

Boston University

OpenBU

<http://open.bu.edu>

BU Publications

BUSM Student-to-Student Guides

2004

Redbook: 2004-2005

<https://hdl.handle.net/2144/25884>

Boston University

**BOSTON UNIVERSITY
SCHOOL OF MEDICINE**



**RedBook
2004-05**



The Student Committee on Medical School Affairs
SCOMSA
Boston University School of Medicine
715 Albany St. - Boston MA - 02118



Dear Class of 2008,

Welcome to medical school and welcome to BU! As I'm sure you all anticipated med school is one of the most difficult endeavors you will ever undertake. Many of you have no idea what you're about to step into, and I want to assure you that your uncertainty is normal. Several of you don't know anyone here, many of you are not from the Boston area, and NONE of you know what it's like to start your first year here at BU Med. Well, we do know what it's like to start, and finish, that first year here. Consequently, the medical student community here at BU has compiled some of its best advice and experiences into this Redbook in an effort to provide you with a powerful and comprehensive resource.

The Redbook has traditionally been an effort on the part of the outgoing first-year class to ease the transition for incoming students by providing unedited comments you may not otherwise find in a textbook or website. In making this guidebook, the Student Committee on Medical School Affairs (SCOMSA) incorporated advice mainly from former students and attempted to pare down the content to the essentials. Keep in mind, this publication is in no way meant to be the definitive handbook to life at BUSM. As a number of contributors note (wisely), you must figure out what works for you as individuals. Therefore, the Redbook is offered only as a consideration as you begin to navigate your way through your first year.

Our hope is that the Redbook not only provides you with information but also gives you a sense of the community here at BUSM. Here at BU, we want you to use your talents and experiences to assist each other rather than try to move past one another. Collaboration rather than extreme competition is the way to find respect and joy in your work here. If you maintain this perspective and work to your potential, you'll find success. Congratulations and good luck!

Justin Dunn
SCOMSA Vice-Chair
jdunn@bu.edu



The Student Committee on Medical School Affairs
SCOMSA
Boston University School of Medicine
715 Albany St. - Boston MA - 02118



Dear Class of 2008,

Welcome to medical school and welcome to BU! As I'm sure you all anticipated med school is one of the most difficult endeavors you will ever undertake. Many of you have no idea what you're about to step into, and I want to assure you that your uncertainty is normal. Several of you don't know anyone here, many of you are not from the Boston area, and NONE of you know what it's like to start your first year here at BU Med. Well, we do know what it's like to start, and finish, that first year here. Consequently, the medical student community here at BU has compiled some of its best advice and experiences into this Redbook in an effort to provide you with a powerful and comprehensive resource.

The Redbook has traditionally been an effort on the part of the outgoing first-year class to ease the transition for incoming students by providing unedited comments you may not otherwise find in a textbook or website. In making this guidebook, the Student Committee on Medical School Affairs (SCOMSA) incorporated advice mainly from former students and attempted to pare down the content to the essentials. Keep in mind, this publication is in no way meant to be the definitive handbook to life at BUSM. As a number of contributors note (wisely), you must figure out what works for you as individuals. Therefore, the Redbook is offered only as a consideration as you begin to navigate your way through your first year.

Our hope is that the Redbook not only provides you with information but also gives you a sense of the community here at BUSM. Here at BU, we want you to use your talents and experiences to assist each other rather than try to move past one another. Collaboration rather than extreme competition is the way to find respect and joy in your work here. If you maintain this perspective and work to your potential, you'll find success. Congratulations and good luck!

Justin Dunn
SCOMSA Vice-Chair
jdunn@bu.edu

Table of Contents

<u>Section I: First Year Courses</u>	3
<u>Anatomy</u>	3
<u>Histology</u>	4
<u>Human Behavior in Medicine</u>	4
<u>Neurosciences</u>	4
<u>Biochemistry</u>	5
<u>Physiology</u>	6
<u>Essentials of Public Health</u>	6
<u>Endocrinology</u>	6
<u>Immunology</u>	7
<u>Human Genetics</u>	7
<u>Integrated Problems (IP)</u>	7
<u>Introduction to Clinical Medicine (ICM)</u>	8
<u>Section II: BUSM</u>	8
<u>Pathways</u>	8
<u>Places to Buy Books</u>	8
<u>Old Exams</u>	9
<u>Places to Study</u>	9
<u>Section III: Words of Wisdom</u>	11
<u>Section IV: Living in Boston</u>	12
<u>Housing Offices and Services</u>	12
<u>Getting Around Town</u>	13
<u>Maps</u>	14
<u>Bicycles</u>	14
<u>Places to Eat</u>	15
<u>Sports and Recreation</u>	15
<u>Bars and Clubs</u>	16

Acknowledgements:

The Redbook 2004-05 editors would like to thank Liz Gallagher, Jill Whitney, Susan Cunningham and everyone in the Office of Student Affairs for advising us; the course managers for providing feedback and updates regarding their courses; and all of the students who helped produce a consolidated Redbook and trusty guide for the first year experience.

