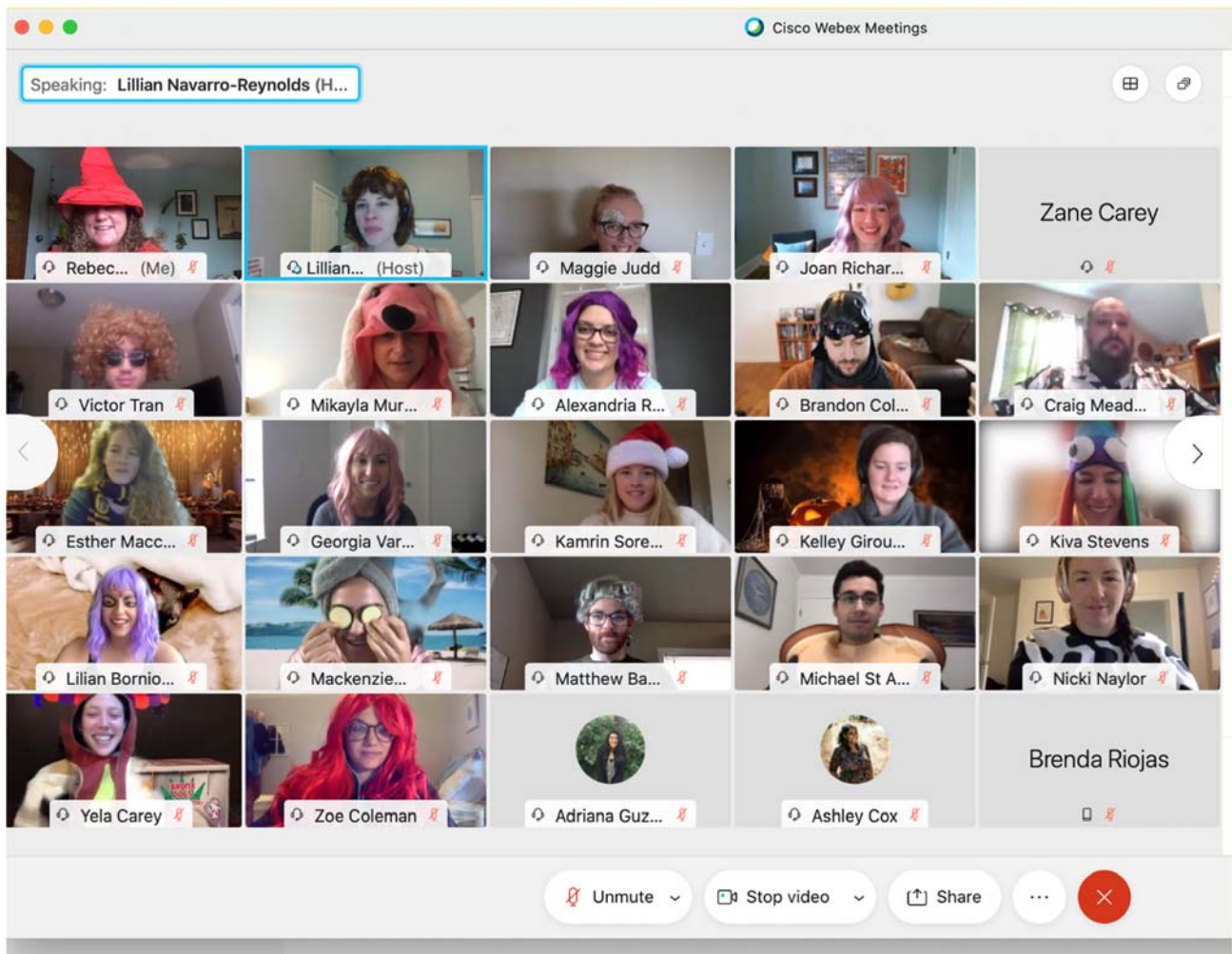
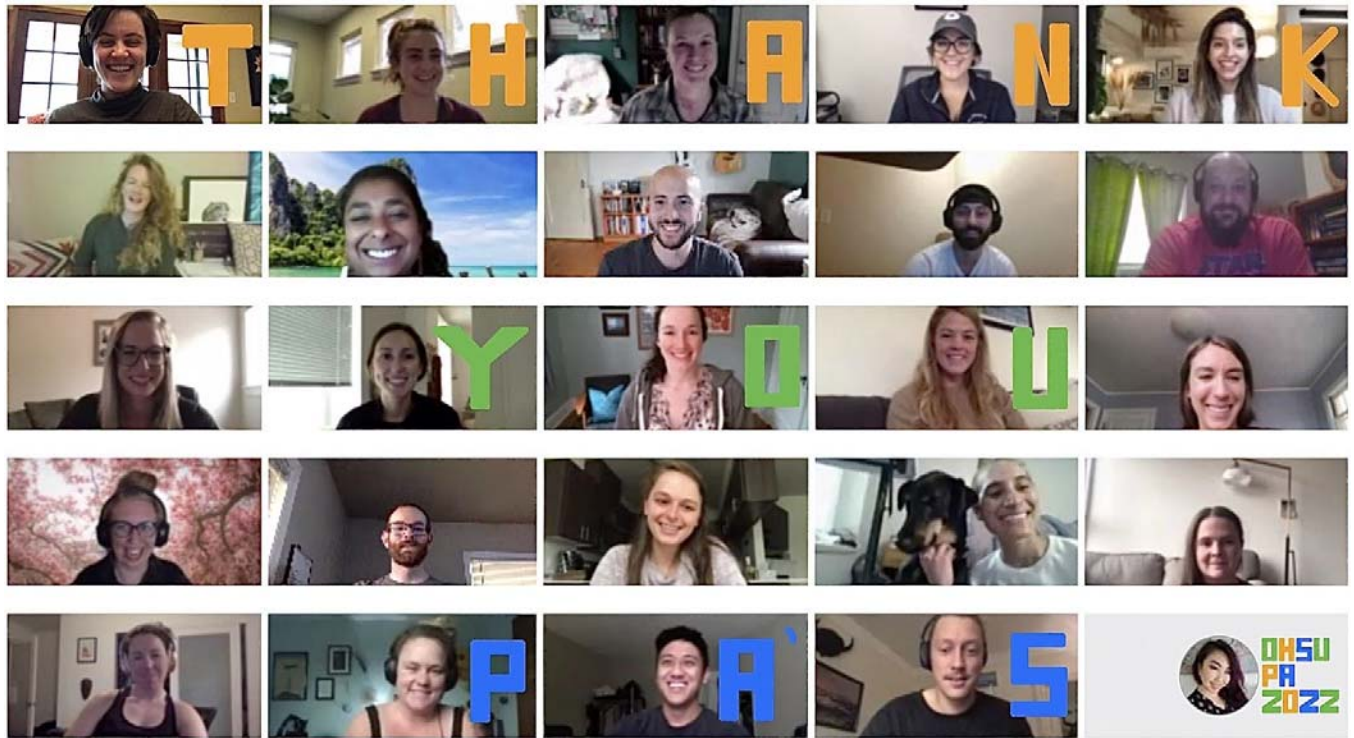


