

## From your Academic Co-Chairs

Welcome to Pritzker, and congratulations on beginning your medical education!

We're Jess Guillaume and Henry Seidel, rising second year medical students. We'll be serving as your peer Academic Co-Chairs, during orientation and throughout your first year. In this role, we will aid in your transition to medical school and help you navigate the Pritzker curriculum. To do this, we will provide you with an overview at the start each quarter of first year that includes course information, advice, and an opportunity to ask questions.

### What to Expect During Orientation

- An overview of the Pritzker Curriculum from our faculty Medical Education team
- A presentation from us about your first courses: Anatomy and Healthcare Disparities
- Lots of advice and opportunities for you to ask questions to a panel of M2s

### Our Broad Advice to Approaching the Curriculum

- **Growth mindset:** Instead of reaching for a certain outcome or grade, embrace challenges and new opportunities as you grow as a student and person at Pritzker.
- **Know yourself:** No one knows you, or how you learn, like yourself. Figure out what works best for you instead of making comparisons to others. Don't be afraid to try new things, as medical school is a time for exploration.
- **Be curious:** Take the room that pass/fail allows to turn your focus towards what really interests you and follow your curiosity in your coursework.
- **Prioritize your wellness:** We encourage you to think about your non-negotiables: the hobbies, interests, and enjoyments in life that ground you, positively impact your wellness, and should be prioritized over an extra hour of studying.

### Should I Do Anything Now?

In short, no. Please live a full and fun life before medical school! We'd just recommend browsing through this mailing and nothing else. Besides our letter, you'll find survey results from our class about academics, a letter from the course director of *The Human Body*, and an overview of some anatomy resources. In your previous mailing, Dr. Vela gave an introduction to your *Healthcare Disparities in America* course. Don't feel any pressure to get course resources now or do any pre-studying: **over 95%** of our class reported **doing no studying** before starting and said they were **glad** they didn't study!

We hope this packet provides a helpful preview of your summer quarter, the year to come, and academics at Pritzker. Please email us with any questions or concerns, course-related or not. We're here to make your transition to MS1s an easy and enjoyable one!

Your Academic Co-Chairs,

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## Academic Survey Results from MS2s

We surveyed our own class for their thoughts on adjusting to academics at Pritzker. After their advice, we've provided some of our classmates' emails if you'd like to ask about their experiences. Please do not hesitate to reach out. Here are some key points that we found in their responses.

### Pritzker Students come from a Broad Range of Academic Backgrounds

- About  $\frac{1}{3}$  of our class took one gap year, and  $\frac{1}{3}$  took two or more gap years
- 59% reported having a "not-traditionally pre-med" major
- 74% had never taken an anatomy course!

Here's what our class had to say about coming straight through, taking time off, or having a "not-traditionally pre-med" major. Note that their advice is great for all incoming students!

#### *Advice for those coming straight through:*

Take full advantage of your summer: relax, read, do what makes you happy.  
Apply the same study habits that worked for you in undergrad, but don't be afraid to switch things up and try new things.

Feel free to reach out to **Conrad Fletcher** and **Mohan Chennakesavalu** with questions.

#### *Advice for those who took time off:*

Leverage the time management skills you learned in your gap year/s.  
Try to maintain the relationships and hobbies that kept you well while not in school.

Feel free to reach out to **Reem Hamoda** and **Tom Fouché** with questions.

#### *Advice for those who had a "not-traditionally pre-med" major:*

Embrace the unique perspective that you bring to medical school.  
Don't compare yourself to others when studying - focus on the big picture and the details will come.

Feel free to reach out to **Michael Sun** and **Allison Mobley** with questions.

### Your Study Habits May or May Not Change in Medical School

- 77% said their habits changed a good amount
- 23% said their habits haven't changed much

#### *How our class's habits changed: People...*

Prioritized the most important material over knowing smaller details  
Switched to group studying over studying alone  
Focused on listening and understanding rather than note-taking during class  
Reviewed lecture notes before class to get familiar with the material beforehand  
Used classmates' high yield notes, diagrams, and shared resources  
Focused on active learning techniques over passive learning  
Prioritized outside resources like reviews or flash cards over lectures

Feel free to experiment with new methods of learning, but remember: You know yourself best! Don't feel like you need to adopt a new study system if it isn't right for you.

### **Practical Anatomy Lab Advice**

- Anatomy lab is smelly! Be prepared to throw away anything you wear repeatedly in lab at the end of the course. Bring an old pair of shoes with you when you move. It will be very helpful for lab!
- Hair will also pick up the smell of lab. Tying long hair back is required. You can also wear something to cover your hair to minimize the smell.
- Lab can also be cold, many people wear an old long sleeve shirt underneath their scrub top.
- You'll be assigned 2-3 lockers: one in the anatomy locker rooms and one for backpacks and belongings in the hallway.

### **Adjusting to Medical School Classes**

- Use your classmates as resources. They can help you learn things from a different perspective, and it can make study time more engaging.
- Pritzker faculty are amazing, and here for your benefit! Get to know your course directors, lecturers, and TAs, and ask questions.
- Anatomy, particularly lab, can be a difficult and/or emotional experience. Let yourself have whatever emotions or reaction you might have to working with a cadaver, and know that many people are here to help you through this experience.
- Maintain the other important parts of your life, including your relationships, your hobbies, and your routine. Don't sacrifice what matters most to you to study more.
- Anatomy, and medicine, is a team sport—support your classmates in dissection and review and check in with your group often.

### **M2 Contact Information**

One constant theme throughout our survey responses was the value of reaching out when you need help. Below are a few students you can reach out to with questions. If you have a specific concern, feel free to reach out to us and we can either answer the question ourselves or connect you with the best person to answer it. Our class is full of people with various perspectives and we would all love to give you any support we can!

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**Pre-Clinical Curriculum Review Committee**

PCRC works with course directors, deans, and other faculty to improve the curriculum. Our class representatives will be reaching out to you after you arrive, but their contact information is below, as they are another resource to answer questions and provide academic support.

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