Section I: First Year Courses

Here is some advice compiled from previous classes. As always, feel free to contact your second year advisor (or anybody else who has taken these classes) or Academy Advisor with questions you have about what you need to survive your first year.

Please note that the required and optional texts for 2nd semester may still be subject to change. However, the texts for Anatomy, Histology and Human Behavior in Medicine are current as of 8/13/04. Although recommended and required books don't usually change much from year to year, be sure to listen to your course managers and check your current syllabus. It is true that students choose not to buy required texts. Also, some students choose to buy different editions of recommended and required texts. This is dependent on each student's learning style and study habits. We have included tips from students to help you make the decision that is right for you.

Anatomy

Required texts:

- *Essential Clinical Anatomy*, Moore and Agur 2nd edition
- *Langman's Medical Embryology*, 9th edition, Sadler
- *Grant's Dissector*, 12th edition, Sauerland & Grant
- *Atlas of Human Anatomy*, 3rd Netter
- *Human Cross-Sectional Anatomy*, (2nd edition, large version), Ellis et al. (ISBN # 0340807644)

Optional text:

- *Color Atlas of Anatomy: A Photographic Atlas of the Human Body*, 5th edition, Rothen and Yokochi (most students highly recommend this)

Our advice:

Anatomy is one of the few classes for which there are a lot of assigned books and you really need to get all of them. One beautiful thing is that if you sign up for AMSA in the fall (most students do), you get a free Netter atlas. Many students like the optional atlas (Rothen and Yokochi) because it has labeled photographs of real cadavers rather than cartoons. Grant's Atlas of Anatomy by Agur et al. is a good atlas to purchase or borrow from the library, especially if you decide you do not like Netter. Some students recommend replacing Sadler with *The Developing Human*, by Moore and Persaud because the assigned embryology text can be confusing. If you want to save money, some students claim you can get away with buying the smaller (and cheaper) version of the Ellis cross-section book.

Tips:

- You MUST review the bodies/structures routinely or else you will fall behind and have too much to review at once. Try to review at least once/twice a week in lab besides going in to finish dissections. Some students think they can review using books and not going into lab, but on exam day they usually find they were wrong about that.
- Read dissections and look up structures before lab so they are somewhat familiar during lab. Grant's Dissector is also a great way to review for exams.

- Recommend using the Board Review Series Anatomy book as a guide to what sorts of information you need to know. The syllabus may not always be helpful.
- During lab, assign group members to different tasks so that everyone has a job and not everyone is doing the same thing.

Histology

Required texts:

- EITHER *Wheater's Functional Histology*, 4th edition, Young and Heath OR *Color Atlas of Histology*, 3rd edition, Gartner and Hiatt (both are good)
- *Learning System in Histology*, Vaughan (This book contains a CD that you will NEED for the histology labs, though in previous years the CD images were available on the BU intranet at www.bu.edu/histology. This book is relatively new and was written by Dr. Vaughan.)

Optional text:

- *Color Textbook of Histology*, 2nd edition, Gartner and Hiatt (this is only helpful if you're really struggling with the concepts, but the syllabus is very clear and organized so you probably won't need much supplementation) (The bookstore is selling this book without the CD at 75% off.)

Tips:

- Take this class very seriously. Dr. Vaughan doesn't mess around.
- Read and study the syllabus as much as you can. By exam day, you should have the syllabus (every detail!) virtually memorized.....seriously.
- Use the website/CD of the slides BEFORE each lab as well as during your studying.
- Pull from your collection all of the relevant slides, mix them up, turn them all over (so you can't see the labels), and try to give your study partner a "guided tour" of each slide. Use the double-headed scopes.
- Also, don't forget to study the electron micrographs in your lab guides and be sure to check out the "Common Confusions" section of the website/CD.