# Welcome

Take a deep breath. You made it into PA school. At OHSU. And we couldn't be prouder of each and every one of you. OHSU is a wonderful place to be and you will love it as your second home. PA school is hard, but with the support of the faculty and your classmates you will be able to get through it. We know, because we are in the middle of it! This document is long, we wanted to walk you through your transition to becoming a PA student in Portland, but don't feel as though you must get through all of this in one sitting! We wanted to include the things they may not include in your orientation, or things you may want to know before you get here.

**All our love and support, PA22**





## The City

Portland is made up of four quadrants. The east and west are separated by the Willamette (“wuh - LAMM - it”) and the north and south are divided by Burnside Avenue. School (the Robertson Life Sciences Building, aka RLSB) is located in the South Waterfront.

Fun facts: it’s illegal to pump your own gas (therefore they pump it for you and no, you do not have to tip), you can’t make a U-turn unless there is a sign saying you can, it rains a lot but we still get sun, there is no sales tax, and we take our coffee, recycling, beer and wine **very** seriously.

hospital & school: southwest

airport: northeast

# Where to live:

How to find a place.

1. OHSU has a website with different living options (listed on the Office of International Affairs→ Learning and Resources Tab Getting Settled) One is called “Chuckslist” which is like Craigslist within the OHSU system. A lot of the buildings on the Waterfront post on these sites. Rent is high down on the South Waterfront but the location is great.

→ additionally if you look on the O2 site for the whole university (o2.ohsu.edu), there is a section at the top for “employee central”, under this there is a “discounts” heading. If you click on this it takes you to a list of things you can get discounted because of your association with the university, and some housing in Portland does offer deals on security deposits and such to OHSU students. Definitely check this out, especially if you are planning on living in the South Waterfront (described below).

2. Facebook has interest groups ranging from shared activities to religious preferences. Some are active and always have new postings. Most of the groups are either students or young professionals looking for roommates.

