



Western  
University  
OF HEALTH SCIENCES

College of  
Podiatric Medicine

College of Podiatric Medicine  
Western University of Health Sciences  
309 E. 2<sup>nd</sup> Street  
Pomona, CA 91766



## **Welcome Class of 2024!**

You are about to step into a whirlwind of classes, exams, study sessions, labs and so much more. As your second-year class, we have put together a guide full of advice that we hope you will find useful as you begin your journey into becoming a successful podiatric physician.

It will be challenging and you will have to commit countless hours of hard work, but rest assured that you will find the experience to be rewarding with each accomplishment. Through the difficulties, you will be reminded of why you chose this profession, and the great impact you will make in the lives of your patients and the medical community.

Everyone has their own way of maneuvering through their first year, but take what you can from the experiences of your second-year friends, faculty members, and of course, this guide. We wish you the best of luck and welcome you to the Western University College of Podiatric Medicine community.

Sincerely,

Student Ambassadors  
DPM Class of 2023

# PODIATRIC MEDICINE FIRST YEAR CURRICULUM

The curriculum is split into a few sections: Shared Curriculum (with COMP), Podiatry related courses (PMP), and an interprofessional course (IPE). All your Non-Shared Curriculum courses will be constant throughout the semester. Your Shared Curriculum courses with COMP are the ones that change throughout the year. In your first semester, you will have four different Shared Curriculum courses: Introduction to the Study of Medicine (ISOM), Foundation of Medicine I (FOM I), Foundation of Medicine II (FOM II) and an interprofessional course (IPE 5000). In the second semester, you will take three more shared curriculum courses: FOM III & IV, IPE 5100. For podiatry related courses, you will have PMP I during first-semester and PMP II during second-semester. All of your exams are generally taken the week following the end of the block course (with the exception of midterm exams) known as “Assessment Week.” These exams will include: Anatomy practical, didactic final exam, and OSCE (standardized patient encounter & SOAP notes). After Assessment Week you will finish the block term with one week of ISSM, otherwise known as “Conference Week.”

## *Year 1*

<b>Year 1, Fall Semester</b>		
<b>Course</b>	<b>Title</b>	<b>Credit Hours</b>
IPE 5000	Patient Centered Cases I	1.00
PM 5000	Introduction to the Study of Medicine	5.00
PM 5005	Integrated Skills for the Study of Medicine 1	3.00
PM 5090	Podiatric Medicine Principles and Practice 1	4.00
PM 5100	Foundations of Medicine 1	7.00
PM 5200	Foundations of Medicine 2	9.00
<b>Semester Total:</b>		<b>29.00</b>
<b>Year 1, Spring Semester</b>		
<b>Course</b>	<b>Title</b>	<b>Credit Hours</b>
IPE 5100	Patient Centered Cases II	1.00
PM 5105	Integrated Skills for the Study of Medicine 2	2.00
PM 5190	Podiatric Medicine Principles and Practice 2	3.50
PM 5300	Foundations of Medicine 3	12.00
PM 5400	Foundations of Medicine 4	11.00
<b>Semester Total:</b>		<b>29.50</b>
<b>Year 1 Total:</b>		<b>58.50</b>

# Courses

The **Introduction to the Study of Osteopathic Medicine (ISOM)** is offered to the first-year students (PMS I and OMS I) as a four-week intensive course. This will be your first course in medical school. The introductory material is designed to set the stage for the remaining “Foundations” courses, focusing on: History and Physical examination skills, Biochemistry, Genetics and Molecular biology, Cell physiology, Anatomy and Histology, Developmental biology, Biopsychosocial medicine, Biostatistics, Epidemiology, and Public health.

The **Foundations of Medicine (FOM)** is offered to the first-year students (PMS I and OMS I). It is broken into 4-blocks comprised of 6 to 8-week intensive courses which covers the foundational material in all organ systems ranging from musculoskeletal to reproductive organ systems. This course is will include several disciplines in both the basic and clinical sciences and covers the following domains:

- 1) Basic Sciences – will present an integration of molecular biology, biochemistry and metabolism, cellular physiology, introductory genetics, developmental biology, anatomy and histology within the context of their clinical applications of basic biomedical sciences.
- 2) Clinical Medicine & Reasoning (CM&R) – will include topics and issues such as professionalism, communication, taking a medical history, performing a focused physical examination, developing an integrative and prioritized differential diagnosis, and developing a comprehensive patient plan.
- 3) Social and Behavioral Sciences – will present an integration of professionalism, ethics, scientific literacy, and health care policy in the context of healthcare practice and delivery.

The **Podiatric Medical Principles and Practices I (PMPI)** is the first of a four-course series presented over a two-year period. This class will provide you with basic podiatric medicine principles. You will have an opportunity to learn through hands-on workshops as well as in the classroom setting. As you progress through the PMP courses, you will achieve a level of professionalism expected of a physician, while you prepare yourself for clinical practice. You will have opportunities to exhibit the skills that a podiatric physician and surgeon needs – by engaging in complex critical thinking, using higher cognitive level reasoning and developing command over basic knowledge of anatomy, radiology and biomechanical clinical processes.

The **IPE** program is designed to provide health professional students with the skills that will promote patient-centered care and collaboration. It is critical to quality care and patient safety that health care providers recognize the roles and responsibilities of various professions. As students’ progress through the IPE curriculum, they are provided opportunities to work in interprofessional teams in order to explore the interconnected nature of patient care and diseases that affect both humans and animals. These collaboration-focused learning activities are designed to produce a new type of healthcare professional, suited to the new realities of healthcare practice. Both patients and clinicians will benefit from a collaborative health care environment, where providers, patients, and clients work together to improve safety, outcomes, and wellness in our communities.

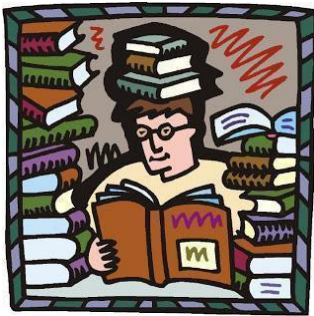
The **Integrated Skills for the Study of Medicine (ISSM)** series of courses support WesternU/CPM's mission to mentor and educate students by providing innovative educational experiences, including interprofessional patient care, and producing in them a passion to improve the lives of others. One of the ways WesternU/CPM accomplishes this is by providing a course that helps prepare the students for the APMLE Board Part I examination. A critical partnership for this goal includes the LEAD office, which provides workshops on study and test taking skills. Additionally, the ISSM course focuses on professional development.

# GENERAL ADVICE: WHAT WE LEARNED IN YOUR SHOES

We have all been where you are now, and so we understand how tough this first year can be, especially as you adjust to the whole new way of life of medical school. For this reason, we compiled some advice in a few areas that we think might be beneficial to you as you begin to navigate your new schedule and discover how you are going to best approach your education. Obviously, this is not an exhaustive list and much of what you will learn this year will come from trial and error, but we hope this can at least give you somewhere to start. And as always, we are here for you, and you are always welcome to come to us with your questions!

## Study Skills and Strategies:

Attending class is a personal preference. Some people study better just using the recorded lectures. Be aware though that sometimes the recording technology can be down, and you may miss the material (or the professor continues to lecture after the recording has already stopped). As well as most of the workshops are not recorded



- Attending class is a personal preference. Some people study better just using the recorded lectures. Be aware though that sometimes the recording technology can be down, and you may miss the material (or the professor continues to lecture after the recording has already stopped).
- If you are an auditory learner, you may choose to watch and re-watch the recordings, take notes in the PowerPoints, write and summarize your own notes, and study most of the day, but take time at the end of the day to relax and unwind.
- Attend the first lecture of a professor you have never seen before. This way, you can get a feel for their teaching style and see if they are worth attending/ watching for you.
- Watching the recordings has the benefit of being able to speed up the video and

study from home. On those days that you can't make it to school because of traffic, car trouble, or illness, this really comes in handy.

- With that being said about how beneficial Mediasite is, some students still benefit from attending class on a daily basis. With this method, it keeps you up to date on what is being taught in class even if you haven't had the chance to thoroughly go through the material. Our class was pretty much split 50/50 between those that went to class and those that used Mediasite.
- Most questions come from the PowerPoints, so they are the primary and most important source to study. Additional materials and resources are sometimes provided as supplemental information to better help you understand a concept.
- Try your best to go over the material at least 3 times before an exam - preview, watch, and then review.
- Go to Home Depot and buy dry erase boards! \$20 and you will have half your wall converted into one sweet dry erase board-and use it every day! Every night summarize what you learned that day on your wall, then every morning spends 15-20 minutes reviewing it. When test time rolls around, you'll have everything you need to know right in front of you.

- Have a schedule and stick to it. For example, set aside time for school related activities every day from 8 to 5 for going over the lectures of the day or review previous day's lectures. Then spend a few hours relaxing with friends and family and eating dinner and get back to studying from 9pm until bedtime.
- Stay focused and limit distractions. This way, if you use your time efficiently during the week, you can have your weekends free to hang out with friends, prepare food for the week, preview the lectures for Monday, and do something to relax as well. This will help you be more prepared for the upcoming week.
- Try to condense the material to what you think is most high yield on exams. Remember, there are typically 3 questions per lecture hour, so pay attention to what the professor spends the most time on during lecture. You will get to know certain professors and will develop a 6th sense about picking out testable material. A lot of times you will get to know a professor and recognize how they hint at questions and how they generally test. This allows more efficient use of your time when studying.
- Understand that although memorizing things might be easy, it quickly becomes overwhelming with the amount of material presented. Understand the main concepts and what the professor is trying to get at before you decide to memorize everything. Eventually you will find out that all you need to do is understand that main concept and memorize a few of the smaller details associated with it. It is very efficient to study in groups where you can teach each other concepts once you have had a chance to go through the material. It is a great way to fully understand the material by teaching it or learning it well from a fellow classmate!