Human Behavior in Medicine

Required text:

- *Behavior and Medicine*, 3rd edition, Wedding

Tips:

- Concentrate heavily on the material in the syllabus rather than the textbook for exams.
- The book is well written and interesting to read, though not necessary to do well in the class.
- Try to prepare for small groups so you can contribute to conversation.

Neurosciences

Required texts:

- *The Human Brain: An Introduction to its Functional Anatomy*, 5th edition, Nolte

- EITHER *The Human Brain in Photographs and Diagrams*, 2nd edition, Nolte and Angevine OR *Neuroanatomy: An Atlas of Structures, Sections, and Systems*, 5th edition, Haines

Optional texts:

- *A Programmed Text of Neuroanatomy*, Sidman and Sidman, 1965 (This learning guide is amazing and extremely helpful.)
- *Study Guide to Accompany the Human Brain*, 5th edition, Nolte
- *Physiology*, 4th edition, Berne and Levy
- *From Neuron to Brain: A Cellular Approach to the Function of the Nervous System*, 3rd edition, Nicholls et al.

Tips:

- Keep up with the material on a daily basis. This class flies so be ready...
- The recommended neurophysiology book was very helpful in understanding those tough physiological principles (and you thought you would never use your physics again!).
- Learn the spinal tracts as soon as possible. Memorizing and understanding these pathways early on will make the course less intimidating.
- Spend tons of time on the cross sections from all the sources: your handouts, the Haines atlas, and Nolte's text.
- The labs were based on Nolte, but the Haines Atlas contains the same information in a slightly different format. Nolte's Atlas shows color pictures, traces spinal routes and shows three-dimensional aspects of the structures you are looking at. This book can clear up many questions that you have, so check it out and compare it to Haines. Either atlas is recommended and it is advisable to wait until after the first lab session before purchasing an atlas so you know which atlas the syllabus is geared towards.
- The computer programs in the library are extremely valuable study aids.
- For several weeks it feels as though the material covered in this course is fragmented, and will never gel in your brain, as you may have experienced with the "Head and Neck" section of Gross. Eventually, it all comes together through perseverance and steady work.

Biochemistry

Required text:

- *Biochemistry*, 3rd edition, Mathews et al.

Tips:

- Going to lecture is particularly important for this class. The big textbook really isn't that helpful. Many students buy the Lippincott Biochemistry review book instead.
- The course gets off to a slow and manageable start, but don't let that fool you. The amount of information that is thrown at you piles up very quickly.
- Many students found the 1st exam to be the most difficult, both because of the material and the questions asked (especially Dr. Traish's questions); do not be discouraged! Just try to stay on top of things and you'll do fine. The 3rd exam is usually easier than the 2nd which is usually easier than the 1st.

- It's easy to put Biochem on the back burner because of the weekly physiology quizzes, but be warned! This is one class you don't want to wait until 2 or 3 days before the exam to start studying for!

Physiology

Optional texts:

- *Physiology*, 4th edition, Berne and Levy
- *Review of Medical Physiology*, 20th edition, Ganong

Tips:

- This is a conceptually challenging class so a good review book (like Costanzo) is a wise investment as soon as you begin feeling confused.
- Make sure you understand the diagrams and graphs, not only because they can appear on the exams but also because they demonstrate the concepts.
- Take the quizzes very seriously. They can really help your final grade.
- Physiology is one of the best courses of the year, and is really the meat and potatoes of medicine. A strong knowledge of physiology will form a solid foundation for your clinical years.
- Do whatever Dr. O'Bryan says.

Essentials of Public Health

Required texts:

- *Understanding Health Policy: A Clinical Approach*, 3rd edition, Bodenheimer and Grumbach
- *The Rights of Patients*, 3rd edition, Annas

Tips:

- The amount of reading material will be overwhelming, so you might want to organize a group of people and split up the readings. Look for review notes from previous years.
- The books are extremely helpful, and make understanding the lectures much easier. However, don't rely on texts in lieu of the lectures. The Bodenheimer and Grumbach text is particularly important to read.
- Keep up with the readings because it is easy to fall behind and it's very difficult to catch up when it comes to be exam time.

Endocrinology

Optional texts:

- *Endocrine Physiology*, 2nd edition, Porterfield
- *Review of Medical Physiology*, 20th edition, Ganong

Tips:

- Whatever study patterns worked in Physiology will likely work well here.
- The syllabus for this course is fantastic, so the textbooks really are optional.

- At this point in the semester, many students feel the impulse to slow down and cut corners -- try to resist the urge. With only one exam for the course, not pacing yourself can be disastrous.