3. Craigslist - I put an ad on craigslist asking for people who might have a basement apartment, RV, extra bedroom, etc. I got about 12 replies. One was a bit weird but the rest were good offers. My husband and I came up to Portland one weekend and met with people and checked out their housing options. I ended up living in a basement apartment of a nurse and it has been a great situation.

4. Marquam Hill Co-Op <https://www.marquamhillcoop.org/> Is a cost efficient way to live with various other students within the academic community. You pay as little as 250.00 a month and get to connect with other people who are new/familiar with the Portland community! When applying, they ask that you provide unique and interesting answers to application questions to show that you can contribute to the community co-op. This is located on the hill, which is a convenient commute to the south waterfront where class is usually held. You would have to check about animals.

5. College Housing Northwest <https://chnw.org/> Non-profit college housing for students in Portland. There are apartments in Goose Hollow neighborhood and some downtown. Subsidized living and a brief (20~ min) commute to RLSB via streetcar. They allow cats, but only allow service dogs.

6. Workforce Housing <https://www.portlandmaine.gov/2367/Workforce-Housing-Units> There are several units for a low cost to those who have low income or simply do not have an income, students included. Call to find out more but know this exists!

7. Check in with us, your buddies! Especially given the special circumstances we are all facing with Covid-19 we have answers for you! In regard to housing, we are either giving up our places in Portland or looking to add some roommates to keep things cheap since we won't be around much next year. My major tip would be to consider transportation. In the winter things get wet around here. If you are a dedicated biker/walker that is great, but if you want to have options like the Max or bus then really research what lines are near you and how frequently they come.

## **SW**

If you want to live close to school, yet still feel like you're in a neighborhood, this is the spot! Full of lovely old Victorian homes, many of which have been converted into apartments. It is a quiet and safe place to call home and many students/residents/medical professionals live in this area. It is an easy 15 minute walk across the pedestrian bridge to get to the Waterfront, where you have access to public transit and tram. Another very convenient neighborhood is Homestead, located on Marquam Hill near OHSU hospital. You can ride the tram down to school everyday and as a bonus, you can access running trails from this area that all around Marquam Hill! Grocery stores are about a 15 minute drive from this area. This is a great area to live if you don't want to be living in a high-rise along the Waterfront, yet want easy access to the RLSB and tram! Other neighborhoods in this part of the city that students live in are Hillside and John's Landing.

*Apartments students have lived in before:*

1. The Linc: 5 minutes on the max or bus or 20-minute walk
2. ELLA: 5 minutes on street car or 10-minute walk

3. Osprey: 10-minute walk or 3-minute tram ride
4. Oxbow49: 15-minute bus ride or 7-minute drive

## NW

Northwest Portland is a wonderful area to live and explore. It is a very lively and densely populated retail and residential neighborhood. The most well-known area is NW 23rd also known as “Trendy-third Avenue” Portland trendiest shopping and dining. 23rd is the place to go if you want to walk, people-watch and browse through shops. NW 21st is great too, just a bit edgier. Other attractions in NW district are Providence Park (home of the Portland Timbers major league soccer team), the Rose Gardens, Pittock Mansion, Japanese Gardens, and much more! You may also hear of this area referred to as Nob Hill, Alphabet District, or Goose Hollow. It is located right next to the Pearl District, another very fun and trendy area to explore. It also sits at the base of Forest Park and the West Hills of Portland (perfect for the hiking & trail running enthusiasts). NW Portland has easy access to ALL modes of public transportation (Street Car, Max, Bus, Nike Bike Rentals) all taking you directly to the South Waterfront and RLSB. A car is not necessary if you live in this area. Everything is walkable! Rent is a little on the pricey side over here, but sometimes you can get a smoking deal on a studio or one bedroom. This area is a great option for someone that wants to live in a lively and fun area. Coffee shops are numerous and perfect for studying because many stay open late.

### *Apartments students have lived in before:*

5. Block 17 Apartments: 25 minutes on streetcar
6. The Parker Apartments: 25 minutes on street car
7. Envy: 25 minutes on street car
8. Waterline: 15 minute walk to tram, then 30 minute tram ride or 3 mile bike ride

## SE

Vibe: Southeast is very funky. It is a hip, up-and coming place for young people. In the last 5 years the neighborhood has changed a lot and undergone major gentrification. Because of this, it has a really cool mix of old homes and new ones, funky artists hovels and sleek LEED certified houses. There is a nice mixture of industry, retail, food service

and housing as well. The neighborhoods are safe, tree-lined, and in the Spring, quite floral. SE is huge and itself contains many neighborhoods like Richmond, Clinton, Foster-Powell, Montavilla, North & South Tabor, Buckman, Brooklyn, Laurelhurst, and many more. It extends from the inner SE bordering the Willamette River, which is more crowded, more bustling, closer to campus and has more restaurants / bars / shops, all the way out to 82nd Ave / I-205. The farther out you go, the quieter & more residential it gets.

