Welcome to Pritzker and congratulations on beginning your medical education! We're Eli, Michelle, Peter, and Zhong, rising second-year medical students. We'll be serving as your 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 of 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 Medical School Education team
- A presentation about your first set of courses: 1) The Human Body and 2) Health Equity, Advocacy, and Anti-Racism (HEAR)
- Lots of advice and opportunities for you to ask questions to a panel of MS2s

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:** The curriculum is intentionally designed in such a way to give students time to study plus explore their interests and get involved in co-curricular activities. Avail yourself to these opportunities!
- **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. Don't feel any pressure to get course resources now or do any pre-studying: 100% of our classmates that we surveyed reported **doing no studying** before starting and said they were glad they didn’t!

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. Here are some key points:

**Pritzker Students come from a Broad Range of Academic Backgrounds**
- About 30% of our class took one gap year, and 24% took two or more gap years
- 37% reported having a "not-traditionally pre-med" major
- 79% had never taken an anatomy course!

**Advice for those coming straight through:**
- Use the summer to take a vacation and rest as much as you can!
- Relax before starting med school! Decide who and what are important to you and make sure to dedicate time to them no matter what.

Feel free to reach out to Evan Neczypor, Megan Muller, Rohan Moghe, and Ifeoma Ikedionwu with questions.

**Advice for those who took time off:**
- Don’t worry too much about relearning to study. While it may take some time to readjust to school, you have gained a lot of experience managing your time during your gap years.
- Work life balance is key! Just as you finished work at 5pm, you can also set a time to be done studying for a class.

Feel free to reach out to Rimel Mwanda, Mahesh Kumar, and Audrey Litvak with questions.

**Advice for those who had a “not-traditionally pre-med” major:**
- Having a different major has probably given you a great perspective into other things—keep those interests alive!
- All the experiences you’ve had prior to this point have shaped you in some way, and it’s pretty cool to have done things that are not the classic pre-med activities!

Feel free to reach out to Megan Muller, Audrey Litvak, Rohan Moghe, and Rimel Mwanda with questions.

**Your Study Habits May or May Not Change in Medical School:**
- 53% said their habits changed a good amount
- 8% said their habits haven't changed much

**How our class's habits changed: People...**
- Prioritized the most important material over knowing smaller details.
- Studied a little bit each day instead of cramming.
- Set limits on their study time.
- Switched to group studying over studying alone.
- Used more active learning techniques, such as Anki flashcards and self-tests.
- Took fewer notes and focused more on active listening during lecture.
- Used more third-party resources.

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! You may need to throw away anything you wear repeatedly in lab at the end of the course. It could be helpful to bring an old pair of shoes with you when you move; we also have some old ones you can use. You will receive old pairs of scrubs to use for the course.
- Lab can be cold. Some people chose to wear a long-sleeve shirt underneath their scrub top.
- You’ll receive two lockers: one in the anatomy locker room and one in the hallway for backpacks and belongings. The anatomy locker has a shelf to separate your clean street clothes from your lab wear.

**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 and peer educators (PEs). PEs will often host exam review sessions that are very helpful.
- Anatomy, and particularly lab, can be a difficult and/or emotional experience. Feel free to step out of the lab for a few minutes if you ever need a break. There are countless people here to support you through this experience.
- The pass/fail curriculum is designed to decrease pressure and promote collaboration between students. Instead of worrying about letter grades, you can focus on comprehending and applying course material (which is preparing you step-by-step to take care of patients).
- Anatomy, like medicine, is a team sport - whether directly dissecting or reviewing the lab manual, each student fills a role. Support your classmates and check in with them 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, reach out to any of 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!

Rimel Mwamba  
Megan Muller  
Mahesh Kumar  
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Audrey Litvak  
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**Preclinical Curriculum Review Committee (PCRC)**

The PCRC works with course directors, deans, and administrarors to continuously 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.

David Fenton  
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Michelle Verghese  
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