Immunology

Required text:

- *Case Studies in Immunology*, 4th edition, Rosen and Geha

Tips:

- You only need to read selected cases, so photocopies of the cases will also work.
- The textbook provides more detailed explanations than the syllabus, but the syllabus is basically just a condensed version of the textbook by Dr. Sharon.
- If you want to get the most from the lectures, don't bother to take extensive class notes; use the lectures and study questions to identify important topics rather than take dictation.

Human Genetics

Required text:

- *Genetics in Medicine*, 6th edition, Nussbaum et al.

Tips:

- Read through the syllabus and be familiar with all the concepts presented. The book is helpful as well.
- The lectures provided up to date information that is not covered in the textbook. Hence, attending lectures was both useful and at times enjoyable.
- If you are a class-skipper, MAKE SURE you go on days when there are guest speakers. You can't use a book to learn what they teach...

Integrated Problems (IP)

Integrated Problems is a course that asks students (usually in groups of seven, along with a physician preceptor), to analyze and do research on the issues presented in a given case. The course runs for the first and second years of the curriculum.

An actual case will be dissected and the students will create a list of research topics that flow from the medical, legal, and social issues that the case addresses. From here, each student will do independent research on the topic and present the information to the group at the next session. The written component of this presentation is usually a one to two page summary of the research with references included.

Resources:

You'll find out MANY more resources in the mandatory library training session.

- IP Website through the Library Homepage
- MedlinePlus, Medline

- StatRef Online
- www.uptodate.com

Introduction to Clinical Medicine (ICM)

Patient interviewing, particularly in front of your peers, can make your palms sweat, but it's an essential skill that you'll have to master over the next four years. ICM serves as a reminder of why you came to medical school.

Tips:

- Complete your write-up as soon as possible after you do your assigned interview.
- Medical instruments include a stethoscope, ophthalmoscope, otoscope, doctor's bag (optional), sphygmomanometer, reflex hammer, and tuning forks (for all of 1st year you'll really only need the stethoscope). Most of these instruments (except the stethoscope) should be available at your ICM site.
- Our class got a free DRG stethoscope at the beginning of the year. You may want to hold off on buying a stethoscope until you find out if this will happen again.
- It is useful to point out that third and fourth year students are usually selling their used instruments throughout the year and most of the time the instruments have barely been used.

Section II: BUSM

Pathways

Please be aware that many of your classmates will have different backgrounds. Some may have taken time off after college, others may have earned advanced degrees, and others may be in alternative programs offered by BU. The acronyms of the BU programs are ENGMEDIC, EMSSP, GMS, MMEDIC, and SMED. As a result, some students may be exempt from certain classes. In the past this has created animosity among some students. Now that first year classes are pass/fail hopefully this controversy is in the past. If someone is exempt from a class it is because they have suffered through it already. Rather than hate your classmate who does not have to take Histo, ask him or her to help you prepare for the course. The different pathways at BU allow for a diverse class and a better learning environment: take advantage of it.

Places to Buy Books

The most standard and convenient place for you to get your books is the BU Medical Bookstore (700 Albany St.). They not only have the required course books, but they also have a number of helpful board review books, which are a good buy for any course that you want more information on. However, as loyal as we are to the BU Medical Bookstore, it is definitely not the cheapest place to buy your books.

Buying used books from other BU medical students is a great way to get the (gently used) books you need at lower prices. There are two ways you can get books from your fellow students. The first is the annual AMSA book sale, held in September. This is where many students sell their old books. More information will be posted about this when you get to school. The only downside of getting books this way is that you must have a pretty good idea of what books you want and get to the sale early because after about 30 minutes most of the books are gone! The second way to get used books from BUSM students is to check your email. Throughout the year, students send out emails trying to sell their old course books. This is an easy way to get cheap books.

Another option, for those of you strapped for cash, is to consider using some of the texts on reserve in the library. Most course books are on reserve in the library, some circulate overnight, and others do not. For some courses, which recommend a slew of books, using the library reserve texts may be the way to go.

Lastly, there is always the internet. You can often find books that are a little cheaper than those sold in the BU Medical Bookstore. Although you may have to pay shipping, you usually do not have to pay tax. Some sites that students have used in the past include www.amazon.com, www.ecampus.com, www.barnesandnoble.com, www.half.com and www.foollett.com.

