIO)

The mission of this club is to establish a forum for student discussion in biomedical ethics that fosters education and awareness of the scientific, legal, cultural, religious, and economic implications of current issues in biomedical ethics and humanities. This will be achieved through discussions, hosting relevant speakers, and encouraging member involvement in national and/or community ethics-related events and programs.

Additional Opportunities

The BEAT (BEAT)

The UCLA Beat is a journal of art and literature which features work by members of the UCLA health sciences community. It was initiated by medical students in 1998 with the goal of establishing an enduring medium for literary and artistic expression. The UCLA Beat is published annually, and shared interdepartmentally with faculty, students, staff, patients, and other universities.

The Big Sib Little Sib Program

The Big Sib Little Sib (BSLS) program is a peer based mentorship program aiming to promote relationships amongst the medical school classes. Students are matched into peer families upon signing into the program. Each family consists of one or two medical students from each class (MSI-MSIV). Families provide resources for advice from the medical student perspective, ranging from academics to healthy living. Many families get together for lunch, go on hikes, explore Los Angeles, and share texts/medical resources. The BSLS program is a new program at UCLA with growing interest each year. We encourage your involvement and look forward to meeting you!

Health Care Symposium (HCS)

The Health Care Symposium is an annual event organized entirely by David Geffen School of Medicine at UCLA medical students to bring students, faculty, staff, community members and health care leaders and practitioners together to examine current issues in health care. Each year's Board of Student Directors identifies a topic of interest and organizes the Symposium and its program of events.

Minority Health Conference (MHC)

This annual conference is planned in collaboration by MS2s from the David Geffen School of Medicine at UCLA, the Keck School of Medicine of USC, and the Charles R. Drew University of Medicine and Science. The goals of the conference are to educate participants on minority health disparities and culturally sensitive care; to highlight current issues in minority health; and to inspire community change by advancing social justice in the diverse communities of Southern California.

Medical Student Council (MSC)

The Medical Student Council is a body of elected student representatives from each class year of the David Geffen School of Medicine at UCLA. Its mission is to positively influence student life through advocacy, policy, and open communication. The voting members of the MSC are the President, Vice President, and Medical Student Council Representative from each of the four years. The President, Vice President, MSC Representative, Secretary, Treasurer, Social Activities Chairs, and Graduate Student Association; Medical Education Committee; Medical Alumni Association; Professionalism Council; and Well-Being Committee Representatives elected within each class form each class MSC of years 1-4.

Organization of Student Representatives (OSR)

The Organization of Student Representatives (OSR) is a body of medical students selected from the 138 LCME accredited U.S. medical schools and 17 Canadian medical schools to represent student issues and concerns to the Association of American Medical Colleges. Four students from each medical school are selected to represent their school and are referred to as “OSR Reps”. They travel to AAMC meetings, effectively communicate school concerns to other reps and to bring back ideas regarding how to solve those issues, and also present posters at the meetings.

PlusOne Group

The PlusOne Group is a group for medical students and their significant others. Whether you are married, in a long distance relationship or just dating this group is for you! The group holds events throughout the year to discuss issues such as balancing a relationship while being a medical student. It's a great opportunity for medical students to meet other students who are going through similar experiences but is an opportunity for the significant others to meet and share their stories.



The Medical Student Council (MSC)

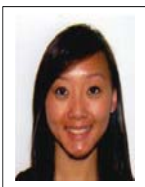
Sybil Zachariah

Biochemistry, University of Illinois at Urbana-Champaign '07

Chicago, IL

Class of 2013

The Medical Student Council is a voting body of students that forms policy with regards to our school and its representation to the greater UCLA community. It is made up of representatives from each class, including Presidents, Vice Presidents, MSC Reps, Secretaries, Treasurers, along with a number of other specialized positions. The grand MSC meets once a month, with each class's individual MSC meeting more frequently as needed. We represent our classes' voice at meetings with faculty and deans, as well as at assemblies of the greater UCLA campus. In addition to addressing policy, we also: serve as the main liaisons between our class and the school's administration, bringing up and discussing our classes' concerns regarding curricular and non-curricular issues; evaluate and grant recognition and funds to student interest group and clubs; allocate the budget; organize a number of events including the annual all-school formal and other various social and wellness events; serve as needed in special situations such as helping at graduation each year, giving special presentations or talks, or even being intimately involved in the DGSOM's reaccreditation.



Well Being
Amy Kaing
Human Biology, Stanford '09
Orange County, CA
Class of 2014

At David Geffen School of Medicine, we know the importance of balancing life both in and out of medical school. Here, we appreciate the diversity of our amazing student body and work to encourage each student to keep sight of their identity and passions as individuals. The Well-being Program was established at UCLA as a forum that focused on student happiness and satisfaction with their current lifestyle. It is composed of two parts: Part 1) Each student has a well-being group that includes 6-7 other students and a faculty member with whom they can communicate informally, and Part 2) Several events are planned by a well-being committee to celebrate holidays and unwind in the midst of each block. Many of the larger events focus on encouraging students to relax and enjoy the wonderful opportunities that being in Los Angeles has afforded. In the past few years, we have planned Holiday Ice Skating, Spring Beach Day, Whale Watching, Bon Fires, and much more.



MS1 Events: Block Party, Talent Show, Ceremony of Thanks
Sarah Young
Health Promotion and Disease Prevention, USC '08
Sacramento, CA
Class of 2014

Block Party

You've just studied for eight to twelve weeks learning new material, so what's the best way to celebrate? That's right with your class at Block Party! Block Parties occur the last day of Block Exams, which is usually a Wednesday, and are held at local LA hot spots including Santa Monica, West LA, and Hollywood. Often, the class MSC will organize transportation with a bus or taxis are readily available. The location changes after every exam, and these create some of the best memories from medical school!

Talent Show

Yes, we study, but we have other talents besides that – and let's put it on show for all to see! The All-School Talent Show is an annual event led by the first year class with participation from all classes, and often from faculty. This event occurs in the spring, usually during mid-March, and is one of the most anticipated events of the year. From dance to sing to class videos – even to marriage proposals – the DGSOM Talent Show has seen it all and is one of the most fun events of the year!

Ceremony of Thanks

Learning takes a whole new meaning in anatomy, where are educators are people who have donated their bodies to science. The Ceremony of Thanks is an annual event held in the spring where we honor the people and their families who have enhanced our education through the study of anatomy. At this meaningful and profound event, faculty and students share reflections, families meet students in person, and the community comes together in appreciation and grace.



MS2 Events: 2nd Year Banquet

Sarah Young
Health Promotion and Disease Prevention, USC '08
Sacramento, CA
Class of 2014

2nd Year Banquet

Believe it or not, by the end of the second year of medical school, you will have been a student in a classroom for almost twenty years – and by the end of it you are ready for the real deal of medicine – third year clinical rotations! The 2nd Year Banquet is an annual event held in the spring celebrating the culmination of the pre-clinical years of medical school. At this formal dinner, accompanied by significant others and faculty, top educators are honored with Golden Apple Teaching Awards and classmates are honored with class-voted “most-likely to.” After the formal portion of the evening, the celebration begins with a photo-booth and DJ! Serving as our last all-class event before third year, 2nd Year Banquet is a special night full of memories and class comradery.



Housing

Ivana Jankovic
Cell & Molecular Biology and Spanish, Univ. of Michigan '10
Birmingham, MI
MD/PhD

Weyburn Terrace: I strongly recommend living here your first year. Yes, it's expensive, and, as a non-LA native, the idea of paying for a *tandem* parking spot- or even the existence of tandem parking spots- still baffles me, but in terms of convenience, Weyburn can't be beat. It will take you ~20 minutes to walk to 8am PBL, depending on traffic lights, but it will only take you ~20 seconds to walk down the hall to watch an episode of The Wire with your new classmates. Most MS1s live here, buses to block parties leave from here, and the BBQ pits are a great place to socialize. The apartments are actually quite nice (they clean and repaint them between tenants) and maintenance is efficient. You will also have opportunities to meet/live with grad students in other programs.

Off-campus: I moved to a privately-owned residence in my second year, as many med students do. It was nice to live in another part of LA and I liked having actual keys instead of keycards (less of a dorm-y feeling). The place I lived also had a yard and allowed pets. Benefits to living outside of UCLA housing include cheaper rents, more choices (apartment, house, dog-friendly, etc), and the possibility of living closer to the beach/ 3rd year rotation sites. Negatives include having to drive or bus to campus (especially if you want cheaper rent), living far from friends (more cabbing), and the risk of less reliable or abusive landlords. Westside Rentals, PadMapper, and Craigslist are good resources for your housing search. I advise against crossing the 405 for traffic reasons.

UCLA grad student apartments: UCLA has several housing options in Palms/ Venice for graduate students, including married students and students with kids. Benefits to off-campus apartments include subsidized housing (!), free parking, efficient maintenance, and paying rent with credit cards (=airline miles). Cable and internet are included in rent, and some buildings have a shuttle to campus. The apartments are not as new as Weyburn, but maintenance is very friendly and responsive. Unlike Weyburn, tenants are responsible for finding new roommates when one moves out, and it can be

difficult to find an opening because the apartments are passed down roommate to roommate. Also, you're back to keycards. But, the apartments are fairly nice- and cheap- and thus remains popular.



Transportation
Bo Espinosa-Setchko
History and French, Scripps College '02
Richmond, CA
Class of 2014

“Nobody walks in LA...” Sure, that is how the song goes, but take it from someone who made it without a car for the first two years of medical school – you absolutely can bike, roller blade, bus, metro, and heck, even WALK in LA, and surprisingly more easily than you might think. Here are a few pointers on how to get around in Los Angeles without a car. I hope you find it helpful and safe travels!!

BIKING

Los Angeles streets are not as friendly as say, Davis, California where the bikes rule and cars drool, but many students including myself have found that biking can be a safe and fun way to get to and from class. In fact, the League of American Bicyclists named UCLA in the top twenty bicycle friendly universities in the country. Westwood is relatively safe, but don't forget a good lock, helmet, and lights for night riding. If you need to buy a bike, there are multiple bike shops in the area, and consider buying a bike on **craigslist**, or wait for the annual **UCLA Bike (Re)Cycling Day** in October where all of the impounded bikes are available free of charge – first come first serve.

(<http://map.ais.ucla.edu/go/1005079>). Other local resources:

Helen's Cycles

1071 Gayley Avenue
Los Angeles, CA 90024

UCLA Bike Shop

2131 John Wooden Center
Los Angeles, CA 90095
(310) 206-7219
bikecenter@recreation.ucla.edu

PUBLIC TRANSIT (more information at UCLA transportation website)

#Santa Monica Blue Bus

BruinGo Flash Pass- allows you to ride any bus on either of these networks for an entire academic quarter for the low cost of \$33.

Student ID alone- Swipe UCLA student ID during academic year and bus is \$0.50 (half off).

#Metro LACMTA (Los Angeles Metropolitan Transportation Authority)- Best way to figure out how to get wear you need to go is via Google maps using public transportation setting.

Go Metro Pass & TAP card- \$50-\$54 for *unlimited* rides on all Metro buses and trains for a quarter at a time (bus fare is \$1.50 each ride).

AIRPORT TRANSPORT

Westwood FlyAway- offers hourly direct service to and from LAX and short/long-term parking options in partnership with UCLA for \$10. <http://www.lawa.org/popup.aspx?id=300>

CAR without a CAR

Zipcar- there are parking spots in Los Angeles, but if you need a car for something more than picking up your groceries, consider **renting a car**. If you are over 25 years old, renting a car is actually relatively inexpensive and very convenient

CARS

Finally, when and if you decide you need a car (aka you will need one for third year if not sooner). The UCLA credit union offers loans and assistance in car shopping.



Grocery

Narsis Attar

Molecular and Cell Biology, UC Berkeley '08

Los Angeles, CA

MD/PhD

As much as I enjoy dining out at all the great restaurants and cafes in Westwood, unfortunately this kind of lifestyle is just not possible on a student budget. So I really recommend getting familiar with your neighborhood grocery stores and getting some cooking lessons / easy recipes for the next few years. Here are some of the grocery stores in the area:

Trader Joe's: Best place to buy dairy, frozen food, snacks and sometimes produce. They also have a great wine and cheese selection, so a good place to shop for a get-together. Best of all, parking is easy and convenient. It's also located right across the street from Rite Aid and Target (City), so you can potentially do your entire household shopping in one stop.

Whole Foods: Not the most affordable place for produce and daily essentials, but they have a great salad bar and hot food bar serving a variety of food almost all day. They have breakfast items out until 10am and finish serving dinner about an hour before closing. The food bar is great and usually has a number of vegetarian options as well. They also have a sandwich section and sell sushi prepared fresh daily. It's a great place to grab a quick and semi-gourmet bite before class or before heading over to the library for the day.