#### **Keeping Balance between School and Home Life:**

- Go hiking or go to the gym when you have time. Whatever your preference, find your own outlet to stay balanced and maintain happiness and excitement in your life. This may be the best advice we can give you because Medical School is a marathon, not a sprint, and your sanity is necessary to succeed.
- Prepare your family about the time and emotional commitment you are about to make to school. While you are giving so much energy into your school, if you do not balance and communicate well with your loved ones, it can cause frustration. Just do something to forget about school for an hour or two. Spending some time with family, friends and/or significant other really helps. They are going through this with you too!
- Go hang out with your friends like normal people. Sometimes it can be just as productive to take a break and come back refreshed rather than pushing through studying that would've been unfocused anyways.
- Time management is important; set a consistent schedule for school and studying, but also set time away for study breaks, relaxation, etc. Go to the mall with friends, go have a date night with your significant other, etc.



## Advice for Thriving in Your First Year:



- Know what your limits are and never be afraid to ask questions. Ask your fellow classmates, upperclassmen, and mentors for help when you need it. We're all here to help you.
- Don't hesitate to seek advice or help! Meet up with a second year or a fellow classmate for help if you are struggling with a topic. Pride can sometimes get in the way - but you're in the pod squad family now! Everyone is looking out for you!
- Even if you study 24/7, you may not retain everything. If you are doing well, try to help others. We are in a system where empathy and kindness are important traits to have in order to provide the best care for our future patients!
- Don't be afraid to ask for help, whether it comes from a faculty member, colleague, big buddy, or upperclassmen.
- Medical school is all about balance. Don't be afraid to take time to exercise and do something you enjoy. Learn how to study efficiently. Quantity does not equal quality—strive for quality studying over quantity.
- The people next to you are not just your classmates; they are your future colleagues. You will rise and fall together so help and motivate each other.



# ADVICE FROM THE FACULTY

1. Prepare for small group discussions. It is a great opportunity to interact with faculty and show how much you know, how well you can locate and analyze articles and how interactive you and your classmates can be.
2. Make your own notes and study, study, study. There is no magic formula other than studying and making all the information into your own. No more cramming.
3. Think of the bigger picture. You are here to be a podiatric physician. Don't let little details bother you. You will have good and bad days. Just know why you are here and let that motivate you through.
4. Recognize when you are in need of help. Seeking help is not a sign of weakness. Everyone went through it and in life you will always need help or guidance from others. Everyone here at the College wants you to succeed or else you would not be here.
5. Study every subject every night even if only 30 minutes for a lesser credit class (so you don't get behind in any classes) ... but equally important is to be sure to take some time to do something for yourself like go out to dinner, see a movie, or go for a run.
6. Review the syllabus and learning objectives. Our expectations for each course are clearly defined in the syllabus. The learning objectives spell out the big picture and tell you what is important.
7. You are now in professional school so be professional. Treat each other, the staff, the faculty and administration with respect and you will find that equal treatment is returned. Being a professional involves dedication and hard work. It may be school, but it is no different than a first job, you work long hours, work hard, and strive to be promoted and succeed.
8. Warn your family and friends that you are not going to be as available anymore. It isn't being rude, stuck up or shirking responsibility. It's just that med school is your job, your hobby, your constant companion now. Explain that early and often or else there will either be broken hearts and hurt feelings or failing classes.
9. People at med school are here to help get you through. You got over the hurdles by getting into school. Now everyone's job is to help you stay here and graduate in four years.
10. Do not treat Podiatry School like any of the previous schooling that you have had. Treat it as your job because your ability to provide patient care and your future job options depend on the knowledge base that you build in these four years.
11. Medical school is the hardest, most rewarding thing you will ever accomplish, and it takes organization and dedication from Day One to succeed. Treat the experience like a full-time job, with required overtime and ask family and friends for permission and understanding to be "missing in action" for a while as you do this work that will allow you to provide a great future as a physician specializing in podiatric medicine. (And for goodness sake – don't try to memorize everything! It is impossible. Study the learning objectives!)
12. If there is ever a question of now or later, the answer is always now.
13. During every lecture, while following along with the PowerPoint handouts, write down questions (that your professors may ask you during tests) next to the answers. This will make studying later that evening/week a lot easier.
14. Over-study at the beginning until you have your bearings straight. It's very tough to get caught up if you hadn't hit the books hard at the start.
15. Enjoy the journey and reward yourself along the way.
16. Remember to keep this all-in perspective.
17. Find a way or make one.

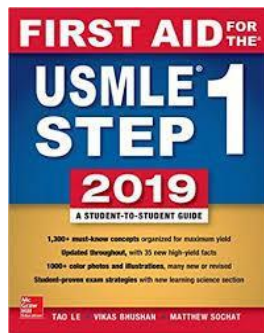


# ACADEMIC RESOURCES

**DISCLAIMER:** Please do not feel the need to purchase these books. Some of these resources are free in the digital library once you're a WesternU student.

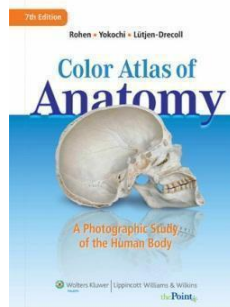
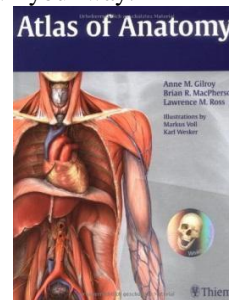
There are many different resources that students use in order to perform well in their courses including textbooks, lecture material, review sources, and websites. Typically, the lecture material given out by faculty are more than thorough enough to succeed in class. Not every student found the suggested textbooks helpful and felt that the material presented in lecture was adequate for their studying purposes. However, if you are the kind of student who finds reading the textbook helpful, below are some of the books we felt were the most beneficial for the different classes. We also included some of the other resources that the majority of us felt were helpful aids in our studying. The key is to find the best study strategies that work for you and to use the resources that aid you best in achieving content synthesis.

## Books



**First Aid USMLE Step 1** is a review book that covers the high yield topics that typically show up on board exams. It provides a helpful outline that goes through the systems and general principles so you can use it from day one to guide your studies to include the high yield topics. While this book offers a good study tool, it might not be as pertinent to use during 1<sup>st</sup> year, given all the resources thrown your way.

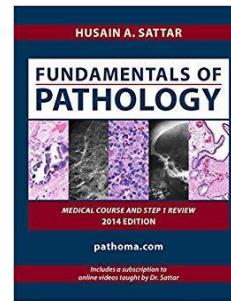
**Thieme Atlas of Anatomy** is a very detailed resource for gross anatomy. It offers detailed pictures, clinical correlations, radiographs, tables, and website resources that are helpful. We mostly used Thieme for its excellent clinical correlations but primarily used Netter's Atlas of Human Anatomy, during gross anatomy lab.



**Color Atlas of Anatomy by Lippincott** is another helpful aid for Gross Anatomy and is often referred to by the students as the "Dead Body Book" because the pictures inside are of dissected cadavers and not diagrams, which some students found helpful for the lab. This is great to study before the lab practicals and if there was something during lab that you weren't able to find or understand.

**Pathoma** is another review resource that has both a textbook as well as hours of online videos explaining the high yield pathology topics. Students found this particularly helpful in IDIT

and Blood and Lymph the first year but will also be very useful in the second year again.



**Lippincott's Biochemistry and Immunology textbooks** are helpful for the central principles in these subjects.

**Board Review Series** is a series of textbooks that provides practice questions in a variety of subjects and students found these helpful to practice before exams.



### Helpful Websites

- The WesternU Library has access both in person and online to hundreds of the medical journals and most of the online databases. You will receive training in all of these resources- take advantage of these! It is the key to evidence-based medicine so learn it early and use it often!
  - [www.westernu.edu/library](http://www.westernu.edu/library)
- Anki is free flashcard program for all computers and on droids (it costs money for the iPhone app). There is a Facebook page where you divide up the lectures and can share decks. This is a great way to see what other people think will be tested on and so you don't have to make as many cards. There is basic notecard format, fill in the blank, image inclusion and more.
  - [ankiweb.net](http://ankiweb.net)
- Osmosis is a great tool to make practice questions from class PowerPoints. This site allows you to share questions with classmates to save time on studying and more testing yourself on what you know. This site also links the direct slide to the question to see the answer directly from the professor's PowerPoint.
  - [osmosis.org](http://osmosis.org)
- The University of Michigan Medical School has online lab practicals that you can take to practice when you can't be in the lab yourself (there is nothing that can make up for lab time though! Make sure to spend some extra time in there and look at bodies other than yours as well!)
  - <http://www.med.umich.edu/lrc/coursepages/m1/anatomy2010/html/index.html>

**Additional Resource for IDIT** is sketchymedical (AKA sketchymicro) which really helped with memorizing key features you need to know about the bugs and viruses (<https://www.sketchymedical.com/>). This is a helpful resource for your 2nd year, but feel free to use it early on.