Old Exams

Since the exams given at BUSM do not vary much in format from year to year, old exams can provide an indication of the concepts that will be stressed in future exams. The AMSA test packet, which is available for \$75 during the first few weeks of school, contains exams from the past several years (with answers) for most of the first-year courses. Not every student decides to purchase the AMSA test packet. Regardless of whether you decide to actually buy the packet or simply photocopy a friend's, **GET OLD EXAMS**. You will find yourself at a disadvantage if you do not use the old exams as study aids.

You can ask other first-year students who were in the masters program, your peer advisors, or other second-years, or you can buy the AMSA packet. It is probably a little on the expensive side but saves you the trouble of hunting down those exams. There is a copy center behind the School of Public Health where you can photocopy at a cheap rate.

Old exams really help you get to know each professor's testing style, and many questions are asked in a similar if not identical way. We'd recommend doing at least 3 old exams not only becoming familiar with why the right answer is correct, but perhaps more importantly, why the wrong answers are incorrect.

Places to Study

Boston University Libraries

<http://www.bu.edu/library/>

On the BU Libraries homepage you'll find a listing of all of the many BU libraries, locations and hours.

Other spots around BUSM and the BU Charles River Campus:

- McNary Learning Center, BUSM, 80 E. Concord St., Bottom Floor of R Building
- Robinson Learning Center, BUSM, 2nd floor
- George Sherman Union (GSU), BU Charles River Campus, 775 Commonwealth Ave.

Other Libraries:

Boston Library Consortium

<http://www.blc.org/index.html>

Boston University is a member of the Boston Library Consortium (BLC). The BLC consists of a number of public and private libraries that offer reciprocal lending privileges to the patrons of each. Students must have a valid BLC card to use member libraries' facilities and materials.

For a listing of other BLC members to extend your range of study locations, check out http://www.blc.org/list_of_members.html.

Favorite BLC Libraries Include:

- Boston College (O'Neill) Library <http://www.bc.edu/libraries/>
- Boston Public Library <http://www.bpl.org/>
- Hayden Library at MIT <http://libraries.mit.edu/about/index.html>
- Northeastern (Snell) Library <http://www.lib.neu.edu/>
- Suffolk University Law Library <http://www.law.suffolk.edu/library/>

Not all of the BLC libraries require you to have a BLC card to enter. BLC cards are available at the Alumni Medical Library Reference Desk, Monday through Friday, from 8:30 AM - 5:00 PM. Be sure to bring a copy of your valid Boston University identification card when applying for a consortium card. (NOTE: Harvard University Countway Medical Library is NOT a part of the Boston Library Consortium.)

Countway Library of Medicine

10 Shattuck Street

<http://www.countway.med.harvard.edu/>

In addition to serving the greater Harvard scientific community, Countway provides the medical students and faculty at Harvard, BU, U Mass, Tufts, and the Mass Med Society. This agreement, termed the Boston Medical Library, allows us to have access to about everything we need in one place. Countway has a ton of online resources that allow you to print directly from Medline when you are searching from one of Countway's computers. You have to buy your own copy card to do so, but this perk can make it well worth the trip over. Don't forget to bring our BU or Mass Med ID as the library is closed to the public.

Other ideas:

- Espresso Royale near Northeastern
- Starbucks on Tremont
- Francesca's on Tremont

Section III: Words of Wisdom

General Advice:

- Everyone has his or her own way of studying. Figure out what works best for you instead of assuming that there is only one correct way of studying. Many students try to read the lectures BEFORE class, then jot down a few notes during class. Also, writing things down rather than just reading them tends to help with retention. Most classes post lecture notes on the web or have all the info in the syllabus, so frantically trying to copy everything is usually not helpful. Dr. O'Bryan is one professor you'll want to take good notes for.
- Many people will argue that going to lecture is useless. It really depends on the lecturer and the person. Some lecturers are so boring you fall asleep, or they simply regurgitate everything in the syllabus or textbook. Some people learn well from lectures and some people learn better on their own. So, it is up to you.
- Great group study rooms are the McNary rooms on the first floor of the school. They are sometimes hard to get but sometimes you get lucky (see guidelines in "Libraries and Places to Study").
- In general, use the syllabi to study for exams and use the texts if further comprehension is necessary. Virtually all the material for exams comes from the syllabi and lecture notes. Most professors will not grab random facts out of textbooks if they weren't discussed in class.
- Use the faculty! They REALLY DO love meeting with and helping students here.
- Utilize the courseinfo website. Most professors are pretty good about posting class notes and relevant info on their respective sites.
- Use your SCOMSA reps or the SCOMSA website (people.bu.edu/scomsa) if you have any questions or concerns.