Housing: Rent can be cheaper than on the West side. You'll have to keep your eye peeled for a place if you want to live here, because there is increasing demand. Pricing is highly dependent on the specific neighborhood, with the areas closer in tending to be more expensive than those farther out. Most of the housing available is best for single people or couples without kids. My advice: put a little time into getting housing that suits you before school begins, it will pay off every day once the ball gets rolling.

Transportation: Because of the new Tilikum Crossing Bridge, walking, biking and taking public transportation to school is a breeze. I am a dedicated walker, and I love that I can walk to school in roughly 25 minutes. There is a MAX line that runs directly along the border of SE and will drop you off at the front door of school. Several bus lines also cross the river. Parking is easy to find, and there are many grocery stores in the area. I usually use my car about 1 or 2 times a week.

Fun: One of the best parts about living on the East side is that I can leave school, and actually leave it. Nothing about my neighborhood reminds me of class. It is quiet, green and feels homey. I live in the Clinton neighborhood, which is just below Division. Division is a really fun street full of food, shopping, and when the weather is nice, it's full of beautiful people. You are never more than 6 blocks from coffee or beer. On weekends, the area is good for running.

Southeast is good for you if: you don't have a large family, you enjoy a little eccentricity, you like to walk/bike/take transit, you like home life and school life separate, you like to eat out.

Southeast is less fitting if: You prefer to drive to school, you have young children, you're bothered by the occasional odd Portlander riding by on a unicycle shouting.

*Apartments students have lived in before:*

9. Pine Tree Apartments: 10 minute bike ride or ½ mile walk to street car, then 10 minutes on street car
10. Goat Blocks: 8 minute walk to street car stop, then 15 minute street car ride or 10 minute bike ride

## **South Waterfront**

There are many benefits to living in the South Waterfront area. The biggest benefit is being so close to the RLSB! It is really nice to spend less time commuting and more time studying. It also works really well when you have a pet. I was able to come home at lunch and take my dog out, which was really helpful on long days when I knew I would be staying after class to study. Another benefit to living on the South Waterfront is being close to multiple streetcar stops! With your student ID, you can ride the streetcar for free into downtown and over to the East Side. There are some places to eat but it is a little limited. There aren't really any places to purchase groceries or cheap food. Also, if you like to run or bike around town, you have easy access to the Waterfront bike/walk paths along each side of the river from here.

There are some downsides to living on the South Waterfront. First, the cost of living is high here. Like many places in Portland, you will pay way too much for a small apartment. You also have to pay for parking with most apartment complexes. The monthly parking charge can be anywhere from \$100-200/month, depending on where you live. Another disadvantage is that it is far from a grocery store. Need groceries? You'll have to leave the South Waterfront to get to a grocery store and that's not easy to do unless you drive or take the streetcar. Want to eat somewhere new? You'll need to walk, bike, drive or take the streetcar to try out a new restaurant. If you enjoy the convenience of having a grocery store within walking distance, this may not be the right place for you. Despite the disadvantages, it has been worthwhile living so close to the RLSB. Living here you will enjoy having the convenience of walking to school ten minutes before class starts and being so close to a lot of great places to eat. If you have a pet this is a great location as you can come home during lunch to let them out and most of all you will spend the least amount of time commuting.

*Apartments students have lived in before:*

11. The Emery Apartments: 5 min walk to RSLB

## **NE**

NE is great! It's not as expensive as a lot of other areas, and you get to escape school a bit when you go home. Alberta Street & Mississippi Street is quirky and fun and has lots of excellent food and drinks (but you will find that almost anywhere in Portland). Most of our classmates that live in NE bike to school, it is very bike-friendly and there is a path along the river from the Moda Center all the way to school.

Overall, if you are looking to be just reasonably close to school but not right next door, and you want to still be in the city but pay a little less, NE is a great place to live

## **The Burbs**

Living in the burbs has the potential to save you a significant amount of money but it is also further away from school. If you are going to live in the Burbs (Multnomah Village, Beaverton, Hillsboro, etc) you will need to be able to get to a MAX or bus line. You can use the TriMet website/app to find out how long your commute would be and I would suggest doing this before signing a lease. Your commute on public transit can be an excellent use of scheduled study time and has worked really well for some of us. The great part is that you avoid traffic and can ensure that you get to class on time as the transit is very reliable. If you need to park for 2 hours, there is free street parking near campus or paid hourly street parking for up to 4 hours. Otherwise, it costs \$9/day to valet park in the Schnitzer lot right next to school. You may be able to get a parking pass for the area that would allow you to park all day for a cost if you know someone living in the South Waterfront Zone who is willing to get this for you.

