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# Redbook: 2005-2006

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*Boston University*



**BOSTON UNIVERSITY**

SCHOOL OF MEDICINE

REDBOOK

2005-06



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The Student Committee on Medical School Affairs

**SCOMSA**

Boston University School of Medicine  
715 Albany St. - Boston MA - 02118

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Dear Class of 2009,

First and foremost, congratulations! It's my great pleasure to welcome you to medical school here at Boston University. All of your hard work has led you to this point and undoubtedly, each one of you is dealing with your own anxieties and uncertainties. Rest assured you are not alone. As you acquire unique individual experiences, you will also face challenges, learn, and progress together as one class. There is help and support all around you. 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 useful 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. Please keep in mind that 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.

With that said, we hope this Redbook provides you with information that gives you a sense of the community here at BUSM. Life here at BU is what you make of it. All of you are here because we believe in the special attributes you possess. Utilizing your talents and experiences to assist each other will ultimately lift you, your peers, and the BU community to a greater level of success. Medicine is an altruistic endeavor. If you keep that in perspective, you won't veer too far from the right path. Congratulations and good luck!

Kevin Wang, BUSM II  
SCOMSA Vice-Chair  
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## **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 2<sup>nd</sup> semester may still be subject to change. 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 2<sup>nd</sup> edition
- *Langman's Medical Embryology*, 9th edition, Sadler
- *Grant's Dissector*, 12th edition, Sauerland & Grant
- *Atlas of Human Anatomy*, 3rd edition, 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, Rohen 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 (Rohen 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 (both cheaper and easier to carry around) version of the Ellis cross-section book.

Tips:

- Students recommend using the Board Review Series Anatomy book as a guide to what sorts of information you need to know. They also find the practice tests in the BRS book to be extremely helpful. The syllabus may not always be helpful although it is can be useful for reinforcing information.

- Attending embryology lecture and paying close attention is important. Models are used during lecture but ppts may get a bit confusing.
- 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.
- During lab, assign group members to different tasks so that everyone has a job and not everyone is doing the same thing. Your lab mates are as valuable of assets as the texts.

## 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](http://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 may be 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 meticulously. 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:

- This class flies so be ready...
- KEEP UP WITH THE MATERIAL on a daily basis!
- The recommended neurophysiology book was very helpful in understanding those tough physiological principles (and you thought you would never use your physics again!). Attending these lectures is important.
- 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 Haines or Nolte 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 (i.e. Brain Storm) in the library are extremely valuable study aids.
- Old exams are very helpful.
- For several weeks it feels as though the material covered in this course is fragmented, and taught way too fast. You feel as if it will never gel in your brain,

as you may have experienced with the "Head and Neck" section of Gross. However, it all eventually comes together if you persistently chip at it.

## Biochemistry

Required text:

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

Tips:

- 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.
- The 2004-05 course included a clinical discussions section and tests questions were taken from those. ATTENDANCE is crucial. TAKE GOOD NOTES!
- Going to lecture is particularly important for this class. The big textbook is a useful source. Many students buy the Lippincott Biochemistry review book.
- Many students found the 1<sup>st</sup> 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 3<sup>rd</sup> exam is usually easier than the 2<sup>nd</sup> which is usually easier than the 1<sup>st</sup>.
- Don't get too frustrated. Ask for help when you need it.
- Old exams are great (AMSA packet)
- 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:

- Do whatever Dr. O'Bryan says.
- 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 as well as gauge your understanding of the material.
- Go to lab. You will be at a disadvantage if you don't go as it reinforces the material taught in lecture thoroughly.
- 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.



## 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 or make some of your own.
- 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.
- For the 1<sup>st</sup> mid-term, don't try to memorize cases. They are merely there to give examples of concepts.
- 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:

- Great syllabus, so the textbooks really are optional.
- Whatever study patterns worked in Physiology will likely work well here.
- 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*, 4<sup>th</sup> edition, Rosen and Geha

Tips:

- The syllabus is basically just a condensed version of the textbook by Dr. Sharon. If you need more detailed explanations, go to the text.
- Try to read prior to lecture as Dr. Sharon may be a little "quick" during. Focus on the material in the syllabus directly highlighted in the powerpoints.
- You only need to read selected cases, so photocopies of the cases will also work (copies are also available in the library).

- 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 (it has nice pictures and is well organized).
- 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...
- Attendance and participation is noted when you break off into small groups and it will make up a percentage of your final grade.