Ralphs: I would say this is one of the larger Ralphs in the area. The store is very clean and well-stocked. This is where I do most of my shopping since it's the most affordable of all the stores in Westwood. The best thing about it is I can go grocery shopping literally any time of day or night, since they're open 24/7! Parking is super easy and the place never gets too busy. The new self-checkout section which was added about a year ago has been a great feature. This Ralph's also has a small Coffee Bean and Tea Leaf in the store on the Le Conte side, closest to CHS, which is awesome. This is the perfect place to grab a cup of coffee and pastry before class, or buy food for your PBL sessions.



Dry Cleaning and Tailoring

Sarah Young
Health Promotion and Disease Prevention, USC '08
Sacramento, CA
Class of 2014

As an MS1 and MS2, you are sure to find that you need your business casual attire pressed and ready to go for Doctoring, and then as an MS3 you will be wearing business casual almost every day, so read on! There are multiple dry cleaning locations in Westwood and along Westwood Blvd and Wilshire, and believe me I have tried them all, but here's the inside scoop for the best prices and quality – because your clothes are worth it!

London Cleaners, 1073 Gayley Ave.

If you are looking for something within walking distance from Weyburn, this is your place. About five minute walk from Weyburn, this place offers fast service and is open Monday through Saturday. They often have coupons on the back of your Ralph's receipt and they give a UCLA discount. However, while their service is speedy, some of that speed compromises quality. For basic dress shirts and pants, I'd give it the a-okay, but if you have an intricate beaded dress or blouse, steer clear.

Sterling Fine Dry Cleaners, 1600 Westwood Blvd

Visible from Westwood Blvd and a 20-30 minute walk from Weyburn or short car ride. Pluses – open Sunday, good turn around, and the best spot-cleaning. Minuses – costs a pretty penny! Be careful because I brought a ton of clothes here the first time and was overwhelmed with the price. I'd go here in a pinch.

United Plus Cleaners, 1786 Westwood Blvd

Visible from Westwood Blvd and a 30 minute walk from Weyburn or short car ride, however, totally worth your time and money! So far this is the best place for cleaning in Westwood period. Excellent prices, quick turn-around, very friendly staff. No UCLA discount, but you don't need it. I've been taking my clothes here since the beginning of third year (and during third year this can become a bi-weekly trip), so know you can come here for good service and good price.

Jenny's Alterations, 1722 Westwood Blvd

The best seamstress around without breaking the bank. When I had to purchase dress pants for third year, I took all of them to her. She had me try on each pair with my dress shoes and pinned them individually to make sure they were the perfect length. I paid about \$10 per pair. She is professional, timely, and provides an excellent service for both men and women. I've continued to see Jenny with new business casual clothes and she always delivers the perfect product.



Medical and Dental Care

Sarah Young
Health Promotion and Disease Prevention, USC '08
Sacramento, CA
Class of 2014

Ahh yes, health care for the health care professionals – very important! Depending upon your age, you may be able to be covered under your parents insurance, but once you turn the big 26, it's time for you to insure yourself – do not fear UCLA has you covered. As part of your semester fees, you have the option to waive or accept UCSHIP, which is UCLA's medical and dental insurance plans. Please visit www.studenthealth.ucla.edu for more information about UCSHIP. Below is some information about the medical and dental services at UCLA and in the Westwood region.

Medical Care

The UCLA Arthur Ashe Center is the medical home for UCLA medical students. Each student is assigned a Primary Care Provider for any need. Ashe offers immunizations and lab work, in addition to optometry and pharmacy services. Appointments are made online. Please visit www.studenthealth.ucla.edu for more information. Of course, Ronald Reagan Medical Center is across the street, and if your insurance allows, you can see the many world-class specialists right across the street.

Dental Care

Depending upon your insurance, you will have many providers to choose from. West Los Angeles is filled with great dentists and dental specialists, so check your insurance to see where you can receive service first. From first-hand experience Dr. Mary Jo Frazier, located at 2428 Santa Monica Blvd, Santa Monica CA 90494, (310) 453-4488, is the best dentist and also a parent of a UCLA medical student and resident. She always asks me about school and is very understanding about scheduling appointments with our schedule. Dr. Frazier is professional, kind, and keeps my teeth shining bright!



UCLA Traditions

Jason Scapa

Molecular, Cell, and Developmental Biology, UCLA '11

Orange County, CA

Class of 2015

UCLA is home to one of the premiere athletics tradition in the history of college sports. The UCLA Bruins boasts 108 NCAA National Championships (and still counting) in 17 sports, the most of any university in the country. All of our athletics team, from men's basketball to women's gymnastics consistently compete at the highest level year in and year out. Famous UCLA Bruins include Jackie Robinson (baseball), Troy Aikman (football), Russell Westbrook (men's basketball), Sue Enquist (softball), Lauren Chaney (women's soccer), and Cobi Jones (men's soccer). Our success is embodied by teachings of John Wooden, legendary UCLA basketball coach from 1948-1975, whose spirit is prominent throughout campus. Wooden helped make UCLA men's basketball the most historic basketball program in college athletics, winning 10 NCAA basketball championships in his final 12 seasons, with iconic players like Bill Walton, Kareem Abdul-Jabbar, and Walt Hazzard.

Today, UCLA gym sports take place in recently renovated Pauley Pavilion, the mecca of college athletics. For football fans, UCLA plays at the Grand Daddy of the All, the Rose Bowl of Pasadena, under former NFL coach, Jim Mora Jr. Gameday cheers include the famous "8 Clap" and our fight songs comprise of "Sons of Westwood" and "We are the Mighty Bruins" along with our Alma Mater, "Hail to the Hills of Westwood". Our school colors are True Blue and Gold. And of course all Bruin Fans loathe for our hated cross-town rivals, USC, but that's a given.

UCLA Fight! Fight! Fight!



David Geffen
School of Medicine



Part 2

Boards, Wards,
and Beyond



USMLE Licensing Step 1
Maria Aleshin & Naomi Serling-Boyd
Molecular and Cell Biology, UC Berkeley '09
Rancho Penasquitos, CA
Biochemistry, UCLA '10
Rancho Pensquitos, CA
Class of 2014



Your time off (~5 weeks) is plenty of time to study, although it won't feel like that toward the beginning. Make a schedule of topics to do each day and allow yourself time to get through everything twice. Most people in our class all used pretty much 2 books: First Aid and Goljan, which cover just about everything that will be on the test. Clinical Microbio Made Ridiculously Simple, Lippincott's Biochem, Embryo, and the PharmCards and Microbio cards are also commonly used as supplements for particular topics. Knowing one or two books cover to cover is far superior to buying all of the study guides out there. Be sure to start reviewing Pharm frequently and early. Goljan's lectures are also great and easy to load onto your phone or iPod – he's funny and kind of annoying, and you'll remember what he says. As for questions, buy the UWorld Qbank (Kaplan's not necessary) and do ALL of the questions and read ALL of the answer explanations for every one. If possible, do the questions you got wrong a second time. Schedule an official practice test a few weeks before your date. Last, be sure to eat well, exercise, and allow yourself some fun. It'll go a long way.



Being the Rock Solid MS3
Mayumi Pierce
Molecular and Cell Biology, University of CA Berkley
Berkley, CA
Class of 2013

The third year is certainly the biggest transition in medical school, when you go from being a student to being a true part of the healthcare team. Instead of in lectures and labs, your days will be spent seeing and taking care of patients. Get excited!

What is expected of you: Be a team player. Even if the rotation you're on is not your thing, take advantage of the privilege you've been given to learn. Be enthusiastic and be eager to work hard. That's how you will 1) learn the most, 2) be the most helpful to your team, and 3) take care of patients in the best way. Take ownership of your patients, and understand their disease process. Be on time. Smile.

Organization: There is no one best way to stay organized. That said, I suggest you get in the habit of writing things down – there are too many things to manage for you to remember everything. Keep a task list of things that need to get done for your patients. Write down daily vitals, labs, and imaging results. Try to keep a balance between having enough reference material on you so that you are able to communicate thorough information to the team, whilst not having so many papers that you can't find anything when you need it.

Presentation: Be systematic and organized – go through the presentation in the order of the HPI or SOAP note; try not to skip around. Be confident. Present the pertinent information, but keep it concise and relevant. Keep references to look at with lab values, etc, but DO NOT read directly from your paper. You should know your patient better than that. Always present an assessment and plan – this is your time to show off. Even if the team decides on a different plan, it shows you know your patient well enough to think through a coherent plan of action.

Knowledge: Third year knowledge should build on the first two years. Most things won't be 100% new. You'll find your own way of studying, but you do need to read – a good way of approaching it is to read in depth about disease processes your particular patients have, and study general knowledge for Shelf exams with a review book on the side. Many students also do practice exam questions for the Shelf (eg: USMLE world). Ask questions! It shows your interest, and you'll learn more.

Notes: This is similar to your presentation, but can contain a bit more detail. Again, keep it organized and to the point. Assessment and plan are highly important – again, this shows that you're thinking about your patient logically (and that you were paying attention when the plan for the day was finalized). If your resident has a particular way of writing things, you can model your notes around their format. Incorporate any corrections into the remainder of your notes as well.



Clerkship Profiles

Lauren Wolchok

Earth and Planetary Sciences, Harvard College '07
Nashville, TN
Class of 2013

Ambulatory/Family Medicine: "Fambulatory" consists of two 4-week outpatient rotations. Emphasis on primary care basics like hypertension, diabetes, and other chronic disease management. May see women's health, sports medicine, procedures in FM. M-F clinic hours, weekends free. Shelf exams in both FM and AM at end of 8-week block.

Psychiatry/Neurology: 5 weeks of Psych and 3 of Neuro, all inpatient, but count on weekends and relaxed hours during Psych. May have long hours, 6-day week, +/- call on Neuro. Shelf exams taken during the last week of the combined 8-week block. Neuro shelf is notoriously tricky.

Internal Medicine: Challenging 8 weeks of inpatient medicine (werk!), average 6-day work week + call, long hours. Either have two 4-week rotations at two sites or all 8 weeks at one site, depending on your Continuity. Most people use MKSAP questions to prepare for the shelf.

Surgery: Challenging 12 weeks (werk!) divided into two 3-week core inpatient rotations and three 2-week subspecialty rotations. One of the subspecialties is your choice. Very early mornings, long hours on your feet in the OR, fast-paced clinics. Some rotations have overnight call. Shelf at the end of the 12 weeks.

Peds: 6 weeks, usually a mix of inpatient and outpatient. Start those required CLIPP cases early! You'll take the CLIPP exam at the end of the rotation instead of a shelf.

OB/GYN: 6 weeks, usually divided into 2 weeks of OB with Labor and Delivery call, 2 weeks of GYN (think surgery), 2 weeks of clinic (pre/post-natal, GYN, related subspecialties). Take advantage of the free UWISE questions to prepare for the shelf, which is difficult.



Clinical Site Profiles

Amanda Freed

Cell and Molecular Biology, University of Michigan '08
Encino, CA
Class of 2013

Cedars-Sinai: located in Beverly Hills ~7 miles and 25-30 minutes from UCLA. This hospital has ~800 beds and is mainly a private hospital (you may even see a celebrity!) although it does have a significant number of teaching beds as well. On some services you'll see only the teaching patients and on some you'll see a combination of teaching and private patient. They also have their own charity care clinic and staff free clinics in west Hollywood.

Ronald Regan: Located across the street from our medical school. ~200 beds. This is an academic tertiary care hospital so you'll see some very rare diagnoses but also very common diagnoses in patients with complicated medical histories often including a transplant or two. You'll recognize many of the attendings as instructors from your pre-clinical years. They love to teach and will use any opportunity.

Oliveview: UCLA County Hospital- Located ~25 miles and 25-30 minutes away from UCLA. This county hospital serves the San Fernando and Santa Clarita Valleys. Most of the patients lack primary care so they'll present with advanced disease. The hospital just built a brand new emergency room

Harbor-UCLA County Hospital: Located ~20 miles and 30-40 minutes away from UCLA. This hospital serves the Torrance-Long Beach area. This former navy hospital is now a large county hospital. Like at Oliveview the patients do not have access to primary care and so they often present with advanced disease. Clinics and wards are very busy so you'll have a lot of autonomy with your patients.

West-LA VA: Located ~1 mile from UCLA. This is the referral hospital for the region so you'll often have patients from Bakersfield, San Diego, Las Vegas, etc with complicated disease needing higher level of care. The patient population is almost exclusively men. The veterans are very open to students and appreciate being able to contribute to your educational experience.