Many of us that live in the burbs live in houses with our spouses/significant others/families, others that live in the burbs do so to save money or lived there prior to starting PA school. Please reach out to us if you have any questions about living in this area!



# Orientation

## **What to expect the first two days.**

“The first two days of school will be orientation. You will get your badge and your locker on the first day. Everything is well organized and the program will tell you everything you need to do/bring, but it is still thoroughly overwhelming. Just jot down the important stuff like your locker combination and the door code in your phone, and soak in the rest. Take this time to have fun meeting your classmates!” – This was from the previous class of PA21. Since it is still up in the air whether your class is in person, online or a hybrid, this was their experience with in person.

Our experience was a little different with COVID where it was mostly introduction/format/expectations of certain classes over WebEx. Then on Wednesday there will be that medical term/anatomy exam. Yes, I would recommend reviewing for that exam. No, I would not stress too much about it and dedicate your entire life before school starts to study for this exam. If you fail, which plenty of people did, you just retake it.

## **What is Sakai?**

Sakai will be your academic hub for all of your courses. It is where all of your readings, assignments, and directions will be for each class, so it is a good website to bookmark. Once you log in with your OHSU ID and password, you will see your different courses on the top. You can adjust the courses included on the top of your screen and how they are named by clicking “Sites” and “Preferences.” Each course director organizes their Sakai page differently, but you will get the hang of it. Just know it is where everything is posted about your courses.

## **What is OHSU SIS?**

OHSU SIS (Student Information Services) is the OHSU ban web aka the place you look at your billing account, your grades and your emergency contact information. In undergrad, it was probably the website you used to register for classes, but thankfully the days of fighting over the best courses are over - they do all the registration for you.

If you need to pay a bill/get a summary of charges or want to know your final grades, they are listed here.

### **What is O2?**

O2 is OHSU's employee and education human resources hub. It is where inclement weather statuses are posted and where you can look at current student discounts. These are really the only two things you will need it for (other than possibly a couple times during orientation), but otherwise you will rarely use it. To see your student discounts, go to the O2 home page and scroll down to the very bottom and click "discounts." The discounts get range but we often get access to the Adidas employee store (50% off retail prices) and the Columbia Employee Store (same deal), so keep an eye out for those.

## **Orientation continued...**

### **What is Outlook?**

Outlook is your OHSU email (ohsu.edu/mail). This will be your primary source of correspondence with the program and each other, so bookmark it on your phone (see IT Questions below). Emails will automatically be archived after 60 days. You will still have access to them, but if you notice emails disappearing, go to [archive.ohsu.edu](http://archive.ohsu.edu) and you can access all of your old emails.

Outlook is also where your personal school calendar and your the class calendar/schedule is listed. On the bottom left of the Outlook page, click "Calendar." This will take you to your personal OHSU calendar, which you can sync with your phone. To access your class schedule, you will need to add the "PA Master" calendar to your "People's Calendar's" section.

### **IT Questions?**

You will have a lot of these questions, especially in the first couple weeks. Almost every answer is on the "IT Resources for Current Students" page - simply Google OHSU IT Resources for Current Students, and it will take you there! This will guide you on how to set up your email on your phone/tablet, how to set up the wifi, etc. Bookmark this page

- it's a good one. For other questions, Bob DeBarge is the PA Program's Technology Coordinator and will be your go-to guy for computer issues or questions (he is awesome, listen and do everything he tells you!).