## **Integrated Problems (IP)**

Integrated Problems is a course that runs through the first and second years of the curriculum. It asks students (usually in groups of seven or eight, along with a physician preceptor) to analyze and do research on the issues presented in a given case. An actual case will be dissected and the students will create a list of research topics that vary from the medical, legal, and social issues that the case addresses. From here, each student will do independent research on a topic of his or her choice 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.

Take this opportunity to practice on presentation skills and research skills. These intangibles will be valuable come your clinical years.

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](http://www.uptodate.com)

## **Introduction to Clinical Medicine (ICM)**

ICM serves as a reminder of why you came to medical school as you get a glimpse of patient-doctor interactions and the clinical experience. 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.

#### Tips:

- Try your best to relax if you're one of the many students not used to the interviewing process yet. Learn from others and from the advice your facilitator gives you. These tidbits will all help you down the line.
- 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 1<sup>st</sup> year you'll really only need the stethoscope). Most of these instruments (except the stethoscope) should be available at your ICM site.
- Some student organizations (Emergency Medicine Interest Group for our class) may offer discount prices on stethoscopes so take advantage of those sales.
- 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.
- Don't be afraid to ask questions during second semester ICM.

## **Section II: BUSM**

### **Pathways**

As you already know or will soon discover, many of your classmates will have different educational 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 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 some resentment toward 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 resent 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.

For those who've placed out of certain courses, you can help yourself AND your classmates a great deal. Take advantage of this extra time by...

- Helping your classmates. Be willing to do extra work in some courses (i.e. Anatomy), while they prepare for Histology or other classes. Tutor them, offer them the notes you took the year before, offer advice, etc. This can only benefit everyone as well as help you reinforce information you've learned a long time ago.
- Being creative with your time! Tutor, get a research job, work for some huge corporate chain that serves caffeine with fancy names, or get a hobby.

- Getting involved in your community. Whether it's within the medical school community or the local city! Participating in the Outreach Van Project here at BUSM is a great way to volunteer!

## 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, usually held in early 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 books cheap.

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](http://www.amazon.com), [www.ecampus.com](http://www.ecampus.com), [www.barnesandnoble.com](http://www.barnesandnoble.com), [www.half.com](http://www.half.com), [campusi.com](http://campusi.com) and [www.efollett.com](http://www.efollett.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, 2<sup>nd</sup> floor
- George Sherman Union (GSU), BU Charles River Campus, 775 Commonwealth Ave.
- BU School of Management (SMG), <http://management.bu.edu>

### **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.

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.) For a listing of other BLC members to extend your range of study locations, check out [http://www.blc.org/list\\_of\\_members.html](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>

### **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 your BU or Mass Med ID as the library is closed to the public.

### **Other ideas:**

- Espresso Royale (one near Northeastern and one on Comm. Ave. off the BU Central T-stop on the Green B-line)
- Starbucks on Tremont
- Francesca's on Tremont
- Boston Public Library, 700 Boylston St, Boston, MA 02116, (617) 536-5400 [www.bpl.org](http://www.bpl.org) -The Bates Hall is always filled with diligent students. There is free wireless internet access if you have a library card.
- Tufts Medical School (Washington St.) - Their library is beautiful and newly renovated. Lots of small study rooms and larger study tables.

## ***Section III: Words of Wisdom***

### **General Advice**

- It's really helpful to study with people. It serves as motivation to study as well as an immediate source of discussion if/when questions arise.
- 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.
- Use the faculty! They REALLY DO love meeting with and helping students here.
- 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.
- 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](http://people.bu.edu/scomsa)) if you have any questions or concerns.

## Hindsight

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

- Taking a little bit of time to get to know your classmates is more valuable than you think.
- 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!
- 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 and Wednesday is Quesadilla Day in the downstairs Chequers.
- Second semester gets a bit easier after neuro.
- 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. Also, the brand new Agannis Arena and student center at the Charles River campus is a modern work of art (bring your BU I.D. and there is a shuttle from school that will pick you up in front of the Albany St. parking garage and will drop you off at the gym).
- Intramurals are a great way to have fun and still compete.

## SUMMER AFTER 1<sup>st</sup> YEAR

All the information we got during our 1<sup>st</sup> year indicates that residency programs don’t really care what you do between your 1<sup>st</sup> and 2<sup>nd</sup> 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. To peruse the Medical Student Summer Research website and many other resources please go to:

<http://www.bumc.bu.edu/busm/osa>.