USMLE Licensing Step 2 Clinical Knowledge (CS) & Skills (CS)

Cameron Escovedo

Biology, Loyola Marymount University '08
Long Beach, CA
Class of 2013

Step 2 CS (Clinical Skills): This is the practical examination, much like your previous OSCEs. You will take the CPX (clinical performance exam) at the end of your third year that will be good practice for Step 2 CS. A good source is "First Aid for the Step 2 CS", which goes through a variety of chief complaints and outlines what questions to ask in the history, what exam maneuvers to perform, and the differential diagnosis. You can schedule this exam whenever you please, but it's probably a good idea to get it out of the way early while your third-year skills aren't yet rusty.

Step 2 CK (Clinical Knowledge): This is the computer-based exam, similar to Step 1. It focuses more on differential diagnosis, evaluation, and treatment rather than on mechanism. You should probably set aside 2-3 weeks to study, where you are not on rotations, so you can focus on studying. If you did well on Step 1, then you just need to repeat your score. If you did poorly on Step 1, then you want to do well on Step 2 to make up for it. The best study method is USMLEWorld Q-bank, or some other question bank. You can also use popular books such as Step 2 Secrets, or First Aid for Step 2 CK, but a question bank is better.



What is 4th Year?

Kevin Ikuta

Chemistry, Biology, Philosophy, USC '09
Long Beach, CA
Class of 2013

Fourth year of medical school is when you will do sub internships, interview for residencies, and enjoy the fruits of your hard work the last three or more years. You will start the year knowing or still deciding your career path and will have the opportunity to rotate in the specialties you choose with more responsibility and autonomy than ever before. The staff in the SAO will walk you through the application process and you will meet with Dean Parker to discuss your career goals and decided specialty. Depending on the specialty, interview season can start as early as October and extend as far as February. During this time clinical rotations are light. In late February most students will submit their match rank list and hold their breath until the third Friday of March, Match Day! This week is filled with fun activities and tons of anticipation and excitement. After this many students will participate in international electives, finish their required rotations, and take vacations. You will all meet back on campus one final time at Perloff Quad in the heart of UCLA to take the Hippocratic oath and receive your diploma!



UCLA Students in the Real World: Intern

Dr. Daniel Karlin

Molecular and Cell Biology, UC Berkeley '07
San Fernando Valley, CA
Class of 2012

R1 Internal Medicine-Pediatrics, Ronald Reagan UCLA, CA

Hello and welcome UCLA Med Students! I'm Daniel Karlin, a former Geffenite now turned UCLA Med-Peds intern. You might see me around the corridors of Reagan, either rushing to see all my patients before rounds or sprinting off to a code, but don't let that stop you from saying hi. Much like Korean tacos and French Dips, I'm an LA native, born and raised in the Valley followed by a most excellent time at UC Berkeley. I graduated in 2007 in Molecular and Cell Biology (M to the CB) with a dash of Italian on the side, then went straight away into med school.

Oddly enough, as I was traveling during the summer before the start of med school, I randomly met one of my future classmates on a night train from Milan to Barcelona. We both found out that we had a deep passion for global health, and we knew that we wanted to make it a strong part of our careers. We partnered up and led the International Health Interest Group, which has now gained quite a bit of traction round these parts, and connected with some of the brightest minds among faculty and students to bring global health events to UCLA and set up opportunities to go abroad for medical students. I started craving a immersive global health experience after my third year, and so I took a year off to pursue the Fogarty Clinical Research Scholarship, studying tuberculosis down in Lima, Peru. Yes, you can take a year off of medical school, and no, it won't throw your life plans totally out of whack, and yes, it was awesome (especially the ceviche). Luckily UCLA has the mentorship and the flexibility to help students go after their big dreams, like I was able to. It set off a spark that still burns today, as the possibilities of pursuing a career in global health after residency become even more clear.

But on the flipside, being back in Los Angeles for med school showed me just how an incredible city this place is. For some of you, this may be the first time you're setting foot in LA, while for others, you may have grown up here but never seen everything LA has to offer. Well, welcome to a place of endless possibilities. The food, the beaches, the pockets of microcultures (Thaitown, Little Osaka, the Fairfax Orthodox Jewish/Ethiopian combo), and the endless hidden secrets of LA make this an incredible place to spend the next four years. But what's more—this is your city. The people of LA are your patients. And they will teach you so well.

So good luck on this journey! Keep your dreams alive, think outside of the medicine box, and go savor all of LA! If you ever need any advice, or are unsure about what your path has in store, feel free to email me: dkarlin@mednet.ucla.edu. Or just stop me in the hallway (preferably not on the way to a code).



UCLA Students in the Real World: Resident

Dr. Vatche Tchekmedyan

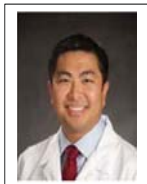
Anthropology, NYU '07

Huntington Beach, CA

Class of 2011

R3 Internal Medicine, Brigham and Women's Hospital, MA

I'm currently a Junior Resident in Internal Medicine at the Brigham and Women's Hospital in Boston. Not a day goes by that I don't think back to my training at DGSOM. Beyond giving me the skills to be a competent intern/resident, I remember the environment in which those skills were developed. The wellbeing of medical students was a priority for the staff and administration, and the stresses of medical school were met with an engaged and caring group of staff in the office of student affairs. I always felt supported as medical student - both in my medical education but also in my extracurricular endeavors. In that way, DGSOM favors the creation of well-rounded physicians and educators, and I'm very thankful for the time I spent there!



UCLA Students in the Real World: Attending

Dr. Isaac Yang

Social Welfare & Molecular and Cell Biology, UC Berkeley '00

Lodi, CA

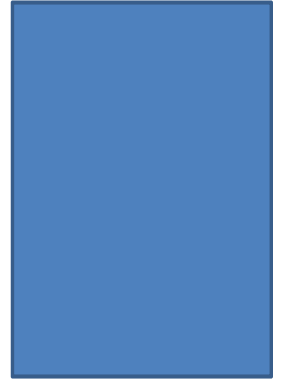
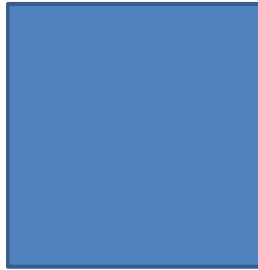
Class of 2004

Attending and Principal Investigator, Ronald Reagan UCLA

I am now a neurosurgeon at the Ronald Reagan UCLA Medical Center and Principal Investigator at the Jonsson Comprehensive Cancer Center. I completed my residency at UCSF. I am using my medical school training in real life to be more than just a doctor – to be a listener and to help medical students and patients. In short, I try to be a brain surgeon with heart. My interest in brain surgery started in my first year at UCLA.



David Geffen
School of Medicine



Part 3

Living the
LA Life



Neighborhoods of Los Angeles

Catie Cambou

Molecular and Cell Biology, University of CA Berkley

Los Angeles, CA

Class of 2014

Westwood: Usually the first choice for incoming first year med students due to convenience. Any apartment in Westwood will be within a 2-mile radius of campus. The Weyburn graduate apartments are within a 15 to 20-minute walking distance of campus. Be warned though: Westwood tends to be one of the more expensive neighborhoods. If you don't mind paying a little extra, Trader Joe's, a City Target and an array of shops and restaurants are close by. The Getty Center is just a few miles away – jump on the 405 and you're there within ten minutes. Some students even opt to study at the museum when they have a little free time.

Brentwood: Usually the first choice for 2nd and 3rd year med students. Why?

1. Offers a wide range of apartments in size, quality and price. My roommate and I shared a 2-bedroom, 2-bathroom apartment in Brentwood for \$800 a month each, but that was a rare find (a gem, if you will!) Most places will be between \$900 to \$1500 a month.

2. Proximity to campus. Brentwood is just a few miles away from campus as well, but it's on the West side of the 405 Wilshire freeway exit, which means you will have to deal with freeway traffic. A lot of students in Brentwood take the Big Blue Bus or bike to school (you can cut through the VA), but PLEASE wear your helmet and be careful – there are frequent bike accidents involving UCLA undergrads and grad students biking to school.

3. Coffee shops. Let's be honest: you can only spend so many hours in the library. Most students in med school mix it up – from your living room, to the multiple libraries on campus, to the Starbucks on every other corner, you will probably change your study spot several times during your stint at UCLA med. I used to run into other med students on nearly a daily basis at the coffee shops in Brentwood. The hot spots for grad students are Starbucks, Coffee Bean, Peet's and Coral Tree Café.

West LA: Another popular choice for 2nd and 3rd year med students, similar to the same reasoning for Brentwood. West LA has the advantage of being South of Westwood, and thus on the same side of the 405. This might seem trivial, but if you have ever dealt with LA rush hour traffic, you will understand why this is important! If for some reason you need to get to school via the bus or your own car, it will take you 15 minutes max (even with traffic) as opposed to being in Brentwood, which can take (NO JOKE) up to 45 minutes during rush hour if there's freeway construction.

Santa Monica: This is where 4th years and residents dream of ending up. Who doesn't want to wake up to an ocean view? The drive is approximately 25 minutes (mind you, without traffic), but the apartments tend to be more expensive since it's such a coveted real estate spot (like pathology, it's always location, location, location!) Arguably the best cafes, shops and restaurants on the Westside.

Venice: Santa Monica's funkier, cooler cousin. Venice is also on the beach and Venice was not considered a very safe neighborhood until just a few years ago. There are pockets in Venice that are very reasonable, and others that are astronomically expensive. You'll definitely have to do your research if you choose to live here. GQ Magazine voted Abbot Kinney "the coolest block in America" for

its eclectic collection of bars, restaurants and shops. There is an array of fun places on Rose now, near Lincoln. True Story: the BEST Mexican food I have ever had was on the corner of Rose and Lincoln from “La Oaxaqueña” truck on a weeknight. Go figure.

Culver City: This is becoming a more popular neighborhood every year. The drive to school is approximately 20 minutes. Downtown Culver City near the Sony Studios is very quaint and lovely, with some very nice restaurants and bars. The coffee shops tend to be crowded – it can be difficult to find a spot to study. The prices are comparable to West LA and Brentwood, but I imagine that it will become more expensive in the upcoming years.

Mid-Wilshire/Miracle Mile: This part of town has a very different feel from the “Westside” (Santa Monica, Venice, Culver City, West LA) – it’s closer to some of the landmarks of Los Angeles (the La Brea Tarpits, LACMA, etc). Due to its proximity to West Hollywood, the Fairfax district and Melrose, it’s a great location if your hobbies include the arts and fashion. However, the main road to UCLA is to take Wilshire, which can get crowded.

Downtown: Students from more traditional cities (New York, San Francisco, etc) love Downtown because it reminds them of home. With the tall skyline, classic architecture and assortment of restaurants and bars, it’s the only part of Los Angeles that feels like a “true” city. The Walt Disney Music Hall, MOCA and Dorothy Chandler Pavilion are all close by. Downtown has undergone a major renovation in the past few years – it wasn’t a very popular destination until recently. There are pockets that are dangerous, and others that are very swanky and expensive. Like Venice, you would need to research the area. Downtown is VERY far from UCLA though – at least a 45-minute ride and up to 90 minutes with traffic. Unfortunately, the subway downtown doesn’t even get close to UCLA, so it’s not a viable option.



Dining in Los Angeles

Jeff Chen
Biology, Cornell '10
Pasadena, CA
Class of 2015

This food guide is not meant to be an exhaustive list of good eats (yelp would be a much better reference). Rather, it is meant to highlight restaurants of various cuisines that come highly recommended by DGSOM students. A food survey was sent out to DGSOM students and yielded these common suggestions.

Asian

Mr. Noodle – Thai fusion. Located in westwood.

Noodle Planet - Asian fusion. Located in westwood.

Tsujita – Japanese. Located in West Los Angeles

Santouka ramen – Japanese Ramen. Located in West Los Angeles. Try the “special pork” or the “cha-shiu pork”

Sushi Gen – Sushi. Located in downtown.

Hop li – Chinese. 2 locations, both in West Los Angeles.

Seoul House of Tofu – a la carte Korean BBQ. Not the best Korean BBQ, but its nearby, located in West Los Angeles.

Road to seoul – all you can eat Korean BBQ. Located in Korea town.

Chosun galbee – a la carte Korean BBQ. Highest quality, but expensive. Located in Korea town.

Italian

C&O trattoria – located in Marina Del Ray.

Fritto Misto – located in Santa Monica.

Pizzeria Mozza – located in Los Angeles.