### **Profession Resources/Websites**

- American Podiatric Medical Association (APMA) [www.apma.org](http://www.apma.org)
- American Podiatric Medical Students Association (APMSA) [www.apmsa.org](http://www.apmsa.org)
- California Podiatric Medical Association (CPMA) [www.podiatrists.org](http://www.podiatrists.org)
- National Board of Podiatric Medical Examiners (NBPME) [www.nbpme.com](http://www.nbpme.com)
- American Association of Colleges of Podiatric Medicine (AACPM) [www.aacpm.org](http://www.aacpm.org)
- Residency/Clerkship Resources [www.casprcrip.org](http://www.casprcrip.org)
- American College of Foot and Ankle Surgeons (ACFAS) [www.acfas.org](http://www.acfas.org)

# LEAD OFFICE

LEARNING ENHANCEMENT & ACADEMIC DEVELOPMENT



The **Learning Enhancement and Academic Development (LEAD)** office is a resource available to students that provides supportive education as well as career and wellness services to foster and promote the university's humanistic values and tradition. Students can contact LEAD for tutoring services, which are available as

small group sessions or on an individual basis. They also provide counseling and workshops on such topics as test taking, note taking, and time management. The office is available to students on a walk-in basis or appointments can be made by phone or email.

## **Location/ Hours/ Contact:**

Health Science Center (HSC), Room 101 Monday-Friday 8:00am-5:00pm  
(909) 469-5325

[LEAD@westernu.edu](mailto:LEAD@westernu.edu)

## **Where do I go if I need accommodations for my exams?**

If you need a note taker or exam accommodations, you will need to contact the Harris Family Center for Disabilities and Health Policy (CDHP). This building is located on the Southwest corner of Elm and 2nd St.

Contact Sandra Lawler (909) 469-5492 or [slawer@westernu.edu](mailto:slawer@westernu.edu) for more information

# COUNSELING SERVICES

All Western University of Health Sciences full-time students have direct access to counseling services where you and any member of your immediate household are eligible for up to 5 free counseling sessions for each "incident" or situation. Counseling services may be accessed by telephone, via the web, or face-to-face. These confidential services consist of a series of tools and resources designed to help WesternU students learn new and useful techniques for dealing with stress, anxiety, depression, and other common challenges that face students and their families as they go through the medical school process. Services are available in such areas as emotional well-being, school and work issues, relationship dynamics, financial planning, and legal assistance.

In order to access services, **you must contact OptumHealth at (800) 234-5465 before beginning any treatment.** For more information about this service, visit <http://www.westernu.edu/students-services-counseling>.

Additionally, you can visit with WesternU's **on-site counselor Anna Couch, MA, MFT** for face-to-face sessions about whatever problems you might be experiencing.

## **Office Location and Hours**

Health Sciences Center (HSC), Room #107 Tuesday: 3:00-6:30 P.M.

Wed & Thurs: 11:30 A.M.-2:45 P.M. Phone: 909-469-8496

# GETTING INVOLVED

As a student at WesternU CPM, you have the opportunity to get involved in our podiatric specific clubs, as well as, other clubs on campus, volunteering groups, and the student government. The podiatric clubs are a good way to stay informed and connected to what is happening in this field. In addition to these clubs, our university has clubs for academic, social, religious interests. These clubs are a great way to network with students from the other programs on campus and educate them about the field and scope of practice of podiatric medicine. Volunteering is another way to spread the word about our field while honing your skill and giving back to the community. Student government is also a great way to serve as leaders among your peers and get involved in the CPM.

## **Student Government Association (SGA)**

Student government is responsible for planning events for the class and representing the class's opinions and concerns to the faculty in regard to academics and all other matters. More information about each position will be available to you as elections draw nearer and everyone who is interested is encouraged to apply. Elections are held for first years that are eligible in the first semester for the position of:

- President – Bridget Humphrey
- Vice President – Tanisha Minasian
- Treasurer – Sean Nguyen
- Secretary – Sravani Alla
- Curriculum Representative – Bailey Morgan
- APMSA Delegate – Andrew Phillips
- Recreation Leader – Alyssa Miyasato
- Library/Tech Representative – Katherine Gutierrez
- Alumni Representative – Nathan Fischer

## ***Podiatry Focused Clubs***

In addition to being a member of the podiatric focused clubs, you may also want to become a club officer to obtain a leadership role. Membership to these clubs begins at the beginning of the year and officer positions open up to first years sometime in the second semester. If you have an interest in becoming an officer, it is a good idea to be an active member in all the clubs in the first semester to see which club appeals to you the most.

## **Southern California Podiatric Medical Student Association (SCPMSA)**



As a podiatric medical student, you are automatically a member of the American Podiatric Medical Student Association (APMSA). Our Southern California chapter keeps students informed and helps communicate the point of view of the students on the national level with APMA which promotes foot and ankle health through public education and legislative advocacy. This club provides informational meetings and fundraisers.

Officer positions include:

- President - Dy Chin
- President-Elect – Gordon Yee
- Vice President – Leo Rostamian
- Treasurer – Mena Ibrahim
- Secretary – Adriana Casas
- APMSA Delegates – Omead Barari (2020), Elizabeth Oh (2020, alternate), Vivek Kommineni (2021), Spencer Sterling (2022)



## American College of Foot and Ankle Surgeons (ACFAS)



ACFAS serves to promote the education and development of foot, ankle, and related lower extremity surgery. The WesternU student chapter provides their members with meetings during the lunch hour where they host guest speakers, narrations of surgical videos from faculty members, as well as workshops. Officer positions include:

- President – Kevin Trinh
- Vice President – Mckenon Abreu
- Treasurer – Michael Guzzardo
- Secretary – Rahul Natarajan

## American College of Podiatric Medicine (ACPM) - Formerly ACFAOM



ACFAOM aims to develop the field of foot orthopedics and podiatric medicine. As a member of this club you will learn more about the non-surgical side of podiatry during meetings with guest speakers and workshops. Officer positions include:

- President – Jacob Azizi
- Vice President – Allen You
- Treasurer – Jonathan Ibanez
- Secretary – Alex Carrillo-Kashani

## American Academy of Podiatric Sports Medicine (AAPSM)



AAPSM involves the education, prevention, and management of sports injuries of the lower extremity. Becoming a member allows you to participate in workshops, attend podiatric sports medicine lectures by local experts, attend AAPSM conferences at discounted rates, and to get involved in sports-related community events. Officer positions include:

- President – Alex Dang
- Vice President – Tal Boussi
- Treasurer – Mitchell Goldman
- Secretary – Abe Khieran
- 

## American Association for Women Podiatrists (AAWP)



The purpose of The American Association for Women Podiatrists at Western University of Health Science is to aid the advancement of the education and professionalism of future Podiatric Physician through service learning, hands on workshops, and guest speakers. We will unite together as students and prepare for success in our profession while also providing health care support to our community. AAWP is an organization open to both women and men from diverse backgrounds that promote higher education and the podiatric needs of the community. Officer positions include:

- President – Bridget Humphrey
- Vice President – Kat Gutierrez
- Secretary – Bailey Morgan
- Treasurer – Tal Boussi

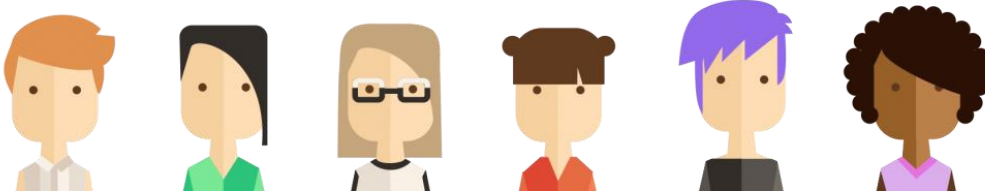
### **Podiatric Research Club**

The Podiatric Research Club aims to improve access to research opportunities for 1st and 2nd year students. In addition, we hope to improve students' abilities to read journal articles through participation in a monthly Journal Club. Officer positions include:



- President – Mitchell Goldman
- Vice President – Jessica Trujillo Landeros
- Treasurer – Sean Nguyen
- Secretary – Anushka Ramnani

## **SALT AMBASSADORS**



SALT stands for Student Ambassador Leadership Team and is a great way to get involved with our college! As a student ambassador, you will have the opportunity to represent WesternU CPM and talk to prospective students during preview day and interview days. This is your chance to enlighten these students about our school's academics, campus life, clubs, and our profession, as well as, answer any questions they may have. Ambassadors are trained in leadership and professionalism during bi-annual training days that include team-building exercises. We encourage you to apply to be a student ambassador if you would like to share your experiences about WesternU CPM, reach out to prospective students, and new incoming students. More information about how to apply will be emailed to you during the second semester.

### **Class of 2023 SALT Ambassadors:**

- Kevin Trinh
- Allen You
- Asad Siddiqi
- Alex Dang
- Dameon Wardle
- Katherine Gutierrez
- Mena Ibrahim
- Rahul Natarajan
- Nathan Fischer



# WHERE TO STUDY ON CAMPUS

## Health Education Center (HEC)

*Hours: 6:30 am - 1:00 am*

**Pros:** Small study rooms are great for studying by yourself or with a small group. Many students spend much of their time in HEC, so it's easy to find people to study with or ask questions about the material you need clarification on

**Cons:** Rooms might get reserved causing you to have to find a new room. Can get loud since the rooms are close to one another. There is little to no cell service in HEC. An easy fix is to use Wi-Fi for texting and calling.

**Amenities:** TVs with HDMI connectors, large white boards for note taking, hot and cold filtered water, microwaves, and refrigerators.