Here are some things that we know now that we wish we knew last September:

- The city's express busses are a great way to get around and to get to the suburbs.
- Bread and Circus on Mass Ave has a good salad bar and health food.
- Friday is Chowda' Day in the downstairs Chequers.
- Second semester gets a bit easier after neuro.
- You can easily get completely absorbed by school. DON'T. Make the effort to maintain your interests. Keep track of world events; keep in touch with old friends; go out and HAVE FUN!
- Keep on top of your readings and read before class.

- Exercise often. We get a free membership to the South End Fitness Center connected to the hospital.

SUMMER AFTER 1st YEAR

All the information we got during our 1st year indicates that residency programs don't really care what you do between your 1st and 2nd year as long as you are trying to better yourself and/or your community in some way. Many students choose to do research through BU for two months during the summer.

<http://www.bumc.bu.edu/Departments/PageMain.asp?Page=7342&DepartmentID=42>

If you are looking to be in a competitive residency (Derm, Orthopedics, etc.) this may not be a bad idea, but it will probably take more than a couple months of summer research to really give you a leg up in applying to residencies. Here are some other things students have done with their summers:

- Gone abroad (Guatamala, Ecuador, Mexico, etc.) to work in health care and learn the language. Some of these programs are great and Student Affairs can help you find one and try to secure some funding.
- Prosected for anatomy summer students (great review for anatomy, but usually volunteer).
- Shadowed physicians or in the Emergency Department.
- Taught Kaplan classes (I hear the money's good) www.kaplan.com.
- Worked at the NIH <http://www.training.nih.gov/student/index.asp>.
- Worked at a summer camp with kids.
- Waited tables
- Read books
- Travelled
- Enjoyed their last real summer...

Section IV: Living in Boston

Housing Offices and Services

We realize most of you will have a roof over your head by the time you receive the Redbook. Therefore the following information is geared toward mid-year moves, summer accommodations and ideas for alternatives if you contemplate changing locations or roommates for your second year of school.

Office of Off-Campus Services, BUSM

<http://www.bumc.bu.edu/ocs>

715 Albany Street, A-406

Laurie Dubois, Off-Campus Services Coordinator, ocservices@bumc.bu.edu

617-638-5125

Monday - Friday 8:30am – 5:00pm

The Office of Off-Campus Services was created in June, 2002 to specifically assist students of the medical campus with their off-campus housing needs. The office has created a list of

available apartments targeted towards people at the medical campus. If you would like to add a posting to this list, you may e-mail Laurie Dubois, the Off-Campus Services Coordinator. She can also tell you about other resources available through BU and helpful tips for finding a place. If you have any questions, or need additional resources to assist you in your housing search, please do not hesitate to contact the office. The Office of Off-Campus Services has a very comprehensive website providing near one-stop shopping for all of your housing related issues. You will find links to Craig's List and other tried and true methods of finding apartments and roommates. Sections listing realtors, advice from students and descriptions of Boston's neighborhoods are also included on this site.

This OCS website also contains info that will help you this fall as you unpack and buy stuff for your place. A list of utilities with contact info and a few places for furniture are listed. Also, keep your eye peeled for great deals as students post items on the class list-serves. This often over-utilized resource helps both the buyers and sellers get great deals. In addition, check out:

- Ace Hardware on Mass Ave. (Symphony) or Harvard Ave. in Allston
- Basic Furniture on Harvard Ave. in Allston has cheap, unfinished & finished stuff
- Target.com

Office of Residence Life, BU

985 Commonwealth Avenue
617-353-3852

This option is listed as something to check out for future years at BUSM. The Boston University Office of Residence Life offers Resident Assistant (RA) or Senior RA (SRA) positions to qualified graduate students. RAs and SRAs are Office of Residence Life and Office of the Vice President and Dean of Students student staff members living within campus residence areas. RAs and SRAs receive room and board as compensation in exchange for working twenty hours each week, SRAs often get an additional stipend. Several medical students opted for this housing arrangement this year; workload depends on which dormitory you are located in, so try to talk to other med students in these positions before accepting a position. The advantages include living in a great location for free; the disadvantages are that you may have difficult residents. There are usually spots available until the start of the academic year, but get your application in as soon as you can if you are interested! Please contact the Office of Residence Life for more information.