Pomodoro trattoria – located in Westwood

Bay cities Italian deli – located in Santa Monica

Mexican

Titos tacos – located in Culver City

Eduardos – located in westwood. their steak meat is high quality

El cholo – 3 locations, closest one is in Santa Monica.

Don antonio's – located in west los angeles

Tacomiendo – located in west los angeles

Persian

Panini café – located in Westwood. \$10 chicken kabob plate is great.

Flame – located in Westwood

Shamshiri – located in Westwood

Attari sandwich shop – located in Westwood

Darya – west los angeles

Indian

India's oven – located in West Los Angeles. Their delivery is very convenient.

India Sweet House - located in West Los Angeles.

Jaipur – located in West Hollywood

American food

Father's Office - Gastropub. Located in Los Angeles

Tommys Tacos – Located in Westwood, next to In & Out. Delicious \$1.50 burgers (“buck fiddies”)

Hole in the Wall Burger Joint – Located in west los angeles

Griddle café – American/breakfast food. Located in West Hollywood.

Miscellaneous

LaLa's Grill - Argentinian food. Located in West Hollywood.

Merkato – Ethiopian food. Located in Los Angeles.

Chego – Korean fusion. Located in Culver City

Simpang Asia – Indonesian. Located in West Los Angeles.



Exercise & the Great Outdoors in Los Angeles

Braden Mogler
Sports Medicine, Pepperdine University '09
St. Paul, MN
Class of 2014

LA offers incredible outdoor opportunities: surfing, hiking, running (try San Vicente!), biking (yes, even in LA), camping, or just laying on the beach.

Hiking: Too many great trails to list; explore with localhikes.com or just Google “Top LA hikes” for tons of blogs with detailed individual hike guides. Nearby, Will Rogers, Temescal, and Topanga parks all offer great interconnecting trails. Or head up to Malibu and hike Sandstone Peak, Solstice Canyon, or try to find the Jim Morrison cave.

Camping: An amazing way to spend your block break. Point Mugu and Malibu Creek State Parks are both under an hour away, while Big Bear offers a beautiful mountain getaway in 2 hours. For longer trips, any of the Big Sur or Yosemite campgrounds never disappoint.

Exercise: Wooden is the main UCLA gym with everything you’d expect including classes, a rock wall, and basketball courts. Kinross is new, in Westwood, and specifically for graduate students. Sunset Rec offers pools, sand volleyball, and grass fields. Try biking to school or around town (Santa Monica is particularly bike friendly), running the stairs at Drake Stadium or off 4th Street in Santa Monica, jogging the median to the ocean on San Vicente, or joining a donation-based yoga class.



I Just Wanna Dance – Los Angeles

Nikki Ross
Neuroscience, USC '10
Santa Monica, CA
Class of 2014

Los Angeles is filled to the brim with great places to get your groove on, and here are just a few favorites:

Zanzibar

Location: Santa Monica (5th and Arizona)

Website: <http://www.zanzibarlive.com/>

Pros: Located two blocks from the 3rd street promenade, Zanzibar is a fantastic venue. The club is one of the largest in Santa Monica and tends to have a pretty packed house on Thursday-Saturday nights. They sport a massive dance floor, unlikely many of the nearby venues, and their calendar is filled with a variety of cool music and dance themes. Drinks are moderately priced, but tend to be made strong. Weekend nights watch out for a cover charge after a certain hour.

Boulevard 3

Location: Santa Monica (Sunset and [close to] Cahuenga Blvd)

Website: <http://www.boulevard3.com/>

Pros: Located in the heart of Hollywood, Boulevard 3 is the kind of destination for a big night out with friends. You will definitely want to dress up for this venue, but make sure to wear clothing that won't fall off with extreme dance partying. The venue also has a number of tables both inside and out if you need to catch a breather, but the place to be is definitely going to be the dance floor.

Busby's (West)

Location: Santa Monica (Santa Monica Blvd and Berkeley)

<http://www.busbysla.com/busbysWest/>

Pros: While Busby's is sometimes called a sports bar, don't be fooled. When nightfall rolls in Busby's has a TON of fun stuff going on. This venue has multiple rooms allowing for lounging, dancing, arcade games (including skeeball, basketball, etc!), and two fully-stocked bars. Always a fun time! As if that isn't enough, Busby's also provides free limo service on Thursday nights to and from Westwood! Party on!



Music Scene in Los Angeles

Danny Jimenez

Biological Sciences, UC Irvine '09

Fontana, CA

Class of 2014

I love live music! Sure, you can go to Staples Center and watch Jay-Z or the Red Hot Chili Peppers put on great performances, but the LA music scene has so much more to offer. Venues like the Troubadour in West Hollywood offer intimate shows from artists representing a wide range of musical genres. Artists like alternative/indie veterans Band of Horses and underground hip-hop local Rocsteddy grace the stage at this historic venue. However, during the summer, when the weather is begging you to go outside, beautiful outdoor venues like the Hollywood bowl offer a unique show every day of the week. Of course it doesn't hurt that they allow you to bring in food and drinks too. Lastly, if you are looking for something slightly out of the box, The Echo in Silver Lake is capable of providing just that, and maybe a little more. Although this cozy venue is famous for being the home of many local bands that make it big, i.e. Silversun Pickups, its most interesting offering is Dub Club Wednesdays. This weekly reggae/Hip-hop/dub-step mash up event is unparalleled in its originality and is simply outrageously wild.



Sights to See in Los Angeles

Danielle Laufer
Biochemistry-Molecular Biology, UCSB '11
Los Angeles, CA
Class of 2015

Getty Center- A few miles from UCLA, the Getty Center Museum is located on the hills of the Sepulveda Pass. The Getty has a wide variety of European art as well as European and American photography. Admission is free and parking is \$15. No reservations are required. Even if you aren't interested in art, the Getty has an amazing view of Los Angeles. <http://www.getty.edu>

Griffith Observatory- If you are interested in astronomy or just really like looking at stars, the Griffith Observatory is a lot of fun. Admission is free except for a small charge to see the shows in the planetarium (which I highly recommend). On clear nights, they set up telescopes so you can get a view of surrounding planets. <http://www.griffithobservatory.org>

Santa Monica Pier- On a sunny day, the Santa Monica Pier is the perfect place to go. Admission to the pier is free and you can purchase tickets to ride the rides including a rollercoaster and Ferris Wheel over the Pacific (which can be quite romantic). There are also a wide variety of restaurants on the pier. <http://santamonicapier.org/>

Dodger Stadium- Go Dodgers! If you like baseball or just eating Dodger Dogs, Dodger Stadium is a fun way to spend a summer evening or afternoon. The Stadium is about a 30 minute drive from UCLA. Tickets for the game can be bought at a discounted price from the UCLA recreation site. <http://www.recreation.ucla.edu>, http://losangeles.dodgers.mlb.com/index.jsp?c_id=la

Disneyland- Who wouldn't want to spend a day at Disneyland? The two Disney parks, Disneyland and California Adventure, are about an hour drive from campus. Tickets to both parks can be bought at a discounted price on campus. http://www.tickets.ucla.edu/popup_park.html

Hollywood Walk of Fame- Hollywood is about a 20 minute drive from campus. It's fun to go for the day and see the stars on the walk of fame. Other things to see are the Grauman's Chinese Theatre and the Hollywood Sign.

Dockweiler Beach- Dockweiler Beach is the only beach in LA County that allows bonfires on the sand. This beach is located near the Airport in Marina Del Rey. It is recommended to get to the beach early to reserve a pit.



David Geffen
School of Medicine

Part 4

“I am a UCLA
Med Student,
and I am...”



I am a UCLA Student, and I'm Married

Tyler Larsen
Physiologic Science and Spanish Linguistics, UCLA '10
Carlsbad, CA
Class of 2015

Being married while in medical school is a real blessing. It's been wonderful to have constant love, support, and companionship to help combat the hectic and stressful nature of medical school. Sure, being married does present its challenges, but it is absolutely worth it. I don't know if I would be able to make it through the long journey of medical school and residency without the love and support of my wife. It's wonderful to have someone there to help cook meals when I am studying for an exam and to share interests outside of medicine. One of the great things about DGSOM is the amount of free time that I have to structure time for studying as well as time for family. The flexible schedule of the first two years has made it easy for me to study during the day and then to be able to relax in the evening with my wife. Obviously medical school is demanding and requires much of my time, but I think that being married while in medical school is fantastic and I wouldn't have it any other way.



I am a UCLA Student, and I'm Married

Caitlin McGrath
Molecular and Cell Biology, Psychology, Univ. of Illinois '10
Troy, IL
Class of 2014

I am a UCLA medical student, and I'm married. (My husband and I had our wedding about two weeks before I started medical school, and we moved to California the day after we returned from our honeymoon!) Balancing the demands of medical school while maintaining your relationship can be challenging, but it is also so great to have the support of a significant other when you're going through one of the most stressful (though exciting!) times of your life. Here's my "Not-so-Expert Tips for Med Students with Significant Others":

- Be explicit about your schedule, the hours you expect to spend on school obligations, length of training, etc. Many people who aren't in medicine truly don't understand the rigor and time commitment of training, but they will likely be more understanding once they are more informed.
- Introduce your significant other to other boyfriends/girlfriends/spouses/partners of med students. It helps to know that others are facing similar challenges!
- Take some time to talk about things unrelated to med school. This will be especially hard during the clinical years when you spend all of your time in the hospital, but find a way to do so, because even someone who loves you probably doesn't want to spend all night talking about asthma treatment protocols or your amazing surgical retracting skills.
- Some people prefer to study outside the house so that they can relax when they are at home, while others prefer to study at home so that they can see their significant other during study breaks. Try both and find what works best for you!
- When you are taking time off, "be present" and don't worry too much about school. In reality, there will always be more material to read to and more facts to learn, but you also need to have balance to be successful.

Welcome to DGSOM, and get ready for an amazing experience!



I am a UCLA Student, and I'm Married

Nick Ameln
Film Production, Ithaca College '04
Ottumwa, Iowa
Class of 2013

Balancing marriage and medical school may seem like a daunting task, but with good planning and communication, your significant other can act as a “built-in” confidant and make your time in medical school a lot less stressful!

Some important tips:

- Make sure your partner has realistic expectations of when you will be free and when you will be working. Discuss with them early on that there may be days when the only time you see them is when they're sleeping.
- Whether or not your significant other is in medicine, make time every week to do something non-medicine related – go to a movie, get dinner, whatever – make time for your spouse, let them know you appreciate them – especially if they're not in medicine and aren't familiar with the long hours required.
- Get to know other married couples in your class – you can be a great resource for each other and your spouses may need to commiserate.
- Look into married housing – there are a lot of fellow medical students to bond with and you can't beat the price in LA.

Again, no matter how busy you are, no matter how tired you get, always make time for your spouse and remember the sacrifices they may have made for you to get where you are. Communication is key. Good luck!



I am a UCLA Student, and I'm Engaged

Mike Hazboun
Kinesiology, USC '10
Harbor City, CA
Class of 2015

Hi everybody, and congratulations if you too are engaged. I won't waste space here giving advice on when it is best to get engaged/married during school or how to plan but if you have any questions feel free to contact me. I'd rather take this opportunity to emphasize that marriage is a big deal and preparing for it is very important. Being a physician is an incredible passion for me but I know I will always see myself as a husband and (hopefully) a father first and a doctor second. In medical school, time and energy are very precious and I have to make a real effort to spend time with my fiancé - not just to plan the wedding but also to really prepare for a life together (*quality* time). Remember to be there for each other, go on dates, enjoy each other and always remember why you are getting married. Never resent them for wanting to spend time with you (even if you have an exam coming up) and never make them feel like a burden or a hindrance to your studying or school work (make time for them too!). Keep communication open and strong and prepare for marriage like you prepare for being a doctor – talk about everything (everything!), ask questions, read about marriage (yes, study!), dedicate yourself to it (set goals), recommit yourself to it everyday (yes, the sacrifices start now!) and never stop loving (yes it's a conscious decision) your future wife /husband.



I am a UCLA Student, and I'm Engaged

Danny Jimenez
Biological Sciences, UC Irvine '09
Fontana, CA
Class of 2014

I am a UCLA student and I am engaged! After an 8-year relationship with the love of my life, it was time to make it official. My fiancé and I tested the waters by moving in together during first year of medical school. At first, it was difficult to manage my hectic schedule and a serious relationship. However, after figuring out how to efficiently manage my time and sacrifice some study time every once in a while we came up with a routine that worked for both of us. That was great for most of 1st and 2nd year, but I knew 3rd year would pose a more difficult dilemma. To be honest, this was a major factor in my decision to propose at the beginning of 3rd year. I was aware that my increased responsibility and time commitment during 3rd year would have to become my first priority (at least temporarily). Therefore, instead of simply telling her that I was committed to our relationship, I decided to show her. Although I may not always be around, my fiancé can look at her left hand and know that I am thinking about her and our future.