## Health Professions Center (HPC)

*Hours: 6:30 am - 12:00 am*

**Pros:** Much quieter than HEC since the study rooms are more isolated and the building itself is less busy. HPC commons has large windows and a good layout with natural light. The commons are a great place to study in groups or if you like background noise. The individual study rooms are also larger than HEC.

**Cons:** Lighting can be a bit dim. Poor phone service depending on the service provider. There are no whiteboards in the HPC study rooms.

**Amenities:** Ping-pong table & pool table in the cafeteria (great for study breaks!). There are fridges in the cafeteria to put snacks and dinner for late night study sessions. Study rooms have TVs and connecting cables. You can also control the temperature of the room.



## Pumerantz Library

*Hours: 7:00 am - 11:00 pm*

**Pros:** The only study rooms with windows on campus can be found here

**Cons:** Only a few rooms available that typically require reservations to be used. Max reservation is 4 hour per person... So, if you're with a group and get there early enough... :)



## Other Off-Campus Locations

### **Honnold Mudd Library**

**800 N. Dartmouth Ave. Claremont, CA 91711**

ours: online at <http://libraries.claremont.edu/about/hours/>

**Pros:** HUGE library. Great place to go study away from campus. They have a cafe on the first floor and it's four floors, so you will always be able to find a spot. Most students study in groups on the first floor or use the large tables facing windows on the third floor for a quieter area. Sometimes you might think, "Oh man I can't spare 12 minutes to drive to Claremont," but trust us the drive is nice and it can help to clear your head after hours of studying. There's also good food nearby too.

**Cons:** It is an undergraduate library and they have different breaks than we do, so always check the hours online.

### Local Coffee Shops

**Sanctuary Coffee**  
994 W Foothill Blvd,  
Claremont, CA 91711

**Mi Cafecito Coffee**  
Excellent coffee and it is at a walking  
distance from campus.  
101 S Main St,  
Pomona, CA 91766

**Augies Coffee & A La Minute**  
Delicious coffee & nitrogen infused ice cream!  
536 W 1st St.  
Claremont, CA 91711

**Canabru Coffee**  
Fun atmosphere to study with great coffee!  
14521 Ramona Ave.  
Chino, CA 91710

**Starbucks**  
12150 Central Ave.  
Chino, CA 91710

**Iron and Kin Coffee co**  
Close to campus, great coffee and pleasant  
atmosphere  
101 E 3rd St, Pomona, CA, 91766

**Dripp**  
Complete with couches and comfy chairs, but not a  
lot of outlets. Dim lighting.  
13855 City Center Dr Ste 3015  
Chino Hills, CA 91709

# COURSE BY COURSE:

## SUBJECT SPECIFIC ADVICE

### Words of wisdom from upperclassman

- Don't try to play "catch up", you will never know the info as well as you want to.
- Keep your notes organized so you can review them later for boards.
- Always review your exams, even if you did well.
- Use a tutor or study buddy, if that fits your learning style.
- Write your own exam-type questions.
- Try Quizlet, Anki, or Osmosis for online flashcards
- Keep your chin up. Everyone feels overwhelmed. You're not alone.
- Don't be afraid to ask for help.
- Figure out what resources work well for you; some may fit your learning style better than others
- Write out pathways on white board. Then erase and write it out again. Just looking at them will not make them stick.
- Try to pick up on the different things that the professors emphasize.
- Make your own notes based on the objectives
- Condense lectures down to one typed document in your own words and then use that to review for the exam.
- Check class of 2021 and 2022 Dropbox and OneDrive storage files for study guides and practice exams
- Rewatching lectures was one of the best ways to learn.

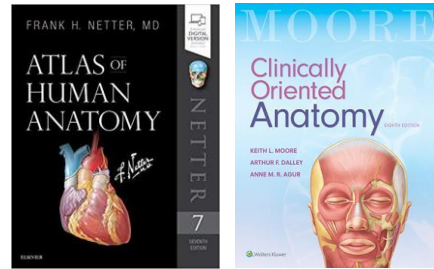
### Principles of Podiatric Medicine (PMP) I & II

- This will be your main podiatric specific courses that runs your entire first year. PMP I was run by Dr. Sadra and PMP II was run by Dr. Moellmer. The general flow of the courses includes:
  1. **Primers**- These are documents that contain everything you need to know about the particular subject that you are covering.
  2. **Lectures**- Depending on the professor, these may be pre-recorded, and you are responsible for watching them prior to coming to class. Or they can be more formal in class lectures.
  3. **Workshops**- You will have workshops that cover any material including; biomechanics, physical exam, ABI, etc. These are a great opportunity to apply the information you have learned!
  4. **Vignettes**
    - a. These were my favorite part about our PMP curriculum.
    - b. Essentially these are case reports, where a professor (Dr. Leaming or Dr. Augustus typically) will go over a full case report of a patient that includes the physical exam, radiographs, and any other pertinent information that you may need.
    - c. These allow you to work on your deductive reasoning skills and apply the essential knowledge from the lectures.
- Our class struggled when it came to balance PMP with the rest of the curriculum. PMP is technically worth a significantly smaller number of units compared to the FOM curriculum. So, in the beginning we found that we left a bulk of the studying for PMP to be left close to test week.
- The key to doing well in your PMP courses is to try and do a little bit of PMP each day of the week. This repetition can be hard to fit in with all the other lectures you have to work through for the rest of the curriculum but studying throughout the entire block is very advantageous.
- Come prepared to class! At the very least try to have gone through the PowerPoint for the activity for that day or relative primer. The classes are meant to be very interactive so come ready to contribute.
- Get a bone foot model as soon as possible! Check out the link below for the one most of us purchased.
  - [https://www.amazon.com/gp/product/B077G1YCJL/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o06\\_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B077G1YCJL/ref=ppx_yo_dt_b_asin_title_o06_s00?ie=UTF8&psc=1)
- Radiography is a huge part of our profession, Dr. Christman is a legend and his lectures really prepare you, but he also has a book that he will tell you about that you can get if you feel you want more resources.

# Medical Gross Anatomy

## Supplemental Textbooks:

- Netter's Atlas of Human Anatomy (ISBN-10: 0323393225)
- Anatomy: A Photographic Atlas (Color Atlas of Anatomy a Photographic Study of the Human Body)  
(ISBN-10: 1451193181)
- Moore's Clinically Oriented Anatomy (ISBN-10: 1496347218)
- Gilroy's Atlas of Anatomy (ISBN-10: 1626232520)



## Helpful Websites:

- Dr. Wedel's Anatomy Blog: <http://svpow.com/human-anatomy-study-materials/>
  - University of Michigan's Medical Anatomy: <https://sites.google.com/a/umich.edu/bluelink/curricula>
1. Be prepared prior to coming to lab! Read all files and watch all videos posted on SharePoint the weekend before you have lab scheduled.
  2. Answer the practice questions listed in the dissection guides because they might appear as 2<sup>nd</sup> order questions on the anatomy practicals and didactic exams.
  3. Draw as many diagrams of arteries/veins/nerves as you can!
  4. Download the Essentials Anatomy App on your phone (\$20) – it's a great, convenient reference!
  5. Unlike your didactic courses, the more resources you use for anatomy the better! Every human body is different so looking at different diagrams in textbooks/online can only benefit you.
  6. There are textbooks in lab for you and your group to use. Figure out which textbook works for you (diagrams vs. actual dissections) and consider buying the textbook for use at home when you physically can't go into anatomy lab.
  7. Utilize your time efficiently during lab – have your assigned TA pimp you on structures and possible 2<sup>nd</sup> order questions that might appear on the anatomy practical.
  8. Make it a habit to go to lab at least 2-3x a week outside of your schedule anatomy session.
  9. It is highly recommended to go in with a group of people so you can quiz each other but going alone is okay too! There are pro-sections in lab that you can use to quiz yourself on.
  10. Go to the mock practicals so you can get a hang of the timing per question (1 minute/question on the actual anatomy practical).
  11. Use Dr. Wedel's website listed above for outlines of diagrams that you can print and draw on.
  12. Use UMichigan's website listed above for images of cadavers that you can quiz yourself on.

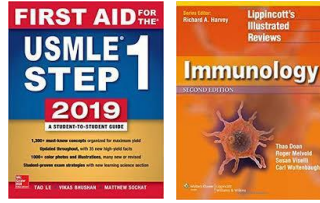
## Introduction to the Study of Osteopathic Medicine (ISOM)

- ISOM is your first introduction to medical school. It is very fast paced and will give you an introduction to the basic sciences you'll need in future blocks. Disciplines include biology, chemistry, biochemistry, genetics, anatomy and histology.
- Since this is your first block of medical school, I encourage you to attend class every day to determine if attending class works best for you. Everyone is different. Some do very well by attending class, others do better watching from the comfort of their own home.
- You will have weekly quizzes. Take them seriously, they are worth large chunk of your grade. This course is only four weeks, so it goes by very fast with a lot of material packed in. Use the quizzes to help you stay on top of the material and as a buffer for the cumulative final.
- ISOM is by far the hardest course of the first year, so don't get discouraged. If you can get through this block you can definitely succeed in medical school.