## **Student Loans?**

Student loans are unfortunately a reality most of us have to face during PA school. Everyone's are different, and it is difficult to give advice without knowing your individual situation. However, there are some important things to know. You need to file a FASFA just like you (or your parents) probably did for undergrad student loans. It's pretty much the same, but you do not need to worry about finishing it on January 1st - just get it done in the first few months of the year. You will see the terms "unsubsidized loans" (AKA Grad Plus, and direct unsubsidized) and "subsidized loans" just remember that unsubsidized gain interest while you are in school and the subsidized do not. Once your loans are dispersed from your student loan servicer (FedLoan, Great Lakes, CornerStone, Navient, etc) it will go to OHSU. They will take anything they need for tuition and send you the rest (the money you get for cost of living, etc. is called your "return"). If you have direct deposit set up, you should get this money the Thursday before the term starts. If not, you will probably get the check the following week (set up direct deposit! see below). If you do not want all of your return money, you can email Financial Aid and request part of your loans to be "cancelled" after it is dispersed. However, after they cancel it and send it back to your servicer, you cannot access it again so think through your budget carefully! Each loan disbursement will need to last you through the term (12 weeks), however, do not forget this includes breaks so the winter "term" is three weeks longer because of winter break. Any other specific questions should be directed to Financial Aid. You can call or email them "[finaid@ohsu.edu](mailto:finaid@ohsu.edu)". They are SUPER helpful and respond relatively quickly to any questions you may have. It can be really confusing, so just be patient. Contact Mike Matheny [mathenym@ohsu.edu](mailto:mathenym@ohsu.edu) for individual help on creating a personal financial plan or visit the [OHSU Student Debt Counseling website](#) for financial management resources/information.

## **Direct Deposit?**

Set this up! It will make receiving your return much, much easier, and faster. Simply Google "OHSU Financial Aid Direct Deposit Form" and it will pop up. Do this before school starts so you don't have to worry about it again.

## **Health Insurance?**

Unless anything changes you have three options for health insurance.

1. If you are under 26 or married and your parents or spouse's plan is approved by OHSU, you can stay on that plan and waive the OHSU medical and dental insurance.
2. You can use the OHSU medical and dental insurance and it will be included in the money OHSU takes out of your loans.
3. You can use the Oregon Health Plan if your income is less than about \$16,000 a year (most single students qualify).

If you choose the first or third option, make sure you fill out the waiver forms online to cancel the OHSU insurance so you are not charged. You can call your health insurance if you have specific questions about the questions in the waiver.

The OHSU insurance is not cheap, so put some thought into the different options and do not be afraid to ask JBT (the health center) any questions you have about coverage. They will also talk about this during orientation, the JBT is a really cool resource!

## **Apple or PC?**

Either one! Everyone in the class has different technology they love. Just make sure you are familiar with your device(s) and that it passes all of the requirements sent to you by the program (you will hear from them with these details).

## **Information Sharing?**

During orientation, you will learn about Box. It is a secure version of Google Drive that OHSU requires you to use because it is secure.

## **What supplies should I buy?**

They will send you a specific list of medical equipment and books you will need. Your medical equipment includes a stethoscope, a blood pressure cuff (sphygmomanometer), an ophthalmoscope/otoscope, and a variety of other smaller things. The program will communicate the steps for purchasing equipment so wait to hear from them. When it comes to books, all of your books are available either on AccessMedicine through the online OHSU library or copies our “friends” gave us. **Unless you love having real books, you do not need to buy any.** Also, OHSU recommends a million different medical dictionaries - Taber’s is great.

## How should I prepare for PA school?

You have done a ton of preparing already, so use the time before PA school to **take a break and relax.** Take this time to spend quality time with your loved ones, because once PA school starts this time will unfortunately drop a significant amount. There is still time to do it! But, it is broken into little bits. So prepare for PA school by going on a vacation, seeking sun, going on a road trip, seeing your cousin who lives two hours away - take some time off to do the stuff you won’t have time for once school starts.

If you want to study something to feel better, brush up on your anatomy and review medical terminology. Netter’s makes a coloring book that is kind of fun for an anatomy review. Also, you know you are in PA school when they give you a test after just four days in. You will take a medical terminology and osteology exam the first week. **It will be okay.** Take some time a week or two before school starts to brush up on prefixes, roots, and suffixes common in medical terminology, but don’t study it like a crazy person. About half the class had to remediate the medical terminology exam in our class.

## Tips

- Food is expensive on the South Waterfront, so meal planning is really important. Every Sunday, plan your week ahead as best as you can. It takes some time to get used to this, but your wallet and your waistline will thank you!

- There are two Starbucks locations in the building (no surprise there), download the app early on so you can get rewards! Elephant's also has an app and gives rewards!
- Elephants has cheap mug coffee refills for afternoon yawns
- There are fridges for the graduate students in the grad lounge where you can store your food – there are also microwaves in the grad lounge.
- **HAPPY HOUR:** Elephant's morning pastries are 50% off at 3pm and their hot food is 50% off at 6pm! The **cookies** are pretty damn good!
- You can get a HUGE serving of Thai food for under \$6-8 at the Thai food cart called "Let's Eat Thai Food!" across the street from the Ella apartments.
- You cannot get hard liquor in grocery stores in Oregon, you have to go to a liquor store and they sometimes have weird hours - if you want to make Bloody Mary's, plan ahead!
  - Because of COVID, these tips may fluctuate may and change. :(

# Studying

**The competition has ended.** You are all a team working to get through this together. They do not rank you, you cannot win this, it is a team sport and you have the best teammates, your classmates, on your side.