We are UCLA Students, and We are Engaged

Tine Roosta & Steven Storage
Neuroscience & Biology, USC '09, Chatsworth, CA
Molecular & Cell Biology, UC Berkeley '07, Huntington Beach, CA
Class of 2013



We're UCLA medical students, and we're engaged! We met during orientation week and went on our first date the Sunday before medical school started. About a year later, we were engaged...a match made in medicine! For us, being engaged during medical school was a huge plus in regards to having tremendous support, understanding each other's busy schedules, and having someone there to share the good times with. The only difficult part was having time to plan a wedding. Our advice—4th year is the ideal time if you have the patience to wait. During 4th year, your schedule opens up to start the planning process for a Spring wedding. Most people can finish their coursework by mid to late March, leaving April and May open for a wedding AND a honeymoon before you have to come back for graduation at the end of May. We wish you the best of luck in medical school!



I am a UCLA Student, and I'm in a Long-term Relationship

Claire Eliasberg

History of Science, History of Medicine, Yale '10

San Diego, CA

Class of 2015

My boyfriend and I had been dating for several years when I started medical school. I am by no means a relationship expert, but here are some things that we have found work for us:

- We both try to set realistic expectations about our time constraints. He actually has a job that is very time-intensive as well, so this is a two-way street.
- We set aside small blocks of time to spend together. Even if we're just doing something mundane like grocery shopping or cooking, we try to make it fun.
- He has spent a lot of time hanging out with my medical school friends. Since free time is limited, it's important to make the most of it.

While medical school can take up a lot of time, it's definitely still possible to maintain a long-term relationship. If anything, helping each other overcome the challenges that medical school presents has only made us stronger as a couple.



I am a UCLA Student, and I'm in a Long-term Relationship

Diane Salazar

Kinesiology, Occidental College '06

Eagle Rock, CA

Class of 2014

I am a UCLA student, and I am in a long-term relationship. I entered medical school in a relationship and I'm delighted to say that we are still going strong. Three tips that have helped me keep my relationship growing are first and foremost communication. Be open and honest about the new demands on your time, share your Google calendar, exam schedule, and voice your triumphs and stresses. Your partner will only be able to support you and try to understand where you're coming from if you communicate. Second it's important to plan quality time to spend together. As you will soon come to find out your schedule will be filled with labs, learning issues, and STUDYING. You need to devote time to spend together without the distractions of school. My third tip is to include your partner in medical school experiences such as block parties and all-school formal. It's great when your special someone can put a face to the names you have been mentioning and even bond with classmates and their partners. Good luck with your relationships and you will be surprised how many classmates will get engaged and married during the next four years.



I am a UCLA Student, and I'm in a Long-term Relationship

Elaine Nguyen
Psychobiology, UCLA '09
Huntington Beach, CA
Class of 2013

Having been in a relationship for six years, I found that sustaining a relationship during medical school, as with any relationship, requires a great deal of communication. During the first two years of medical school, there is so much flexibility to balance school and time with friends and your significant other. Once you reach third year, however, it was quite easy to let rotations and studying become the highest priority. The biggest issue I faced was having my boyfriend become more understanding of my time commitment as I switched from second to third year. I think setting expectations early on would have certainly helped. During the third year, I always set aside at least one night a week for spending quality time with my boyfriend and took advantage of the easier rotations. At first, it was challenging to have conversations without talking about medicine, but now I am so thankful for it!



I am a UCLA Student, and I'm in a Long-distance Relationship

Cynthia He
Biology, Stanford '10
Davis, CA
Class of 2015

In my experience, making a long-distance relationship functional and happy while in med school involves: 1) flexible but frequent communication over Skype, phone, or IM, 2) planning, and 3) shared expectations. I have found that regular Skype – e.g. every evening, even if calls are short – is a wonderful way to “see” my significant other and share the day’s events. We also try to check in about how the relationship is working, so that issues don’t ferment until the next visit. (Admittedly, Skype heart-to-hearts can feel awkward at first, but it gets easier.) Text messages, however mundane (“Just saw all the forearm muscles in anatomy lab!”), can also help your S.O. feel more a part of your life.

In terms of planning, having “the next visit” on the calendar gives us something to look forward to, and makes the inevitable separations easier. Block breaks are obviously great opportunities; that said, if distance and finances allow, and you are efficient with your studying, occasional weekend trips during some blocks are possible.

Finally, understanding our expectations has been key: expecting that we will be open and honest with each other, that we are both relinquishing some degree of control, and are placing trust in each other; and that our relationship can grow even across the distance, and can be a great source of support and joy.



I am a UCLA Student, and I'm in a Long-distance Relationship

Sarah Young
Health Promotion Disease Prevention, USC '08
Sacramento, CA
Class of 2014

My significant other is my everything, the best thing that has ever happened to me. If someone told me I would have a boyfriend who lived across the country and attend medical school, I would know it would be difficult, but I would never change it for the world, because our relationship is one that will last a lifetime. My boyfriend and I met seven months before I started medical school; I lived in LA and he lived in Annapolis, MD. Even though we were and continue to be separated by physical distance, below are some of the things that helped us nurture our relationship and feel emotionally and spiritually close every day.

- In years 1 and 2, we spoke at a regular time every day. Knowing that I set aside a special time to talk made my significant other feel appreciated and honored. Just like I schedule time to study, I set aside devoted time to just talk to him, and not be distracted by work. Talking with him was and continues to be the highlight of my day. Skype is an excellent way to see your significant other face to face, and I wish we would have done that more.
- In years 1 and 2, we saw each other during every block break (Thurs-Sun) or vacation. During block breaks, I tended to visit him because I had more time to fly. Being a part of his life in his hometown is so important to him and is equally important to me. I found that I created two homes – one in Los Angeles and one in Maryland. Spending time baking cookies for his firehouse, working out together, and having dinners with his friends brings me pure joy. Spending time together showed my boyfriend that he was important to me, and that I could set aside my school work to focus on him and our relationship. And yes, since we flew often, we both invested in airline credit cards.
- In year 3, it has been more difficult to speak at a regular time, so we agreed to connect early in the morning via phone. More than ever, the key is communication. Since our hours as medical students are unpredictable, it is important to convey that and then make a plan for how to best connect. If plans change, communicate that to your significant other. Always make time to talk when you still have energy – your significant other has been waiting all day to talk to you, and you need to share your days together! Text messages throughout the day tell your significant other you are thinking of him/her; these are immensely special to them because they know you are busy, but took time to communicate with them. Always communicate your feelings – the good days and the bad days – and let your significant other help you throughout it. The more I included my boyfriend, the more he felt he could help me and the closer we were. Be an excellent listener and always tell your significant other how much you love him/her.
- In year 3, my significant other would visit me more since I had one day off per week and this day was unpredictable depending on the rotation. He definitely did more of the traveling, which wore on him and our relationship. If I could do it all over again, I would travel when I had two days off on a weekend to take the pressure off of him to travel. Even though we agreed he would travel, it is important for me to make concerted effort to travel if I have two days. Again, this shows that I am making him a priority and am a presence in his life. When you have vacation, I recommend traveling to the significant other's hometown. This allows you to catch up with all your friends there and to do the everyday special things you enjoy – the little things, like doing laundry, making favorite snacks, going to a favorite concert, and just having

fun together. This also allows you to be the one at home while he/she goes to work and continues the normal work week; it was my turn to spoil and love him!

- Most importantly, we cared for each other and respected each other, and by doing so, we honored each other and helped each person work at their dream so we could grow as a couple. Yes, it may have been easier if we were in the same city, but by providing quality time daily to communicate and making sincere extra efforts to see each other as much as possible, we continued to share our lives together and grow closer than ever before. Special cards, candy, and notes always showed a little extra love.



I am a UCLA Student, and I'm in a Long-distance Relationship

Jenna Nguyen
Biology, Stanford '08
Carson, CA
Class of 2013

I started dating my boyfriend during junior year of college. After graduation, he started medical school on the east while I did research on the west coast. It was difficult transitioning from being constantly together to having thousands of miles in between us and only Skype and the occasional visits to look forward to. A year passed and soon I became a MS1 at UCLA and he a MS2 on the east coast. I was able to visit him every 2 months during the first two years because our awesome block breaks. DGSOM has final exams on Wednesdays and the rest of the week is free. I always used those times for trips to the east coast. During my 3rd year, he came to Jules Stein to do Ophthalmology research so we were reunited after 3 years of being apart. Currently, he's back on the east coast and we are both applying for residency, me into Internal Medicine and he into Ophthalmology.

We can't enter the couple's match because Ophthalmology has their own separate and earlier matching process. But to maximize our chances of ending up in the same location, we both applied very broadly. He will match in January and I will be able to rank my list according to where he matches. I am hoping it all works out.



I am a UCLA Student, and I'm Single and Searching!

Harry Ching
Bioengineering, UC Berkeley '10
Fremont, CA
Class of 2014

"It's so hard to meet someone in med school/LA/life."

Let's change that. Meeting people and finding meaningful relationships while you're in med school can be tough, but it'll all work out if you put some effort in. First of all, you need to put yourself in places where you'll meet lots of new people. If you do that, confidence and courage will take you the rest of the way. Don't be afraid to step out of your comfort zone and meet people in bars, clubs, or even online. Seriously, you don't want to just date people in the class. I know tons of people who have had or are in great, fulfilling long term relationships that began in the club. Here's a list of the best ways and places to meet new people as a UCLA medical student (evidence-based).

1. Graduate Student Events: THE BEST WAY to meet other single people our age. GO, even if it's just you and your one friend that you drag along. You have a no-brainer way to open an interaction with that guy/girl that catches your eye. The ratio is great at GSA club events, not so great at Weyburn events, and varies at other events. Be careful about creating a bad reputation by repeatedly pursuing people from the same department.
2. Random (On campus, BruinBus, study areas, health fairs): Similar to graduate events, you can turn anything into an opportunity to meet new people.
3. Westwood Bars: Lots of undergrads if that's your thing. Tends to be many more guys than girls. O'Hara's is loud and makes it difficult to meet new people. The others tend to have limited opportunities.
4. Santa Monica Bars: Some good ones: Copa d' Oro, Zanzibar, Makai, Main St bars. Older crowd late 20s to 30s. Ratio tends to be more even than Westwood. Advantage: you can bar hop if one place isn't great that night.
5. Hollywood Bars/Clubs: Crowd varies widely. Some spots are amazing, but this changes every 6-12 months so you'll need to do some current research. It can be very difficult to get in to certain places and might not be worth the effort.
6. Downtown: Great venues and ratios but it's a drive. The Edison (no cover and great ratio). The Standard (beautiful spot but has cover). Exchange LA, Belasco (huge Asian clubs with great ratios).
7. Online: Becoming more popular and less stigmatized, not a bad way to set up first dates. Don't let haters get into your head. Every experience, every new friend you make, every date, every step out of your comfort zone brings you closer to finding the right one.



I am a UCLA Student, and I'm Dating Another Medical Student

Max Dean Goldstein

Romance Languages and Biology, Bowdoin College '09

Los Angeles, CA

Class of 2015

My partner is studying osteopathic medicine (DO) at Western University of Health Sciences in Pomona. I am a year ahead of her and also at a different school, so while there is enough overlap in our day-to-day life of being medical students, there is also enough difference so that we don't feel like we're doing the same thing. I say this because there have been times when we start talking medical jargon and it is late on a Friday night and we have to stop ourselves, smile, and remember that we need to have some distance between our school lives and our relationship. That being said, it is also very comforting to be in a loving relationship with somebody who viscerally feels what the other is going through as a medical student and is able to support them in the ways that they both need support. When she has exams, I do more of the cooking and general pampering, and vice-versa.



I am a UCLA Student, and I'm Dating Another Medical Student

Jenn Phan

Biochemistry, Occidental College '09

Fremont, CA

DGSOM brings together a diverse group of people and is a great place to make new friends, and of course new relationships! Now here is the good, the bad, and the ugly about being a medical school couple so let's start with the ugly. Just like any other relationships, there are some couples that are not meant to be but unfortunately you have to face that every single day in class. The bad is that you and your significant other spend a lot of time together, going to the same classes and labs and studying for the same block exams. But the best parts about being a class couple, and this I know from personal experience, is that no one understands what you are going through better than another medical student. It is so important to have a solid support system through these next four years, and having a significant other who knows exactly what you are going through and can help you walk through any rough patches is amazing. During third year rotations, sharing your experiences in the hospital and telling your other about your day, and having them actually understand what has been going on is priceless. For the couples that remain strong throughout medical school, some choose to couple match into the same residency programs to remain together and some couples get engaged during the four years of school. Regardless, DGSOM is a great place to find people who you like and maybe one day even love.