# FOM 1: Immunology & Musculoskeletal System

## Supplemental Textbooks:

First Aid for USMLE Step 1  
Immunology (Lippincott's  
Illustrated Reviews Series)  
(ISBN-10: 1451109377)



- FOM I will be your first exposure to the systems courses which will be a nice change of pace from ISOM
- Immunology is very detail heavy, so repetition of material is key. Making a study guide which links the details will be helpful when it comes time to review for the exam.
- The musculoskeletal system will include both lecture material and anatomy. As this is the first time many of you will be exposed to anatomy, be prepared for an increase in workload during this time. You will be required to know most of the skeletal muscles so spending extra time in the anatomy lab outside of scheduled dissection will be important as you become more comfortable with how to study for this course. Many students found it helpful to go into lab in small groups, using the opportunity to quiz one another. At first the anatomy material will seem overwhelming- know that you are not alone, and you can always ask for help.
- This unit will also be the first time you will have an assessment week. This will be a transition as you will be tested on multiple courses in one week. It is important to stay on top of the material each day so as not to get behind before these tests. Two weeks before assessment week begins, start to plan out how you will prepare for the exams. You may want to start spending more time in the anatomy lab to prepare for the upcoming anatomy practical. With that said, staying on top of lecture is also important as you begin to review prior lecture material. Many students have used a “3 pass rule” where they review each lecture 3 times before test day (one pass can be watching the lecture itself) while other students use Anki for scheduled repetition. Whatever your study strategy is, it is important to stay organized during this unit.
- **Talk to Dr. Thrush!** He is an awesome instructor and course director, but his questions aren't easy. Do Dr. Thrush's clicker questions and go to his question review sessions. They are very valuable.
- Notecards are very helpful to make and review constantly.  
Caveat: this style is not for everyone, but worth giving it a shot.
- Study in groups and discuss out loud, especially for Dr. Thrush's material.
- Get a study buddy to quiz each other.

## FOM 2: Head & Neck

Head and Neck in FOM2 is tough because there is no easy pathway about it. Everything is intertwined and you're going to get a TON in the first week. Don't worry, that is an overview of the entire block and it's going to make sense over time. There are 12 (24 because of left and right, if Dr. Lam asks, and he will) Cranial Nerve Pathways! Know their names and everywhere they go and what types of fibers they carry. This is like 3/4 of this block! If you start in the first week learning one pathway every other night, you're going to shine! Use this link! It is going to change your life when you get to FOM 2.

- [https://anatomy.med.utah.edu/diganat/SOM/unit\\_3/lec/CN%20tutorial/CN\\_Tutorial.html?fbclid=IwAR0He8egHPFFlicMthtWH7I9-ksfwvWtzEypUnvMvY9HPvXiwovQxct8w-w](https://anatomy.med.utah.edu/diganat/SOM/unit_3/lec/CN%20tutorial/CN_Tutorial.html?fbclid=IwAR0He8egHPFFlicMthtWH7I9-ksfwvWtzEypUnvMvY9HPvXiwovQxct8w-w)

For anatomy, there is a ton in a small amount of space. You're going to be cutting that skull open in several different ways, but the good thing for you is that during the dissection process a lot of structures are lost and probably won't be tested on. Be sure to check the "High yield" list. Dr. Nally and Dr. Vicky are going to lead this block, and they're hard but fair. It's a very small space to work in, so be careful dissecting because if you mangle something important, it'll be harder to recognize it on the test. Basically, have fun and KNOW YOUR CIRCLE OF WILLIS! Also know where each nasal sinus drains!

- Everything goes by very fast and there are a lot of lectures throughout each week. The exams are kind of spread out, so you have a ton of material for the test to study for the weekend before. It seems like the worst thing when you are going through it, but it goes by very quickly. The first exam will definitely discourage you but try to channel that into motivation for the rest of the course.
- Focus very hard the first week on the anatomy. This helps a lot as you go. Dr. Bales' cross sections get reused from test to test and build off each other.
- Draw tracts A LOT! Work hard to learn them.
- Helpful Websites:
  - <http://library.med.utah.edu/kw/animations/hyperbrain/pathways/>
  - <http://www.columbia.edu/itc/hs/medical/neuroanatomy/neuroanat/>
  - [http://headneckbrainspine.com/web\\_flash/newmodules/Brain%20MRI.swf](http://headneckbrainspine.com/web_flash/newmodules/Brain%20MRI.swf)
  - <http://www.handwrittentutorials.com/videos.php?sort=1>
  - <http://isc.temple.edu/neuroanatomy/lab/atlas/cmmd/>
  - <http://library.med.utah.edu/kw/animations/hyperbrain/pathways/>
- Make up stories for the spinal cord cross sections. (this section looks like a Buddha, this other section looks like an eagle, etc...) It will be much easier to remember!
- Be prepared to devote lots of time to this course. It is a blend of gross anatomy and the systems courses. Try to find other students to study with because it can help solidify difficult concepts & clarify details you might otherwise overlook.
- Do NOT get burned out after this class.
- It is a long 9 weeks, so pace yourself.
- Study everyday
- Study in groups and keep each other motivated. Quiz each other sporadically. Do NOT be afraid to get something wrong in your small groups--in the long run it will help you learn it better for the exam.

### **FOM 3: Cardio/Respiratory/Renal**

You're back from Winter/Christmas break at this point and they are going to hit you hard with the fun stuff. This block can be a breath of fresh air because instead of brute memorization, all three of these systems come together quite nicely. These systems are meant to be taught in a chronological order to make the most sense, but with the way the lectures are designed, they are given to you in pieces (with other lectures thrown around in between that may seem out of place).

This is when supplemental resources such as Boards & Beyond and the Costanzo physiology textbook help immensely. They give you the full story and help you put it together from start to finish. If you preview the lectures this way, you won't get as bogged down by the details.

#### Cardio (3 weeks):

- Dr. Talbot taught the majority of this system the majority of the information that you need to know for the exam is also recognized as "high-yield" for boards, so the professor will not be picking at details that aren't central to the topic. There is so much high-yield information in this system that professors will not choose low-yield details for the question, meaning this is the perfect block to use board resources such as Zanki or Boards & Beyond.
- Dr. Sorweide covers the clinical side of cardiology, and his test questions come from what he verbally emphasizes in lecture. Sometimes his slides will reinforce it too because he will underline or use exclamation points.

### Respiratory (2 weeks):

- Dr. Zhong teaches a good amount of this system and though the majority of his lectures aren't as long as most professors', if you run out of time, the test questions almost ALWAYS come from those last few slides titled **Summary**!!!! He is super awesome for doing this so take advantage!

### Renal (3 weeks):

- This system is tricky for a lot of people because it is incredibly detailed, but it becomes increasingly clear and less intimidating when you draw out the nephron with all its transporters. The key is to remember that every detail is part of a bigger picture. The kidney's role is to absorb what the body needs and remove what the body does not, and the organization of the transporters and other details reflect this key concept. Focus on being able to reason through why each transporter is present and why the transporter is located at its specific region of the nephron. Costanzo Physiology's renal chapter does an excellent job at taking you through this logic. After reading the chapter, you can test yourself using the "Costanzo Renal" tag in the Zanki Renal deck, which is based on the chapter itself. (But of course, prioritize lectures.)
- TLDR: Do NOT try to memorize the details without context, you must understand the physiology and the complete picture because this block covers some of the most important organs in the body, and they all work together!

## **FOM 4: Gastrointestinal/Endocrinology/Reproductive System**

Okay! This will be your last block of the year past all the muscle innervations, vitamins (they show up almost every block), salpingopharyngeal folds, EKG'S, and aldosterone. Here's to 3 weeks of GI + 2-3 weeks of Endocrine + 2 ish weeks of Repro classes, your very last anatomy practical, and OSCE (for year 1).

### I. **Gastrointestinal**

- Lots of Professor Covasa – emphasizes what he wants you to focus on in the test. Sometimes, he repeats it to hint as well, and likes it when people show up to class! Might drop more hints who knows... we sat at the front one time and he expressed how nice it was for students to show up AND sit up close. Big proponent of enemas
- Will be covered exactly how you would expect:
  - Mouth – Esophagus – Stomach – Pancreas – Duodenum – Jejunum and Ileum – Colon
  - Know your sphincters and various enzymes such as CCK, gastrin, etc.

That being said, a great chunk of questions also come from Dr. Keuhn for histology/embryology, Dr. Squier and various other professors.

- Don't miss a point on professor Junkins questions with biostats! He provides you outstanding examples in class and hints how the questions actually are on the test as well!
- You'll have a few anatomy lab sessions during GI weeks but no test on it except for the didactic portion until later in the block... don't slack! GO to anatomy lab and run through the lists the professors provide you even if only for 30 minutes per day. Know your blood supply.

### II. **Endocrine**

- Dr. Bi mainly
  - She color codes what she likes to emphasize: focus on the blue!
  - She'll tell you she's a big fan of clinical scenario type questions (Heed her words!)
  - She will basically cover endocrine physiology in all its glory
    - Adrenal – Calcium homeostasis - hypothalamus/pituitary - pancreas – thyroid
- You'll have figured out at this point how to tackle the material of the other professors

### III. **Repro**

- Dr. Nelson's Corner!
  - Lots of material here! And it piles up fast so keep on at it!
  - She too will color code what she likes but it's best to go over each of her lectures over and over to catch all the details
  - If it's a fact that could be useful in a clinical setting, know it!
- Dr. Khamas Histo  
Go to lecture! He posts his guides separately from his lectures so download them and follow along!
- Dr. Wagner
  - His material coincides well with Nelson and actually boosts your understanding of her material as well!
  - He too creates study guides with the learning objective that he focuses on usually highlighted.

### IV. **Anatomy**

- Go every day for at least 15-30 minutes, even to see a few structures. Trust me it helps!

## **Exam Review:**

During the review period, it is highly recommended to go over the exam questions and take advantage of the opportunity given to you by the faculty. One of the major benefits to reviewing the exam is that you are able to see which professor you did poorly on and analyze the types of questions they like to ask.