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 (Guatemala, 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 (the OSA website has a comprehensive listing).
- 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](http://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 Housing Resources, BUSM**

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

715 Albany Street, A-406

Laurie Dubois, Housing Resources Manager, [ocservices@bumc.bu.edu](mailto:ocservices@bumc.bu.edu)

617-638-5125

Monday - Friday 8:30am – 5:00pm

The Office of Housing Resources 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 Housing Resources Manager. 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 Housing Resources 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 OHR 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" and from that pop-up menu click on "General Services." You will 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, there is a kiosk across from the Office of Student Affairs and in the lobbies of both hospitals. Also [www.transcomm.org](http://www.transcomm.org) may be helpful to check out. There is also "The Bus", which is a free shuttle running between the medical and Charles River campuses (runs every 1/2 hour during the academic year).

*\*TAXI VOUCHER PROGRAM for Weekend & Holiday Nights*

BUSM provides taxi vouchers program for Boston University Medical Campus Students only (valid BUMC I.D. is required), to South End neighborhood locations, including MBTA stops, within a 2-mile radius of the Medical Campus only. This program operates only on Weekend (Saturday & Sunday) and Holiday evenings, between 4:30 pm – 1:00 am, when regular shuttle and transportation options are not available. Students must go to designated security desk locations to receive a voucher and call for a cab. For additional details about this service please visit the Office of Student Affairs web page at [www.bumc.bu.edu/osa](http://www.bumc.bu.edu/osa).

**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

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 land-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. 21).

Other map links...

- Subway, Bus, Commuter Rail Maps and Schedules: [www.mbta.com](http://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/](http://www.bmc.org/patients/directions/)
- City of Boston and Surrounding Area Maps and Directions: [www.mapquest.com](http://www.mapquest.com)
- Logan Airport: [www.massport.com/logan/](http://www.massport.com/logan/)
- Boston's Bikemap: [bikemaps.com/urbmaps.htm](http://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. Also, you can score a helmet for \$5 at the BMC Gift Shop in the Menino Pavillion. 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 areas. 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
- *Bob the Chef's Southern Bistro*, 604 Columbus Avenue, 617-536-6204
- *Flour*, 1595 Washington St
- *Café Amichi/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. The brand new main campus gym (Agganis) is pretty unbelievable. There are a lot more students there so it's much different than South Block. Also, intramural sports are offered year-round. 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](http://www.cityofboston.gov/parks).

### ***For the outdoorsmen***

Being in Boston gives you great access to many outdoor activities. There are skiing/snowboarding resorts, camping grounds, rafting sites, canoeing/sailing/kayaking venues, etc. Here are few places some of us have been:

- Killington Ski Resort (this one is good but there are a bunch all over, just look them up on the internet)
- Zoar Outdoors whitewater rafting- Deerfield Mass.

- Saco River-camping and canoeing, Maine
- Greenfield State Park (there is a general website for all state parks in NH with a 1-800-number)

### **Things to do and places to visit:**

- Harvard Museum of Natural History
- Boston Museum of Science
  - Omni shows
  - Planetarium
- New England Aquarium
- Boston Pops
- Franklin Park Zoo
- Boston Commons and Public Gardens
- Harvard Square (Cambridge)
- Running along Charles River
- Duck Tour
- North End (Boston)
- Museum of Fine Arts
- Institute of Contemporary Art
- Isabella Stewart Gardner Museum
- The Constitution
- Rockport, MA

## **Bars and Clubs**

### ***Bars***

#### **Bell in Hand-** 45 Union St., 617-227-2098

This is America's oldest tavern opened in 1795. It's a great place to hang out with live bands and dancing on both floors.

#### **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. (off Charles/MGH T stop, on Red line)

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.

**Boston Beer Works**- 61 Brookline Avenue (Opposite Fenway Park), 617-536-BEER

They brew their own beers and they're all usually pretty good. Good food, good service, and a great overall atmosphere. Not too pricey either.

**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. Find details at:

<http://www.faneuilhallmarketplace.com>.

**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 Liquor Store** – 25 Boylston Place, 617-357-6800

Houses the only mechanical bull in Boston. Be sure to bring a camera to catch your friends in their most awkward positions. Drinks may be a bit on the small side.

**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.

**Gypsy Bar** - 116 Boylston St., 617-482-7799

Contemporary style, food, drinks, and dancing in a classy environment keeps the thermometer reading high. On Wednesday nights, you may catch a celeb or two.