I am a UCLA Student, and I went through a Break-Up in Medical School

Anonymous

Wow. If I had one piece of advice on what to avoid regarding relationships and med school, it would definitely be breaking up during boards studying. You take one of the worst moments of your life and layer on the fear that your inability to focus for these few weeks will determine the future of your career *for the rest of your life*. But boards break-ups do happen, as do break-ups at other horrible points in your med school career, so here are a few tips on how to pick yourself up and get back on track:

- **Reach out to friends and family--** You may have just lost a major facet of your support network, but there are other people who love you and are there to pick up the slack- let them! Make an effort not to say no to events you're invited to. Keep busy getting lunches/ dinners with friends, and try to do something with someone every day, even if it's just a quick coffee.
- **NPR is your best friend--** My breakup was poorly timed to when Gotye's "Somebody That I Used to Know" was on every radio station all the time. On the off chance that it wasn't, there would certainly be another song that reminded me of that one time doing that thing at that place with my ex. So NPR became my go-to commute station and had the double-benefit of keeping my mind off my ex *and* making me a more informed citizen. Eventually, bands will release new music that will have no connection to your relationship and you can wean yourself back on music radio (probably starting with the newest Taylor Swift breakup anthem).
- **Wear mascara so you can't cry--** I don't know why this worked (maybe the ridiculousness of imbuing make-up with quasi-magical powers), but I started wearing mascara the day after my breakup with the reasoning that if I was wearing it, I wouldn't allow myself to cry because people would see my raccoon eyes and know I'd been crying. It actually got me through a couple of months. This should work doubly for guys, because if you cry people will know you've been wearing mascara.
- **Exercise: good for the heart--** I think I managed to get to the gym about two times per block in my first two years of med school. After the breakup, I forced myself to go two times a week- and it was great! Exercise really does boost your mood, and in any case anger is a good push at the end of the treadmill run. Going to the gym is not your only option. I recommend combining being social and exercise by joining an IM sports team or attending \$5 salsa lessons Tuesdays at Wokcano.
- **Get out and do stuff--** Med school does not always allow sufficient time for leisure, but I strongly recommend not spending your days off in your room. My breakup was actually my impetus for actually exploring LA; in 2 months I went to Downtown the same number of times I'd been in the first 2 years (5). I also went to the Hollywood Bowl for the first time, paid a lot of money to go see a musical, and even went to a play! I even tried surfing for the first time (there are lessons at the Marine Aquatic Center). Day trips out of LA are a great way to make new memories, too. I've also invested in developing one of my long-time hobbies, photography. Nothing like a major life event to justify buying a fancy new camera (or a spa day, or an expensive restaurant, or a weekend in Maui...).
- **Stay cordial, if possible--** You probably have friends in common or events you must both attend, and you'll feel like such a mature adult if you can see each other and act civilly. There will also be other bad moments in med school, like getting into a car accident or your grandma dying, and your ex might just be the moment of support that gets you through that day (and that's ok).

Anyway, I'm sorry that you have to go through a breakup during medical school. That sucks. Just know that you're not the first person to deal with this, and that it will get better eventually. UCLA also has resources to help you deal with breakups and other difficult times. In addition to campus-wide resources, there is a dedicated Mental Health Services for Physicians in Training office that offers free or low-cost counseling. Contact Dr. Paula Stoessel at (310) 206-8976.



I am a UCLA Student, and I'm a Parent!

Jeremy Smith

Mechanical Engineering & Math, Univ. of Mississippi '01

Pascagoula, MS

Class of 2015

Congratulations on being accepted to the best medical school in the country at which to have kids! Finishing up my MS2 year with a 3 yo (and more coming), I know how parent-friendly the preclinical curriculum is here at DGSOM. To make the most of that, here are a few tips:

- 1) Support your significant other (SO): There will be times when you, the medical student, will be seriously under siege (studying for Step 1, surgical clerkship, etc.) and need every ounce of support your SO can muster. Make sure that they have a stockpile of empathy by supporting them during the rest of the time when you aren't being crushed. To do that, you need to...
- 2) Separate your time: your study/work time needs to be dedicated and separate from your family time. Give both the unique time and energy they deserve. Medical school is going to take from you its due (see #1), so take advantage of the DGSOM curriculum and dedicate time to your family that will build up emotional capital from which to draw when it hits the fan.

I have much more to say about this than the space here affords; please don't hesitate to contact me at any time with any question, kid-related or not.



I am a UCLA Student, and I'm a Parent!

Kristen Strength

Biomedical Science, Auburn University '08

Fresno, CA

Class of 2014

I'm new to parenting and, like many moms I know, don't feel like a real mom yet so I don't pretend to know what I'm doing. I feel the same way about my medical training even after completing my second year of medical school. Both are new and exciting jobs for which no amount of preparation can ready you for the highs (my baby smiling at me or the first patient to say, "Thank you, you've really helped me") and lows (my baby pooping in my eye or learning there's nothing you can do to help a patient). However, UCLA has been at my side through every step of the process, helping me navigate morning sickness while still attending lectures and noxious smelling labs. Advisors in the Student Affairs Office listened to my concerns and tailored their assistance accordingly to help me decide how long I should be on maternity leave. While every situation is different, the best decision for my education and my family was to take one year off. I've been enjoying every cherished moment with my daughter, yes even the excrement in my eye, and I can return next year knowing that my daughter and I have the foundation for a strong bond we'll enjoy the rest of our lives.



I am a UCLA Student, and I'm a Parent!

Jasmine Ahdout
Psychobiology & Public Health, UCLA '09
Santa Monica, CA
Class of 2013

Most people consider having a child and being in medical school as mutually exclusive entities. For me, this was a reality as I became pregnant during my second year, took Step One while eight months pregnant, and delivered my daughter one month into my third year. I then returned to resume my third year clerkships after just twelve weeks of "maternity leave". As I encountered fellow medical students and even residents, they often expressed how they barely had time to take care of themselves, yet alone a child. I too shared these sentiments as I was anticipating becoming a mother, however I knew that with focus, determination, and the fine art of juggling life, I would be able to make it. I definitely believe that with mutual understanding, compromise and support, having a spouse during medical school is possible, and can even be advantageous. But the moment my daughter entered my life, I knew that I had to share my attention and reevaluate my priorities to accommodate the role of being a mother, a wife and a medical student. I can't pretend that there weren't tears or feelings of guilt involved, but what got me through those emotions was my ultimate passion for medicine and becoming a physician. One piece of advice I would give to anyone considering having children during this stage of their life is to make sure you have a strong, reliable support system, because you will only be able to leave your precious child with someone you absolutely trust and feel comfortable with. At the end of the day, I have so much more to be grateful for—a wonderful medical education and a loving child whose face lights up when she sees her mom after a long day at work.



I am a UCLA Student, and I am a part of LGBT Community

Josh Khalili
Psychobiology, UCLA '10
Anaheim Hills, CA
Class of 2015

If you identify as Lesbian, Gay, Bisexual, Transgender, Questioning or as an Ally, UCLA is the perfect place to be! You'll be welcomed and accepted by a group of students and faculty who appreciate diversity and who will support you throughout medical school. We are very lucky to have a vibrant LGBT community at the medical school represented by MedGLO: The LGBTQA Medical Group at UCLA.

Looking for a great social life? Check. You will have the chance to help MedGLO members put on great social events (pool parties, brunches, nights out at bars/clubs) throughout the year in addition to events with other grad school LGBT groups. With West Hollywood and the world's greatest gay club in the world (The Abbey) only about 5 miles away, there is no doubt that you will have an amazing social life.

Interested in LGBT-related research and policy? It's easy to get involved! MedGLO has committed to make significant changes in LGBT health policy at UCLA and around the country. With the support of faculty members, med students at UCLA are working on research projects from issues related to providing LGBT-competent health care to improving transgender health.

The LGBT community here at UCLA is thriving and constantly growing. No matter what you're interested in doing, there's a place for you here and we are so excited to see you in the fall.



I am a UCLA Student, and I am a part of the LGBT Community

Alex Goldman

Political Science and International Studies, Northwestern '05

Los Angeles, CA

Class of 2014

I am a UCLA student, and I am gay. When I first sought out medical schools to which to apply, the presence of a diverse student body was a key factor; I thought I could use that to extrapolate out which schools would be the most tolerant of my sexuality, as well. But UCLA takes it so much further than that. The medical school has a vibrant and active community of LGBT students, faculty, and staff, all of whom contributed immediately to my sense of feeling welcomed. I have not encountered even one student who has ever been anything less than warm and supportive, and have never experienced any discrimination against my sexuality. Within the curriculum, the faculty have also made a concerted effort to introduce the entire student body to the unique challenges and needs facing the LGBT community, and have strived to integrate that wherever possible. In the context of an extremely tolerant campus as a whole, with its location in Los Angeles and the availability of one of the largest and most thriving LGBT communities in the country, UCLA seemed like the most natural choice for me. I didn't have to think twice.



I am a UCLA Student, and I am a part of the LGBT Community

Kyle Bukowski

Biochemistry and Women & Gender Studies

Washington University St. Louis '09

Naples, FL

Class of 2013

Being LGBT as a UCLA student is an incredible opportunity for personal growth, career development, and community advocacy. In terms of personal life, Los Angeles has a large LGBT population, which means lots of opportunities for dates, friends, and dancing! I met my partner of 3 years during my MS1 year and have never once felt awkward or uncomfortable talking about our relationship or attending school functions together. As an LGBT UCLA student, I also have incredible opportunities for advocacy, both for students and patients. While the UCLA Health System and DGSOM are open and supportive environments, current students are working to improve diversity statements and non-discrimination policies to be more explicit and inclusive. Likewise, members of the LGBT community are often some of the most vulnerable and at-risk patients and need loud and proud healthcare providers to advocate on their behalf. There are also many research opportunities to add to the literature in order to provide quality and evidence-based care. In short, there are incredible personal, academic, and service based opportunities as an LGBT UCLA medical student.



I am a UCLA Student, and I am from Outside CA

Michelle Brugger
Biological Sciences, Drexel University '11
Bethlehem, PA
Class of 2015

I am a medical student and I am from out of state.

I was born and raised near Philadelphia, PA. When I was accepted to DGSOM, my boyfriend and I packed up everything we owned into a U-Haul and drove it across the country in early July. It was the longest period of time I'd ever spent driving, but it was the cheapest option for moving all our stuff.

When we arrived in LA, we stayed in a hotel for a couple nights while we spent two 8-hour days searching for apartments. Since my boyfriend and I moved to LA together, living in Weyburn Terrace did not make sense for me. We didn't pay for access to any apartment websites. Instead, we drove around looking for rental signs in the neighborhoods we preferred to live in. If you look in Brentwood and on cross-streets along Wilshire or Santa Monica Blvd, you will have easy access to the Big Blue Bus lines that cost around \$30 for 3 months of unlimited use (when you buy a Flash pass through UCLA's transportation website). This is much cheaper than parking on campus, and I actually find it very convenient. From my experience, apartments in Westwood around UCLA are very expensive and poor quality, so Santa Monica, Brentwood, and West LA make more sense for students who want something affordable but decent quality. A friend of mine did pay to use westsiderentals.com and said that he thought it was worth the money if you don't want to drive around looking for apartments. We eventually found a great apartment in the West LA/Santa Monica area on Centinela Ave. near Santa Monica Blvd. My bus ride to school takes anywhere from 20-40 minutes so I usually wait at the bus stop about 50 minutes before class. Some students like to study on the bus, but I prefer to relax and listen to music. Either way, it adds a little bit of time to your commute, but I honestly don't feel like it's a big deal or interferes with my study time.

As soon as I got here, I started taking steps to establish California residency, and you should too! The first thing you should do is get a California license and register your car in California. You have to get a smog check at a state-certified auto shop BEFORE you go to your registration appointment. If you call around to find the cheapest price, some places in West LA will offer bigger discounts for cash payment. The DMV on Colorado Ave in Santa Monica is pretty quick, ESPECIALLY if you make an appointment online -> <http://www.dmv.ca.gov/foa/welcome.do?localeName=en>

You should also register to vote in California as soon as you get here-> <https://rtv.sos.ca.gov/elections/register-to-vote/>. By doing these things, you are establishing your "intent" to make CA your home. This needs to be done >1 year before you wish to be considered a CA resident. Basically, you should just do these things as soon as you move here. You also need to make your California address your permanent address on school records. When you complete your state income taxes in February/March, you should complete one for the state you lived in before moving to California, but also complete one for California (even if you earned no income in California). When you apply for CA residency, it is good to show you filed a CA income tax return. Make sure your parents don't claim you on their income tax returns! Lastly, it is good to change your bank accounts and other accounts to your California address. If you do not belong to a nationwide bank, you should open up a new bank account in California.