## Objectives

For every test, there is a list of learning objectives given to the class. The test is always written by the course director, and they follow the objectives very closely. That way, if you have a guest lecturer who dives into the complexity of a specific system and you are asking yourself do I really need to know this?? You can reference the objectives and if it isn't there, you will not be tested on it.

## Summer vs. Fall

There is a **big change** between the Summer and Fall term. During the summer, your schedule and your classes are pretty variable. Your buddy can explain the details of the summer to you if you would like, but just know the schedule becomes much more predictable in the fall. Starting in the fall, every two weeks (sometimes one week) will a new set of objectives and a test every other Friday covering those objectives. You have lectures covering the information Monday - Wednesday, Thursday you apply the information in clinical scenarios, and Friday morning you take the test. You also have Tuesday afternoons and Thursday mornings off to go on your mentorship rotations, but you only do this four times per term, so this is typically studying time. The fall has a clearer rhythm that most people enjoy, so don't fret during the summer, **it will feel smoother come fall!**

# Transportation

## TriMet

Getting around Portland with public transport (TriMet) is usually pretty easy and is very safe. There is the Streetcar, Max (light rail train) and bus system, all of which have lines that go right in front of the RLSB. In August, you can get an unlimited year pass for only \$50 which is a HUGE steal. If you are going to ride the bus even occasionally, I would recommend the pass. If you need one before August, you can go to OHSU Transportation and Parking (3310 SW US Veterans Hospital Rd #232) and pick up a pass for a prorated amount. To navigate the buses, download the TriMet app and the PDX Bus app for trip planning. If you don't live close to a TriMet stop, you can always drive to a Park & Ride where there is free parking!

## Parking

Parking at school is expensive, simple as that. The cheapest way to park is \$9 per day, so if you can avoid driving everyday, you should. But, the reality is we all need to drive sometimes, so knowing how and where to park is important! Parking in the RLSB garage is very expensive (\$22 per day), but parking in the Schnizer Lot which is just north of the RLSB is much more reasonable. If you pay when you arrive, it is \$13 per day, but if you buy a “valet assist” pass online, it is only \$9 per day. If you do the latter, you have to park in the back of the lot and possibly leave your key with the attendant because the rows are three cars deep. Just Google OHSU Parking and Transportation and click “Log In” under Online Parking to get your pass online! If you drive, keep in mind traffic can be pretty gnarly in Portland - so plan accordingly.

## **Biking**

If you can do it, DO IT!

### **Pros:**

- Exercise and fresh air every single day.
- Great way to wake up in the morning.
- No dealing with that pesky Portland traffic.
- Good for the environment!
- Save money on gas.
- Get PAID REAL MONEY to bike! Sign up for the OHSU Bike Program and log your commute each day to get paid \$1.50/ trip. If your situation is like mine, this will be your only income for the next 26 months, and that \$20 check each month feels pretty good (is that too sad?).
- You can drink beer with your classmates after class on Friday and not have to worry about driving home.

### **Cons:**



- Sometimes you really don't feel like biking when you're at school until 11 at night and it's raining outside. \*Note: ALSO A PRO because you have no choice but to get in some more exercise/fresh air.
- Snow/ice days are difficult unless you're hardcore and have a mountain bike, as well. HAVE A BACKUP PLAN.
- It does take quite a bit of planning and figuring out how to get everything you need into your backpack, but you get a routine down.
- Your quads will get awesome and your pants might not fit anymore.

### **What you will need:**

- Bike...if you don't have one there is rentable Nike bikes and E-scooters available by app.
- Helmet
- Front and rear lights- ones you can recharge are super nice. Just plug them in during the day.
- Front and rear fenders
- GOOD RAINCOAT (if you're from somewhere sunny, you'll need to snag one of these guys whether you're biking or not)
- Rain pants. Seriously, take your Columbia student discount and go buy some at the employee store.
- Big, waterproof backpack.
- Make sure you can change a flat.
- U-lock. Yes, has to be a U-lock because bike theft is high in the metro area. That being said, remove your accessories if parking your bike outside.