Getting Around Town

Transportation info can be found on the Boston University Medical Campus website. From the home page <http://www.bumc.bu.edu/> select "Medical Campus Administration." From the pop-up menu select "General Services." You'll find the "Transportation/TransComm" link in the menu on the left. Comprehensive information about parking, using public transportation (MBTA), T-passes, security escort services and more is provided. If you are assigned an ICM location that is a bit of a commute, you can always call their office at 617-638-7473. They are very helpful and often know the most straightforward way from point A to point B. For bus and shuttle info, they provide kiosks across from the Office of Student Affairs (<http://www.bumc.bu.edu/osa>) and in the lobbies of both hospitals. Also www.transcomm.org may be helpful to check out.

Don't forget, you can always use the directory in your academic planner for phone numbers.

Helpful transportation numbers:

TranSComm: (617) 638-7473

Parking Services: (617) 638-4915

Automated Helpline: (617) 638-7430

We've listed some numbers of taxi companies below for your reference.

Boston Cab (617) 536-5010

Checker Cab (617) 536-7000

City Cab (617) 536-5100

ITOA (617) 825-4000

Metro Cab (617) 782-5500

Town Taxi (617) 536-5000

Maps

Since most of Boston was built on back-fill over a period of several decades, the streets and intersections can be very confusing. Purchasing a map of Boston will definitely help you find your way around, be it by bus, car, or foot. The B&B City Streets map of Boston is great. Not only is it small, relatively cheap (\$6.95), and laminated, but it also shows several points of interest and all of the subway stations. A map of the Boston University Medical Campus can be found at the end of the Redbook (pg. 19).

Other map links...

- Subway, Bus, Commuter Rail Maps and Schedules: www.mbta.com
- Boston University Maps and Directions: <http://www.bu.edu/visit/maps/index.html>
- Boston University Medical Center Maps and Directions: www.bmc.org/patients/directions/
- City of Boston and Surrounding Area Maps and Directions: www.mapquest.com
- Logan Airport: www.massport.com/logan/
- Boston's Bikemap: bikemaps.com/urbmaps.htm

Bicycles

Many students ride their bikes to school or in areas outside of Boston for recreation. If you choose to ride your bike in the city, be sure to wear a helmet and to use a light when riding at night. Besides the element of danger due to crazed motorists, potholes can easily gobble up you and your bike. You can make your ride a lot safer by taking side streets and avoiding streets with major construction. Maps and additional information regarding riding bikes in Boston can be found at: <http://bikemaps.com/urbmaps.htm>

For longer commutes or in cases of inclement weather, bicycle racks are available on the cross-town busses and commuter rail trains. Bikes may also be carried onto subway trains during off

peak hours. For more information about bicycles on the T, visit their website at:
<http://www.mbta.com/Passfares/types/bikepermit.cfm>

Once you arrive at BUMC, you should lock your bike in one of several designated area. Maps of bike rack locations can be found at <http://www.bumc.bu.edu/www/bumc/ogs/images/bike.pdf>.

Places to Eat

There are dining facilities at the Medical Center, in addition to restaurants and convenience stores in the area. If you decide to save money and bring your own lunch, there are several microwaves available for student usage. There are also vending machines associated with all of the BUMC facilities:

On Campus

- *Chequers* 80 E. Concord St. (Basement of L building)
- *Cafeteria @ Boston Medical Center, East Newton Pavilion*, 88 E. Newton St. *20% student discount if you show your BU ID.
- *Cafeteria @ Boston Medical Center, Harrison Avenue Pavilion*, 850 Harrison Ave
- *Campus Convenience*, 700 Albany St.
- *Dental School Cafeteria*, 100 E. Newton St., G Building
- *D'Angelo* 850 Harrison Ave. (Hospital lobby)
- *Dunkin' Donuts*, 850 Harrison Ave. (Hospital lobby)
- *MG's Café* 720 Harrison Ave.

Nearby Locations

- *Andre's Café*, 809-811 Harrison Ave.
- *Christopher's Café*, 59 E. Springfield St.
- *Code 10*, 1638 Washington St
- *Flour*, 1595 Washington St
- *Harrison Deli*, 805 Harrison Ave.
- *Mike's City Diner*, 1714 Washington St.
- *New China Restaurant*, 869 Harrison Ave.
- *Equator* Thai food, 1721 Washington St., 617-536-6386

Other ideas for a great dinner out...