The application to establish residency for second year becomes available in June at the end of first year, and you should submit it as soon as possible after that (<http://www.registrar.ucla.edu/forms/>). If you

move to California earlier than just before school starts, you may be eligible to establish residency for part of first year (you need to have established “intent” and have lived in the state for a whole year). Another part of becoming a resident of CA is establishing financial independence. This is not applicable as long as you turn 24 before the term for which you are requesting California residence status. If you will not be 24 years old before second year, you need to take steps to prove financial independence as detailed on the residence application.

Although the beautiful weather keeps me pretty happy, I do sometimes get homesick for the east coast! Luckily, I’ve had many opportunities to visit Philly. We get one personal day per semester (2 per year), so I usually use mine to create a long weekend for a quick trip home. The student budget allows you to borrow funds for traveling. We also have about a week available to travel for Thanksgiving (since lectures are podcasted during the first half of the week) during first year. Winter break is usually two weeks or more. I definitely was surprised at how many opportunities I had to visit home, and while it’s great to see friends and family, I was never all that sad to come back to warm, relaxing West LA!



I am a UCLA Student, and I am from Outside CA

Christina Siliciano
Neurobiology, Harvard College ‘08
Ithaca, NY
Class of 2014

I am a UCLA student, and I am from outside California.

Truth be told, one of the major reasons I chose UCLA was because I wanted to be in California. Having spent my entire life on the East Coast, I yearned for sunshine, beaches, and a break from my snow boots. I can’t tell you how wonderful it is to have consistently nice weather while in medical school. When you do have time off, you can hike, bike, run, swim, or just sunbathe, and chances are the weather will be gorgeous. And when you have to go to class, it’s nice to know that you won’t have to get all bundled up and brave the elements. California also tends to be more laid back, and that holds true for your professors and attendings as well. You will work hard and learn a lot, but it will be in a more fun, collegial environment than some other places. There are, however, a few challenges to being an out-of-state student. First, UCLA charges additional tuition to out-of-state students. Luckily, you can apply through the University Registrar for CA resident status. All you have to do is demonstrate allegiance to CA, such as getting a CA license, registering to vote in CA, opening a bank account in CA, etc. Second, the vast majority of your classmates will be from CA, and many will be from SoCal in particular. This means that many of your friends may be going home regularly, while you’ll probably only be able to make it home a couple times a year. Luckily, UCLA has wonderful, friendly, generous students, and that means lots of invites to your Cali friends’ homes for the weekend – a great way to explore what California has to offer outside of Los Angeles!



I am a UCLA Student, and I am from Outside CA

Wesley Gaschler
Chemistry, University of Utah '08
Salt Lake City, Utah
Class of 2013

When I was younger I would often make family road trips through the hazy, overheated and congested wasteland of East Los Angeles en route to San Diego. Before coming to interview at UCLA, I had no idea why people would choose to live here. As a fourth year student about to graduate, I now realize why Angelinos love their city and would prefer death over leaving California.

The transition to in-state resident status for tuition purposes is simple, but the exorbitant housing prices, pollution and traffic can be tough to tolerate. As someone who really enjoys outdoor activities, I have found that the access to Los Angeles beaches more than make up for these "sunshine taxes." Most UCLA medical students find they have more time to enjoy themselves than they expected and I quickly found that I was a better student when I took one to two afternoons per week to go surfing at local LA beaches. Campus activities are abundant and I met a lot of interesting people through intramural volleyball, the University Buddhist Association and various events organized by the Graduate Student Association. The Weyburn Terrace housing facility is a great opportunity to live amongst a group of extremely diverse and intelligent graduate students and have easy access to campus and the pedestrian-friendly Westwood Village.



I am a UCLA Student, and I Took Some Time Off

Jacob Lentz
Government, Harvard College '00
Mahtomedi, MN
Class of 2015

They asked me about med school after taking "some time off." So I asked some of my fellow travelers in the Class of 2015 what they would say, and here's their advice.

1. Younger classmates may ask your advice. That's a big deal, so treat it that way.
2. That said, don't overwhelm people with your life knowledge. Be cool.
3. You should have by this point figured out that the world isn't going to end every single day. Feel free to impart that to your classmates.
4. Going back to school may involve a lot of debt. It can be scary to someone for whom money isn't just an abstraction. To quote your old jerk boss: you're gonna have to deal with it.
5. Get ready to get treated like a child. See above.
6. Set an example. Don't fall asleep in class, be respectful, show up on time, and try not to complain. Too much, anyway.
7. You don't have to be 'social' in the way that 22-24 year olds are social. There are plenty of opportunities to get to know people *sans* a party bus.
8. A lot of your classmates are really great people, and they make great friends. Don't forget that.



I am a UCLA Student, and I Took Some Time Off

Raul Hernandez
Journalism, NYU '01
Queens, NY
Class of 2014

After taking ten years off between undergrad and med school my salad days had long ago wilted and I had a lot of concerns before starting at UCLA. My greatest concern was whether I could keep up with the “kids” as I call them. These are the dedicated people who have been studying or intimately involved with the sciences non-stop since high school. I majored in journalism and quit the pre-med curriculum my junior year at NYU. You want to talk concern? I was chock full of them. The age discrepancy was also a concern. While eight to ten years doesn't seem like a lot (average age of the class was about 24), the amount of experience amassed during that time makes all the difference. Did I really belong here? As it turns out, I did. I found many non-traditional students who welcomed each other with a sigh of relief. More than that, the younger folks are happy and vibrant; a pleasure to be around. As for the work: I'm not saying that it's easy, because that would be a sure sign of insanity. But it's manageable -- especially when you're finally doing what you love.



I am a UCLA Student, and I Took Some Time Off

Neema Izadi
Biology, UC Irvine '06
Moscow, ID
Class of 2013

I took some time off to get a master's degree and teach. No matter what you did in your time off, you'll see that it was as a good decision – trust me. So let's get to the good news and bad news. The bad news is that you may have fallen out of intense studying for awhile or taken a break from the sciences so it might be hard to get back into it. Just keep that in mind when some of the straight from college crew is “not studying” because you may need to put in a little extra effort or brush up on some background info. The good news is that you will have a much better big picture perspective on what is important not only in the classroom but in life in general. Another advantage is that you will not burn out as quickly as those that did not take a break. Overall, just adapt to your own pace, ignore everybody lying about how they “don't study” and feel free to share some of your wisdom to the younger students – yes you have wisdom, just wait and see.



I am a UCLA Student, and I am Straight from College

Kevin Leu
Chemistry, Harvard College '11
San Diego, CA
Class of 2015

I went to the David Geffen School of Medicine straight from Harvard College. The transition from college to medical school was fairly straightforward, especially considering that the first two years of medical school are lecture-based. The biggest difference is that in college, we have many different kinds of classes and extracurricular activities, while in medical school, we focus on one subject area at a time. There's also more class time, more hours spent studying, and earlier hours. Nevertheless, in the end, I believe that it'll all be worth the effort.



I am a UCLA Student, and I am Straight from College

Michael Ayoub

Chemical and Physical Biology, Harvard College '10

Cerritos, CA

Class of 2014

As a student who didn't take any time between college and medical school, you may be in the minority. Seems like most medical students these days (particularly at UCLA) have taken at least one year between college and medical school. But for whatever reason, you decided not to. There will be some people in your class who look down on that—some students will tell you that to really be a good doctor, you need to have some time away from school in “the real world” to grow or mature. Don't believe these people. Sure, some students might need that time away from school to grow; but as you'll learn in medical school, every person is different, and there are many different ways to reach the same goal. Others will tell you that you never had a chance to have fun, and that you'll be burnt out by the end of first year. Don't believe these people either; there is plenty of time to have fun in medical school—as long as you *make* time for it. Trust in your decision, and trust that there are plenty of people at DGSOM to help you make the transition to medical school if you need the help.



I am a UCLA Student, and I am Straight from College

Michael Wolfe

Biology, UCLA '09

Costa Mesa, CA

Class of 2013

College to medical school on two months rest? Told you haven't had enough “real life experience”? (What's that even mean? Someone out there is having fake life experiences?) Not to fret! Going straight from college to medical school is a choice, but an attainable and worthwhile one! As everyone knows, the best way to adjudicate any quandary is a solid pro/con session, so here goes: A con is that likely you are younger - patients see it, and cannot wait to compare you to their child/grandchild of the same age; get ready. Be prepared to earn respect rather than have it gifted by the white coat. Work hard, even as your non-MS friends victory-lap their best party days while you toil away on the wards. However, embrace the pro's, as there are many! You start an amazing career without waiting. You're young, fresh, and still remember something from college. Recognize you're doing what you love, and you will never feel something's missing. As I reflect at the finish line, I have not a second of regret for going straight through. The best kept secret – your straight-through endeavor won't keep you from living the life you want, so go live it!



I am a UCLA Student, and I am into Underserved Medicine

Maggie Chen
Comparative Studies in Race and Ethnicity & Human Bio
Stanford '09
San Francisco, CA
Class of 2015

First, you are awesome! We need more people like you. Second, if you're not in the PRIME or Drew programs, get to know folks who are, as they have access to relevant resources and mentoring. Third, seek out direct clinical and research experiences in underserved communities: sign up for the student-run Mobile Clinic, which serves the West Hollywood homeless population, and health fairs organized by DGSOM student groups that take place across LA; shadow doctors and find a post-MS1 summer project that relates to underserved communities. Finally, don't be shy about your interests and find a big sib who shares them!



I am a UCLA Student, and I am into Underserved Medicine

Erica Davenport
Rhetoric, UC Berkeley '06
Pasadena, CA
Class of 2014

I am Drew/UCLA student and my passion is working with underserved communities. Prior to medical school I was very involved in my community and was one of the reasons I chose the Drew/UCLA program. What's great about UCLA and Drew are the opportunities to work in the community. For instance, my involvement in Student National Medical Association (SNMA) allowed me to participate in health fairs in South Central Los Angeles and Project Santa Claus, which provides gifts to those in need living in the Lynwood area, in addition access to health education. My most rewarding activity has been with the Albert Schweitzer Fellowship in which I co-developed a community service project targeting at-risk adolescent girls living in South Los Angeles. It was a year long fellowship where I was able to provide health education and mentorship. Being involved in the community throughout medical school has kept me grounded and well-rounded as a future physician. I have been able to apply the knowledge I gained in the classroom to communities that often get overlooked. It has strengthened my leadership skills, improved my doctor-patient bedside manner and given me the encouragement to continue down the path of medicine.



I am a UCLA Student, and I am into Underserved Medicine

Etsemaye Agonafer
Biochemistry, USC '07
San Francisco, CA
Class of 2013

I am a UCLA student, and I am interested in medicine in underserved communities. DGSOM has nurtured my interest by providing ample opportunities within the rich diversity of UCLA and in the greater Los Angeles area to work and learn from a broad range of underserved communities. Within the Geffen community there are several programs and organizations with the mission to address disparities of disadvantaged populations. These programs include CDU, PRIME, Global Health Education program, LMSA, SNMA, APMSA, Mobile Clinic, MedGlo, and many others. While you can volunteer your time with these organizations, you can also get clinical training during third and fourth year rotations at sites serving diverse disadvantaged communities at Harbor-UCLA, Olive View, and many others. Lastly but most importantly, at DGSOM you will find many students and faculty with the passion to serve the underserved with whom you can develop relationships to ultimately be apart of the change necessary to improve the health care provided to various disadvantaged communities.



I am a UCLA Student, and I am into International Medicine

Hannah Shull
Microbiology, Immunology, Molecular Genetics, UCLA '10
Santa Cruz, CA
Class of 2015

If you are into global (aka international) health, then UCLA is really the place for you! Why do I say that? Because global health is an up and coming part of UCLA, so faculty here at the UCLA Program in Global Health (soon to be the Center for World Health at UCLA) is energetic, involved, proactive, and wants YOU to get involved in global health so that YOU can go on the fantastic global opportunities they are setting up around the world (including sites in China, Malawi, Peru, South Africa, Uganda and soon Thailand). I went to Lima, Peru for the summer after my first year, and I lived it up for almost 2 months down there performing research on HIV/AIDS and STD prevention methods, as well as shadowing in the hospitals and clinics and of course living the Peruvian life by traveling around (including to Machu Picchu and the Amazonian jungle), eating lots of seafood (and my friends tried the national cuisine of cow's heart), and surfing the South American waves. Other classmates went to Africa and one even went to Lebanon. The opportunities are endless! And the great thing is that the faculty is there to help you figure out what you want to do and how to do it, including even global health research here at home. Plus, you have tons of enthusiastic classmates in the years above you who will tell you what exactly to do if you need that push.