Another benefit to reviewing the exam is finding a question that you feel is ambiguous or improperly keyed. You are allowed to write down three words for each question. You then take that information, formulate a challenge for that question after reading the rules, and post the challenge on SharePoint for the professor to review. The best way to get a challenge approved is to quote material from the lecture directly, citing the exact page number and paragraph or slide.

It is important to use caution when challenging exam questions. Most professors have been teaching for many years, and they can tell if a challenge is well thought out and logical, or if you weren't prepared and are just trying to get extra points to boost your score. It is important not to let the forum get sloppy, as it reflects poorly on our class. Read the instructions before posting! Word your challenges respectfully and thank the professors for taking their time to read them. Use Facebook or other sources to collaborate with fellow classmates so that the reasoning is logical.

Additionally, you can also review your exam at the Lead Office by making an appointment online or calling them directly. Because reviewing an exam can be stressful in a room with other students and not as efficient. The advantage of reviewing it with one of the counselors at LEAD is they will help you improve your test taking skills by pointing out the patterns of mistakes they see according to your results.



# Personal Accounts

Sometimes it's helpful to see a new situation from the perspective of someone who has been through it before. For this reason, we felt it would be helpful for you to hear some of the stories and advice from students in our class whose experiences taught them lessons about time management, balance, and professionalism. This is just a small sampling of the stories and lessons we could tell you and, we hope that over the course of the next year, you get to know us so we can share more of our experiences with you.

## *Kevin Trinh*

Congratulations on getting into medical school! If you are reading this over the summer, please take this time to relax and enjoy your time off before school starts. Believe me, once school starts, you really do hit the ground running. So, first of all, here's a little bit about me. I was born and raised in Orange County, California. I attended UC Irvine for my undergrad and Rutgers University for grad school. I took a few years off afterwards to work in research before coming to WesternU. In my spare time, I enjoy trying new foods, playing video games and board games, and watching television and movies.

To get right into it, my advice for you is make sure you stay on top of the material as much as possible by studying a little bit each day. It helps to go over everything with several passes so that, at the very least, you are able to recognize the material when it's time to take the test. I'm sure by now you've all heard how difficult medical school is. There is just so much information to learn in such a small amount of time. But don't let that discourage you. You've made it this far already, which means you can definitely handle this!

My current study methods include going to lectures, re-watching lectures at home if I didn't quite catch everything before, watching videos on the material from outside sources to understand things a little bit better, and making one-page summary notes of each lecture hour to study from later. It took me a while to figure out how to study in medical school, so don't worry if it takes you some time to figure it out as well. Everyone has their own timeline and way of doing things. In the meantime, try out different methods until you find what works best for you. You may find that you like to use Anki, Boards & Beyond, or Ninja Nerd videos to supplement your learning process. Just make sure you focus as much as you can on the material taught in lecture because that is what you'll be tested on.

Lastly, don't forget to take study breaks! Southern California is an amazing place with lots of places to go and tons of things to do. If you need a break from studying or just finished an exam, I encourage you to de-stress by watching a movie, enjoying nature, or going out to eat. Of course, feel free to contact me if you have any questions or just want to talk. I wish you all the best of luck throughout your journey at WesternU.



## *Katherine Gutierrez*

Welcome Class 2024! About me: I am 27, so a little older than some of the people in my cohort, a little bit younger than others. As you can see from my picture I am a Disney person but don't let that deceive you, I am a huge fan of Metal and Rock music. Having gone to community college before transferring to the University of Minnesota for undergrad, I am a bit of a non-traditional student. I like to say I am a little bit from here and there, since I grew up in Anaheim, but lived in MN for 8 years, and was born in Guatemala. I love to swim, and birdwatch, and if you need ANY, any help to find resources for whatever it is that you need (social services, counseling, financial aid, life, cooking) please feel free to reach out. I am super chatty, but I respect and love introverts and their space, so please do reach out. We as a class have put much thought and effort on how to do things for you and with you, please know that we very much care. Good Luck!



My Tips & Tricks: Find what works for you. Even if that is 3 different things that work for you, find what is effective for each class. If that is one strategy, GREAT! If it is more than one, that is also great!!! For me I've found that certain topics (biochemistry and physiology) are very challenging for me, so I have different ways that I study for those. Things I understand inherently (genetics, socio/psychology) I approach in a more straightforward manner. Do what works for you and stick with it. Something else I have found to be extremely important, especially for exams is, play to your strengths. Just because you are comfortable with a subject, don't leave it for last, do it in the middle. Time is a precious commodity and you want to be sure that you can do well in the subjects that you like, by giving yourself enough time to review the content, otherwise it might just bite you in the butt, so be effective, and also be kind to yourself :)

## ***Nathan Fischer***

Congratulations on your acceptance to WesternU! You should feel very proud of yourself for this great accomplishment! WesternU has an excellent reputation and will help you become a competent physician.

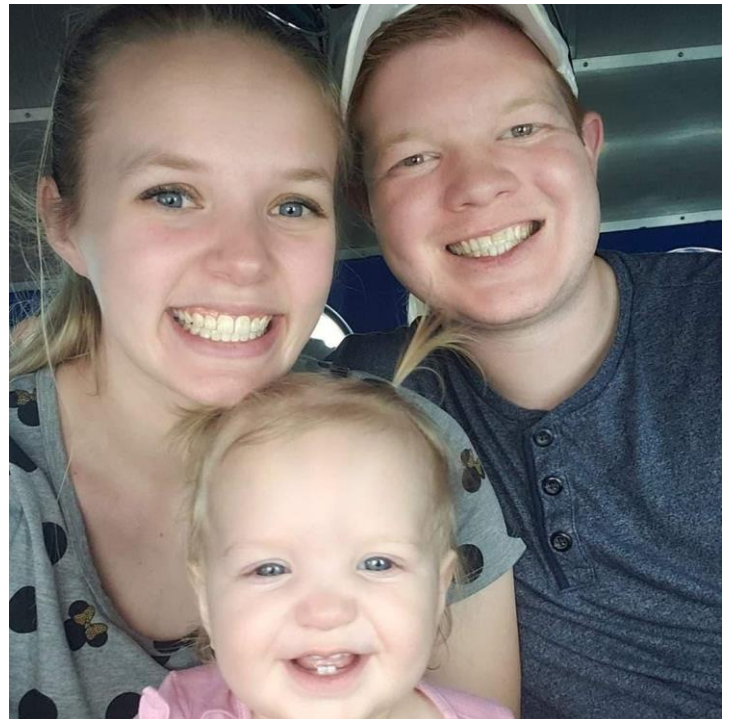
I am a nontraditional student that graduated with a BA from the University of Michigan in 2017. I have been married for 3 years and have a two -year old daughter. In my free time, my family and I love spending time at the beach and going hiking.

Medical school is truly what you make of it. It's all about finding a balance between life and studying. It's challenging because you will need to spend most of your time studying if you want to excel. The amount of material that you cover is insane so you need to have a strategy before starting in the fall so you can hit the ground running. Everyone has a different study strategy that works best for them. My daily routine is as follows:

- 1) Preview lecture material (30 minutes/lecture)
- 2) Attend lecture (varies)
- 3) Write learning objectives (30 minutes-1hour/lecture)
- 4) Study PMP (30 minutes-1 hour)
- 5) Study previous week's learning objectives (1 hour)

### **Some Advice:**

- Do not fall behind in your classes. Stay organized and disciplined in your studying.
- Make time for things that are important to you. You can afford a day of not studying on the weekend to spend time with family or hang out with friends.
- Make sure you take time to focus on your mental and physical health.
- Stick to a schedule but adapt/ modify it if necessary.
- Don't be afraid to try new study strategies. If something isn't working, try something else!
- Enjoy your time at WesternU and connect with your classmates. Build each other up and help each other out if possible. We are all in this together! Please don't hesitate to reach out to me if you have any questions. I'd be happy to help!



## *Allen You*



Congratulations on your acceptance to WesternU! You have chosen a great school that you have worked hard to get into and you should be proud! Medical school is going to be tough so it is important that you rest and recharge before you hit the ground running! If you are thinking about jumping the gun and diving head first into the material I would recommend you just relax and have as much fun as you can. Hang out with friends and family, travel the world, and do the things you love to do the most. You might be scared and anxious for what's to come but everyone at the school has your back and your best interest! You are here to do your best and be

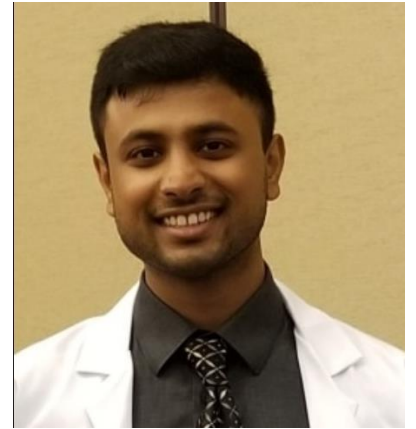
your best. Keep your head up and make lots of friends and don't be afraid to reach out if you need any help!