- *Not Your Average Joes* (Main St. in Watertown)
- *Super 88* (Great cheap Korean food)
- *Marche* (in the Prudential)
- *House of Siam*
- *667 Tremont*
- *Sorello's* (in Jamaica Plain)
- *Giacomo's*
- *Legal Seafood*

Sports and Recreation

For the Spectator: Make the time see your favorite team or sport at home-team stadiums in Boston.

The Fleet Center: 1 Fleet Center, North Station
Home the Boston Bruins and Celtics. Catch special events such as the circus or ice shows.
Event Information Line: 617-624-1000

Fenway Park: 4 Yawkey Way, Kenmore Square
Home of the Red Sox
Call 617-482-4SOX for tix

Gillette Stadium: 1 Patriot Place, Foxboro Ma
Home of the New England Patriots and the New England Revolution
Call 800-543-1776 for football and 877-GET-REVS for soccer

Fenway and the Fleet Center are easily accessible by public transportation. Check the beginning of the Yellow Pages to see seating maps of the stadiums.

For the player:
The South End Fitness Center, located here on campus has a basketball court as well as a swimming pool. There are many parks throughout the city equipped with baseball fields, basketball and tennis courts and more. These are all available for public use, though some fields require a permit e.g. the baseball fields in the Boston Commons. Explore your surroundings to see what your neighborhood offers. Also check the web at www.cityofboston.gov/parks.

Things to do and places to visit:

- Harvard Museum of Natural History
- Boston Museum of Science
 - Omni shows
 - Planetarium
- New England Aquarium
- Franklin Park Zoo
- Boston Commons and Public Gardens
- Harvard Square
- Running along Charles River
- Duck Tour
- North End
- Museum of Fine Arts
- Elizabeth Stuart Gardner Museum
- The Constitution
- Rockport

Bars and Clubs

Bars

Clery's – 113 Dartmouth St., 617-262-9874

A popular hangout last year due to its size and close location. It has a room where people can hang out/chat as well as a bar and dance floor downstairs. Drinks are reasonable.

Beacon Hill Pub – 149 Charles St.

This is a low key place, no dress code, and really cheap beer (ask for the \$2 Brubaker). It attracts a chill crowd from all around Boston.

The Pour House Bar & Grill - 909 Boylston St., 617-236-1767

Reasonably priced drinks and bar food, along with a reassuringly crowded atmosphere. Our class met here during orientation week.

Whiskey's Food & Spirits - 885 Boylston St., 617-262-5551

Plenty of booze and a good crowd have made Whiskey's a favorite of area twenty-somethings. Between 4-11pm, they serve wings for 10 cents! You can get uncomfortably full (think Thanksgiving) for less than 5 dollars here.

Jillian's - 145 Ipswich St. (near Fenway Park), 617-437-0300

This is a huge bar on the infamous Landsdowne St. which has pool tables, bars, and a bowling alley.

The Cactus Club - 939 Boylston St., 617-236-0200

There's plenty of Tex-Mex, the bar is a Margarita lover's dream, and it's busy enough for beer drinkers' satisfaction.

Daisy Buchanan's - 240a Newbury St., 617-247-8516

A casual break from upscale Newbury Street, and a favorite of local professional athletes and college pickup artists alike.

Faneuil Hall – This is a historic part of Boston that happens to be packed with some great bars and clubs. Definitely worth the trip.

Other favorites: Our House, Delux, Dillon's, Solas, Tia's on the Waterfront, Tigerlily, and Wally's Café (great nightly jazz)

Clubs

The Big Easy - 1 Boylston Place, 617-351-7000

Also dubbed 'The Big Cheesy', this club is big enough for everyone and easy to love. Live bands and DJs, with a chill area upstairs to relax. This is one of the three clubs, along with Sugar Shack and La Boom, in 'The Alley'. Paying the combined cover (\$10) for entry into The Big Easy and Sugar Shack is very worth it.

The Roxy - 279 Tremont St., 617-338-7699

An elegant dance club that keeps a good crowd. Friday nights at the Roxy can make a great date spot, with swing dancing lessons, followed by swing music into the night.

Pravda - 116 Boylston St., 617-482-7799

Tapas, drinks, and dancing in a classy environment keeps the thermometer reading high.

Embassy/Modern - 36 Lansdowne Street, 617-536-2100

Classy, euro bar and club that are connected to Avalon on weekends. Expensive but lots, and lots of beautiful people.

Other favorites: Aria, Caprice, Felt, Paradise, Pravda, Sophia's

**BOSTON UNIVERSITY
SCHOOL OF MEDICINE
2004 - 2005**