I am a UCLA Student, and I am into International Medicine

Lydia Lo
Social Studies, Harvard College '10
Thousand Oaks, CA
Class of 2014

As an undergraduate, I developed my love for global health. I'd been interested in a career in medicine since I was a child, and I loved public service work in college; global health was a natural merger of the two. I went on to work for an NGO in Malawi and later in HIV research. When it came time to look into medical schools, I made sure to research whether my medical education would help me sustain my passion. I've been fortunate that UCLA's growing Program in Global Health has been a good place for me to stay involved. As a first-year, I participated in its global health selective, attending interesting lunch talks by UCLA faculty and other visitors. Journal clubs were another great way to connect with members of the UCLA community involved in global health. After my first year, the Program in Global Health funded me to work with the Desmond Tutu HIV Foundation in Cape Town, South Africa, an experience that helped me broaden my perspective on what global health careers could look like. As a third-year, I've continued to stay involved through the global health selective doing mentored research in cervical cancer prevention, a topic that coincides with my budding interest in ob/gyn.



I am a UCLA Student, and I am into Research

David DiTullio
Molecular Biology and Mathematics, Pomona '11
Vancouver, WA
Class of 2015

One of the best things to me about going to a school like UCLA that has so many grad schools and undergrad departments is that there is more research going on than you can wrap your head around. Med students definitely get involved in that research, although you really make your own decisions about how much you want to do and in what area. Some students start in first year, some do research over one summer and focus on school the rest of the time – and some even take a year off to do research full time. You decide what works for you!

I'm interested in basic sciences, so I'm working in a lab that studies stroke recovery in mice, but my PI is an MD/PhD, and every Tuesday he sees patients and invites students in the lab to shadow him. It's an amazing opportunity to see how physicians really can combine basic science with clinical practice successfully. That's one of the reasons I chose UCLA – not only is there amazing research happening here in almost every area of science you can imagine, but there are also physicians in every area that will serve as role models as I begin to imagine my own future in academic medicine.



I am a UCLA Student, and I am into Research

Steve Klein

Molecular Genetics, University of Rochester '04

Manhasset, NY

Class of 2014

I didn't always know I wanted to pursue a career in Academic Medicine. When I arrived at UCLA I found the medical genetics interest group. Since I was a Molecular Genetics Major at the University of Rochester I was drawn into seeing how genetics was used in medicine. During the summer of my first year I applied for the American College of Medical Genetics (ACMG) summer scholar program. I should note that Dr. Wayne Grody, one of our professors, was the president of the college at the time and an inspiration for me to pursue this award. I was accepted into the program, which funded my research for the summer between first and second year. It was during this time that I met Dr. Julian Martinez-Agosto who is a faculty member in human genetics and pediatrics. He became my research mentor and preceptor for the following year. With Dr. Martinez-Agosto I was able to see patients, honing my clinical skills, and do research on those same patients. I quickly realized that my research would span beyond a summer and continued to work in the lab part time during my second year. When this time expired I realized that this was the path for me and began searching for options in pursuing a PhD in human genetics. After taking Step One, I was admitted to the UCLA-Caltech Medical Scientist Training Program (MSTP), which fully funds PhD training as well as the remaining two years of Medical School. I continue to work in the Martinez-Agosto Laboratory, as a first year human genetics PhD student, where we study the cellular mechanisms that regulate growth and how deregulated growth can lead to human diseases including cancer and autism. We have recently published a study in Autism Research and continue to work on this project as well as others. I am enrolled in the NIH Training Grant in Genomic Analysis and Interpretation (GATP), and will be traveling to Germany this summer to participate in the Fellowship at Auschwitz for the Study of Professional Ethics (FASPE). As a graduate student/medical student I am in the unique position to observe the exome sequencing that is being done at UCLA and learn from the ethical and professional strides that are being made in the field of medical genetics. One of the best things about UCLA is that you can turn an interest in a passion and use that passion to shape your career. No matter what your research interests are I assure you that someone at UCLA is doing work in that field, as a medical student you have access to all these great minds and you never know where your inquiries will take you, I certainly didn't.



I am a UCLA Student, and I am into Research

Charles Vasquez
Neuroscience, University of Minnesota – Twin Cities '09
South St. Paul, MN
Class of 2013

No prior experience required. At UCLA, you have access to world-class in opportunities in basic science, translational, or clinical research. The most important part of successfully landing a research position is to be proactive. Start considering what type of research (see above) or in what field you're interested in (ex. oncology). Prepare an updated CV and a short cover letter describing your interests. Browse the UCLA website, talk with faculty, PBL tutors, lecturers, and other students, to find potential researchers you might want to work with.

The summer after MS1 is a great time to devote to working on a short project. A number of opportunities exist at UCLA for funding, notably STTP and the UCLA Internal Medicine Chiefs' Program. There are also extramural opportunities at other institutions, including the Memorial-Sloan Kettering and MD Anderson Cancer Centers, the NIH, and through HHMI, just to name a few.

There are also incredible year-off programs offered only to medical students (ex. HHMI Medical Research Fellows Program) that provide a tremendous opportunity to focus on research for a year. They also provide opportunities to attend scientific meetings, present your research at conferences, and for a lucky few, publishing your research in a journal.



I am a UCLA Student, and I am the First Person in my Family

To be a Doctor
Kelsey Rose
Science and Management, Claremont McKenna College '10
Irvine, CA
Class of 2015

I can't tell you how many times I have heard, "Come on, you're supposed to be the doctor." My family is always asking me to diagnosis their ailments, whether it be a silly, little things or something I tell them they should talk to their actual doctor about that. I am the first person in my family to go to medical school, and I have to say it has been both a lot of fun and incredibly annoying. It is inevitable that your family and friends are going to ask you for medical advice starting the day you get accepted to medical school and it is never going to stop. When I visit home and my dad starts telling me about everything that hurts and wants to why, I just have to shake my head, but in reality it is fun to be the one they come to for medical advice, and it is really empowering to know that one day you will actually be able to really help with them medical problems.



I am a UCLA Student, and I am the First Person in my Family

To be a Doctor

Veronica Solorio

Biology and Chicano/Latino Studies, CSU Long Beach '08

Goleta, CA

Class of 2014

I am a UCLA student, and I am the first person in my family to become a doctor. My passion for medicine is deeply rooted in my commitment for the community I came from. I am the daughter of two hard-working Mexican immigrants with a second grade education. I was born in Guadalajara, Mexico and came to this country when I was 4 months old. My parents wanted their daughters to receive the education they were never able to get. Deciding to become a doctor was easy, getting in to medical school was much more difficult. Because I worked full time, and was heavily involved in the community, studying for the MCAT was difficult. It took 1 year of post-baccalaureate work, 3 MCAT's, and 2 application cycles to get in, and now that I am here I can honestly say, it really was worth it. UCLA PRIME is my dream program, it combines my love for medicine with my passion for social justice. Through UCLA I get a fantastic education, and I get to serve the needs of disadvantaged patients at our two county hospitals Harbor and Olive View. A girl really couldn't ask for more, GO BRUINS!



I am a UCLA Student, and I am the First Person in my Family

To be a Doctor

Angela M. Mayorga

Romance Languages and Literature, Latin American Studies

Harvard '09

South Los Angeles, CA

Class of 2013

I'm a UCLA student, and I'm a rising MS4 who will be the first person in my family to become a doctor. Needless to say, my family has been incredibly encouraging and proud. A challenge we've faced is how unfamiliar they were with the medical training process and long hours. This was a challenge in that although I was now close to home in Los Angeles, I was still not able to attend all my family's events. Fortunately, they've been very understanding and welcoming even when I show up half-asleep after overnight call. A great highlight of being the first in my family in medical school has been sharing all the great opportunities and experiences. For example, getting to tell my family about how I was allowed to make the opening incision on a kidney transplant was a great joy. Given that I went to college on the east coast, and most of my family could not attend, I'm particularly excited about graduation here when it will only be a drive away!



I am a UCLA Student, and I am in the Drew/UCLA Program

Maita Kuvhenguhwa
Biological Sciences, UC Irvine '08
Rolling Hills Estates, CA
Class of 2013

For the first two years we attend lectures and doctoring at UCLA. During this time, Drew students organize lots of annual activities and often get our DGSOM classmates involved as well. For example, every December, CDU hosts Project Santa Claus. This is an event created by Drew/UCLA medical students that provides pediatric patients and children of the surrounding Watts/Willowbrook/Compton community of South Los Angeles with toys during the holiday season. Medical student members of UCLA's chapter of Student National Medical Association fundraise in order to create a giant carnival for over 500 kids and their families. My favorite memories were painting faces (stars and tiger stripes were the most popular, by far) and handing out presents with Santa (played by a local Pediatrician).

While rotating through the clinic at Union Rescue Mission (URM), my classmates and I learned about the ailments that plague the homeless population: including Diabetes, Hypertension, and Hyperlipidemia. Diet is an important component of management for these conditions, but the URM kitchen is not always able to optimize the nutritional value of meals because it receives food donations. A rooftop garden had been installed years prior and unfortunately the majority of its existing crops were withering or producing too low of a yield to incorporate into meals. The goal of our project was to create a low-cost, sustainable source of fresh vegetables and herbs for the kitchen, to help increase the number of healthy menu options. In Spring 2012, we were able to add new planter boxes and new crops including eggplants, tomatoes, rosemary, and cilantro. This year, we have secured twice as much grant money and plan to double the size of the garden in Spring 2013.

During the third year, Primary Care is emphasized and is a required part of our curriculum. I got to see underserved populations in a variety of settings, including a small Family Medicine private practice, a busy County clinic, and a homeless clinic in Downtown Los Angeles. These experiences have given me the chance to work with patients who are unable to pay for healthcare, relying on MediCare and MediCal. Working with these patients brings to life concepts we were taught about in the preclinical years: I have learned about the barriers to care that still exist even when the monetary cost has been covered, including finding transportation to the clinic or hospital, taking time off from work to receive care, and challenges with health literacy.

Overall, being a Drew student has shaped my life in ways I never could have predicted: It has given me opportunities to get involved in the community. It has opened my eyes to problems I never knew existed. It also helped refine goals for my future career: providing care to medically underserved patients and helping them to overcome barriers to care.



MD/PhD

Ivana Jankovic

Cell & Molecular Biology and Spanish, Univ. of Michigan '10

Birmingham, MI

MD/PhD

Have you ever felt that 4 years of med school and 3+ years of residency is just not enough school for you? Then you might be an MSTP student! The UCLA MSTP, which stands for the Medical Scientist Training Program, is an NIH funded program that supports students studying for both an MD and a PhD degree. The goal of the MSTP is educating future physician-scientists who will be more oriented toward translating biological discoveries into medical solutions.

Although different schools organize their programs in various ways, at UCLA the typical progression begins with two years fully as a medical student, followed by (usually) 3-5 years in graduate school at UCLA or Caltech, and then returning to complete 3rd and 4th years of med school. MSTP students in the first two years spend their summers doing rotations and attend a biomedical research tutorial series that is now also a med school selective open to all students (it has great dinners). The program does take applications from MD-only students, usually after 2nd year. Please see the UCLA MSTP website at <http://mstp.healthsciences.ucla.edu> for more information.



I am a UCLA Student, and I am in the PRIME Program

Karla Gonzalez

Sociology, Azusa Pacific University '01

Boyle Heights, CA

Class of 2013

Before I ever started applying to medical schools, I knew that I wanted to dedicate my life to more than just clinical work. I knew that I wanted to change disparities in medicine, and I knew I wanted to work in medically underserved communities. For me it was important to improve health at the individual level through medicine, and at the population and systems level through public health. Through PRIME, I have been able to live out both of these aspirations.

Now five cohorts strong, we have designed and implemented a variety of community-based projects and interventions. Through PRIME I have delivered foot care to the homeless community in Los Angeles, advocated for increased access to health for marginalized groups at the State Capitol, painted murals at a local high school, and delivered English classes to day laborers. Whatever health justice issue is close to your heart, there's a place for you in PRIME!

Currently I am completing the MPH program at the UCLA Fielding School of Public Health, where I am learning the leadership, programming, and evaluation skills needed to create interventions that will impact the health of communities. PRIME has been instrumental in shaping my medical training into a unique and incredible experience. Other PRIME-ates, as we like to call ourselves, are an inspiration to me and I am thrilled to be practicing medicine alongside them!