### **Things you don't HAVE to have but may want:**

- Shoe covers (these are a little spendy, but SO WORTH IT)
- Good gloves- dry hands are great.
- I highly suggest paying for a bike locker in the basement of RLSB. It's \$15/term or just get the full year for \$60 (it more than pays for itself if you log your commutes- see above). Once you pay, you have access through your badge, and only people who have access can get in. There is a locker room with showers (the showers are hardly ever in use), you get to keep your bike indoors/out of the elements, and the bike room opens up right next to the classroom. Thus, you get to be cool and use the bathrooms down there between lectures.
- If you opt not to use the bike locker, you can use the "Go By Bike" bike valet for free which is right under the tram. It's only open from (6 am-7:30 pm), but the people are nice and your bike won't get stolen, which is pretty neat.

## **Lyft-Off**

OHSU is offering credit for lyft ride home up to \$15.00 between 7:00 pm-5:30 am. Sign up via O2. This is a great student incentive and a safe way to get home when you are on campus late studying, or doing a late rotation at the waterfront or the hill. I use it all the time!

## **Tips from the class who survived didactic year online during a pandemic:**

- A second screen has been VERY helpful- you can have webex on one screen and a window open on another or you can have a textbook open on one screen and objectives on another (love the efficiency)
- Consider looking into resources such as AMBOSS and osmosis and split the cost with the classmates
- Having compatible devices that all have the ability to sync up has been a helpful tool

## Words of wisdom from PA 19, 20, 21 & 22 – add a few words of wisdom

- “Put yourself in a stable living situation. You will need a non-stressful home environment so you can rest and relax.”
- “Living near school is very convenient, but not the most exciting. If I had to do it over again, I would live in SE Portland.”
- “Make sure you can either walk/bike or on a bus line, Max line, or streetcar line. It's best if you don't have to transfer but possible if you do. Just try to make sure your commute is 30 minutes or less. Time is precious and the last thing you need to be doing is spending a bunch of time each day commuting.”
- “Save yourself the money, and pack a big lunch!”
- “Since driving to campus is essentially not an option, I would look up routes to school on public transit from potential housing options to make it as easy as possible. Inner SE Portland has been ideal!”
- “Living close and paying more is far better than living far away and paying less”
- “It is worth every dollar to be closer to campus”
- “There are no grocery stores on SW waterfront and food there is expensive”
- “Find something close. You are on campus every day. The extra money spent on rent is probably worth it, if you can swing it.”
- “Really consider public transportation and biking accessibility.”
- “Consider the commute time, a 20 min drive will quickly start to feel like a huge chunk of your day when you are so pressed for study time.”
- “Unless you already have a stable housing solution elsewhere, I recommend living as close to RLSB as possible.”

- “How do you plan to commute - factor that into where you want to live. We all have different perspectives but I love being able to leave the South Waterfront, while still being biking distance.”
- “Strike a balance between saving money and setting yourself up for success with your location and # of roommates. Last thing you want is to have to move first quarter because you were trying to save \$\$ by living with 5 other people.”
- “Find somewhere that makes commuting easy; you'll likely just be in it for one year.”
- “Consider housing beyond the South Waterfront. It's often cheaper and still a manageable commute.”
- “Live as close to school as you can afford.”
- “If you are coming from a sunny or more southerly place, pay attention to your mood and energy level once the dark winter months set in. It's easy to not notice mild signs of seasonal depression but they can make school seem even harder, and there are things you can do to mitigate. OHSU has light boxes to loan if you need one!”
- “Try to take care of little personal administrative things before school starts if possible. Although we do have a little bit of weekday free time once the fall term gets underway, it isn't a lot, and it can be really tedious to get bogged down by those tasks in your precious non-class hours.”
- “If you are not planning on being close to school, at least be close to the maxline!”
- “Don't worry about housing for your second year. Be flexible! We are finishing our first year and still don't know where we'll be living. ”

### **What's with the penguins?**

Aw, our beloved penguins. They are our class mascot with a very cute explanation. We like to think of all the information we learn in PA school as penguins, and the information you need to know currently are the penguins on an iceberg. In PA school, you will learn A LOT and just like penguins on an iceberg, if you put too many on there, some are bound to get pushed off.

However, just because they fall off, they are not gone forever - just swimming! You will see some penguins a lot, and others you will just see a couple times. You will try to put different costumes on your similar penguins to tell them apart, and you will have a really hard time with certain penguins. However, in the end, there are no killer whales in PA school and the penguins are all there, you just need to learn how to keep the right penguins on your iceberg at the right time.

## Everything else

Ask us! Reach out to your PA22 buddy. If we don't know the answer, we will know who to ask.

Special thanks to PA 21, PA20 & PA19, whom this document is adapted from.