The way I study does not work out for a lot of people, but find out what makes you sense to you. Don't be afraid to try something new in the early weeks of school. The curriculum will definitely challenge you and you will have to learn how to be flexible and adaptable. You might still study the way you did in undergrad or you will study in a way that you didn't even think of before. My recommendation for the first block is to go to lectures and adjust accordingly. In the end you know what's best for you and trust your gut when it comes to your studies. Quoting Bruce Lee, *"Absorb what is useful, discard what is useless and add what is specifically your own."*

Find the balance in all the chaos that surrounds you. If you feel overwhelmed take a beat and relax. I cannot emphasize enough how important it is for you to recharge when the going gets tough. Lean on others for support and make the best of your years here! It will be an arduous but rewarding 4 years. Congrats again DPM Class of 2024, we are all rooting for you and supporting you every step of the way!

## ***Rahul Natarajan***

Congratulations on your acceptance and welcome to our program! Take your time reading this guide, and enjoy that last bit of summer vacation because you will hit the ground running in your first semester here. You will often hear the phrase “drinking from a fire hose,” which shows how medical school is challenging because of the volume of material you receive in short amounts of time. No matter how difficult it may be though, this is the time to be the most active and involved as time just flies by. First year is the hardest year, but it gets better, as you go from didactic learning to real clinical education, and your classmates will be there to support you. What attracted me to Western was its curriculum built around interprofessional education with the DO students, so not only will you become a great podiatrist, but you will also become a great physician building contacts with health care professionals in different fields. Don’t be afraid to ask for help, answer questions, and put yourself out there. It can be scary at first, but you are not alone in this. Also, keep an open mind when it comes to studying, as the way you study can change frequently depending on what works best for you. With that being said, best of luck on your future accomplishments class of 2024!



## ***Asad Siddiqi***



Welcome to Western U! You have EARNED this spot so feel proud to be here. Podiatry school will be the most challenging experience of your life. However, you will adapt and learn how efficient you can really be. The best way to stay on top of things is to stay organized. School will get really hectic and its important to stay ahead of the game. Also, it is absolutely imperative you find time to release stress. There are a multitude of relaxing activities in California. Take advantage as often as possible. If there was something I wish I had done more of my first semester is talking to the professors more. They have a wealth of knowledge and are happy to help whenever. Also, I wish I had bought a planner earlier. You are going to be soooooo busy and having something to organize your activities is crucial to being successful. All in all,

enjoy your time here at Western U. The time will fly so quickly, make sure to stop and smell the roses every now and then.

## *Mena Ibrahim*



After so many years of hard-work, determination, and tribulations, you can proudly say you made it!.... kinda. You will still need to keep up that hard work mentality (mamba mentality) and still strive to be the best version of yourself because this is what matters now. No more random history class or math classes, you are now learning how to treat and save people's lives and everything you are learning is helping you become a great physician if you take it seriously and with a passion for being a healer. . This is the moment you have been waiting for! So give yourself a pat on the back and celebrate with your family and loved ones student doctors! No matter how difficult it may get these next 4 years, it will pay off in the future. The world has

now changed after the pandemic in early 2020, and now the world has seen how valuable health care workers are, how valuable you are to the healthcare system. We are proud and excited to meet you all and share our experiences, knowledge with you all. If you guys have any questions please feel free to reach out to anyone, we are one big family and we are here to look out for one another!

## *Alex Dang*



Congratulations, and welcome to medical school! I remember sitting in your chair, wondering what I could do to get ahead before the school year starts. Don't! Make use of your time the last few weeks leading up to welcome week to travel, hang out with family and friends, and cross things off your bucket list. No amount of pre-studying is enough to get you ahead, and you will end up stressing yourself out before school even started. The best way to study is to approach the problem in a way that makes sense and not merely memorizing it. Materials tend to stick around in your head longer when you understand it. Make sure to create a schedule each day and stick to it. Do not fall behind! Given the amount of material you are responsible for each day, it is very tough to get back on track.

A little about me: I took the non-traditional route and worked for three years. As a result, I had to learn how to study all over again. The first few weeks of school were the toughest for me. Not only did I have to figure out my study schedule and find study resources that fit my needs, but I also had to get situated in the new apartment and to be familiarized with the surrounding areas after moving here from Georgia. Medical school comes with all sorts of stress, but never forget to take some time off for yourself. Your well-being is very crucial because medical school isn't a race; it's a marathon!

## *Dameon Wardle*



Congratulations on your acceptance and welcome to the WesternU family! You are about to start an exciting, but rigorous adventure that will change your life for the better! The best way I can explain what medical school is like is comparing it to a marathon. By being well organized, consistent, hardworking, and determined you'll be able to make it through your first year of medical school! The biggest advice I can give is be willing to change and adapt. What you did in undergrad, most likely isn't going to work in medical

school, so be open to changing how you study, and don't get frustrated if you keep having to adjust it again and again. That's normal and in the end you'll be so much better off because you finally found what works best for you! The next advice I can give is to be true to yourself. Find time to do the things you love. If you love exercising then make a little time everyday to exercise, or if you like hanging out with friends or family, then hang out with them but just put in in your plans for that week. For example I'm married and have a crazy two year old boy who never stops moving! So my schedule is that I do "school" from 7 am to 7 pm. Then when I get home, I'm home and I spend the rest of the evening with my wife and son!

Good luck and remember that you can do this, it will be hard and there will be days where you feel discouraged, and that's ok! Give yourself a few minutes, then get back to working, you can do this!

# MENTORING

## How do I utilize my Faculty Mentor?

Every student in the class is assigned to a faculty mentor. The purpose of the faculty mentor is to foster and help students ease their transition into medical school. The faculty mentors are here to provide guidance and answer any questions that you may have related to classroom learning, podiatry, or life in general. If they don't have the answer, they will direct you to the right people who can help you.

All of the faculty mentors have an open-door policy which provides you with the opportunity to also connect with other faculty members other than your primary mentor and even change if you feel you connect better with another mentor. The best way to reach any of them initially will be by e-mail. Our faculty members have great connections to many residency programs and podiatrists in the country, so if you are interested in shadowing a podiatrist or learning about a certain residency program, your mentor can be a great first resource. When you apply for clerkships and residency programs, you will need several letters of recommendation, so it is crucial to start getting to know your podiatry and non-podiatry faculty members. Your mentor can help you with issues and concerns you may have in any regard and will work very hard with you to ensure that your goals are met. We are very fortunate to have great access to our faculty, so be sure to utilize them to the fullest because the better they know you, the better able they are to help you.



## Your Second Year Buddy

At the beginning of the year, you will be given a second year "Big Buddy" that you can utilize as a friend or as a support, it's entirely up to you! Your Big Buddy is happy to help with anything, since faculty may not always have a student's perspective. He or she can help you become accustomed to student life at WesternU as we all just went through exactly what you are dealing with right now. Not only can your buddy give you perspective on how to approach certain topics and professors, but he/she can also teach you the ropes on life outside of campus. You are assigned two buddies, but that doesn't mean we don't all want to meet you, so feel free to approach any of us second years with questions you may have about the first year of medical school. We can't wait to get to know you!







## CLASS OF 2023 ROSTER CONTACT INFO

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# RELAXATION RESOURCES

As mentioned, many times throughout this guide, keeping balance between your education and your personal life is important to keeping yourself healthy, well rounded, and happy. Here is a short list of some of the places WesternU students typically frequent for food, shopping, movies, and quality time hanging out and getting to know each other.

<u><a href="#">Walking Distance to Campus</a></u>	
<p><b>Flame Broiler</b> Teriyaki type meat and rice. They have a Wednesday chicken bowl special. <b>101 W Mission Blvd</b> <b>Pomona, CA 91766</b></p>	<p><b>O'Donovan's Restaurant &amp; Pub</b> American traditional <b>101 E 3rd St</b> <b>Pomona, CA 91766</b></p>
<p><b>Sub Café</b> Sandwiches. Get a stamp card to get free meals. Take out or dine in. <b>101 W Mission Blvd #107</b> <b>Pomona, CA 91766</b></p>	<p><b>Starbucks</b> Make sure to get the app or the rewards card to get stars and deals. <b>101 W Mission Blvd</b> <b>Pomona, CA 91766</b></p>
<p><b>Donahoo's Golden Chicken</b> Fried chicken and sides. Only take out. <b>1074 N Garey Ave</b> <b>Pomona, CA 91767</b></p>	<p><b>Dominos</b> Look for specials, delivery available. <b>1285 S Garey Ave</b> <b>Pomona, CA 91766</b></p>
<p><b>Juan Pollo</b> Good for club events. Take out or dine in. <b>300 S Garey Ave</b> <b>Pomona, CA 91766</b></p>	<p><b>Day Day's BBQ and Waffle House</b> Chicken and waffle meal. Take out or dine in. <b>994 E Holt Blvd</b> <b>Pomona, CA 91767</b></p>
<p><b>Senor Baja</b> A quick walk away, drive thru or dine in. <b>405 E Mission Blvd</b> <b>Pomona, CA 91766</b></p>	<p><b>The Rookery</b> A walk from campus, good burgers, and sandwiches! <b>117 West 2<sup>nd</sup> Street</b> <b>Pomona, CA 91766</b></p>
<p><b>Alex's Tacos</b> Authentic Tacos, ask for your tacos "dorado" (crispy)! (909) 237-4708 <b>941 E Mission Blvd</b> <b>Pomona, CA 91766</b></p>	<p><b>Pho Vina Vietnamese Restaurant</b> Good Vietnamese restaurant only a short walk from campus. <b>281 S Thomas St</b> <b>Pomona, CA 91767</b></p>
<p><b>Yume House Pho</b> Really close to campus. <b>200 E 1st Street Pomona, CA 91766</b></p>	