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

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

**Other favorites:** Aria, Caprice, Felt, Paradise, Sophia's.

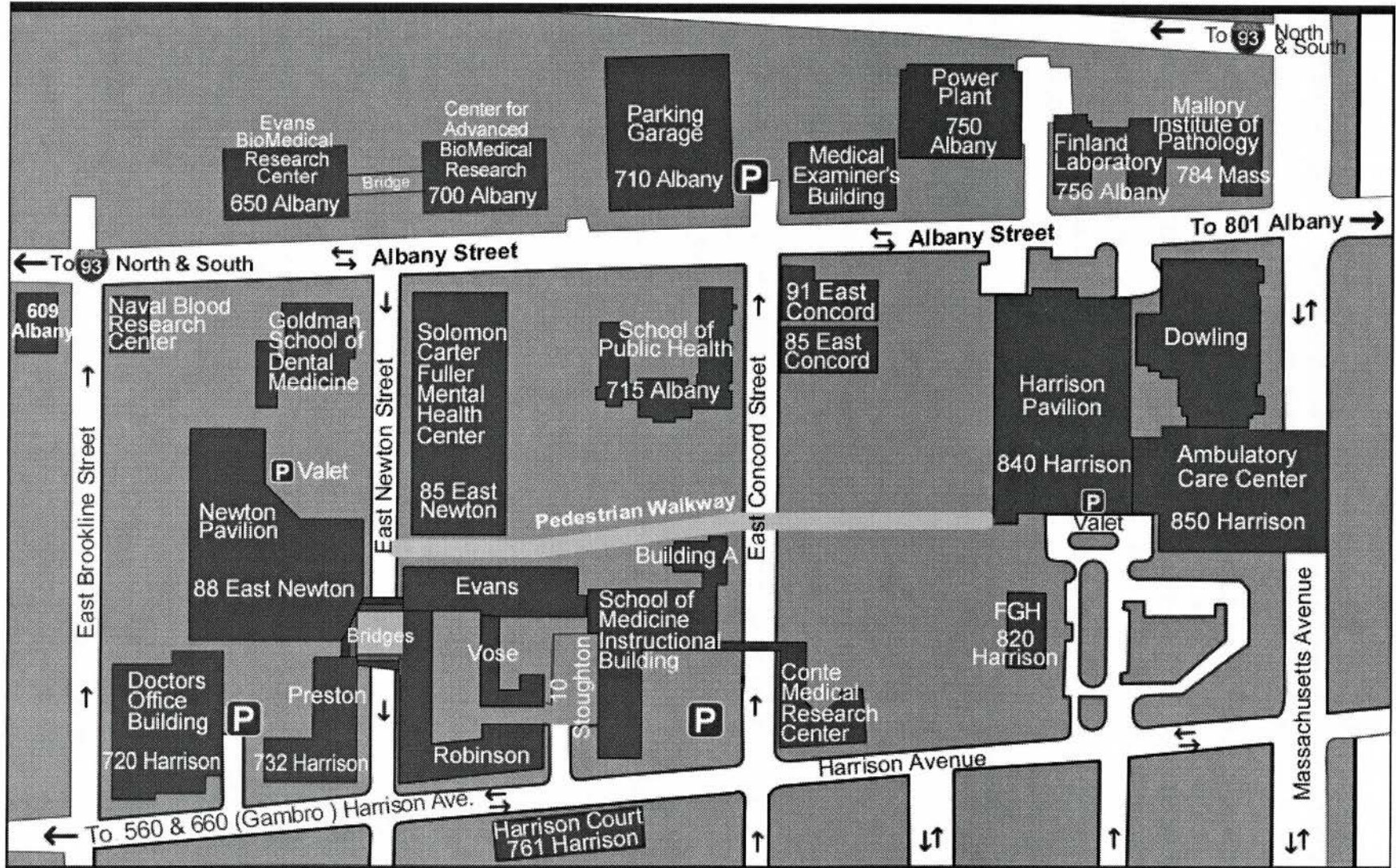
You can also find a plethora of watering holes, trendy spaces and places at:  
<http://boston.citysearch.com>.



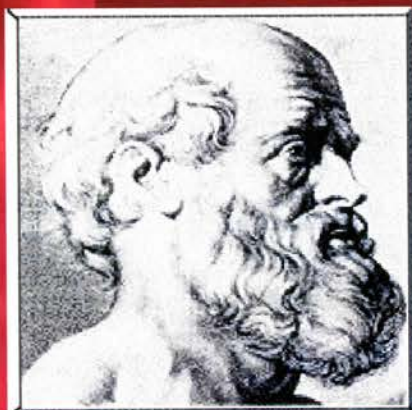
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SQUARE**

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