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## Pomona

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**Pizza Pirates**

Delivery and Take out.  
(909) 590-1700  
2092 S Garey Ave  
Pomona, CA 91766

**Chipotle**

Get the app and order online to go or dine in.  
(909) 236-5136  
785 Rio Rancho Rd  
Pomona, CA 91766

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**Angeles La Mejor Mexican Food**

(909) 392-3637  
2068 N Garey Ave  
Pomona, CA 91769

**Mix Bowl Cafe**

Good Thai food, they will deliver to campus  
1520 Indian Hill Blvd.  
Pomona, CA 91769

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**Ono Hawaiian BBQ****Local Hawaiian restaurant**

785 Rio Rancho Rd  
Pomona, CA 91766

**Metro Ale House & Grill**

Convenient (can walk from campus) place to celebrate with  
food and drinks after exams  
197 E 2nd Street  
Pomona, CA 91766

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**Sanctum Brewing Company**

Great place to come celebrate passing  
exams. Several school fundraising events  
have been held here. Craft brews at good  
prices. A bit tricky to find.  
560 E Commercial St. Unit 21  
Pomona, CA 91767

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## Montclair

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**Nordstrom's Café****Located in the mall.**

(909) 625-0821  
5015 Montclair Plaza Ln  
Montclair, CA 91763

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**Handel's Homemade Ice-cream and Yogurt**

(909) 946-9077  
373 S Mountain Ave

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**Alberto's Mexican Food**

Open 24hrs  
4449 Mission Blvd  
Montclair, CA 91763  
(909) 590-0194

**Argo Mediterranean Grill**

They deliver to campus!  
(909) 596-9090  
2313 D Street  
La Verne, CA 91750

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## Chino Hills

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### **Yard House**

Good for Happy Hour.  
(909) 631-2200  
13881 Peyton Drive Chino  
Hills, CA 91709

### **Boiling Point**

Hotpot, very popular and always packed  
(909) 591-7888  
13089 Peyton Dr. Chino  
Hills, CA 91709

### **Cold Stone Ice cream!**

13065 Peyton Dr.  
Chino Hills, CA 91709  
(909) 902-0015

### **In-N-Out**

A Californian staple. For everyone who is from out of state  
it is a must try.  
3927 Grand Ave, Chino, CA 91710

### **85°C Bakery Cafe**

Asian Bakery which serves an assortment of savory and  
sweet baked goods as well as cakes and desserts. Also,  
good for coffee and tea.  
(909) 591-1185  
12959 Peyton Dr., Ste. A  
Chino Hills, CA 91709

### **Dripp**

A coffee spot with couches and comfy chairs, but not a  
lot of outlets to use if you plan on studying there. (909)  
628-6384  
13855 City Center Dr., Ste. 3015 Chino  
Hills, CA 91709

### **Bruxie**

#### **Waffle sandwiches.**

(909) 334-4162  
13865 City Center Dr., Ste. 3093  
Chino Hills, CA 91709

### **Oke Poke**

Poke and sushi bowls with rice.  
(909)548-7887  
3277 Grand Ave #2,  
Chino Hills, CA 91709

### **Buffalo Wild Wings**

Good place to have wings and drinks  
(909) 591-9035  
3160 Chino Ave  
Chino Hills, CA 91709

### **Thai Twist**

They will deliver to campus.  
13065 Peyton Dr. Chino  
Hills, CA 91709

### **Chodang Tofu House**

Korean tofu soups, very good  
4200 Chino Hills Pkwy #130  
Chino Hills, CA 91709

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## Claremont

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### **Pizza 'n Such**

(909)-624-7214  
273 W 2nd St Claremont,  
CA 91711

### **Dr. Grubb's**

Healthy eating with grilled meat and sides.  
(909) 621-6200  
353 Bonita Ave.  
Claremont, CA 91711

### **Saca's Mediterranean Cuisine**

Small restaurant with good food at a good price.  
(909) 621-3340  
248 W 2nd St  
Claremont, CA  
91711

### **Eureka!**

Burger and beer place that has happy hour.  
(909) 445-8875  
580 W First St  
Claremont, CA  
91711

### **21 Choices**

Ice cream and Frozen yogurt  
(909) 398-0021  
460 W 1st St.

### **Taco Factory**

Street Tacos and other Mexican food.  
(909) 621-3434  
363 W Bonita Ave.

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Claremont, CA 91711

Claremont, CA 91711

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**Sanamluang Cafe**

Thai food. Good for dine-in and take-out.  
(909) 621-0904  
1648 Indian Hill Blvd.  
Pomona, CA 91767

**Coffee Bean and Tea Leaf**

Another coffee and tea option  
(909) 624-2147  
101 N Indian Hill Rd.  
Claremont, CA 91711

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**Kickback Jack's**

Sit down breakfast diner with HUGE portions.  
(909) 482-1414  
701 S Indian Hill Blvd.  
Claremont, CA 91711

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**In-N-Out**

A Californian staple. For everyone who is from out of state it is a must try.  
1851 Indian Hill Blvd.  
Pomona, CA 91767

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**Fattoush Mediterranean Cuisine**

Good food with big portions.  
(909) 625-1800  
428 Auto Center Dr.  
Claremont, CA 91711

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**Rounds Premium Burgers**

Good Burgers and fries. Also has beer and happy hour.  
(909) 626-2626  
885 S Indian Hill Blvd.  
Claremont, CA 91711

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**Pollos Kikiryki**

(909) 624-1114  
344 S Indian Hill Blvd  
Claremont, CA 91711

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**50-Fifty Asian Fusion**

4 out of 5 stars on Yelp!  
201 N Indian Hill Blvd  
Claremont, CA 91711

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**Tikka Wraps and Curry Bowls**

1 N Indian Hill Blvd Ste. D104  
Claremont, CA 91711

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**Walter's Restaurant**

Good for brunch  
310 N Yale Ave  
Claremont, CA 91711

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**The Junction**

Asian fusion place  
1 N Indian Hill Blvd  
Claremont, CA 91711

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**Viva Madrid**

Great tapas restaurant  
225 Yale Ave.  
Claremont, CA 91711

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**The Back Abbey**

Good burgers and outside seating  
128 N Oberlin Ave  
Claremont, CA 91711

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**The Whisper House**

American food, cocktail bar, burgers  
502 W 1st Street  
Claremont, CA 91711

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## **Food App: Eat24 (by Yelp)**

Download this app!! It tells you all the restaurants nearby that will deliver to you on campus!

## Theatres

### Chino Spectrum Marketplace 12

- (909) 628-1500

### Edwards La Verne Cinema

- (909) 460-5312

### Harkins Chino Hills 18

(909) 627-8010

## Shopping

- Chino Hills Spectrum
- Claremont Village
- Montclair Plaza
- Ontario Mills
- The Shoppes at Chino Hills
- South Coast Plaza/Fashion Island
- Victoria Gardens

## Fun Things To Do

- **Class fundraisers - after Exams held at restaurants/bars near campus**
- **Disneyland**
- **Knott's Berry Farm**
- **Universal Studios**
  - o Harry Potter World!
- **LA County Fair**
- **The Griffith Observatory**
- **Museums**
  - o Bower's Museum
  - o The Broad
  - o California Science Museum
  - o The Discovery Center
  - o The Getty
  - o The Getty Villa
  - o The Los Angeles County Museum of Art
  - o The Petersen Automotive Museum
- **Concerts**
  - o The Fox Theater (walking distance from school)
  - o Glen Helen Amphitheater, San Bernardino
- **Sporting Events**
  - o Baseball
    - Los Angeles Dodgers
    - Los Angeles Angels of Anaheim
  - o Basketball
    - Los Angeles Lakers
    - Los Angeles Clippers
    - Los Angeles Sparks
  - o Football
    - Los Angeles Rams
    - Los Angeles Chargers
    - USC Trojans
    - UCLA Bruins
  - o Hockey
    - Anaheim Ducks
    - Los Angeles Kings
    - Ontario Reign
  - o Soccer
    - Los Angeles Galaxy





## Outdoor Activities

- **Snowboarding**
  - Mountain High, Wrightwood
  - Snow Valley, Running Springs, Snow Summit, Big Bear
- **Hiking**
  - Mt. Baldy (Awesome trails available anytime; as well as a ski lift to top, which is open on weekends for a nice view and a restaurant lodge at the top.)
    - Ice House Saddle - 7.7 miles in and out trail
    - Ontario Peak via Ice House - 13 miles in and out
    - \*Remember to pick up an Adventure Pass at your local sporting goods store when accessing these trails! (\$5/day)
  - Diamond Bar Center Canyon Loop Trail - 1 mile (Great for Dogs)
  - Grand Avenue Park to Sunset Park - 3 miles one way (Great for off-leash dogs!)
  - Eaton Canyon Trail - 3.5 miles in and out (Waterfall at the end)
  - The Hollywood Sign
    - Brush Canyon Trail - 6.4 miles in and out
    - Hollyridge Trail - 3.5 miles in and out
  - Runyon Canyon Park
  - Los Liones Trail - 3.5 miles in and out (Best views of Santa Monica Bay)
  - Claremont Hills Wilderness Trail - 5-mile loop
  - La Sierra Trail Loop in Chino Hills
  - Joshua Tree National Park (2-hour drive)
- **Beaches in Los Angeles**
  - Long Beach
  - Malibu
  - Santa Monica Beach
  - Venice Beach
- **Beaches in Orange County**
  - Huntington Beach (bonfire pits)
  - Newport Beach (cheap and free parking available)
  - Laguna Beach
  - Corona del Mar



***Welcome to the WesternU Family!  
We can't wait to get to know you!***